BANKER'S BOXES
T-4 ENVELOPES
WE'VE GOT EVERYTHING
YOU NEED FOR

TAX TIME

Merritt <u>Printing</u>

Office Supplies (250)378-6882 Printing & Engraving (250)378-6808 1951 Garcia St., Merritt, BC

the

# LOCAL BUTCHER

YOUR IN-TOWN FULL SERVICE BUTCHER SHOP

- Top Quality Product at Competitive Prices
- Friendly Knowledgeable Staff
- Special Orders Welcome!

2051 VOGHT STREET, MERRITT BC. 250.378.5817



Merritt's Auto Glass Specialists

ICBC Claims
•Commercial •Residential

•Automotive •Industrial

2663 Granite Ave. (next to Fountain Tire) 378-4531



CAFE
Tues-Sun
9am-9pm
(Closed Mon)

PUB
TUES-SAT
5PM-2AM
(Closed Sun/Mon)

LIQUOR STORE OPEN DAILY 9AM-11PM

INC.

2350 Voght St., Merritt • 250 378-2254



## How to protect yourself

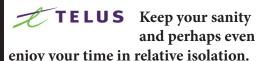
the same procedures as what is recommended during

- cold and flu season:Stay home if you get sick and limit contact with others to keep from infecting them.
- Wash hands regularly with soap and water. This is the single most effective way of reducing infection spread.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

  Cover your mouth and possible a decretificate of the second to the secon
- Cover your mouth and nose with a sleeve/tissue and turn your head away from others when coughing or sneezing.
- Use tissues to contain secretions and dispose of them promptly in a waste container.
- Keep common surface areas like doorknobs, light switches and keyboards, clean and disinfected.



List your garage sale &/or get our listing mail-out Email: market@uniserve.com



- Maintain a routine: We all feel better, and function better, when we follow a routine. End your workday at the same time as usual and try to go to bed at your usual
- Exercise: Exercise is a treatment for depression and anxiety. It doesn't take much exercise to help your brain stay mentally fit: 30 minutes of mild- to moderate-intensity exercise five days a week is enough.
- Go outside: So long as you can keep your social distance (at least 1m, although 2m is ideal), get outside to walkg or bike, an effective way to aid stress reduction.
- Schedule fun time in your day: Make sure you do something you enjoy every single day. It will help your brain to really relax and reset.
- Learn how to be more mindful: Mindfulness is a life skill and can be learned.
- If in doubt, check it out: Be very careful where you get your health information regarding COVID-19. Go to reputable sources, such as the Public Health Agency of Canada, your provincial medical officer or the World Health Organization.



DAY OF REMEMBRANCE OF THE VICTIMS OF SLAVERY — MAR. 25, 2020 #3401 News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

City of Merritt declares state of local emergency

# **24-hour fire and policing service notice**Effective immediately only essential services within the City of Merritt will be pro-

Effective immediately only essential services within the City of Merritt will be provided: 24-hour fire & policing, wastewater & garbage collection, and communications. The Merritt RCMP is encouraging community members to call the Merritt RCMP detachment rather than in-person visits unless absolutely necessary. For more info contact the Merritt RCMP office at 250-378-4262.

"...We know that issues persist. We have heard your concerns about groups of people congregating, tour busses stopping in town, and the continued closure of bathrooms. We are working directly with businesses to ensure that they are implementing appropriate social distancing and cleaning measures. While we aren't sure why tour busses are still operating, we are in the process of taking action to ensure that during this crisis, tour busses will not be stopping in our town except for fuel. If necessary, we will use emergency powers to do so. Regarding public bathrooms in our parks, we understand the public's frustration, but these facilities will continue to remain closed, as they are high transmission areas for the virus," said Mayor Linda Brown.

"I plea with residents to follow all directives coming from our health officials, and to whatever degree your circumstances permit, please limit your contact with others. I also plea with residents to continue to find ways to patron our local businesses, as appropriate."

"Lastly, I would like to thank our health care professionals and all other essential service personal for your tireless service. At 7:00pm tonight, and every night for the duration of this crisis, I will be joining with people across the world, to salute you by clapping, cheering, and banging pots and pans outside my residence. I encourage others to do the same! I think it is critical that we find ways to have fun and maintain our humanity, even during this difficult time."

Check the City of Merritt Updates on COVID-19: www.merritt.ca/news/covid-19

# COVID 19 'officially' in the Nicola Valley

Though the BC Govt & Interior Health are not indicating which communities have cases of COVID-19, locally organizations have come forward with confirmations.

On Sunday, the Lower Nicola Band issued a report that "a School District worker has tested positive".

And SD58 also announced on Sunday: "A member of our operations department has tested positive for Covid-19. To the best of our knowledge, the staff members' work during first signs of illness was limited and did not involve schools or classrooms."

But no doubt there are more. If you haven't already, now's the time to treat everyone as if they have COVID-19. Time to give up the belief that people can be out and about and be safe because there are only a handful of confirmed cases reported in the Interior Health region.

Early symptoms are: heavy chest, a cough, a low-grade fever and an intermittent headache.

Action is to isolate yourself in your house, etc., etc. — we've all heard it over & over. We all need to do it. -KL

# Thoughts from outside the box Mud Brick Temple

The body is only a mud brick temple. As all will agree, the body is built to crumble. The soul is more. The soul is immortal. The soul is why I live. The soul is how I endure. —Mike Bhangu,

Amazon best-selling author

# Limits on materials at Eco-Depots

To reduce the number of people visiting disposal facilities TNRD is asking residents to only bring in garbage generated from inside your home (kitchen, bathroom, etc.) and ensure that it is bagged and tied closed.

Only bring in recycling from essential items such as paper, cardboard, and containers coming from the grocery stores or pharmacy.

Limit your trips to an Eco-Depot or Transfer Station and limit the time you spend on site. By pre-sorting recycling you will be able to quickly deposit material and limit interaction with attendants.

Do not bring: construction or renovation waste, yard waste, batteries, used oil, tires, electronics and small appliances, paint & other household hazardous waste, scrap metal, propane tanks, appliances, mattresses & furniture.

According to TNRD: "This is not the time to load up your truck from a home renovation project or spring cleaning. We saw a large increase in customers over the weekend that seemed to be doing just that. Please hold onto these items until we return to normal operations."

# **Community**New fb group "Neighbours helping neighbours"

Nicola Valley Neighbors Helping Neighbors during Covid-19 Pandemic is a new facebook group. "If You can offer services to those in need then please let the group know. Maybe You can shop for supplies for those who can't. Maybe pro-

vide a meal for someone in need. Maybe just a phone call to someone feeling alone." For anyone not using facebook, please call Rachel Whitehouse 315-7755. "After all of this is over, all that will really matter is how we treated each other."

**World Wildlife Fund's 'Earth Hour 2020'** Around the world, *Earth Hour 2020* will be celebrated Saturday March 28, 8:30pm local time. Started by World Wildlife Fund and partners as a symbolic lights-out event in Sydney in 2007, Earth Hour is now one of the world's largest grassroots movements for the environment, engaging millions of people in more than 180 countries and territories.

In the midst of the COVID 19 health crisis, we need to stand together now more than ever to safeguard our future and the future of our planet. Earth Hour 2020 is more than a symbolic event, it is a global environmental movement to stop the destruction of nature on which our health, happiness and future prosperity depends. FMI www.earthhour.org

**Do You know What Time It Is?** Two little girls were playing together one afternoon in the park when one said, "I wonder what time it is?. "Well, it can't be four o'clock," replied the other with magnificent logic. "How do you know," asked the first girl. "Because my mother said I was to be home by four o'clock and I'm not."

Face to Face "Yes, once i came face to face with a lion, and to make matters worse, I was alone and weapon less." "Goodness! What did you do?" "What could I do? First I tried looking straight into his eyes, but he kept crawling up on me. Then I thought of plunging my arm down his throat, grabbing him by the tail and turning him inside out, but I decided it would be too dangerous. Yet he continued creeping up on me. I had to think fast...." "How did you get away?" "I just left him and passed on to the next cage."

### **BLACK'S PHARMACY**

Covered Bridge Potato Chips

\$2<sup>99</sup>

170gm

FREE Delivery for Seniors & Those with Restricted Mobility | f 2037 Quilchena Avenue, Merritt BC 250-378-2155



Tel (250)378-8283 • 1953 Nicola Ave tpschinese.com

Rediscovering the Truth
THOUGHTS FROM
OUTSIDE THE BOX

Mike Bhangu

"Every human begin is born with an inherit responsibility to make this world a better place. Until one fulfills this duty, does one truly live?" — Mike Bhangu



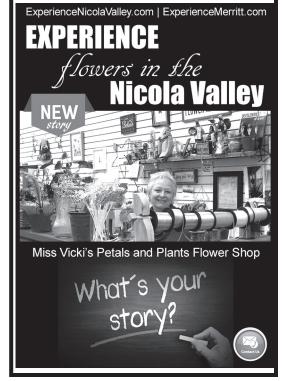
Any Nicola Valley & District Metis with CONCERNS, ISSUES, CRISIS ABOUT COVID-19

Contact President Betty-Ann McDonnell at 250-378-5015

or the Metis crisis line 1-833-638-4722

SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM







#### **CUSTOM MUGS**

Your photos or art on a mug ~ great gift!

Office Supplies (250)378-6882

Printing Printing & Engraving (250)378-6808

1951 Garcia St., Merritt, BC

#### **COMPLETE RENOVATION SERVICES**

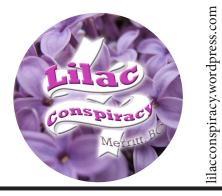
Local contractor/carpenter available for any renovation work you need done:

Flooring Drywall & painting Windows

Kitchen cabinets Bathroom fixtures

Doors Trim work Bathroom & kitchen tile

All work guaranteed, reasonable rates, reliable References available upon request Text/call Ken 604-679-1827 thomsonfamilydk@hotmail.com



# Merritt

#### How to protect vourself

We encourage you to follow the same procedures as what is recommended during

- cold and flu season: Stay home if you get sick and limit contact with others
- to keep from infecting them. Wash hands regularly with soap and water. This is the
- single most effective way of reducing infection spread. Avoid touching your eyes, nose or mouth. Germs
- Cover your mouth and nose with a sleeve/tissue and turn your head away from others when coughing or sneezing.
- Use tissues to contain secretions and dispose of them promptly in a waste container.
- Keep common surface areas like doorknobs, light switches and keyboards, clean and disinfected.



List your garage sale &/or get our listing mail-out Email: market@uniserve.com

> SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM



### MERRITT MORNING MARKET

#### WEDNESDAY EDITION — MARCH 25, 2020 #3401

Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

FREE METAL DETECTING. I will metal detect your property for free. 50% split on any relics or valuables. Owner chooses. Exc landscaper, so your lawns won't be hurt. All trash dug will be removed from site. Glass nails, etc. Darrell \$3950 378-2676\$

P275/60R2U, very gu conac, 15 1500 280-4811
PONT GRAND AM, new batt., p/locks, a/c, p/b,rks recent updates, no dents \$3950 378-2676
PONT GRAND AM, new batt., p/locks, a/c, p/b,rks recent updates, no dents \$3950 378-2676
PANASONIC dvd home theatre sound system, 4 small speakers, 1 large sub-woofer, dvd machine \$150 378-8823
50\*SATELLITE cable, offers, 378-3484

**FOUND:** Samsung phone, 2500 blk Coldwater Ave. Call to ID 378-6808 I COLLECT pop bottles & cans, if you have empties to get rid of, 250-525-0471

Mon Eves 6:30pm, Feb 24 & Mar 2. WILDERNESS & SURVIVAL first aid 5-day wilderness & survival first aid & skills courses, will be offered by Arctic Red Wilderness Training, in Merritt through the summer months (June, July, Aug, & Sept) FMI and to schedule your spot, email Judan-nadawn@gmail.com or text 250-378-5223. Cost is \$600/person or \$1000 per couple.

GET READY for spring & Easter break. Going on holidays? I'll take care of your home or pets. Honest, reliable. Bill 315-3621

#### SERVICES

JPV ENTERPRISES: Landscaping(lawn care, hedging, pruning, gardening), general labour. Licensed, equipped. On Facebook. 250 280 7077

TC PAINTING inter. only, licensed & insured 315-1644

Insured 315-1644
DYNAMO DEB offering housecleaning, yard work, dog-walking 280-9650
SPRING CLEANING, & reg. house-cleaning 378-4022
DRYWALL, textured ceiling, painting.
Call Jeff (250)378-3709, (250)315-2066

CERTIFIED TREE FALLER, w/ wd chipper, sml truck & trailer, will do residential, fruit trees, etc. 378-6431

DYNAMO DEB is back to do housecleaning, cooking & personal shopping. 280-9650

NICOLA VALLEY PAINTING, All interior painting services 10% off this winter, call Eric 250-315-5194

Witter, call Effe 250-315-3194
BUDGET BROS PAINTING +
Renos Fully insured & family-owned. Senior discounts 25% off, 15 years experience, 100% customer satisfaction! Free estimate call Dennis 378-6866 & Louis 778-877-5505 SMALL ENGINE repair, tune-up, lawn-mower blade sharpening & balancing. 936-8083

930-8083 HANDYMAN w/ small trailer available for rubbish removal. Doug 378-7600 NW HOME BUILDER offering serv.

as prjct mgr + nw renovation projects. Specialize in finish carpentry, flooring tiling & laminate. free est. Call/text Ken

in Merritt. \$250 per month, 6 days a week. Call Harpreet Singh 604-720-1021 PIANO Lessons all ages welcome. FMI 250-315-7314 \$22/half hour

PIANO lessons, violin lessons, theory exams, \$18/half hour. Cecilia 315-0022 EAGER, RELIABLE man w/ 4x4 truck & trailer, avail. Dump runs, deliveries, plywood, sand, gravel, appl., housewares Greg 315-7525, (250)320-2054 Fast, courteous service WOODY'S TREE services, pruning, removal, hedges, anything to do with trees 315-8087

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

#### EMPLOYMENT OPPORTUNITY MERRITT LEGION looking for p-t bartender/serrver 378-5631

MERRITT DESERT INN: Bartendrs, barmaids & servers for pub, cafe & liquor store, etc. Job application & references req d. Must have Serving It Right! Apply in person, or make appt by calling 378-2254

EMPLOYMENT OPPORTUNITY
- EXECUTIVE DIRECTOR Conayt
Friendship Society - for a copy of job requirements/duties please email to: reception@conayt.com or call 250-378-5107

CHILDCARE BABYSITTING COURSE certified babysitting services avail. evenings & 4 GALLONS Restore Ddeck Start \$5ea. wkends. Genuine, attentive, caring, helpful, hardworking. Plenty of experience with babies. Electra 280-3237

PARACORD bracelets, keychains, etc.

WILL MIND your children all day after school 378-0870

#### FOR SALE - APPLIANCES

KIMCHI fridge, mdl Dimchae Depa w/ manual in Eng. & 189D, nw cond Korean, nw \$2200 sell \$800obo Harry

**5-ELEMENT** smooth top elect range, gd cond \$300 280-0857

SMALL powerhead for Electrolux vacuum cleaner378-2136

**18** CF upright freezer \$250 frost-free 525-0043 PORT. dshwshr GE, A1 cond. \$500.

Louis 604-825-1942

#### FOR SALE - AUTOMOTIVE SET 4 15" rims 7-bolt for Ford \$100 QU SIZE mattress \$50 280-0857

long \$100 378-8140 **07 KIA** Portage, champagne edition, 4x4, loaded, sunroof, well-maint., l own-

WHT canopy 8'x73"w, nw shocks to open back window, mint cond. \$300ob 936-8474

4 HONDA 15" whls, incl hub caps \$50

WHT dock \$20.77 20.77 20.78

4 20" TIRES off Dodge pick-up COUCH, It tan w/ black markings P275/60R20, very gd cond., lots of tread 7'2x2'9 d, nr new 936-8474 
\$150 Harry 315-6109 
FOR SALE - ELECTRONICS/SOFTWARE

**102 CHEV** Grand Am, needs motor work or good parts car. New coil pack. Fix or use for parts. Open to offers OTF util. trailer 378-2370

MUSIC PERFORMERS CLUB for kids or adults w/ something prepared to share, like an open mic focusing on instruments. Grand Piano provided. FMI text Cecilia - 250-315-0022 or gcdyck@hotmail.com Mon Eves 6:30pm, Feb 24 & Mar 2.

WILDERNESS & SURVIVAL first aid 5-day wilderness & survival first aid & skills courses, will be offered by Arctic Red Wilderness Training, in Merritt through the cases, properties on cold mornings, some oil leaking, reas.

WILDERNESS Training, in Merritt through the cases, properties of the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills courses, will be offered by Arctic Red wilderness Training, in Merritt through the cases, properties on cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills courses, will be offered by Arctic Red work and the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills courses, will be offered by Arctic Red work and the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills courses, will be offered by Arctic Red work and the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills course, will be offered by Arctic Red work and the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills course, will be offered by Arctic Red work and the cold mornings, some oil leaking, reas.

WILDERNESS & SURVIVAL first aid & skills course, will be offered by Arctic Red work and the cold mornings and the cold mornings and the cold morning and the c

235/75RX15 m&s tire, for lt truck, very gd tread \$75 Joe 378-2676

04 HONDA Pilot, 110k, grey. 94 Mazda truck, 225k 378-4478

hone of pets. Frolest, feliable. Bill 513-5021

104 HONDA Pilot, 110k, grey. 94 Mazda THIS COWGIRL is back for ranch & truck, 225k 378-4478

105 hse-sitting, exe refs, RCMP appr'd. Also avail. For housecleaning 378-7435

106 BLUE Nissan Titan SE 4 door pick up, automatic, all wheel drive, gasoline fueled, complete with paint matched eithers/birthday parties. \$20 to \$25 per hour. Conayt Friendship Soc. 378-5107

107 ALCOHOLICS ANONYMOUS meets control, trailer hitch, a/c, gd cond \$7500 Call Al 250-212-9868 to view.

108 CMM 1/2-14-44 shrlys qrt shape offers.

Mondays at noon, Trinity United Church 80 GMC 1/2-tn 4x4 shrtbx, grt shape, offers, 80 GMC 1/2-tn 4x4 shrtbx, grt snape, ofters, 89 1-tn dual tire, 454 gas, grt shape, 250 diesl wldr in bx, open to offrs. 66 Chrysler 300, exc shape, 216k, offerss 280-1250 TIRE CHAINS 66" long, incl. carry case \$50 378-1337 4 TIRES, winters 225-70R16 on rims \$200 315-4781

**04 FORD** Ranger xlt 4x4, canopy 126k \$7000 378-1860

### FOR SALE - PETS / LIVESTOCK

WTD: Female guppies 378-6289 LOOKING FOR cage for cockatiel 778-207-0334 EASY TRAINER dog collar, used twice, pd \$160, sell \$85 378-6027

SIMCO roping saddle, gd cond, Front & back cinches \$550 Ron Summerfelt 250-755-6817 AWESOME CKC black lab for stud 378-5038

55-GAL. Tank for reptiles w/ light & cover. 280-9433 FOR SALE - MISCELLANEOUS

#### PLUM TREES for sale \$10 & \$15, 1502 Orme St. 378-4471 POLY PRO car cover, full size sedan \$25. Hamilton Beach slo cooker \$20.

\$25. Hamilton Beach slo cooker \$20. Black photo stand \$15. Halemary65@ telus.net 378-6678

BLOW OUT on take home wine making kits. \$20/ \$30 each. Come take a look. 2865C Pooley Ave 250-378-6622

SOCLEAN CPAP machine, with 3 new filters \$150. 378-2458

TONE TABLE organ offers Old Cap-TONE TABLE organ, offers. Old Can-

specialize in infinit carpently, nooring TONE TABLE organ, oriers. Old Canting & laminate. free est. Call/text Ken 604-679-1827, thomsonfamilydk@hotmail.com

INDIAN CUISINE/TIFFIN SERVICE

ACORN stairlift 378-6505

ACORN stairlift 378-6505

ACORN stairlift 378-6505

LILAC HEDGE 7x20 feet. You need a bobcat to dig it, & must take all. 1st come, 1st gets. 250-378-2410

MOBILITY scooter \$250, gd cond., smaller size, grt for women & inside house, turns easily, Shop-rider brand. Don 378-0934

ctc. \$1250 3/8-4904

2 SCOTTY 24" manual downriggers with cables \$150. 3000 watt Moiomaster inverter (in box) \$170. King Kooler insulated tote 42"x34"x24" \$50. Briggs Stratton Pacer fire pump with 50 ft hose with strainer (0 hrs) \$360. 7'6'older Achilles inflatable \$295. Winchester Model 12 3" mag (ex shape). Parker Hale 243. offrs on all. 378-5038

6 NEW filters for Roomba 6e (Costco) fletcher + target. Too many goodies to

WALKING plows \$75 ea obo 378-1880 MOVING SALE: Twin Star elegant MOVING SALE: Iwin Star elegant electric classic flame fireplace, gives a wonderful ambience with real flame appearance.!! Too large for my apt. 13.5" deep, 42"wide, 37"high. Can deliver in Merritt area. \$400obo. 250-674-3282

COSTCO CARPET beautiful 8x10 soft shag in warm brown tones. Used very little. \$100 250-674-3282

NW ELECT. acoustic handmade classic Stagg guitar with built in tuner, comes with Profile premium bag. \$400. 250-674-3282 Can deliver in Merritt area.

PARACORD bracelets, keychains, etc. Various styles, colours, sizes. Check out various styles, colours, sizes. Check out instagram account: grewolf designs to see some examples. Or call 250 280 4004

ASHFORD traditional spinning wheel gd condition, w/ bobbin, knitting knoby, fleece \$200. Large antique pitcher & basin, blue \$60. Bernice 378-9678

TRAILER 9ft x 6ft, loading tailgate, nw plants of the properties of

commercial coffee urns \$50ea FREE: 2 garbage cans full of rabbit manure for garden. Dan 378-2136 71/2' ARTIFICIAL Christmas tree. Very

realistic looking; some lights missing. \$200bo 378-2801

has fabric and sewing notions. Nw fa from Katja's Quilt Shoppe 378-3734 UNPASTEURIZED raw honey: \$40 for 2 cups, \$50 for 1 cup. Locally grown organic garlic, \$10/lb. 378-4947

### FOR SALE - FURNITURE

TRUCK util box, alum, 16"hx20"dx 59"

ROUND OAK table on pedestal, 2 leafs

incl. 4 chairs \$125 378-6683 SECTIONAL couch, ends recline, de-4x4, loaded, sunroof, well-maint, 1 owner, hway driven only, new tires \$6000 HIGHBOY dresser \$25 936-8271

1940'S stl queen bd w/ headboard 378-2136

WHT desk \$30. Tv stand \$30 378-0838

TECHNICS 4-component stereo system old school, with speakers, lk nw \$400obo 280-0543

er seats, moon roof, starts/runs well even on cold mornings, some oil leaking, reas. offers. Rodney 315-2257 or text

5 NEW steel rims to fit ¾ - Iton Chev 18x8. Text or call 315-3367

235/75RX15 m&s tire, for lt truck, very gd tread \$75 Joe 378-2676

04 HONDA Pilot, 110k, grey. 94 Mazda truck, 225k 378-4478

#### FOR SALE - RECREATIONAL

**98 SKIDOO** Bombardier 925cc triple, as is/nds tune-up \$450 378-2646 BREAK CONTROL for trailer or rv

17° CEDAR strip canoe, very good cond \$900obo brand new oars. 14° **alum boat** w/ trailer \$1200obo Harry 315-6109

FULL-FACE motorbike helmet w/ blue tooth, 1 beanie for motorbike w/ visor \$40ea 378-8823

SPRING SPECIAL 20 ft cedar strip canoe with tandem trailer and 8hp ob value \$4000 offers, 14 ft frontier fg ca-noe square back refurbished \$410 looks sharp, Harvey 250-319-2101 Kamloops 02 24FT WESTWIND travel trailer, exc. cond. \$10,000. 315-9592

16' NASH travel trailer, exc cond., everything wrks \$10,000 378-6915

OI.DER PSE Elite compound bow with sights/quiver \$130 378-5038

2WD 250cc quad, less then 200km driven. Except for some paint fade, exc cond. rns lk nw. \$1000 firm. 936-9356 **RECUMBENT** exercise bike \$75. Jean

JAYCO 19.8' trvl trlr, qun bd, nw mat-

tress, 3brnr range & ovn, pntry, micrwy, full bthrm, 100w solar panel on roof w/ regulator inside. LED lights through out, power tongue, power awning. Custom-mounted dry box. Reduced price to \$13,500. Call 315-9491 & come have a

HEALTHCARE Exer-Glide plus \$25 378-2460

2HP Mariner outboard motor, exc cond

SOLOMON SNOWBOARD 150cm with Morrow boots and JL bndngs, exc cond.\$150obo 280-3478 10' FIBREGLASS boat \$150 315-8087 2HP Mariner motor \$300 280-0493

TREADMILL Pro-Form 520i exl. cnd. \$500. Free Spirit Compact Home Gym \$100. AB Lounge 2 \$25. Vata Health Vibration Machine \$500. 378-5691

**25 FT.** 50 amp. RV extension cord, hardly used. \$100 378-9009

TC 300Win mag pro hunter w/ muzzle brk, 3x9 Burris scope, ammo brass dies, etc. \$1250 378-4904

PORT. ice fishing fire pits, no mess on the ice, grt Xmas gift 378-4904

TEETER Inversion table exercise unit \$200 250-408-4016

Model 12 3" mag (ex shape). Parker bow. 350 fps. Mutiplex scope, custom Hale 243. offrs on all. 378-5038 strings, 2 dozen+ arrows, c/w arrow for S15 378-2458 list. Mint cond. \$6000TF top of the line metal detector 936-9356

#### FOR SALE - TOOLS/EQUIPMENT **TRUCK BOX** util trlr \$250 936-8271 PRESSURE washer pump

2 NEVER-USED turban fans 12" w/base, pd \$50ea. 9'4" white PVC pipe new \$20. 2 12'4" ASB cell core pipe \$60/both 378-3484

**SML** older 24" rototiller \$50 378-2458 JOHN DEER lawn tractor dump cart \$150. Porter Cable reciprocating saw \$75. Used roofing metal 25 pieces, 16' long, snow guard & caps, \$250 315-9984 SMALL TRAILER 8'6" from back to hitch, box 5'10" long, gd for small car \$400 378-2370

SHOPMATE 1/2" reversible elect. Drill

27" WIDE Craftsman snowblower. lk nw, used only 3-4 times \$1225, elect. Start, Joe 378-2676

RIGID 6" joiner, new condition, seldom used. \$250 280-3478

CHARCOAL Broil Master lame bbq w/
full prop. tank \$75 378-4022
PORT. a/c \$125, used 1 season 378-5544
OLDER washer, works gd 280-0857
NR NEW Maytag washer motor (single built model \$40 315-1447
The motor of the motor (single built model \$40 315-1447
The motor of the motor (single built model \$40 315-1447
The motor of the motor o

#### MOBILE HOME, rent to own 378-2275

**DINNER** table w/leaf \$500bo 2 wood chairs \$25ea, great shape 378-3990 ATV, 4wd, automatic, decent shape, must have papers 315-7771 FREE Used fence boards, unpainted or

unstained 6' tall x 5 to 6 inches wide by 1 inch thick. We are on the highway just before the land fill. 378-3748 UPPER kitchen cupboards, reas .as possible 378-0064

**350 OR 400** motor to fit 78 Firebird, must be running cond 280-0543

315-3891

02 CHRYSLER Neon \$800. 315-9592

03 ENRYLER Neon \$800. 315-9592

2 SINGLE bed rails with casters \$20 wTD: someone with gd heart, honest open back window, mint cond. \$3000b

FREE queen size futon sofa bed in good condition with cushions. Vry nice & use
10 Color with cushions. Vry nice & use
11 Color with cushions. Vry nice & use
12 Color with cushions. Vry nice & use
13 Color with cushions. Vry nice & use
14 Color with cushions. Vry nice & use
15 Color with cushions. Vry nice & use
16 Color with cushions. Vry nice & use
17 Color with cushions. Vry nice & use
18 Color with cushi JROOF TRUSSES: 24' with 4:12 pitch, need 12 or 13 378-7505

## BEST-VALU GLASS Merritt's Auto Glass

# **Specialists**

**ICBC Claims** 

•Commercial •Residential

Automotive •Industrial

2663 Granite Ave. (next to Fountain Tire) 378-4531



Tel (250)378-8283 • 1953 Nicola Ave tpschinese.com

SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM

MERRITT PICKLEBALL CLUB

Playing M/W/F CMS gym 8:30-11:00am; Tues. 6:30-8:00pm Civic Center, and Thurs 6:30-8:00pm CMS gym. Con a for the and exercise, drop-ins welcome. Demo paddles and instruction available.

FMI call Gary (250) 280-0105 or Ayton (250) 378-5691

SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM



#### Talking to Kids about COVID-19

Don't be afraid to talk about it. Convey the facts and set an emotionally reassuring tone.

Be age appropriate. Older kids can generally handle more detail than younger kids. Focus on answering their questions. Do your best to answer honestly and clearly, and it's okay if you can't answer everything. Encourage them to ask questions and share their perspective.

Invite them to tell you anything they are hearing about COVID-19 and express how they feel. Do limit exposure to social media and the news.

Check yourself. Feeling anxious? Take some time to calm down before trying to have a conversation or answer a child's questions.

Focus on actions you can take. Emphasize safety precautions everyone can take to help keep themselves and others healthy: good hand hygiene, cough and sneeze etiquette, social distancing and staying home if you aren't feeling well.

kids happy and healthy. Ensure children have time for exercise and fresh air as part of their routines. Keep talking. Let them know the lines of communication are going to be open and, as you learn more, you

will share the information with them

Stick to routine. Structured days with regular meal-

times and bedtimes are an essential part of keeping

WINTER TIRES 235/75R/15 for Mazda 4X4 light truck. A Plus for me if on Rims. I am in Merritt area. 250-674-3282

WTD: inside storage for a 35 moto.

WTD: inside storage for a 35'motorhome, Merritt area. Don 315-7820 FOR SALE HOUSE/PROPERTY

FOR SALE by own: 3-bdrm 2 full + 2 1/2 bth hse. 3100 sq ft Uppr Bnch, overlookng glf course. Lrg bck dck, lndscpd. Randi (250) 819-7727

MOBILE home, Kijiji 1420321806 MANUF'D HOMES. Lrg manuf'd home, 3-bdrm, 1-bth w/ 2 shds, crprt for 1 car \$52,900 w/ financing avail. w/ dwnpmt. Call to view 315-1000, 1-800-361-8111, wwwbuyandsell-mobilehomes.com

**08 WINFIELD** 16'x80' mbl home set up in MHP. Vry spacious, lk nw inside. 3 bdrms,d 2 full bths, pntry, walk-in closet, SS appl., (only 7 mos old) from City Furniture, w/ extended 5-yr warr.. \$149,900, neg 604-814-1060.

DOUBLE CITY LOT in rural-type neighbrhd, nr school, parks & Cold-water River walk. Ready to build on. Prop. Guys #10822 280-1017

#### FOR RENT

\$850+ util 280-0543 RM for rent, refs a must 315-3290

HUB CAPS for 81 Chev Scottsdale C-10 truck 778-288-4095

A-BDRM main level \$1400 cable and utility not included reference

LOOKING for roommate, female, in country, bring your horse. 378-7435 2 BDRM modern mobile; #110 El-Dorado MHP; 1401 Nicola Ave. Pref quiet adults/snrs. f/s; w/d. Avail. im-med. \$950.00/mo. 250-280-1595 2-BDRM Clapperton Manor apt

\$950 incl ht/hot wtr, lndry in bsmt, no dogs,t cats ok w/ refs. Randy 525-0144

**2-BDRM** bsmnt, n/p, n/s, Mar 1 378-6038, 778-639-0244 2-BDRM grnd lvl ste, nw pnt/ crpt, hot wtr ht, util incl., n/p, priv. prkng, immed. 378-2047 1601 Bann St.

**2-BDRM** house 1 block from downtown Mar 1. **3-bdrm** duplex nr Bob's Mini Mart Mar 1. 525-0240 2-BDRM 1-bth bsmt ste, n/p, n/s no parties, no laundry, util./internet incl \$850 378-8188

1-BDRM Bsmt Suite, Mar 1, incl.

heat, hydro/optic TV/cable/insuite laundry. \$800/month suit. for 1 prsn wrkng, student or senior. No parties, Absolutley no smoking of any kind **2-BDRM** 1/2 duplex Collettville home. 315-8253 for inquiries. **2-BDRM** bsmt ste \$800, gas/hydro/cable/intrnt incl., n/p, n/s 378-2591

POST YOUR CLASSIFIEDS... VOICE MAIL (250) 378-5717, EMAIL MARKET@UNISERVE.COM LEAVE A COMMENT ONLINE AT OUR WEBSITE: MERRITTMORNINGMARKET.COM