

Re: Messages & Communications Doc. No. 38GL-26-2074 through 2083.

From Guam Legislature Clerks <clerks@guamlegislature.gov>
Date Tue 3/24/2026 4:35 PM
To 38th Committee On Rules <committeeonrules@guamlegislature.gov>
Cc Rennae Meno <rennae.meno@guamlegislature.gov>

Håfa Adai,

Received, and thank you.



Elijah Untalan
Clerks Office

I Mina'trentai Ocho na Liheslaturan Guåhan

Guam Congress Building, 163 Chalan Santo Papa, Hagåtña, Guam 96910

Voice: (671) 472-3465/3460 Fax: (671) 472-3524

guamlegislature.gov

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Thank you

From: 38th Committee On Rules <committeeonrules@guamlegislature.gov>
Sent: Tuesday, March 24, 2026 4:00 PM
To: Guam Legislature Clerks <clerks@guamlegislature.gov>
Cc: Frank Blas Jr. <speakerblas@guamlegislature.gov>
Subject: Messages & Communications Doc. No. 38GL-26-2074 through 2083.

Håfa Adai Clerks Office,

Please see attached, **Messages & Communications Doc. No. 38GL-26-2074 through 2083** for processing:

✓	38GL-26-2074	Department of Integrated Services for Individuals with Disabilities	Acting Director Designation of Reuel Drilon, for the Department of Integrated Services for Individuals with Disabilities (DISID) from March 27, 2026 to April 3, 2026*
✓	38GL-26-2075	Department of Education	Guam Education Board Meeting Packet for March 17, 2026*
✓	38GL-26-2076	Department of Public Health and Social Services	Guam Board of Examiners for Dentistry Regular Board Meeting Packet for March 18, 2026*
✓	38GL-26-2077	Guam Solid Waste Authority	Board Meeting Packet for March 19, 2026*
✓	38GL-26-2078	CHamoru Land Trust Commission	Board Meeting Packet for March 19, 2026*
✓	38GL-26-2079	Office of the Governor of Guam	Prior Year Obligations to pay The Pacific Community in the total amount of \$66,903.21*
✓	38GL-26-2080	Office of Public Accountability - Guam	OPA Report No. 26-03 March 2026, Guam Department of Education Accountability of Textbooks Investigative Audit for October 1, 2019 to September 30, 2025*
✓	38GL-26-2081	A.B. Won Pat International Airport Authority	Sole Source Procurement/Emergency Procurement- February 2026*
✓	38GL-26-2082	A.B. Won Pat International Airport Authority	Small Purchases and Construction for the month of February 2026*
✓	38GL-26-2083	Guam Housing Corporation	Unaudited Statement of Revenue and Expenditure Report for February 2026*

Please retrieve Doc. No. 38GL-26-2077, 2078, 2082 and 2083 from link below:

[Messages & Communications Physical Scanned Copy - Google Drive](#)

Kindly reply to this email



Si Yu'os ma'åse',

Marie Crisostomo

Committee on Rules Assistant

COMMITTEE ON RULES

Vice Speaker V. Anthony Ada, Chairperson

I Mina'trentai Ocho Na Liheslaturan Guåhan

38th Guam Legislature

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Messages and Communications 38GL-26-2076*

2 messages

Speaker Frank Blas Jr. <speakerblas@guamlegislature.gov>

Mon, Mar 23, 2026 at 3:11 PM

To: 38th Committee On Rules <committeeonrules@guamlegislature.gov>, Sabrina Salas Matanane <office.senatorbri@guamlegislature.gov>

Håfa adai,

Please see attached M&C Doc. No. 38GL-26-2076

38GL-26-2076	Department of Public Health and Social Services	Guam Board of Examiners for Dentistry Regular Board Meeting Packet for March 18, 2026*
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*Si Yu'os Ma'åse'**Bernice Rivera*

Administrative Assistant

**Office of Speaker Frank F. Blas, Jr.**I Mina'trentai Ocho na Liheslaturan Guåhan 38th Guam Legislature

Guam Congress Building, 163 Chalan Santo Papa, Hagatña

(671)969-6456

speakerblas@guamlegislature.gov

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----- Forwarded message -----

From: **Sharon Manibusan** <Sharon.Manibusan@dphss.guam.gov>

Date: Thu, Mar 19, 2026 at 3:53 PM

Subject: Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026

To: speakerblas@guamlegislature.gov <speakerblas@guamlegislature.gov>Cc: Jean S. Taitano <jean.taitano@guam.gov>, Breanna Sablan <Breanna.Sablan@dphss.guam.gov>

Hafa Adai Speaker Blas,

Please find the attached document for the Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026.

Thank you

Sharon Manibusan

Customer Service Representative


Department of Public Health & Social Services

Health Professional Licensing Office/Office of EMS

Website: guamhpl.org

(671)735-7412

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2 attachments **Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026.pdf**
448K **38GL-26-2076.pdf**
1167K

38th Committee On Rules <committeeonrules@guamlegislature.gov>

Mon, Mar 23, 2026 at 4:26 PM

To: "Speaker Frank Blas Jr." <speakerblas@guamlegislature.gov>

Håfa Adai,

Received, and thank you.



Si Yu'os ma'åse',

Marie Crisostomo

Committee on Rules Assistant

COMMITTEE ON RULES

Vice Speaker V. Anthony Ada, Chairperson

I Mina'trentai Ocho Na Liheslaturan Guåhan

38th Guam Legislature

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[Quoted text hidden]



Speaker Frank Blas Jr. <speakerblas@guamlegislature.gov>

Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026

2 messages

Sharon Manibusan <Sharon.Manibusan@dphss.guam.gov>

Thu, Mar 19, 2026 at 3:53 PM

To: "speakerblas@guamlegislature.gov" <speakerblas@guamlegislature.gov>

Cc: "Jean S. Taitano" <jean.taitano@guam.gov>, Breanna Sablan <Breanna.Sablan@dphss.guam.gov>

Hafa Adai Speaker Blas,

Please find the attached document for the Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026.

Thank you

Sharon Manibusan

Customer Service Representative
Department of Public Health & Social Services
Health Professional Licensing Office/Office of EMS
Website: guamhplo.org
(671)735-7412

Doc Type: 38GL-25-2076
OFFICE OF THE SPEAKER
FRANK F. BLAS, JR.
March 19, 2026
Time: 3:53 PM
Received: *PK*

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Reporting Requirements for The Guam Board of Examiners for Dentistry Board Meeting 03-18-2026.pdf
448K

Speaker Frank Blas Jr. <speakerblas@guamlegislature.gov>

Mon, Mar 23, 2026 at 9:12 AM

To: Sharon Manibusan <Sharon.Manibusan@dphss.guam.gov>

Cc: "Jean S. Taitano" <jean.taitano@guam.gov>, Breanna Sablan <Breanna.Sablan@dphss.guam.gov>

Håfa Adai,

Confirming receipt of your email.

Si Yu'os Ma'åse'

Bernice Rivera

Administrative Assistant



Office of Speaker Frank F. Blas, Jr.

I Mina'trentai Ocho na Liheslaturan Guåhan 38th Guam Legislature

Guam Congress Building, 163 Chalan Santo Papa, Hagatña

(671)969-6456**speakerblas@guamlegislature.gov**

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GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT



LOURDES A. LEON GUERRERO
MAGA'HAGAN GUAHAN
GOVERNOR OF GUAM

JOSHUA F. TENORIO
SEGUNDO MAGA'LÁHEN GUAHAN
LT. GOVERNOR OF GUAM

THERESA C. ARRIOLA, MBA
DIRECTOR

PETERJOHN D. CAMACHO, MPH
DEPUTY DIRECTOR

AMANDA LEE SHELTON, MPA
DEPUTY DIRECTOR

March 19, 2026

Honorable Lourdes Leon Guerrero
Governor of Guam
Executive Chambers
PO Box 2950
Hagåtña, Guam 96932

Frank F. Blas Jr.
I Mina'Trentai Ocho na Lehislaturan Guahan
Speaker, 38th Guam Legislature
163 Chalan Santa Papa
Hagåtña, Guam 96910

RE: **The Guam Board of Examiners for Dentistry Regular Board Meeting held March 18, 2026.**

Dear Governor Leon Guerrero and Speaker Blas:

As required by 5 GCA § 8113.1, attached please find electronic copies of:

1. Agenda: March 18, 2026
2. Attendance sheet: March 18, 2026
3. Publications: March 11, 2026 and March 16, 2026
4. Approved Minutes: February 18, 2026

Should you have any questions, please call us at (671) 735-7408-12 or email to:
breanna.sablan@dphss.guam.gov.

Respectfully,

Sharon M. Manibusan
Customer Service Representative

Cc: Jean Taitano

Attachments: Agenda, Attendance, minutes and announcements



38GL-26-2076
Messages and Communications

RECEIVED
COMMITTEE ON RULES
March 23, 2026

3:11 p.m.
Marie Crisostomo



Department of Public Health & Social Services
GUAM BOARD OF EXAMINERS FOR DENTISTRY

194 Hernan Cortez Avenue Terlaje Professional Building, Suite 213
Hagåtña, Guam 96910

Website: <https://guamhplo.org/gbed>

Contact No. 671-735-7412

The Guam Board of Examiners for Dentistry Regular Board Meeting

Wednesday, March 18, 2026 at 3:00 p.m. Guam (ChST)

194 Hernan Cortez Avenue, Terlaje Professional Building, Suite 209

Hagåtña, Guam 96910

Join Zoom Meeting

<https://us06web.zoom.us/j/89984483218?pwd=2wUERuhktSnFcn2NzaLtnCXJkuK5ne.1>

Meeting ID: 899 8448 3218

Passcode: 148655

AGENDA

- I. CALL TO ORDER: _____**
 - a. Roll Call
 - b. Proof of Publications
- II. APPROVAL OF AGENDA**
- III. APPROVAL OF MINUTES**
- IV. TREASURER'S REPORT**
- V. HPL ADMINISTRATOR'S REPORT**
- VI. OLD BUSINESS**
 - a. **Initial Applications for Review and Approval**
 1. Yang H. Kim – Dentist
 2. Junghyun Kim – Dentist
- VII. NEW BUSINESS**
 - a. **Complaint:**
 1. GBED-CO-2026-01
 - b. **Initial Application for Review and Approval**
 1. Jemma Kenya B. Alokoa – Dental Assistant
 2. Arlene De Jesus – Dental Assistant
- VIII. NEXT BOARD MEETING**

Next Scheduled Board Meeting: **April 18, 2026 at 3:00 p.m.**
- IX. ADJOURNMENT: _____**

GUAM BOARD OF EXAMINERS FOR DENTISTRY

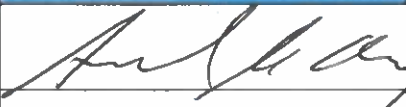
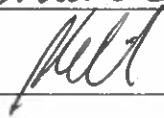
Board Meeting Attendance Sheet

194 Hernan Cortez Ave, Hagatna, GU 96910

Health Professional Licensing Office Conference Room 209

Date of Meeting: March 18, 2026 Regular Meeting Special Meeting

Meeting Call to Order: 3:12PM Time of Adjournment: 3:24PM Quorum No Quorum

BOARD MEMBERS	POSITION	SIGNATURE
Antonio Rapadas, DDS	Chairperson	
Joon Ha, DDS	Vice Chairperson	virtually present
Robert Yang, DMD	Secretary	virtually present
Collette Supit, DDS	Treasurer	Collette E. Supit
Paul Mendiola	Member	

OTHERS PRESENT

PRINT NAME	AGENCY
Sharon Meribusan	HPLO
Breanna Sablan	HPW
Peter John D. Camacho	DPHSS

Money Toolbox: The final tax tune-up—what to check, what changed

By Josephine "Josie" Guico-Villanueva
For Pacific Daily News

"Get married before December 31...or have a baby before year-end."

That was my joking answer years ago when I was teaching an income tax class as an adjunct faculty member and a student asked how she could help family and friends reduce their taxes.

The class laughed but the lesson was real.

Life events can change tax outcomes, and there is no one-size-fits-all strategy be-

cause every taxpayer's situation is different.

Another student once asked if being a tax advisor was a good career path. I said yes, but only if you are willing to commit to continuous learning and staying current with ever-changing laws.

That is why I deeply respect colleagues who specialize in tax and dedicate themselves to mastering the details.

And now, the clock is ticking. By the time this article reaches you, business income tax deadlines may already be behind us, unless an extension was filed.

In my Money Toolbox column on March 2, I talked about tools and habits that reduce tax-season stress.

Consider this article your final tune-up—the checklist before you hit "submit."

Before you file your 2025 return

For individuals: Start with the basics. Gather all income documents—W-2s, 1099s, retirement or investment withdrawals, and any side-hustle income. Include mortgage interest statements, student loan interest forms, and other supporting records.

Review deductions and credits carefully. Education expenses, child-care, medical costs, and retirement contributions may reduce taxable income depending on your situation. Even small missed deductions can add up.

Check life changes. Marriage, divorce, new dependents, home purchases, retirement withdrawals, or a second job can significantly affect your return and filing status.

Also pay attention to federal updates under the 2025 One Big Beautiful Bill Act, OBBA. New tax advantages may apply, including de-

ductions related to qualified overtime and tip income for eligible taxpayers.

Because Guam operates under a mirror tax system, federal changes can eventually affect local filers so avoid assuming last year's rules still apply.

Remember that April 15 isn't just a deadline. It's a planning opportunity.

You may still reduce your tax payment by maximizing eligible retirement contributions before filing. Check your 2025 contribution limits and eligibility. Even small contributions can create both tax savings and long-term growth.

Income limits may apply, so consult your financial and tax advisor.

For small business, Schedule C filers:

If you run a small business or file Schedule C, don't treat tax filing as an afterthought. Preparation now saves stress—and money—later.

Before filing, confirm the essentials:

- Contractor W-9s collected and 1099 filings completed
- Payroll taxes reconciled

(if you have employees)

- Gross receipts tax and estimated income tax payments aligned with revenue
- Business expenses clearly documented — mileage, supplies, home office, and contractor payments

The 2025 OBBA provisions may also provide tax advantages tied to wage structures, including qualified overtime-related deductions. Good payroll records and organized books help you maximize benefits instead of missing them.

My simple reminder to small business owners: your records are not just for taxes. They are the foundation of better decisions and stronger growth.

Need more time? File an extension: For individuals, Form 4868. For businesses, Form 7004. An extension gives more time to file.

Estimated taxes should still be paid by the original deadline to avoid penalties and interest.

Don't DIY complex taxes

"DIY" means do it yourself. While that may work for simple returns, it can be risky when taxes become more complex.

If your return includes business income, multiple income sources, rental activity, or major deductions, working with a qualified tax professional can help prevent costly mistakes.

Here are helpful resources:

- Guam Department of Revenue and Taxation: <https://www.guamtax.com/about/taxdivision.html>
- IRS forms and instructions: <https://www.irs.gov/forms-instructions>

Josephine "Josie" Guico-Villanueva, MBA, CPA, CGMA, CGFM, CSAF, CDFM, SHRM-CP, PMP, is a finance leader, educator, and community advocate with more than 20 years of experience across the private sector, government, nonprofit, federal contracting, and academia. Email her at moneytoolboxguam@gmail.com for questions.

LAW OFFICE OF ANTHONY C. PEREZ
Suite 802, DNA Building
238 Archbishop Flores Street
Hagåtña, Guam 96910
Telephone No. (671) 475-5055
Facsimile No. (671) 477-5445

Attorney for Petitioner
Francis J. Guerrero

IN THE SUPERIOR COURT OF GUAM IN THE MATTER OF THE ESTATE OF

SEGUNDO S. SIGUENZA,
Deceased.

PROBATE CASE NO. **PR0155-25**

NOTICE OF RENDERING ACCOUNT FOR FINAL SETTLEMENT AND PETITION FOR FINAL DISTRIBUTION


THIS NOTICE IS HEREBY GIVEN that FRANCIS J. GUERRERO, Administrator of the Estate of Segundo S. Siguenza, deceased, has rendered and presented a final settlement, and filed in said court, his account of such administration, together with a petition for the final distribution of said estate, and that on **Wednesday, March 25, 2026** at the hour of **9:30 a.m.** of said day, in the Superior Court of Guam, Guam Judicial Center, Hagåtña, Guam, has been set for the settlement of said account and the hearing of the petition for distribution, and all persons interested in said estate are notified then and there to appear and show cause, if any they have, why the said account should not be settled and allowed, and distribution of said estate should not thereupon be immediately made to the persons entitled thereto without further notice of proceedings.

Reference is hereby made to the said account and petition.

DATED: February 25, 2026

CLERK, SUPERIOR COURT OF GUAM
By: /s/ PAULINE I. U. SANTOS
Courtroom/Chamber Clerk

You may appear in person in the Courtroom of the Honorable Dana A. Guterrez, located at 120 W. O'Brien Drive, Hagåtña, Guam or you may participate via Zoom by logging onto <https://guamcourts-org.zoom.us> and enter Meeting ID: 839 7874 0380 and Passcode: 189701. For technical assistance, please call (671) 475-3207 five (5) minutes prior to the designated hearing time.



GUAM BOARD OF DENTISTRY EXAMINERS FOR DENTISTRY
REGULAR BOARD MEETING
Wednesday, March 18, 2026 at 3:00 p.m. Guam (ChST)
194 Heiman Cortez Ave. Toraje Professional Bldg. Suite 209 Hagåtña, Guam 96910



Join Zoom Meeting
<https://us06web.zoom.us/j/89984483218?pwd=2wJERuhkTSnFcn2NzaUlnCXJkukK5ne.1>
Meeting ID: 899 8448 3218
Passcode: 148655

Meeting Agenda:


- I. Call to Order
 - (a) Roll Call
 - (b) Proof of Publications
- II. Approval of Agenda
- III. Approval of Minutes
- IV. Treasurer's Report
- V. HPL Administrator's Report
- VI. Old Business
 - (a) Initial Applications for Review and Approval
- VII. New Business
 - (a) Complaint: GBED-CO-2026-01
 - (b) Initial Applications for Review and Approval
- VIII. Next Board Meeting
- IX. Adjournment

To view the names of the applicants being considered go to <http://guamdentistry.org>
To view live Streaming visit <https://govguam.tv/video-details/gbed/gbed-live-stream>

This advertisement was paid for by DPHSS/Health Professional Licensing Office-Local Funds. For more information, please contact the Board office at 735-7404/10 thru 12. Persons needing a telecommunication device for the Hearing/Speech Impaired (TDD) may contact 475-8339.

Guico-Villanueva



Kumisión i Fino' Chamoru yan i Fina'na'guen
i Historian yan i Lina'la' i TaoTao Táno'
710 W Marine Corps Dr., Suite 203 Bell Tower Plaza,
Anigua, GU 96910
Kumisionchamoru@kumision.guam.gov

PUBLIC NOTICE

Regular Board Meeting Date: March 19, 2026
Time: 12:30PM Place: Zoom
Zoom Meeting Link: <https://us02web.zoom.us/j/83878778767?pwd=U1VZbVhkaUJlSTdkL010akkyZlZlMz09>

TAREHA:

- I. OTDEN
- II. INIFRESI/TINANGA
- III. INAGANG I MEMBRO SIHA
- IV. KINABÁLES I MEMBRO SIHA
- V. RINIBISA YAN INADÁPTAN I TAREHA
- VI. INADÁPTAN I FINALOFFAN
- VII. RIPÓT I SIKRITARIAN I KUMISIÓN
- VIII. RIPÓT I KUMITEHAN EKSEKETIBU
- IX. RIPÓT I ATMENESTRASIÓN
- X. RIPÓT I PROYEKTO SIHA
- XI. RIPÓT I KUMITEHAN I NÁ'AN LUGÁT
- XII. INAGAO PARA PINILA'
- XIII. NUEBU NA ASUNTO
- XIV. PRIBILEHUN I PISU
- XV. ANUNSIÓ SIHA
- XVI. FINAKPO

For ADA accommodations, please contact Elerida Cruz at (671) 922-0600.
Next Board Meeting April 9, 2026 at 12:30 PM

Guam Board of Examiners for Dentistry - Regular Board Meeting (2nd Notice)

Guam Board of Examiners for Dentistry - Regular Board Meeting (2nd Notice)

MEETING

📅 **Posted on:** 03/16/2026 08:31 AM

👤 **Posted by:** Baltazar Hattori

🏢 **Department(s):**
DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES (/notices?department_id=10)

🏢 **Division(s):** HEALTH PROFESSIONAL LICENSING OFFICE (HPLO) (/notices?division_id=258)

📌 **Notice Topic(s):** BOARD MEETING (/notices?topic_id=76)

📌 **Types of Notice:** MEETING (/notices?type_id=5)

👥 **For Audience(s):** PUBLIC (/notices?public=1)

🔗 **Share this notice**



Guam Board of Examiners for Dentistry Regular Board Meeting

Wednesday, March 18, 2026 at 3:00 p.m. Guam (ChST)
194 Hernan Cortez Avenue, Terlaje Professional Building, Suite 209
Hagåtña, Guam 96910

Join Zoom Meeting

<https://us06web.zoom.us/j/89984483218?pwd=ZwUeRuhktSnFcn2NzaLtnCXJkuK5ne.1>
(<https://us06web.zoom.us/j/89984483218?pwd=ZwUeRuhktSnFcn2NzaLtnCXJkuK5ne.1>)

Meeting ID: 899 8448 3218

Passcode: 148655

AGENDA

I. CALL TO ORDER: _____

a. Roll Call

b. Proof of Publications

II. APPROVAL OF AGENDA

III. APPROVAL OF MINUTES

IV. TREASURER'S REPORT

V. HPL ADMINISTRATOR'S REPORT

VI. OLD BUSINESS

a. Initial Applications for Review and Approval

1. Yang H. Kim – Dentist

2. Junghyun Kim – Dentist

VII. NEW BUSINESS

a. Complaint:

1. GBED-CO-2026-01

b. Initial Application for Review and Approval

1. Jemma Kenya B. Alokoa – Dental Assistant

2. Arlene De Jesus – Dental Assistant

VIII. NEXT BOARD MEETING Next Scheduled Board Meeting: April 18, 2026 at 3:00 p.m.

IX. ADJOURNMENT: _____

Wellness Wednesday: Kindness for the kidneys

By Giana Santos
For Pacific Daily News

World Kidney Day will be celebrated tomorrow, March 12. This year's theme is "Kidney Health for All - Caring for People, Protecting the Planet."

Your kidneys are two fist-sized organs that filter waste and excess fluid from your blood, and many people never think about them until something goes wrong.

At which point the damage can be devastating for individuals, families, and communities.

The kidneys regulate blood pressure, balance electrolytes like sodium and potassium. They support red blood cell production and maintain bone health through vitamin D activation.

Chronic kidney disease is the gradual loss of kidney function over time.

Early stages produce no symptoms, which means it is possible to lose a significant amount of kidney function before you feel a thing.

8 golden rules of healthy kidneys

Kidney disease is largely preventable. These eight strategies can help you take control of your kidney health.

Control blood pressure. High blood pressure damages the tiny blood vessels in your kidneys over time. A target generally below 120/80 mmHg is ideal. The DASH diet, which emphasizes fruits, vegetables, whole grains, and low sodium foods, has been shown to reduce blood pressure.

If your doctor prescribes medication, take it consistently. Regular monitoring keeps you informed and in control.

Manage blood sug-

ar. If you have diabetes, tight glucose control reduces the risk of diabetic kidney damage. Routine A1C monitoring helps you and your health care team track progress.

People with Type 2 diabetes who achieve an A1C below 7% reduce their risk of kidney disease by roughly 30%.

Eat a kidney-friendly diet. Reduce sodium intake to ideally less than 2,300 milligrams per day. Avoid adding salt to your food, and prepare food at home rather than eating at restaurants, so you have more control over the sodium.

Focus on getting in your daily servings of fruits, vegetables, and whole grains. Keep protein intake moderate and avoid excessive high-protein diets unless medically supervised.

Limit ultra-processed foods, added sugars, and sugar sweetened beverages.

Maintain a healthy weight. Obesity increases your risk of both diabetes and high blood pressure, the two leading causes of chronic kidney disease.

Regular physical activity for at least 150 minutes per week of moderate exercise, such as brisk walking, helps.

Even small amounts of weight loss can ease the burden on your kidneys.

Stay hydrated. Water is your kidneys' best friend. Adequate water intake supports kidney filtration and helps flush waste from your body.

Avoid excessive sugar sweetened drinks. Plain water is the simplest, most effective choice.

One trick for making sure you drink enough water is taking your weight in pounds and dividing that number in half. Use that number to determine how many ounces of water a person should have in a day. For example, if a person weighs 150 lbs., they should be drinking at least 75 oz. of water daily.

Limit alcohol intake. Excess alcohol raises blood pressure and adds strain to your kidneys.

Avoid overuse of certain pain relievers. Frequent overuse of some common over-the-counter pain medications, like non-steroidal

anti-inflammatory or a pain-killer like ibuprofen, can harm your kidneys.

Use pain relievers responsibly and talk to your doctor if you rely on them regularly.

Don't smoke. Smoking reduces blood flow to your kidneys, which can affect organ function. It increases the risk of kidney cancer by about 50% and speeds up chronic kidney disease progression.

Quitting is one of the best things you can do for your kidneys and your overall health.

Get your kidneys checked if you have one or more risk factors. If you have diabetes, high blood pressure, a family history of kidney disease, obesity or are over 60, talk to your doctor about screening.

Two simple tests can reveal a lot. A blood test called eGFR measures how well your kidneys filter. For this test, a result of more than 60 is ideal.

A urine test checks for albumin, a protein that signals kidney damage.

An ideal uACR test result would be less than 30.

Early detection matters because chronic kidney disease progression can be slowed with early intervention. Lifestyle changes are most effective when you catch problems early.

Know the warning signs

See your doctor if you experience persistent swelling, unexplained fatigue, changes in urination, or high blood pressure that is hard to control. These can be signs that your kidneys need attention. Don't ignore them.

Protect your kidneys by knowing three numbers: your blood pressure, your A1C or fasting glucose, and your eGFR. Ask your doctor for all three at your next visit.

Schedule a check-up. Do your labs.

You and your kidneys will be happy you did.

Giana Santos is the health educator and nutrition counselor at TakeCare. She has more than five years of experience in the health and wellness field. Santos is a certified nutrition and wellness consultant and is a credentialed indigenous lactation counselor. For questions about wellness, contact Santos via email at giana.santos@takecareasia.com.



Santos



GUAM BOARD OF ALLIED HEALTH EXAMINERS
REGULAR BOARD MEETING
Friday, March 13, 2026
at 12:00 PM
194 Hernan Cortez Ave., Terlejo Professional Building Suite 209 Hagatna, Guam 96910

Join Zoom Meeting
<https://us06web.zoom.us/j/83522986389?pwd=zR62YTlhspz1TmFGMmdYmlwzTlBG.1>
Meeting ID: 835 2298 6389
Passcode: 710215

MEETING AGENDA

- I. CALL TO ORDER
 - A. Roll Call
 - B. Proof of Publications
- II. ADOPTION OF AGENDA
- III. APPROVAL OF MINUTES
- IV. TREASURER'S REPORT
- V. ADMINISTRATOR'S REPORT
- VI. GBAHE COMPLAINTS
 - A. GBAHE-CO-22-03 Received 02/21/22
 - B. GBAHE-CO-23-02 Received 12/28/23
 - C. GBAHE-CO-23-03 Received 12/28/23
 - D. GBAHE-CO-24-03 Received 08/06/24
 - E. GBAHE-CO-25-09 Received 04/29/25
- VII. NEW BUSINESS
- VIII. NEXT BOARD MEETING
- IX. ADJOURNMENT

To view the names of the applicants being considered go to <http://guamdentistry.org>
To view live Streaming visit <https://govguam.tv/video-details/gbed/gbed-live-stream>

This advertisement was paid for by DPHSS/Health Professional Licensing Office-Local Funds. For more information, please contact the Board office at 735-7404/10 thru 12. Persons needing a telecommunication device for the Hearing/Speech Impaired (TDD) may contact 475-8339.

To view the names of the applicants being considered go to <https://guamhlo.org/gbahe-live-streaming-link>
<https://govguam.tv/video-details/gbahe/gbahe-live-stream>

This advertisement was paid for by DPHSS/Health Professional Licensing Office-Local Funds.

For more information or to request for special accommodations, please contact the Board Office at (671) 735-7404/07-12 or email hlo@dpohss.guam.gov

Guam Board of Examiners for Dentistry - Regular Board Meeting


Guam Board of Examiners for Dentistry - Regular Board Meeting

MEETING



 **Posted on:** 03/11/2026 08:14 AM

 **Posted by:** Baltazar Hattori

 **Department(s):**
DEPARTMENT OF PUBLIC HEALTH AND SOCIAL SERVICES
(/notices?department_id=10)

 **Division(s):**
HEALTH PROFESSIONAL LICENSING OFFICE (HPLO) (/notices?
division_id=258)

 **Notice Topic(s):** BOARD MEETING (/notices?topic_id=76)

 **Types of Notice:** MEETING (/notices?type_id=5)

 **For Audience(s):** PUBLIC (/notices?public=1)

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Guam Board of Examiners for Dentistry Regular Board Meeting

Wednesday, March 18, 2026 at 3:00 p.m. Guam (ChST)
194 Hernan Cortez Avenue, Terlaje Professional Building, Suite 209
Hagåtña, Guam 96910

Join Zoom Meeting

[https://us06web.zoom.us/j/89984483218?
pwd=2wUERuhktSnFcn2NzaLtnCXJkuK5ne.1](https://us06web.zoom.us/j/89984483218?pwd=2wUERuhktSnFcn2NzaLtnCXJkuK5ne.1)
([https://us06web.zoom.us/j/89984483218?
pwd=2wUERuhktSnFcn2NzaLtnCXJkuK5ne.1](https://us06web.zoom.us/j/89984483218?pwd=2wUERuhktSnFcn2NzaLtnCXJkuK5ne.1))

Meeting ID: 899 8448 3218

Passcode: 148655

AGENDA

I. CALL TO ORDER: _____

- a. Roll Call
- b. Proof of Publications

II. APPROVAL OF AGENDA

III. APPROVAL OF MINUTES

IV. TREASURER'S REPORT

V. HPL ADMINISTRATOR'S REPORT

VI. OLD BUSINESS

a. Initial Applications for Review and Approval

- 1. Yang H. Kim – Dentist
- 2. Junghyun Kim – Dentist

VII. NEW BUSINESS

a. Complaint:

1.GBED-CO-2026-01

b. Initial Application for Review and Approval

- 1. Jemma Kenya B. Alokoa – Dental Assistant
- 2.Arlene De Jesus – Dental Assistant

VIII. NEXT BOARD MEETING Next Scheduled Board Meeting: April 18,
2026 at 3:00 p.m.

IX. ADJOURNMENT: _____

Guam Board of Examiners for Dentistry

Regular Board Meeting

Wednesday, February 18, 2026 at 3:00 p.m. Guam (ChST)

194 Hernan Cortez Avenue, Terlaje Professional Building, Suite 209

Hagåtña, Guam 96910

ZOOM MEETING

<https://us06web.zoom.us/j/87856592996?pwd=8PQtbOYLQzXW7N8H9Q6Uy4nRZrKmWa.l>

Meeting ID: 878 5659 2996

Passcode: 566687

MINUTES

	Item	Discussion	Responsible Party	Reporting Time Frame	Status	
I	Call to Order	Meeting Chaired by Dr. Yang		Chair	1518	Called to Order
	A. Roll Call	GBED: <input checked="" type="checkbox"/> Dr. Antonio Rapadas, Chair <input checked="" type="checkbox"/> Dr. Joon Ha, Vice Chair <input type="checkbox"/> Dr. Robert Yang, Secretary <input checked="" type="checkbox"/> Dr. Collette Supit, Treasurer <input checked="" type="checkbox"/> Paul Mendiola, Member	Others Present Baltazar Hattori, DPHSS Breanna Sablan, DPHSS Peter John Camacho, DPHSS Joaquin Blas, DPHSS	Chair	1518	Quorum Established
	B. Proof of Publications	Guam PDN and Guam Public Notices Portal : 02/11/2026 and 02/16/2026		GBED	1518	Confirmed
II	Approval of Agenda	<i>Motion to Approve: Dr. Ha; 2nd: P. Mendiola.</i>		GBED	1518	Unanimously Approved
III	Approval of Minutes	Minutes Dated: January 21, 2026 <i>Motion to Approve: Dr. Ha; 2nd: Dr. Supit.</i>		GBED	1519	Unanimously Approved
IV	Treasurer's Report	No report		Dr. Supit	1519	No Report
V	HPLO Administrator Report	No report		HPLO	1519	No Report
VI	Old Business	A. Initial Application for Review and Approval			1520	
		1. Yang H. Kim – Dentist <i>Tabled Pending Response from AG's Office: Dr. Rapadas.</i>		GBED		Tabled Pending Response

	Item	Discussion	Responsible Party	Reporting Time Frame	Status
					from AG's Office
		<p>2. Junghyun Kim – Dentist <i>Tabled Pending Response from AG's Office: Dr. Rapadas.</i></p>			Tabled Pending Response from AG's Office
VII	New Business	A. Initial Application for Review and Approval		1520	
		<p>1. Eloisa Pili Magcalas – Dental Auxiliary <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>	GBED		Unanimously Approved
		<p>2. Angela Mae C. Castro – Dental Auxiliary <i>Motion to Conditionally Approve Pending Guam Police Clearance and Initialing Documents: Dr. Supit; 2nd: Dr. Ha. __</i></p>			Conditionally Approved Pending Guam Police Clearance
		<p>3. Joshua Eric B. Barredo – Dental Auxiliary/Dental Assistant <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>			Unanimously Approved
		<p>4. Rosalyn C. Cruz – Dental Auxiliary <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>			Unanimously Approved
		<p>5. Kylie Naguit – Dental Assistant <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>			Unanimously Approved
		<p>6. Irish Mabalot – Dental Assistant <i>Motion to Conditionally Approve Pending Copy of Photo ID: Dr. Supit; 2nd: Dr. Ha. __</i></p>			Conditionally Approved Pending Copy of Photo ID
		B. Renewal Applications for Review and Approval			
		<p>1. Jalene Garcia – Dental Assistant <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>	GBED		Unanimously Approved
		<p>2. Allen Jesber G. Musngi – Dental Assistant <i>Motion to Approve: Dr. Supit; 2nd: Dr. Ha.</i></p>			Unanimously Approved
		<p>C. Clinical Examination Results</p> <p>Dr. Rapadas reported that a clinical examination was conducted on February 17 and 18 at Dr. Ha's clinic, during which one applicant, Dr. Paul Na, completed the examination process. It was confirmed that Dr. Na successfully passed all required components of the clinical</p>	GBED		Unanimously Approved

	Item	Discussion	Responsible Party	Reporting Time Frame	Status
		<p>examination and satisfied the necessary requirements for licensure in Guam. A motion was made by Dr. Ha and seconded by Dr. Supit to approve the issuance of Dr. Na's Guam dental license based on his satisfactory examination results. The motion was put to a vote, and upon receiving approval from the members present, the motion carried, authorizing the issuance of his dental license and permitting him to practice in Guam upon licensure issuance.</p> <p><i>Motion to Approve: Dr. Ha; 2nd: Dr. Supit.</i></p>			
VIII	Next Board Meeting	Next Scheduled Board Meeting: March 18, 2026 at 3:00 p.m.	GBED	1525	Set Meeting Date
IX	Adjournment	<i>Motion to Adjourn: Dr. Ha ; 2nd: P. Mendiola.</i>	GBED	1525	Adjourned

Minutes Drafted by: FLAME TREE Freedom Center, Inc.

Date Submitted:

Submitted by the GBED Secretary:

Date:

Approved by the GBED with or without changes:

Date:

Certified by or Attested by the Chairperson:

Date: 3/18/26