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Printing**



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Must be available Fridays and Saturdays.
Potential for more hours if needed.

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paying my
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agent
\$25,000!**

-Said no one ever

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Katrina Bennett, RK
Registered Kinesiologist
1565 Chestnut Ave
Merritt, BC V1K 0A9
(604) 832-2207

NVKinesiology@gmail.com
NVKinesiology.wordpress.com

Nicola Valley Kinesiology



MERRITT MORNING MARKET

MONDAY EDITION – JULY 16, 2018 #3172

News, opinion, community events & classifieds since 1996! Box 2199 Merritt, BC V1K 1B8
T (250)378-5717 F (250)378-2025 market@uniserve.com www.merrittmorningmarket.com

Merritt Rivers Riparian Rehabilitation Committee

One of the 2 items on tomorrow's Special Committee of the Whole meeting agenda is a presentation from the newly-renamed Merritt River's Riparian Rehabilitation Committee (formerly known as 'property owners affected by this year's flooding').

The group will appeal to City Council to take action to address the 2017 & 2018 flooding, as everyone is concerned about future flood events. They've come up with some goals & actions that they believe could go a long way to address the changes that have occurred over the years along the river corridors.

One of the big picture goals is rehabilitating the river within the municipal boundaries, that would help both to heal the river system & protect residents who live along the river's edge.

Everyone is welcome to attend, Tues. July 17, 5pm at Council Chambers in City Hall.

New public EV charging stations

British Columbians will have access to 11 new public electric vehicle (EV) charging stations added to highway rest areas throughout the province.

In addition to the 11 new charging sites, the Ministry of Transportation and Infrastructure supported the installation of 2 more BC Hydro direct-current (DC) fast-charging facilities at the Britton Creek rest stop on the Coquihalla, and at the Tofino-Ucluelet Junction.

BC Hydro is planning its next phase, which will connect drivers to the north from Kamloops to Prince George – and eventually to Prince Rupert.

BC Hydro's fast charging network can charge an electric vehicle's battery to 80% in 30 minutes or less. The network is designed to provide drivers with charging options when they need them – helping reduce the 'range anxiety' many drivers feel about long road trips.

As the number of electric vehicles on BC roads grows, charging sessions at BC Hydro's existing stations in the Southern Interior show a 62% increase between May 2017 & May 2018. There are currently around 9000 electric vehicles on BC roads, and that number is expected to rise to 300,000 by 2030.

A bear walks into a bar and says to the barman, "I'll have a whisky andsoda." The bartender says, "Why the big pause?" "Dunno," says the bear. "I've always had them."

Someone ripped pages out of both ends of my dictionary today... It just goes from bad to worse.

THIS WEEK'S HOROSCOPE



Aries
March 21 - April 19

If you've filled a temporary gap in your life, this is the week to let it go. The cosmic indication is that it can be filled with something much more promising.



Taurus
April 20 - May 20

You're going through a process that's necessary & good for you. So don't compromise. Wait instead, for news that reveals a better way to find peace & calm.



Gemini
May 21 - June 20

The key to success lies in knowing what you want to occur. Then, you'll be able to find an easy way to progress around any obstacles that appear this week.



Cancer
June 21 - July 22

You're seeing the world in a fresh, new way. If you keep looking at life with this perspective, you can change how someone important perceives you.



Leo
July 23 - Aug 22

This week you can make a decision that will keep a problem at bay. Alter your approach to a frustrating relationship & you can let go of a tiring habit and take up something healthy and new.



Virgo
Aug 23 - Sept 22

Stay alert for overly romanticised dreaming, and unnecessary fears. Something lovely is waiting to be discovered. You just need to dig for it in an unexpected place.



Libra
Sept 23 - Oct 22

You're feeling compelled to grasp the motivations behind a difficult scenario or relationship. Yet, intuitively you already know just how to deal with it. Trust your instincts this week.



Scorpio
Oct. 23 - Nov 21

This week brings an opportunity to investigate something you're skeptical about. Yet it has lots more to offer than you suspect.



Sagittarius
Nov 22 - Dec 21

Find an intuitive approach to a problem. You can more than meet your current sense of need and make a change that will create a sustainable sense of certainty.



Capricorn
Dec 22 - Jan 19

If you find yourself reacting negatively to a challenge, try looking calmly & coolly at what is pushing your buttons. Then you can channel any negative feelings into positive action.



Aquarius
Jan 20 - Feb 18

You can make a positive difference to your amount of wealth. Yet, other sources of annoyance will need to be handled with a change of attitude rather than with a physical approach.



Pisces
Feb 19 - Mar 20

However tempted you may be to dismiss a seemingly ludicrous idea, don't dismiss any spontaneous opinions this week. Some 'fancy' could hold the solution to a baffling problem.

Atoma Brand
Premium Facial Tissue

\$1.00 3 ply
90 sheets

Black's Pharmacy

2037 Quilchena Ave., Merritt BC (250) 378-2155



Mon - Fri 7am - 3pm
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Sunday: 9am-2pm

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& Fri

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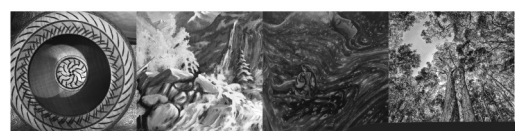


**Comfort
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- Personal Care
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- Respite Care
- Light Housekeeping
- Meal Preparation
- Companion Care

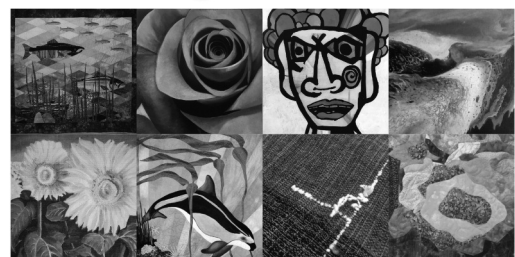
(778) 471-1711 Ask for Katie

#600-1 235 1st Ave Kamloops V2C 3J4 kamloops@comfortkeepers.ca



**MERRITT
Art
WALK**
Take a walk on the art side

July 3 - 31, 2018



the Arts Council
Nicola Valley Community Arts Council
Stop by one of these locations, pick up an Art Walk booklet, and get walking...!
Community Futures Nicola Valley • Merritt Civic Centre • Courthouse Arts Gallery • Kubli Cafe • Interior Savings Credit Union • Community Policing • Earthwalker Spiritual Shop • Espresso Etc. • Lynda's Cafe • Black's Pharmacy • Spanner & Webb • Vision Quest Gifts • Breathe Bikes • Home Hardware • Purify Feed • Save On Foods • IV Museum & Archives
Check out more info & event updates at www.nicolavalleyartscouncil.com or on Facebook



**Nicola Valley
Museum
&
Archives**

1675 Tutill Court, Merritt, BC

Admission by donation
Summer Hours:
Mon - Sat 9am - 5pm
Closed Sun.

Phone 250-378-4145 for appt or tour
nvma@telus.net



WHAT'S ON
Nicola Valley Community Arts Council
Courthouse Art Gallery

- **Art Walk Show** Check out the Art Walk Artists at the Courthouse Arts Gallery:
Cindilla Trent, Pat Tombe & Bev Veale
- **Summer Gallery Hours** Regular hours: Thurs-Sat 12noon-6pm, additional summer hours: Wednesday and Sunday 12-4pm
- **Open Mic Nights** Fri, 7-9pm @ Kekuli Cafe

F . M . I .

www.nicolavalleyartscouncil.com
NicolaValleyArtsCouncil@gmail.com



CUSTOM MUGS

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- Resume assistance
- Wage subsidies
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- for employers

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open door group



MERRITT

Employment Services



Katrina Bennett, RK

Registered Kinesiologist

1555 Chestnut Ave

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(604) 832-2207

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MERRITT MORNING MARKET

MONDAY EDITION – JULY 16, 2018 #3172

Box 2199, Merritt, BC V1K 1B8 Tel: (250)378-5717 Fax (250)378-2025 Email market@uniserve.com

PERSONAL

WTD: person with car trailer will pay \$100 to move vehicle. Tom 778-288-4095

ORCHID RESCUE: Is your orchid dead or dying? Instead of just throwing it out, give it to me so I can learn their care & how to trouble shoot. I'm trying to learn how to save them. 378-6289

LOST KEYS: GM keys and others on it. 378-9503

LOST JUNE 17 in downtown area. Woman's glasses in animal print case 378-7620. Reward.

MERRITT Red Cross is looking for volunteers for 2hrs. on Thursdays, to laon out health equipmt from the hospital. Will be working with another volunteer. If you can help, pls call 378-5276. Students for summer months very welcome.

THIRSTY summer guests? Lots of empty bottles and cans but no time to wait in line at the bottle depot? Let Scooter Mike help you out. He'll take them away so you can get on with your day! 525-0471

NEED SOMEONE to take care of pets or home during your summer vacation?, honest, reliable, Bill 315-3621

FOUND: camera, Canon Powershot A95, on bike path near Norgaard's. Pick up at Merritt Printing

WTD: 2 OR 3 hard-working students to do wood clean-up 378-5526

MISSING: cat from Coldwater Rd. tabby with some orange markings, white legs and face. 378-0886

LOST: 3 keys on a ring 315-0197

EAGER, RELIABLE MAN w/ 4x4 truck & trailer avail for dump runs & delivery, plywood, dirt, gravel, appl., housewares. Greg 315-7525, 250-320-2054 fast, courteous service.

LOOKING FOR someone who does Reiki 378-8326

LOST: green lanyard w/ 2 gold keys 378-1873

THIS COWGIRL is back for business, house-sitting, ranch-sitting, exc refs, RCMP-approved 378-7435

ANGIE'S TEA LEAF READING. Anytime, gift certificates avail., will do group tea leaf reading. Future, money, love, relationships, business. 378-8326, 315-8685

EMPLOYMENT OPPORTUNITY

P-T bus person/dishwasher needed at Tropico Spice. Stop in with resume, 1953 Nicola Ave.

WTD: HOMEMAKER / Personal Attendant, weekly plus fill in for current worker, will provide training if necessary, good \$5. call Cary 378-2333 for interview

COUNTER SALES person with computer skills & some bookkeeping exper. required for this f-t position. The job incl. Saturday work. Competitive pay rate & full benefit pkg. Graham at Copper Valley Mechanical Contractors. 378-5104.

GRASS-CUTTER wtd now, rel., w/own equipmt. ride-on mower, weecater, for 2018 season \$1000/mo. + bonus, 3 cuttings/ mo., lrg prk & sales off. Send name, addr., tel.no. w/ refs to greenmtn@shawcable.com, fax 604-985-2508

TEMP. P-T bookkeeper needed, familiar w/ Quickbooks a must. Payroll exper., too Nikki 378-9125.

SERVICES

ND HOME RENOS? Skilled handyman w/ 20+ yrs exper. in light framing, plumbing, drywall, finishing, taping, textured ceilings, flooring, custom wood-work such as shelving etc. For free estimate call 315-8679. Multiple references available upon request

JPV ENTERPRISES: Landscaping (lawn care, hedging, pruning, gardening), general labour. Licensed, equipped. On Facebook. 280-7077

DRYWALL, textured ceiling, painting. Call Jeff (250)378-3709, (250)315-2066

LWNMWNG & wd trimming 250-899-1832

SEWING & alterations 378-0405

CERTIFIED tree feller w/ small wood chipper, truck & trailer w/ all the gear, or just hauling debris to the dump. 378-6431

GRANNY'S House Quilting & Retreat has fabric and sewing notions. 378-3734

CHILDCARE

LICENSED CHILDCARE Family Place for children 0 – 12 years. We will help complete subsidy paperwork. Open Mon-Sat-. Drop ins welcome. Hours are 6am – 9pm. Located at Railyard Mall. 2172 Couette Ave. FMI 378-4878

FOR SALE - APPLIANCES

A/C window-style, \$100obo #114-Eldorado 378-4007

6-YR OLD stainless steel Samsung dishwasher \$100 525-1166

NICE washer & dryer, stainless Samsung \$600 exc cond. 378-2483

14,000 BTU Danby port a/c, used 1 season, pd \$700, sell \$275 firm 378-7995

MINI fridge \$75 378-6180572

GE MICROWAVE, wht, 14.5x21x 11.75 \$35. 250-572-3329 Pics on Craig's List

KENMORE dryer \$150 Dave 280-8444

WINDOW air cond. \$50. 378-8181

DISHWASHER under-counter Kitchen Aid, first \$100, will deliver 315-7716

FOR SALE - AUTOMOTIVE

09 HHR 150k, winter/summer tires \$4500obo 525-1234

SET OF 4 rims fit Ranger, Jeep, Mazda, alum., fancy \$100 315-8087

81 GMC 1/2 ton 2wd longbox, 350, 4-spd, nw clutch \$2300obo 250-320-4278

4 CHROME pek-up rims c/w 3 mounted Deep Digger radial tires 33x12.5R18 LT \$525. **08 GMC** 3500 HD 8' truck box w/ tailgate & lights, wht, liner & edge moulding, nw cond. + bumper/hitch frame \$2900 378-4955 or info@ranchland.ca

8'SILVER 01 Dodge truck box \$800. 6'x6' blk 01 Dodge truck box \$600, no rust/has tail gates & lights.Yakima roof rack \$100. 378-5661

01 OLDSMOBILE exc cond. 936-8297

98 HONDA Civic SI, 243k 5-spd, standard, pw/, sunroof, 40+ mi./gal. \$3500 378-0441

97 F250 Ford p/u with canopy, Super Cab, 4 wheel drive 238,000+ kms, gas, gd cond. work truck. \$2750obo 378-5225

64 T-BIRD needs restoring, have all prts \$2000 250-295-6425

05 NISSAN Ultima low mileage, well-kept \$7000 378-9453

07 DODGE Caliber, 92k \$4500 378-2547

81 TOURING van, very nice, driving currently \$3000obo 378-8326

4 BLIZZAK 215/60R 15 tires on rims \$20 936-8484

03 CAVALIER \$300 for parts only. **95** Nissan Sentra \$600 525-0293 Patrick

04 TOYOTA Matrix, 151k, no rust summr & wntrs mounted, man. trans. clutch gd \$4000 378-8199

06 PT CRUISER, 4-dr., exc. for college students, grt mileage, grey-green with spoiler, good tires \$2000 firm 315-7611

SET OF 4 tires P235/75R17 Hankook Dyna Pro all-seas. 280-0493

97 GEO Metro needs TLC, 2 sets gd tires on rims, rcks for roof \$650obo Cecilia 315-0022

04 CHEV Epica, tan in col., good shape throughout, only 130k. On summr + c/w spare rims for wntrs \$2600, in Sunshine Valley 378-5223 or text 315-5276

TOYO A/T tires(6) LT265/70/R17, 50% tread, 4 yrs old, \$20ea, obo 378-8758

SPORT RACK cartop carrier \$100obo 378-8680, 936-8289

AS IS, 98 green 4-dr SW Ford Explorer, 4.0l, v6, \$1800, cert. cheque/cash 315-2535

03 JEEP Liberty, 200k, gd cond., all seas. & wntr tires on rims. \$5000 378-6328

89 TOYOTA Corolla, 4-dr, 139k, gd shape 378-5340

06 PONTIAC Grand Prix 4-dr sedan v6, 3.8 ltr, 300 series \$5500obo less than 100k, reg. services, grt overall car, include set winter tires on rims 1 yr old, downsizing 315-5870

99 SILVERADO Pick Up, 1w mil. 194k, exc cond. 6 litre Vortex eng., 4-whl drv, nw batt. Wired for towng, camp tie downs & air bags, include locking canopy & boat rack, cab over lights, nerf bars, 4 nw winter tires. 378-9699

BRND NW Cleveland Heist 250 street bike, hardtail, 28km \$4500 315-8087

02 DODGE RAM 1500, crew cab, shrt bx, nds mtr \$1500obo 378-6180

06 PT CRUISER 170k, decent cond., 2 sets of tires, runs very well, great on gas. \$4400 Trish 315-5373

4 GOOD used Yokohama Geolander tires, P225-60R17, M & S, 58% tread remaining. \$300obo. 378-3569

JEEP convert. top, all side windows, all att. \$400obo fits 97-02 jeep 315-0074

LIVESTOCK / PETS & ACCESS.

FREE kittens. Kelly 378-5354

BRND nw dog/cat cage \$60. 378-4022

SPRINGER spaniel needs temporary home 378-1336

FREE kittens, ready to go immed. 250-574-3032

HAPPY PUPPY DOG GROOMING. Dogs up to 10 lbs. Flexible hrs 378-6289

DRAFT-SIZE western saddle for adult rider; stirrups can be customized for kids \$275. 2 English saddles, one w/ large seat; also numnah pad & new draft-size English bridle. Sturdy, foldable, exercise pen for dogs, \$80 378-2410

6 LLAMAS, \$100 ea., diff. sizes, young to adults 315-2188

6 FREE kittens 378-5390

2 DRAKE ducks \$10ea. Silkie roosters \$5ea. 458-2314 Spences Bridge

LOOKING FOR A HOME for 4 & half yr old mixed breed dog, neut'd male w/ dog house, toys & dishes, Well-behaved & loved but due to medical reasons, he's not getting the time he needs 378-7077

FOR SALE - MISCELLANEOUS

FREE: wood pallets, take 1 or all, behind NAPA Auto Pro. Please take them away!

NEW mats for outside/inside doorways wheelchair & scooter access \$150. 378-4022

FREE: exercise mach. Free-Spirit, you pick up 2151 Granite #101. *Popular Mechanics encyclopedia*, 24 vol. 378-4007

T-BALL helmet like new \$15. Foot bath/ massager, \$25 378-2410

HAYNES Suzuki motorcycle manual, good condition, GSXR 1000 '03-'08; GSXR 600 and 750 '04-'05 \$16 315-6259

8' GARAGE door \$200, 20" round bathroom sink w/ faucets \$25, 3 halogen construction tripod lights \$50, 2 med. pet cages \$25 ea. Mosey oak rechargeable hand warmers \$50. RV vent lid. Jensen model 40174 \$25. Nw Acer computer monitor \$25. 30" range hood \$50. Concrete urn planters \$20ea. 2 wd/brushed metal living room lamps \$40/set. Bev 378-8181

SINGER Prelude 8250, nw, easy threading, powerful mtr, auto buttonholes, three snap-on presser feet etc \$65 280-5332

DOZEN porcelain dolls, very nice/well dressed \$10ea 378-8326

SCOOTER w/ brand new batteries & charger \$950. 378-5360

BEAUTIFUL unique mirror, large for wall/dresser \$100obo. Dishes bone china \$20/all. Loveseat \$200, lk nw. Huge, beautiful unique vase \$200. End tables. Lamps 378-8326

3 PCS 40" wht metal railing: 28", 44" & 67" long 100. 36" wht mtl screen dr \$50obo. Cast iron horse w/ bell attached 12" h \$10. Coffee table 50x28, end tables 28" sq., glass, wd, mtl \$100 378-4515

2 SHOE RACKS, 3 shelves each, very good condition \$10ea 378-2458

1954 ELECTROHOME tv, very gd cond. \$40. Original Nova super GT snow racer, perfect condo. \$40 315-5473

TOMATO plants 50¢ ea., many var. Flowers, herbs, bell pepper starter plants 280-0779

ACORN stair lift, only used a few times. Moved to 1-level home, pd \$10,000+, sell \$3000obo. 378-6505

JANOME serger, My lock 234D \$125. Kenmore sewing machine & accessories Model 1400 \$50 378-9927

2 PAIR IFR nomex coveralls, sz med. 5 pair boulet cowboy boots, sz 8, snake-skin & ostrich. Adjust bed frame. 5-pc Pioneer surround sound system 280-1531

FREE: 4x8 window w/ frame 315-0097

RED OR GREEN maple trees for sale \$5-10 dollars based on size. 378-4177

KID'S Mini Cooper batt-operated car \$75 378-6180

WHEELCHAIR \$30. 3 upright wheeled aluminum folding walking aids \$8ea. Footed cane \$8. 3 walkers \$20ea. Walker nds wheel repair \$5. 315-4506

TOMATO plants \$1ea 315-1447

TOMATO plants \$0.50ea. 280-0779

NEW HAMSTER cage \$15. 8X16 cement slabs \$1.50 each. Lge, soft side, wheeled suitcases, used 2x \$10ea. 378-6289

GRANNY'S House Quilting & Retreat has fabric and sewing notions. Nw fabric from Katja's Quilt Shoppe 378-3734

UNPASTEURIZED raw honey: \$40 for 8 cups, \$20 for 4 cups, \$10 for 2 cups, \$5 for 1 cup. Locally grown organic garlic, \$10/lb. 378-4947

FOR SALE - FURNITURE

INTELLIBED sngl bed set, incl. wood headboard, night stand, six drawer bureau and lamp \$250 378-5745

2 IKEA dsks 378-4955, info@ranchland.ca

FREE: 2 loveseats & other assorted furniture, no charge, we may be able to deliver in Merritt area. Daphne 603-312-1954

BROWN chesterfield w/ recliner both ends, nr new, \$1000, 378-4619

QU SZ & sngl matt., 3 dsrrs 378-6892

CREAM-COL. tbl w/ leaf & 4 matching chairs \$50. Baby change table, 3 levels, wht wood \$20. JR 280-9701

REAL cedar chest \$45 Trish 315-5373

LRG blonde colored desk w/ upper pigeon holes \$15. 4 maple hardwd chairs, pristine cond \$5ea 315-4506

FOR SALE - ELECTRONICS / SOFTWARE

FREE: Cannon JX3090 fax/answering machine, HP Office Jet Pro 8610 scanner/copier, WD ext'l hrd drv 378-5745

2009 IMAC computer \$300 378-7995

19" SAMSUNG TV, with remote, very good condition. \$50 378-2458

FREE: 42" Sony tv, wrks well 378-4586

BRND NW unopened package home wifi router, Dlink dir-601. Ideal for small buildings \$40. call/text 315-5812

ANTIQUE stereo, loaded, works grt \$100 378-8326

CANON 3600 printer for iPad, prints 2-sided, wifi, \$160 nw, sell \$50obo 378-0885

SYLVANIA flat screen tv 32", \$100 1 yr old, nr nw 378-4022

FOR SALE - RECREATIONAL

MOTORHOME 24' hardwood, low km, exc cond. \$5800, value insured \$12,000, looking for diff. style/layout 378-8326, 315-8685

MEN'S right hand Dunlop golf clubs, xtra putter, bag & carry strap & pull cart. 2 doz. balls, best offer. 378-7607

ALUM. corrugated tailgate for GMC truck for 5th whl 378-4634

99 HONDA Goldwing, exc. cond., recent tires/windshield, factory service manual, pearl white \$7800 280-3478

99 WILDERNESS travel trlr 17', all amenities, no air, 4 whls undr \$4500 250-295-6425

92 24" CITATION Supreme 5th-wheel w/ many extras, very well-cared for \$6000 378-9453

09 12' LUND wide body fishing boat on EZ load trailer, 9.9hp Mercury 4-stroke mtr w/ trolling buddy, incl. swivel seats, oars, gas tkn, dock bumpers, exc cond \$5500obo 378-9699

35FT FIFTH whl, 2003 Jayco Designer, 3 slides, vry gd cond. \$14,900obo 604-996-8065

BRND NW 2016 Cleveland hardtail street bike, 250cc 28km \$4500 315-8087