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AG-11549 131

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Antiques/Collectibles 602

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Miscellaneous 610

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DINING TABLE w/ 6 chairs, glass top, metal, beige \$65 442-456-6488

ELECTRIC LAWN MOWER \$25. 442-271-8914

HOSPITAL BED, \$125, dog crate \$40, electric pan still in box \$20, 760-791-7455

PRECISION SOFT SIDE CRATE 36"x24"x23" good condition \$45. 760-353-0424

LAWN MOWER, MCLANE 7 blade, good condition not running, \$200/obo. 760-352-6769

BEIGE HIGH HEELS size 8-1/2 used once \$15 obo. 760-355-0069

4 UPHOLSTERED BAR stools, excellent condition \$20/piece. Leave message. 760-352-3686

4 SWIVEL BAR STOOLS, \$50. 1 head light for Nissan Altima \$25. 760-234-0075

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DOUBLE KITCHEN SINK, good condition, \$20. 442-271-8914

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4 TIRES AND RIMS for Ranger, \$200. 760-756-8125

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(50)COFFEE CUPS \$7, (10)plates (white) \$6, 2-1/2 gallon porcelain water jugs with flowers \$12. 760-879-5585

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CANNON POWER SHOT camera SD750 with 32GB card with case like new, \$30. 760-353-0424

14 HOOVER TYPE Y vacuum bags new \$8 760-353-0424

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4 CAR DOORS for 2005 PT Cruiser \$200. 760-592-4930

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GOLF BAG WITH irons ping zing with woods, L.H. \$70. 442-238-4040

COLEMAN GO KART- great condition \$500. 760-960-4328

NEW CAR SPEAKER \$25. Small BBQ grill \$20. 760-886-1838 leave message.

TOILET 2 MONTHS old, like new \$25. 442-271-8914

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2 x WOODEN DISPLAY table, \$100. 760-909-0308

32" FLAT SCREEN SAMSUNG TV, with remote in good condition \$50. 442-258-7298

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2 LAWN MOWER's, with basket's Craftman \$60 each. Kenmore dryer, gas \$150 good condition. 760-344-1854 or 442-456-1688

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2-ELECTRIC REEL MOTOR AUC10826, Brand new \$250 each. 928-916-9635/Bouse

JOHN DEERE PARTS, Gator drive clutch AM146793, New \$350. 928-916-9635/Bouse

Let's Talk About It!



With **Scott Dudley & Maria Wyatt**

Wellness Radio



IMPERIAL COUNTY
Behavioral Health Services
MENTAL HEALTH & SUBSTANCE USE RECOVERY

Anorexia and Bulimia - Signs, Symptoms and Treatment

(Originally aired on January 2018)

Week of
SEP 26

Eating disorders can affect anyone regardless of age and socioeconomic status. Family members may be suffering through this and not know it or not comprehend what they are going through. Not eating enough or eating too much all at once? This may be a sign of an eating disorder. Join us as Maricruz Bermudez talks more in depth about the various eating disorders and the treatment available.

Guest Speaker: Maricruz Bermudez, LMFT

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Supervising Therapist, Youth and Young Adult Services

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If you have any questions that you would like answered on the show, please send an email to: wellnessradio@co.imperial.ca.us



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\$51,900
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928-486-0893

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Accessories 991**



2 FRONT STRUTS for 2008 Acura TL, Monroe \$140 760-791-7328

2 GREY BUCKET SEATS w/high back \$80. 702-275-4826/BHC

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TOYOTA 4-RUNNER PUSH BAR, aka Bull bar. Never used. Can provide photos, \$75 Or Best Offer 928-680-4408/LHC

4 TIRES BF GOODRICH 33x1250 15, \$250. 760-960-9696

2 TIRES 195/65-15, asking \$30. 760-427-9722

RUNNING 454 CUBIC INCH Chevy motor and transmission \$995. Ron 760-550-2711

LOOK at This

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Classic



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1 COVAIR BUMPER \$80. 702-275-4826/BHC

EARN



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1 SLIDE, BUNKHOUSE, FRONT QUEEN BED, IS STILL NEW
ONLY \$38,995

2005 HITCHHIKER 35'
3 SLIDES, REAR LIVING ROOM,
LOADED, ONE OWNER
LIKE NEW \$29,995

2010 HOLIDAY RAMBLER 29'
CLASS B 3-SLIDES, CHEVY VORTEC
WORKHORSE, ONE OWNER, BEAUTIFUL
\$74,995

2013 COUGAR LITE 28'
1 SLIDE, 2 DOORS, LOADED, QUEEN BED,
1/2 TON TOWABLE
\$28,995

2006 CAMOE 30'
2 SLIDES, AIR, AWNING, REAR LIVING
ROOM, EXCELLENT CONDITION.
\$24,995

2019 HOLIDAY RAMBLER ADMIRAL 32'
2 LARGE SLIDES, 2 FULL BATHS,
20,000 MILES, FULLY LOADED!
\$99,995

2009 COACHMAN FREELANDER 28'
2 SLIDES, FULLY LOADED, SUPER CLEAN
\$45,995

1982 NOMAD 16'
AIR, FULL BATH LIGHT WEIGHT
\$5,995

2011 COUGAR LITE 30'
1 SLIDE, AIR, AWNING, QUEEN BED, LIKE NEW
\$24,995

2017 GEMINI
25', 1 SLIDE, FORD DIESEL, LOW MILES,
FULLY EQUIPPED, ONE OWNER
\$94,995

1993 SUNRISE
20'; AIR AWNING, BED
SPECIAL \$7,995

2009 OPEN RANGER 37'
4 SLIDES, REAR LIVING ROOM,
FULLY LOADED, SUPER NICE!
\$34,995

2006 JAYCO 25'
1 SLIDE/OUT, AIM, GENERATOR, SOLAR,
REAR BED, SPECIAL
\$34,995

2010 SUNDANCE 31'
3 SLIDES, REAR LIVING ROOM, LOADED, 1 OWNER
\$21,900

1999 PROWLER 33'
3 SLIDES, AIR, FURNISHED
SPECIAL \$15,995

1995 TIIGA 30'
CLASS C, 2-AIRS, AWNING, GENERATOR, RUNS GREAT
\$14,995

2002 HITCHHIKER CHAMPAGNE 35'
3 SLIDES, FULLY LOADED, REAR LIVING
WAS \$18,995 NOW \$14,850

1993 DUTCHMEN 27'
ONE SLIDER, AIR, REAR KITCHEN
BLOWOUT \$5,850

2005 SUNNYBROOK 32'
3 SLIDES, REAR LIVING ROOM, U-KITCHEN,
FULLY LOADED, SUPER CLEAN
\$23,995

2007 KODIAK 26'
1 SLIDE, AIR, AWNING, REAR QUEEN BED
\$13,995

2009 COACHMEN 26'
CLASS C, 1 SLIDE, REAR BED,
LOADED, 33,000 MILES
\$47,995

2018 R-POD 20'
ONE SLIDE, REAR KITCHEN STATION, FULLY LOADED
\$25,995

2004 SPRINGDALE 29'
2 SLIDES, 2 DOORS, REAR
QUEEN, LOADED
\$15,995

2007 ELITE 40'
2 SLIDES, AIR, FURNISHED, SUPER CLEAN
\$18,995

2012 ITASCA SUNCRUISER 37'
3 LARGE SLIDES, LOW MILES,
FULLY LOADED, CLEAN
WAS \$109,995 NOW \$98,800

1997 WANDERER 30'
2 SLIDES, AIR,
QUEEN BED, LOADED
SPECIAL \$8,850

2008 MONTANA 35'
3 SLIDES, REAR LIVING ROOM, ONE
OWNER, FULLY EQUIPPED
\$25,995

1987 AVION 32'
ONE OWNER, SOLAR, FULLY LOADED,
EXCELLENT CONDITION
WAS \$16,995 NOW \$13,930

2004 PACE ARROW 38'
2 SLIDES, AIR, AWNING, GENERATOR, WORK HORSE
CHASSIS, VORTEC
WAS \$45,995 NOW \$38,800

2003 CROSS COUNTRY 37'
2 SLIDES, 300 CUMMINS DIESEL PUSHER,
FULLY LOADED, REAL CLEAN
\$45,995

2008 FORD F-250
SUPERCAB, V8, LONGBED, FULLY LOADED
\$11,995

1992 JAYCO 28'
AIM, RUNNING, GENERATOR,
LOW MILES SPECIAL
\$11,800

2003 PRARIE SCHOONER 31'
3 SLIDES, REAR LIVING, NEW AIR, LIKE NEW
\$21,995

2016 FLATBED 6" X 10"
REAR DROP DOWN, SPARE TIRE, LIKE NEW
\$3,495

1997 ALPENLITE 34'
2 SLIDES, LAMINATE FLOORS,
AIR, CLEAN
\$14,995

1993 DODGE DAKOTA
EXTENDED CAB, V-8, 4X4, LOADED, ONE OWNER
\$6,995

1997 BUICK LESABRE
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CONDITION, RUNS EXCELLENT.
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2007 FORD TAURUS
SEDAN, NEW AIR, NEW TIRES
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2004 JAGUAR X-TYPE SEDAN
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1996 CHRYSLER SEBRING
CONVERTIBLE, AIR, RUNS GREAT
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Horoscope

-  **ARIES (Mar 21/Apr 20)** Don't push yourself too far this week, Aries. That is a surefire way to be overcome by stress and deplete your energy, which you need to get things done. Pace yourself.
-  **TAURUS (Apr 21/May 21)** Hold your tongue and try not to get into any heated arguments with people either at work or in your social circles, Taurus. Avoid controversial subjects.
-  **GEMINI (May 22/Jun 21)** There's a strong pull toward wanting to play as well as getting work done, Gemini. Is there a way to delegate some work so you can focus on recreation? Figure things out.
-  **CANCER (Jun 22/Jul 22)** Cancer, you may have some exciting plans brewing but you might not know how to put them in motion. A friend may offer to help get the ball rolling.
-  **LEO (Jul 23/Aug 23)** The planets are trying to tell you to slow down and take a day off, Leo. You just have to listen more closely or you could run the risk of burnout in the days to come.
-  **VIRGO (Aug 24/Sept 22)** Virgo, this week things may get a bit more intense than you anticipated. Intensity doesn't necessarily mean you will have a bad time. Everything will be exciting and fast-paced.
-  **LIBRA (Sept 23/Oct 23)** Libra, focus on your personal relationships this week, as you may need to modify a few things and do some housekeeping in your social relationships.
-  **SCORPIO (Oct 24/Nov 22)** Focus on the finer details of life this week, Scorpio. If you have been waiting to have a gourmet dinner or to take a luxurious trip, now is the time to do so.
-  **SAGITTARIUS (Nov 23/Dec 21)** There's conflicting energy in the cosmos this week, Sagittarius. All of what you think was right may be turned on its head. Some new decisions may need to be made.
-  **CAPRICORN (Dec 22/Jan 20)** It may be challenging to figure out where you stand with someone this week, Capricorn. You thought you had it all figured out, but the tides have changed dramatically.
-  **AQUARIUS (Jan 21/Feb 18)** You'll continue to face the difficult decision of whether to tend to your own needs or help someone close to you, Aquarius. It's a fine line to walk with no easy answer.
-  **PISCES (Feb 19/Mar 20)** There's a positive drive guiding you along, Pisces. If you've been putting off your to-do list, now you will have the energy to get things done.

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Suicide prevention is focus of services, programs

Since 2008, the month of September has been designated as National Suicide Prevention Month, placing focus on breaking stigmas associated with mental health struggles and building awareness about the services to help those in need of support.

Imperial County Behavioral Health Services (ICBHS) wants to assure Imperial Valley residents that help is available through its programs and services for of all ages experiencing suicidal ideation, whether they are facing an immediate psychiatric medical emergency or seeking ongoing treatment.

Nationally, suicide is the 12th leading cause of death across all age groups and even higher for those ages 10 to 24, according to the American Foundation for Suicide Prevention. In the Imperial Valley, there has been an increasing need for suicide prevention services, especially crisis response services, said Michelle Villarreal, ICBHS's program supervisor for the Mental Health Triage Unit, a critical part of ICBHS's suicide prevention services.

"There is a significant need for these services," Villarreal said.

As part of its services, ICBHS has placed great focus on providing an immediate response to those in crisis through its Crisis Care Mobile Unit (CCMU) program, which consists of staff trained in suicide prevention whose role it is to respond with law enforcement and other community agencies to individuals facing emotional or psychiatric distress.

The CCMU is made up of separate units, including:

- **The Crisis Co-Response Team (CCRT)** works in collaboration with law enforcement officers in the field to provide crisis intervention and linkage to needed treatment and community services;
- **School Based Response Team (SBRT)** provides mobile crisis intervention services to individuals experiencing a psychiatric or emotional crisis at the local schools;
- **Care Response Team (CRT)** provides assistance to the local hospital and ICBHS outpatient clinics;
- **Mobile Crisis Response Team (MCRT)**, which, like CCRT, will provide immediate field-based de-escalation services. The MCRT will respond to law enforcement agencies and other community agencies requesting intervention for individuals experiencing psychiatric or emotional distress. MCRT also provides outreach in communities by giving individuals the opportunity to immediately access services.

Priscilla Patino, ICBHS' manager for the CCMU and the Mental Health Triage Unit, said in November 2020 as a pilot program before expanding to the additional mobile units, are meant to ensure ICBHS can respond to those in a mental health crisis anywhere in the county.

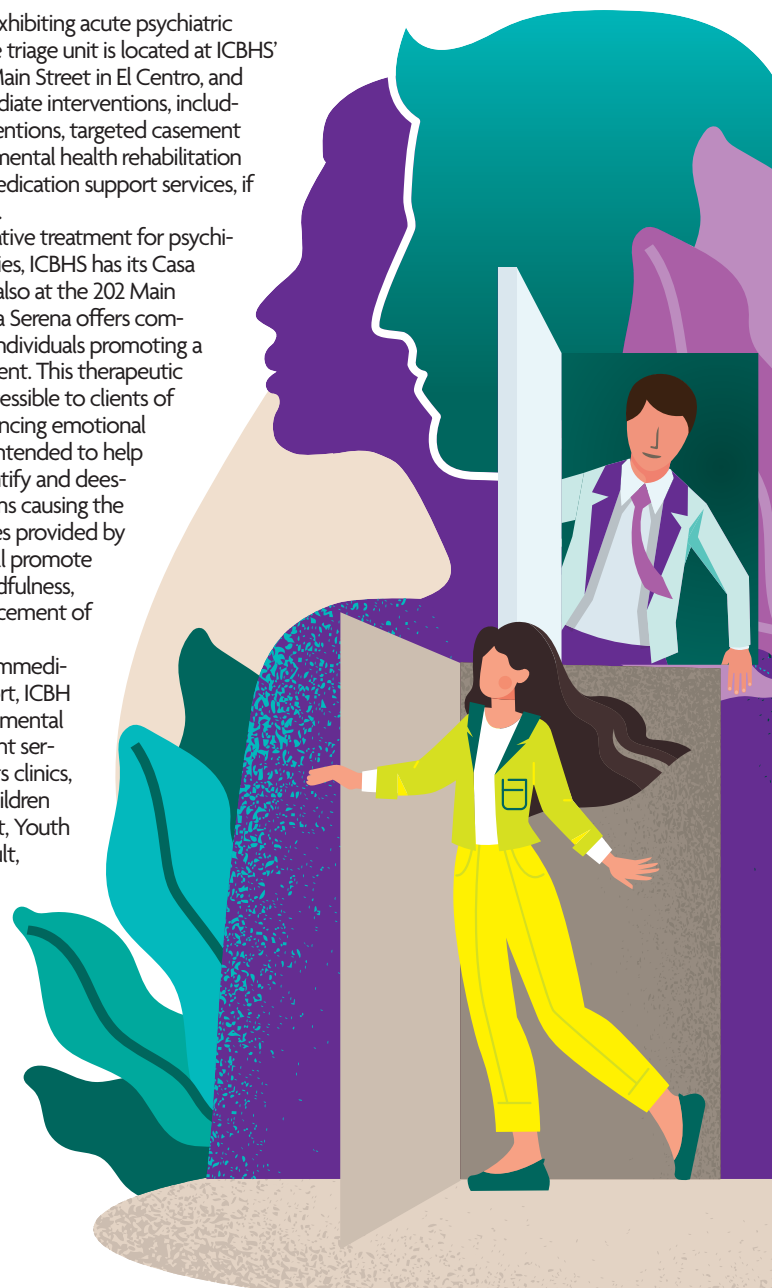
"Under this new approach, our goal is to reach out and provide services in a more prompt manner," Patino said.

The Mental Health Triage Unit is another key piece of ICBHS' suicide prevention services, providing immediate therapeutic response

to individuals exhibiting acute psychiatric symptoms. The triage unit is located at ICBHS' facility at 202 Main Street in El Centro, and provides immediate interventions, including crisis interventions, targeted casement management, mental health rehabilitation services and medication support services, if recommended.

As an alternative treatment for psychiatric emergencies, ICBHS has its Casa Serena facility, also at the 202 Main Street site. Casa Serena offers comfort rooms to individuals promoting a calm environment. This therapeutic approach is accessible to clients of all ages experiencing emotional distress and is intended to help individuals identify and deescalate symptoms causing the distress. Services provided by Casa Serena will promote tranquility, mindfulness, and the reinforcement of coping skills.

Along with immediate crisis support, ICBHS offers ongoing mental health treatment services through its clinics, including its Children and Adolescent, Youth and Young Adult, and adult outpatient treatment clinics. ❖



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