We are presently in the midst of a respiratory crisis (a new wave of the old bug) sweeping the world, the consequences of which will shift and change the way humanity lives, behaves, moves about it. Being precautionary in order to maintain health and well-being at this time is essential. The physical body needs methods of purification to respond appropriately to the present health crisis.

In Letter on Meditation (Ab鞍), on The Training of the Physical Body certain requirements are recommended to maintain health, vitality and well-being. A purifying and refining of the physical body, emotions and lower mind is needed in times of crisis. This purification allows the Soul to do the work of protection and of healing.

The Ageless Wisdom traditions make clear that for humanity, the Soul is the great healer. And that a refinement and purification of the physical body is required so the Soul can do its healing work. It is impossible for the ego/Soul to transmit the higher knowledge, the loftier currents, guidance and healing energies through an unprepared and unrefined physical body.

The refinement of the physical body can be done in practical, reasonable and attainable ways.

* Pure Food:Choosing foods with wise discrimination—eating only those vegetables and fruits that energize. Only a little pure good food, perfectly assimilated, are all a disciple requires. Milk (ox, horse, etc.)—vegetables, fruit, nuts, honey, bananas, raisins, nuts, sweet potatoes, and only as much food as to nourish activity.

* Cleanliness/Water/Much use of water, internally and externally, is vitally required. (Wash hands often, sooner daily, drinking 1/2-1 ounces in an hour while active.)

* Sleep—Between the hours of 9-90—Some Disciples are in class during that time.

* Sunshine—Contact with the Sun and clean air. Health and vitalization come through the Sun's rays. The Sun kills all germs and frees humanity from disease. The heat of the Sun is electrical and it forces viruses, hatred and refining the bodies of humanity. This is a mystery and a secret.

* Om—Disciples use the sound Om often, quietly, internally and externally. Om tones the Vagus nerve, which tones the heart, which tones the body into a state of balance and harmony (Luba). (Note: read daily updates on Fb. Hira D. Fergus & on NJU Under Daily Studies).

ANES: You're different today, more motivated, focused and purposeful than other signs (except Capricorn); You can therefore be misunderstood by peers, associates, colleagues and groups. Your capacity for leadership is extraordinary. However, often you cannot work with others, needing to create your own systems. One day you will stumbling into the field of subtle energies—the ethereal field. Here everyone and everything is connected. Peace & Gemini live here. You can too.

TALVIS: Although most don't realize this, you seek to be subtly and quietly prove your value and self-worth. So often you stand in shadows and behind the curtains. However, you must realize the great need in the world for the information you possess. Young aspirants, minds not yet restructured, with the desire to learn seek your advice. You were once in their place. Remember! GEMINI: So, what is the primary emotional sound experienced as a young child? It dominates you at times. This is good—impelling you to move in a new direction, allowing the cross spinal teachings be forth. The result is an inner balance, harmony and entrance into the Astral (for which you need preparation). Then you relax into a class you're secretly longed for. Everyone's waiting.

CANCER: Do you experience separation from someone, or someone? Do you feel a separation of your energy, betrayed by your desires, hopes and aspirations? It is important to realize you have the ability to see the many different subtle worlds. Give yourself adequate respect or recognition for these gifts. They are a force for good in the void. They provide direction. Stand close to these worlds.

LGD: Did something occur when you were little in relation to your parents? Were they absent, unavailable, hurting you or themselves? And did there experiences create a hard shell around you? Your heart constantly seeks understanding and healing. With others, so often, you're disappointed.

No one seems to understand your needs. So you draw boundaries around yourself for safety. Wisdom says to simply and always give you your heart away.

WAG: You're very aware of the mind-body connection, of working with your health, diet and nutrition are most important. You realize that you must, each day, keep yourself emotionally balanced, be able to concentrate on the needs of others, be able to discriminate between what others need and what you need. They are different. This is a learning curve. Connect with others rather than forcing pain through but to figure how serve.

LIBRA: It's important to recognize many ways, your creative energy, how you communicate and what makes you feel healthy, wealthy and wise. It's important also to know the difference between happiness, joy and bliss. Happiness is an everyday, personality feeling. Joy is a local experience when we make contact and love is released. Bliss is otherwise. It comes from Spirit. Which do you experience?

SCORPIO: It would be good to learn your family lineage, history and heritage. You are sensitive to everything. However, you hide it. When we know our roots, where we came from, who our relatives were, and their history, we are able to understand ourselves better and accept our family's behaviors. We also realize what changes we might initiate within ourselves. So many of us don't know who we are. Studying our family, less doesn't we do feel abandoned!

SAGITTARIUS: Are you feeling in control, a jolly, pro-active at home, calm, kind and wise? Or do you feel alienated, misguided, sepa-

and without adequate foundation? Perhaps you feel eccentric or so spiritual you sense others no longer understand you. Perhaps you will want to write about this. Is there's difficulty in making yourself understood? Or perhaps you're not understanding yourself? Someone's not listening. Is it the Sun is always listening.

CAPRICORN: Notice how much pleasure you receive from resources afforded everywhere and all around. There is a difference between money, possessions, resources and wealth. If you define each one, you see the subject here is one of values. Note what is value to you? What do you value the most? Are you of value? What is value? Everything comes down to self-worth and self-value. You are worthy.

AQUARIUS: Tend to all aspects of your life and do not neglect yourselves on any level or in any manner. Seek your fullest potential in all that you do, in everyone you encounter, wherever you go. Always do your best. In daily life, make sum all rules are adhered to, all structures in place. Leave nothing to chance. Each day help others to achieve their goals and dreams and recognize their achievements. You are an Aquarian teacher.

PIYES: You must keep healthy, be aware of not absorbing other people's thoughts, emotions and difficulties. You are empathic. To use this gift effectively one must be spiritually, emotionally and physically strong. Allow no negative attention on you and bringing secrets out into the open for the benefit of humanity. You are a teacher and healer. Protect yourself. Happy Birthday.

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Garden Valley News
NOTICE TO PURCHASER AND ADMINISTRATOR OF ESTATE OF JAMES BERNARD FLECK

20SPTPB01445

To all heirs, beneficiaries, creditors, and persons who may have interest in the real estate or personal property described herein: You are hereby notified that a Probate Petition has been filed by Linda Oney-Donato in the Superior Court of California, County of LOS ANGELES before said Court, No.: 20STPB01547.

THE PETITION FOR PROBATE has been filed by Linda Oney-Donato in the Superior Court of California, County of LOS ANGELES, CA-19-888491-RY.

Information about the estate, as required by California Probate Code Section 13107, is on file with the court located at 111 N. Hill St., Los Angeles, CA 90012.

NOTICE IS HEREBY GIVEN that the undersigned administration has filed a petition for administration of the personal property and real estate of the above-named decedent.

If you are a creditor of the decedent, you are entitled to file a claim for the decedent's estate in the form prescribed by California Probate Code Section 3950, which must be filed with the court before the time fixed for the hearing on the petition. If you would be entitled to payment from the decedent's estate, you should appear at the hearing on the petition.

If you have any objection to the granting of the petition, you must file it in the court before the time fixed for the hearing on the petition.

The undersigned administration will sell public sale by public auction sale at the highest bidder for cash, check, or federal savings and credit union, or a check drawn on a state or national bank, and shall be conducted in the county court of Los Angeles County, California at 1504 E. First St., Garden City, CA-19-888491-RY.

The sale date shall be March 5, 2020, at 6:00 PM in the court located at 111 N. Hill St., Los Angeles, CA 90012.

NOTICE TO PURCHASER AND ADMINISTRATOR OF ESTATE OF JAMES BERNARD FLECK

Please note that the sale shall be held March 5, 2020, at 6:00 PM, in the court located at 111 N. Hill St., Los Angeles, CA 90012.

If you are a creditor of the decedent, you are entitled to file a claim for the decedent's estate in the form prescribed by California Probate Code Section 3950, which must be filed with the court before the time fixed for the hearing on the petition. If you would be entitled to payment from the decedent's estate, you should appear at the hearing on the petition.

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The sale date shall be March 5, 2020, at 6:00 PM in the court located at 111 N. Hill St., Los Angeles, CA 90012.
A. PEDESTRIAN SAFETY IMPROVEMENT 2019/2020
VARIOUS LOCATIONS, JN 956

The Contractor is prohibited from performing work on this project with a subcontractor who is in violation of the rights of another under federal, state or common law (see Section 14411 of the Business and Professions Code). Contractors and subcontractors must furnish electronic certified payroll records to the Labor Commissioner as required by the California Labor Code (CalWOE). An additional charge for delivery. Upon payment of the purchase price, they become the property of the purchaser and may not be returned for refund. You may access the plans through the following website: http://cloud.waltdesign.com/login. You may want to consider the personal representatives, City of Los Angeles, Los Angeles Unified School District, and County of Sacramento) or that is under the jurisdiction of one of the four legacy DIR-approved labor compliance programs (CalWOE). Exceptions: The Labor Commissioner may (but is not required to) excuse contractors and subcontractors from furnishing electronic certified payroll records to the Labor Commissioner on a project that is not subject to the prevailing wage requirements. Accordingly, the bidder awarded the Contract and all subcontractors of such bidder are required to furnish a sufficient performance bond in the amount of 100 percent of the contract price, and a payment bond in the amount of 10 percent of the contract price, to be kept until completion of the contract, if the successful bidder is required to furnish a performance bond as required by law. The City reserves the right to reject any or all bids and to waive any formalities or irregularities in any bid, or to change any or all parts of the specifications, in its discretion.

B. SIDEWALK REPLACEMENT 2019/2020
VARIOUS LOCATIONS, JN 958

The enforcement of the prevailing wage requirements includes the reasons for the rejection of any bids, and must be published in the official record of the City of Gardena within 10 working days of the rejection.

Notice to Bidders

PUBLIC NOTICE IS HEREBY GIVEN that the City of Gardena, California, invites and will receive sealed bids up to the hour of 3:00 p.m., on March 31, 2020, for furnishing the meals for the Elderly Nutrition Program in accordance with the State of a Fictitious Name Statement may be filed with the office of the County Recorder. If no timely filed, the court may grant the petition without a hearing. If no written objection is timely filed, the court may grant the petition unless the petition should not be granted. Any written objection is timely filed, the court may grant the petition without a hearing. If no written objection is timely filed, the court may grant the petition unless the petition should not be granted. Any written objection is timely filed, the court may grant the petition unless the petition should not be granted. Any written objection is timely filed, the court may grant the petition unless the petition should not be granted. 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This business is conducting under the fictitious business name of "ELITE EXPRESS" doing business as: W. 164TH STREET, GARDENA, CA 90248. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

This person is conducting business as: "DEIRDRE ABU-SIGUIRA" doing business as: 14411 CALIFA ST #3, LOS ANGELES, CA 90024. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

This business is conducting under the fictitious business name of "E L I T E  E X P R E S S" doing business as: W. 164TH STREET, GARDENA, CA 90248. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

This business is conducting under the fictitious business name of "STEPHANIE BAILEY" doing business as: 14411 CALIFA ST #3, LOS ANGELES, CA 90024. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

This business is conducting under the fictitious business name of "ANDREW TAKAO" doing business as: 14411 CALIFA ST #3, LOS ANGELES, CA 90024. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

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This person is conducting business as: "ANGELO S. BALEY" doing business as: 14411 CALIFA ST #3, LOS ANGELES, CA 90024. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

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This person is conducting business as: "ANGELO S. SUGUIARA" doing business as: 14411 CALIFA ST #3, LOS ANGELES, CA 90024. This Fictitious Name Statement expires five years from the date it was filed with the County Recorder Office. A new Fictitious Business Name Statement must be filed before that time. The filling of this statement does not of itself authorize the use in this state of a Fictitious Business Name in violation of the rights of another under federal, state or common law (see Section 14411 et. seq., Business and Professions Code).

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