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Nicola Valley Kinesiology

MERRITT MORNING MARKET

MONDAY EDITION — AUGUST 20, 2018 #3186
News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8
T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

Letter to the editor
Re: Tent city

Carmella Mathieu has nicely outlined the deplorable tent ‘housing’ which these brave men and women are forced to endure.

A possible solution is for us to offer ‘home hosting’ to them; and loan them bikes and cars to get to shopping etc, and then drive them to their duty stations as needed. Its not too late for this year. A Service Club like Rotary, and/or Lions could do it if City Hall is short-staffed.

C’mon Merritt; lets get on this, now. At least extend the offer and show that we care.

— Darch Osborne

Gottfriedsen Mountain Wildfire
Evac alert rescinded

Saturday mid-afternoon, TNRD rescinded the Gottfriedsen Mtn evacuation alert, after lower temps and high relative humidity saw a significant reduction in fire activity, with help from Canadian Forces personnel. Due to poor visibility, helicopters had been grounded for safety. With the fire now under control, all resources will be focussed on mop up operations allowing other resources to be re-deployed to other incidents.

Air quality & strenuous outdoor activity

Smoky skies will continue across most of the province for the next few days, and until a significant change in the provincial weather pattern occurs, widespread air quality improvements are not expected.

During times of poor air quality, it’s important that individuals take steps to protect their health and wellbeing. Over the last week Interior Health has received many questions about the health risks of strenuous outdoor activities.

In BC we use the Air Quality Health Index (AQHI) to make recommendations for modifying outdoor activity and/or avoiding smoke. This index takes into consideration levels of particulate matter, NO2, SO2, and other gases that are known to negatively impact lung capacity, heart function, and blood flow to muscles and brain tissue. Smoke affects everyone differently, but those most at risk include individuals with underlying medical conditions such as asthma, COPD, heart disease, or diabetes, and infants, the elderly and pregnant women.

The best way to protect your health when skies are smoky is to reduce your exposure and seek cleaner air. When the AQHI is moderate or higher (equal to and/ or above 4), Interior Health recommends that individuals consider reducing or avoiding strenuous activities, and follow the recommendations provided on the BC Air Quality website.

If you are experiencing clinical symptoms of any kind, contact your health care provider or local walk-in clinic. If your symptoms are severe, seek emergency medical attention. For more info on precautions when air quality is poor visit www.interiorhealth.ca or contact HealthLink BC at 8-1-1.

Q: Why does Humpty Dumpty love autumn? A: Because Humpty Dumpty had a great fall.

Q: What do computers eat for a snack? A: Microchips!

If you ever get cold, just stand in the corner of a room for a while. They’re normally around 90 degrees.

Q: What did the blanket say when it fell of the bed? A: “Oh sheet!”

Q: Why shouldn’t you make fun of a paleontologist? A: Because you will get Jurasskicked.

THIS WEEK'S HOROSCOPE

<p>Aries March 21 - April 19</p> <p>Now that Mercury is moving forward once again, you can think more clearly, and see the cleverest, most straightforward way to move to where you want to go.</p>	<p>Taurus April 20 - May 20</p> <p>Have you ever felt appreciated just for being you, rather than for what you've achieved? Now you can attract so much attention and affection that you'll have a lot to share too.</p>	<p>Gemini May 21 - June 20</p> <p>It's uncomfortable when you realise that you might have misjudged someone. If you're courageous enough to admit to a misjudgment, you can move freely forward with renewed confidence.</p>	<p>Cancer June 21 - July 22</p> <p>You can be grateful for your intuition, your talents, your aptitudes and your creativity. You have what you need to be comfortable & happy.</p>
<p>Leo July 23 - Aug 22</p> <p>No chance of overlooking the opportunity on your horizon. Nor will you fail to take advantage of the gift it brings. Your efforts will get a boost, and your spirit of adventure revitalized too.</p>	<p>Virgo Aug 23 - Sept 22</p> <p>Approach challenges with a renewed faith in yourself and your ability to judge what suits you and what does not. Seeing this situation from a new angle brings inspiration.</p>	<p>Libra Sept 23 - Oct 22</p> <p>You can begin to shake off a way of behaving that was based on a survival technique. Your defences can be lowered as you find an easier way to proceed.</p>	<p>Scorpio Oct 23 - Nov 21</p> <p>No guarantee that your mood will reflect your surroundings. This week won't guarantee good things, but it will definitely help rather than hinder.</p>
<p>Sagittarius Nov 22 - Dec 21</p> <p>The wish you've been trying to push aside, and the hope you can't stop, stand a chance of turning into something tangible. You just need to be certain that you know what you really want.</p>	<p>Capricorn Dec 22 - Jan 19</p> <p>a border has been transgressed. This has led to a feeling of wariness and uncertainty. But you have the power to mend something that feels broken.</p>	<p>Aquarius Jan 20 - Feb 18</p> <p>Someone's going to share a piece of critical info with you that you can't keep to yourself. You might need to take a risk. But trust your luck, and yourself, and your courage will pay off.</p>	<p>Pisces Feb 19 - Mar 20</p> <p>One thing has to happen before another thing can begin to change. Look for hopeful signs and you'll find them. The more open you are, the better your prospects will be.</p>

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COURTHOUSE ARTS GALLERY

ART WALK ARTISTS' SHOW

AUG 2-SEPT 1

REG HRS **THURS - SAT. 12-6PM**
SUMMER HRS **WED. & SUN. 12-4PM**

ART WALK WRAP UP
AUG 17, 6:30-8PM
SUMMER NIGHTS MARKET

1840 Nicola Ave., Merritt, BC | (250)378-8015 | www.nicolavalleyartscouncil.com | nicolavalleyartsgallery@gmail.com

the Arts Council WHAT'S ON

Nicola Valley Community Arts Council
Courthouse Art Gallery

- Art Walk Wrap Up 6:30-8pm, Aug 17, at the Summer Nights Market
- Art Walk Artists' Show Aug 2-Sept 1st
- Faye Gustafson: Kids Summer Painting & Sculpture Workshop Aug 13-17, 9:30-12 noon, 5 mornings of fun art! Ages 6+ \$125, all supplies provided

Come join the NVCAC Arts Table activities at the **Summer Nights Market**. 6-9pm. Bring your kids! Decorate a hat or a crown!

- Open Mic Nights Fri, 7-9pm @ Kekuli Cafe

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PERSONAL

REWARD OFFERD for info leading to return of items taken from a home on Coldwater Rd July 23/18: Lincoln Line feed welder, Cannon Digital camera, 10 speed (purple)mountain bike. Herb 378-7075 or RCMP 378-4262

NEEDED: cleaner for very dirty motor home 604-817-8670

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

MERRITT Red Cross is looking for volunteers for 2hrs. on Thursdays, to laon out health equipt 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

THIS COWGIRL is back for business, house-sitting, ranch-sitting, exc refs, RC-MP-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

LOOKING For 1st job or extra income? head to Espresso Etc. Needed sign carriers perfect for students 13-15 with parents consent. Contact Ken or Nikki FMI or to apply 378-9125 or come in person 1950 Garcia St. btwn 2:30 & 5pm

SEEKNG EXPER'D loader operator. Whl loader/log loader exper. preferred. Min. 40 hrs/wk, benefits avail. Wages dependant on exper. contact tonybertoin-pr@gmail.com serious applicants only

OPENING FOR COOK/REP at Mary Brown's, Salary Negotiable. Contact Harp or Dolly, 3663 Dewolf way, 315-0460, 778-928-4844

LOOKING FOR a part time RN to join us most suitable for someone retired or looking for a few extra hours to pick up per week. Must be registered with BC Nurses Registry. Also looking for casual care aides. Please drop off resume @ Nicola Meadows Assisted Living, 2670 Garcia st or contact @ 250-378-4254

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

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

SERVICES

MOBILE HAIR STYLIST. 16 yrs experience, will come to your house, and you can enjoy haircuts in the comfort of your home. Call Nicole for prices and appointment 315-6112

HOUSEKEEPING. 378-4022

INTER. HOUSE painter, nw to Merr., 16 yrs exper. lic. & insured 604-767-4866

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

CERTIFIED tree faller w/ small wood chipper, truck & trlr 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 Coutlee Ave. FMI 378-4878

FOR SALE - APPLIANCES

PRESSURE COOKER, All-American pro model, 19pints \$140 378-3496

7 CU FT chest deep freeze \$50 315-2249

6 YR OLD stainless steel Samsung dish-washer \$100obo 525-1166

INGLIS elect. stove \$300obo 280-0970

2 USED Air Conditioner Units: York, Heritage 13, plus heat exchangers/single phase, both good working condition. 378-0886, 604-364-3410

PORT. air-cond./dehumidifier 10,000 BTU, 1 yr old, exc. cond. \$150. 378-8252

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

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

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

FOR SALE - AUTOMOTIVE

12 DODGE 4500 pick up 4wd, heavy duty, crew cab, low km, very gd cond. 378-6915

07 DODGE 4x4, low miles, long box, gd cond., best offer 378-4431

TIRES for 95 Geo Metro 155/80 R 13... summers & studded wntrs, vry gd cond. make me an offer! 315-0022

07 DODGE 4x4, low miles, long box. Best offer, gd cond 250-378-4431

03 JEEP Liberty, 200k, gd cond., all-sea son tires on & c/w winter tires on rims. \$5000obo 378-6328

99 VW BEETLE 123k, no accidents, auto, cruise control, a/c, am/fm cassette w/ 6 pk cd changer in trunk, nw frnt brakes & fan blwr/switch, nw batt, incl snow tires on steel rims (set of 4), \$4000 firm. 778-241-1250

81 GMC 1/2 ton 2wd longbox, 350, 4-sp, nw clutch \$1200obo 250-320-4278

01 GMC Tradesman van, vry gd cond., nw pnt & wrk ordrs avail., ready for wrk at grt price \$1595 315-2373

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

09 CHEV HHR, 150k, winter/summer tires, sunroof, a/c, p/w etc. \$3500 525-1234

8 FT silver 01 Dodge truck box \$800. 6ft x 6ft black 01 Dodge truck box \$600, no rust/has tail gates and lights. Also a Yakima roof rack \$100 378-5661

89 OLDS gd shape \$1500obo 250-458-2401

73 CHEV 4X4 flat deck with racks, w bull board, custom camo paint, 350 motor, man. trans, prfct glass, gd inter. This truck is looking for 2 men willing to work daily for cash asking \$4000 will give cash bonus to buyers. 250-319-2101

95 GEO Metro needs TLC super on gas has roof rack \$300 obo 315-002 8156

01 DODGE 1/2 ton 4 x 4 w/ ext. cab shrt bx, 318 5-sp, nw fuel pump & rebuilt front end 220,000 kms \$3000obo. **07 Chev** Optra w/ 4 nw wntir tires, 140k \$4500obo 280-0970

SUZUKI 16" alloy rims w/ P235 R60 Goodyear snw tires 100\$ 280-8490 **90 FORD** F250 3/4-tn 4wd diesel, not running! must tow \$1000obo, want it gone! 378-4284

00 MONTE CARLO SS 3.8 auto, w gd cond, nice looking \$2200. **85 Olds** Cutlass 4-dr 305 auto, \$1400 vry gd cond. 378- 8156

SET OF 4 Firestone P195/65R15, Mud & Snow - \$80. **Canopy** on Dodge, 6'6" bx, red \$1500 315-2882

89 HONDA Accord, immac., 4 winter tires on rims, auto \$1000 280-0543

97 HONDA Civic, vry gd cond. 378-9948, 525-1250

MOVING must sell 06 P.T. Cruiser, gd little car for buzzing around, gd car for students. 193k, a steal at \$1500 315-7611

11 DODGE Caravan, Stow & Go, seating for 7, set of wntir tires, & tires on rims, roof rack, 156k \$9500 280-0655, 378-9021

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

98 HONDA Civic SI, 243k 5-sp, standard, pw/, sunroof, 40+ mi./gal. Reduced: \$2500 378-0441

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

01 OLDSMOBILE exc cond. 936-8297

4 CHROME pck-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

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

FOR SALE - PETS / LIVESTOCK

PET CARRIER for cat/sml dog, exc cond. 525-1333

HAND-TRAINED male Cockatiel with large cage \$450, c/w food, toys, supplements, accessories. Nds lots of attention & love. Richard 280-7477

PET CAGE, for small animal \$50 378-4022

BIG BIRD CAGE on casters w/ dlx perches, toys, dishes, swings, minerals, vitamins & cuttlefish \$150. Tiny CottageCraft girth for Shetland or Mini-horse English saddle, \$30. 378-2410

WESTERN bridle for draft-cross horse. Parrot cage & toys/perches/supplies, \$125. 378-2410

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

FOR SALE - MISCELLANEOUS

LEVOLOR dble curtain rod 84"-120". Plain white notdesigner \$7 250-572-3329

OLD CDN coins some black case sets from 80's lots of silver 604 618 8710

GARDEN VEGETABLES, zucchini & zucchini squash 315-8087

3 CHRISTMAS BARBIES, 1980, still in orig. boxes 525-1333

"N"SCALE RR layout 3'x5' 378-5427

13.5X13.5 bar sink with taps, lk nw, of fers 378-2632

LARGE amount Barbie dolls, incl Ken \$25/box 378-8326

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

OAK logs, 2 logs approx. 7 feet x 10 inches. \$50/each 378-9694, 378-1611

EXTERIOR silver alum. screen door w/ ornate decr \$50obo 604-817-8670

UNSPRAYED new apples, good for sauce or juicing, \$1/lb. 378-2410

GARDEN vegetables: lettuce, beets, etc. 315-1447

FROM OUR GARDEN to my kitchen - your table....red salsa is sweeter and medium, green salsa with cilantro is almost no sugar and medium (both \$12/pint); raspberry, strawberry, aloha (rhubarb, strawberry and pineapple, only ingredient not from my garden) jams, grape, black currant jelly, \$7/half pint, \$10/pint. 378-6256.

2 MATCHING ant. lamps, need shades, beautiful cond. \$20/pr 378-8326

ORCHID cacti, from very large (\$25) to small.(\$75) 378-255-0675

DERMO-WAND, removes wrinkles, new reas. 378-8326

ELECT. wheelchair, lk nw \$900 378-3488

SAFETY stool, exc cond. \$20 525-1333

DRSSR mir. 17x41, framed \$15 378-8140

ROYAL ALBERT china, Lavender Rose, place settings for 8 + tea pot, gravy boat, platters & more \$500obo 315-2882

BLOCH Shockwave tap shoes, as new, flexible leather, slip onsize 7M, \$45. NIB moisturizers: L'Oreal Age Perfect day, 75 ml, \$25; Nivea Q10 day creme w/ SPF15, and night creme, 50 ml, \$15 each; Garnier nutritioniste day creme w/SPF15, and night creme, 50 ml, \$15 ea. 378-2410

ITALIAN porcelain tiles, nw, wht, 25/ \$25. 60" round table, sturdy wd \$80. Full dlx kit for **Beaver scouts**, \$50. NF climbing bag for chalk, \$12. 378-2410

VERSA 2-bike bike rack, nvr used \$75. Folding steel truck **ramp** set \$40. Blue Planet **solar panel** 15w \$65. 20-ltr gas **container** \$10. 12-volt Mobi coil **hot/cold** unit X25 \$40. 12-volt Mobi coil **hot/cold** unit T08 \$30. George Forman **grill** \$25. Yardwork elect **weed blower** \$15. **Woe** \$10 778-214-0814

BARBIE dolls, ken dolls, 18 very lrg dolls \$30/all. 10 porcelain dolls, very well-dressed \$50. 378-8326

FREE: wd pallets, take 1 or all, behind NAPA Auto Parts. Plse take them away!

2 SHOE reks, 3 shelves ea \$10ea 378-2458

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

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

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

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

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

SWIVEL bar stool, beige seat \$25. Folding table 48" black \$25. 250-572-3329

2 CHAIRS matching w/ whls, pd \$300, sell \$100/both, comfy, fancy 378-8326

2 COFFEE tbs, 2 end tbs, couch & chair, exc cond. Bookcase 378-4634

DRAFTING table 3'x5' on whls. **Bdm suite** 7piece, maple 378-5427

5 DRAWER dresser, offers 3782-632

DESIGNER couch vry different, offers, mint cond. **Hide-a-bed**,.offs 280-0875

TALL book case \$10. 2 very nice matching table **lamps** \$10 ea. Single table **lamp** \$5. TV stand cupboard \$10. Wht wrought iron **shelf** \$5. Couch **cushions** \$2 ea. End step **table** \$5. All in gd cond. Bernice 378-7595

COFFE tbl & 2 end tables. Table & 6 chairs, qu sz bdrm suite. Offers 378-7995

PILLOW-TOP twin matt. 39"x75"x9"h + matt. Cover, new 6 mos ago, welcome to try it \$100 315-9491

CHSTRFLD daybed, brown, pd \$1000+, sell \$200 very comfortable 315-9486

3 PIECE sofa set, grt cond. \$350obo. Pls call or text 250-572-2408.

ROUND, glass-top rattan table \$100 315-7611

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

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

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

QU SZ & sngl matt., 3