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

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

LIQUOR **STORE OPEN DAILY** 9AM-11PM

2350 Voght St., Merritt • 250 378-2254

Merritt

cold and flu season:

How to protect yourself

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

- 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 nose with a sleeve/tissue and turn your head away from others when coughing or
- 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



Save-On-Foods Pharmacy, Columbia **Shopping Centre, Kamloops**

Interior Health (IH) has identified a case of COVID-19 at the Save-On-Foods pharmacy in the Columbia Place Shopping Centre in Sahali.

Public Health routinely follows up with confirmed cases and close contacts directly to advise on self-isolation. As an additional precaution, Interior Health is asking those who visited this pharmacy on March 10, 13, 14, or from March 16 to 21 to self-isolate and monitor for symptoms for 14 days from the time of their visit For information on self-isolation, see the BC Centre for Disease Control (BCCDC) guide to self-isolation if you do not have COVID-19 or respiratory symptoms.

Symptoms of COVID-19 include the following: Fever • Cough • Shortness of breath or difficulty breathing. Other milder symptoms may include: runny nose, fatigue, body aches (muscles and joints aching), diarrhea, headache, sore throat, vomiting and red eyes.

As long as customers of the pharmacy remain healthy and do not develop symptoms, they can return to their routine activities 14 days after the date of their visit. FMI news.interiorhealth.ca/covid-19/



MARCH 27, 2020 #3402 WEEKEND EDITION

News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

Isolate & fight COVID-19, switch to the online version... Sign up at: merrittmorningmarket.com

Saturday March 28, 8:30pm

8:30pm local time.

our planet.

Earth Hour 2020

Around the world, Earth Hour 2020

This year: switch off your lights at

will be celebrated Saturday March 28,

home for an hour, browse online events

around the world on the night of Earth

Hour at www.earthhour.org, sign World

Wildlife Fund's "Voice for the Planet"

petition to let world leaders know that

you care about nature and that you de-

mand urgent political action to protect

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

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

Church services at Trinity United

The "Community Project Grants" ap-

plication deadline has been extended un-

til April 15, 2020. Apply for a Communi-

ty Project Grant to help fund 1/3 of your

project up to a maximum of \$1500. Learn

9am-1pm Tues, Wed, Thurs. Please also

note we may be working from home but

will be checking emails/phone messag-

es regularly. If you require an in-person

meeting please call the office to set up a

time at least one day in advance as the

building our office is located in is cur-

Executive Director Rob Miller direct-

New fb group "Neighbours helping

Call the office: 250-434-6995, email

Nicola Valley Neighbors Helping

Neighbors during Covid-19 Pandemic is

a new facebook group. "If You can offer

ly matter is how we treated each other."

rently restricted to tenants only.

ly: rob@bcicf.ca

neighbours"

BCCF is still working regular hours

More at www.bcicf.ca/guidelines/

depends. FMI www.earthhour.org

Trinity United Church services

BC Community Foundation

Church cancelled until further notice.

In the midst of the COVID 19 health

countries and territories.

Community

Started by World Wildlife Fund and

24-hour policingBefore COVID-19, Merritt RCMP had been planning to switch to 24-hour policing (as opposed to its current schedule when the period between 4am & 6am is not policed). The new 24-hour policing was announced earlier this week, along with 24-hour fire service, as part of essential services by the City during this 'emergency' situation.

And now RCMP confirm that the 4-hour policing will continue going forward, once the COVID-19 crisis is over.

City 'local emergency' trumped by Province's **'extraordinary powers'** Yesterday, the City of Merritt State of

Local Emergency was suspended by the Province of BC. "Using the extraordinary powers under the Emergency Program Act, the Minister has issued a series of ministerial orders to ensure a co-ordinated response to COVID-19 across all levels of government for the duration of the provincial emergency," the Ministry of Public Safety and Solicitor General said in a statement. The City of Merritt Emergency Operations Centre (EOC) is working closely with our Provincial counterparts to ensure Merritt can access all available resources during COVID-19.

The Province has said that "any business or service that has not been ordered to close, and is also not identified on the essential service list (https://news.gov. bc.ca/releases/2020PSSG0020-000568), may stay open if it can adapt its services and workplace to the orders and recommendations of the Public Health Office.'

Mental wellness in the age of the corona virus

situation where an individual sense of safety and security is compromised and they are overwhelmed by a sense of vulnerability and/or a lack of control over a situation, then this global pandemic that has turned our world, as we know it upside down and given it a shake, certainly meets the criteria.

No doubt many of you in this community are experiencing typical stress reactions, normal reactions to an abnormal situation. You may be noticing physical, emotional, cognitive and spiritual changes in vourself or in others around vou.

These could be concerning in the long term but may be normal in the short term. Symptoms of anxiety, depression and post-traumatic stress in the long term may require treatment.

While there is definitely much we can't control and fears related to health, finances and access to basic resources are real, to maintain our mental health in the

time of Corona Virus it is essential to focus on what we can still control

As a retired mental health clinician, I recommend maintaining a routine of normal activities as much as possible amid the abnormal. Eat well balance and regular meals and drink plenty of water, limiting caffeine, alcohol and sugar, which can elevate anxiety. Maintain regular sleep and reasonable level of activity. Physical activity activates endorphins to help lift your mood. Talk about your thoughts and feelings. Remain connected with family and friends via technology. Be supportive of others, as we are all in this together. Keep an attitude of gratitude, as we can all find something daily for which we can be grateful. It is harder to be down when thinking about positive people, activities and nature around us. Don't forget to breathe, as calming breathing strategies are proven to reduce anxiety in a moment. And limit your exposure to media if it is increasing your anxiety. Ensure you are getting accurate, up-to-date information. Seek professional help if you are concerned about clinical depression, severe anxiety of other significant mental health symptoms.

Let's all adhere to recommendations for social distancing and isolation so we can get through this sooner rather than later. - Mary Ramsey

Light Bulb Jokes How many psychiatrists does it take to change a light bulb? None, the light bulb can only change if it wants to. How many software technicians does it take to screw in a light bulb? None, that's a hardware problem. How many jugglers does it take to change a light bulb? One, but it takes at least three light bulbs.

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Euro Scrubby

FREE Delivery for Seniors & Those with Restricted Mobility 👍

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

> **Rediscovering the Truth** THOUGHTS FROM OUTSIDE THE BOX

"Enlightened thought and conduct tattoos the soul with marks of celestial distinction, and although the modern world too often ignores such a person, know that their end destination is Heaven." — Mike Bhangu



Bhangu

Nicola Valley & District METIS SOCIETY

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**

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Doors Trim work Bathroom & kitchen tile

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lilacconspiracy.wordpress.com

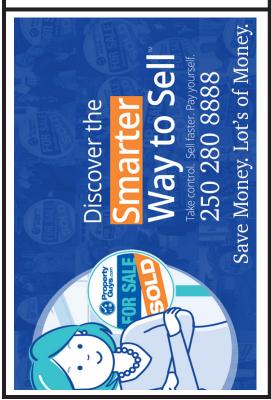
TELUS Keep your sanity and perhaps even

enjoy your time in relative isolation. • Maintain a routine: We all feel better, and function bet

- ter, when we follow a routine. End your workday at the same time as usual and try to go to bed at your usual time as well.
- 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.

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

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MERRITT MORNING MARKET

FRIDAY EDITION — MARCH 27, 2020 #3402

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 936-9356

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 MUSIC PERFORMERS CLOB for kids or good parts car. New coil pack. Fix or like an open mic focusing on instruments.

Grand Piano provided. FMI text Cecilia trailer 378-2370

Mon Eves 6:30pm, Feb 24 & Mar 2.

93 OLDS Cutlass 3, auto 4-dr, v6 \$1000 obo call/text 378-1613

Mondays at noon, Trinity United Church

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TC PAINTING inter. only, licensed &

DYNAMO DEB offering housecleaning, yard work, dog-walking 280-9650 SPRING CLEANING, & reg. house-Call Jeff (250)378-3709, (250)315-2066

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DYNAMO DEB is back to do house-cleaning, cooking & personal shopping. 280-9650 NICOLA VALLEY PAINTING, All

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

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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

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 604-679-1827, thomsonfamilydk@hot-mile.

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

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WILL MIND your children all after school 378-0870

FOR SALE - APPLIANCES

LRG commercial coffee urns \$50ea

315-9984 5-ELEMENT smooth top elect range, gd cond \$300 280-0857

CHARCOAL Broil Master lame bbq w/full prop. tank \$75 378-4022

PORT. a/c \$125, used 1 season 378-5546 OLDER washer, works gd 280-0857 NR NEW Maytag washer motor (single built model \$40 315-1447

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

4 ALUM rims, hubcaps & new brk rotor 96-97 Lincoln town car \$125/all Judy 378-2879

3/8-28/9
SET 4 15" rims 7-bolt for Ford \$100
280-0543
ROUND, oak kitchen table w/ 4 matching chairs. 1 extra leaf. Opens up to sit 12
people. \$1500bo 378-3988

07 KIA Portage, champagne edition, 4x4, loaded, sunroof, well-maint., 1 owner, hway driven only, new tires \$6000 315-3891

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

incl. 4 chairs \$125 378-6683 need 12 or 13 378-7505

SECTIONAL couch, ends recline, decent con., green. \$65 Trish 315-5373

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

02 CHRYSLER Neon \$800. 315-9592 **HIGHBOY** dresser \$25 936-8271

PONT GRAND AM, new batt., p/locks, COUCH, It tan w/ black markings a/c, p/b,rks recent updates, no dents 7'2x2'9 d, nr new 936-8474 \$3950 378-2676 FOR SALE - ELECTRONICS/SOFTWARE

P235/75Rx15" LTD m&s tire \$75 378-2676 MUSIC PERFORMERS CLUB for kids 02 CHEV Grand Am, needs motor work

250-315-0022 or gcdyck@hofmail.com
Mon Eves 623 por Fieb 24 & Mar 2.

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5-day wilderness & survival first aid & vortek, 131k, 2 sets tires \$12,500 936-8083
kills 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 Judannadawn@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
THIS COWGIRL is back for ranch & shes-sitting, exc refs, RCMP appr'd. Also
avail. For housecleaning 378-7435
SPACE FOR RENT for small get togethers/birthday parties. \$20 to \$25 perhour. Conayt Friendship Soc. 378-5107
ALCOHOLICS ANONYMOUS meets
Mondays at noon, Trinity United Church

up, automatic, all wheel drive, gasoline swering machine, Bluetooth, App Alerts, fueled, complete with paint matched canopy. US Speedo, alloy wheels, cruise control, trailer hitch, a/c, gd cond \$7500

Call Al 250-212-9868 to view.

FOR SALE - RECREATIONAL

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

Facebook. 250 280 7077

Call Al 250-212-9868 to view. 80 GMC 1/2-tn 4x4 shrtbx, grt shape, offers, 99 1-tn dual tire, 454 gas, grt shape, 250 diesl wldr in bx, open to offrs. 06 Chrysler 300, exc shape, 216k, offerss 280-1250 TIRE CHAINS 66" long, incl. carry case \$50 378-1337

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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

PLUM TREES for sale \$10 & \$15. 1502

Orme St. 378-4471 CEMENT mixer \$150 used 1x. Elect. RECUMBENT exercise bike \$75. Jean wheelchair lk nw \$1000. 5 bundles grey ashphalt shingles \$100. Viles maple coff. tbl \$150 378-3488 JAYCO 19.8' trvl trlr, qun bd, nw matterss, 3brnr range & ovn, pntry, micrwy,

BLOW OUT on take home wine maktiling & laminate, free est. Call/text Ken ing kits. \$20/ \$30 each. Come take a look anytime. 604-679-1827, thomsonfamilydk@hot-mail.com SOCLEAN CDRAP machine, with 3 new INDIAN CUISINE/TIFFIN SERVICE filters \$150, 378-2458 filters \$150, 378-2458 TONE TABLE organ, offers. Old Can-

non elect. **typewriter**, offers. 378-3484 **15-PC SET** of heavy duty Stainless Steel pots & pans in great cond. \$75 378-2458 ACORN stairlift 378-6505

LILAC HEDGE 7x20 feet. You need 2HP Mariner motor \$300 280-0493

JOHER T LEGION looking for ptartender/serrver 378-5631

MERRITT LEGION looking for ptartender/serrver 378-5631

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

EMPLOYMENT OPPORTUNITY

ACCOUNTY 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 of those 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 (Coeff S15 378-2458

4 WALKING

Friendship Sec.

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

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WALKING plows 5/5 ca obo 3/8-1880

315-1447

2 NEVER-USED turban fans 12" w/
electric classic flame fireplace, gives a base, pd \$50ea. 9'4" white PVC pipe wonderful ambience with real flame apquirements/duties please email to: reception@conayt.com or call 250-378-5107

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315-1447

2 NEVER-USED turban fans 12" w/
base, pd \$50ea. 9'4" white PVC pipe wonderful ambience with real flame appure appure and proper solution and prope

4 GALLONS Restore Ddeck Start \$5ea. \$10 378-1336

4 WHL scooter \$300 w/ chrgr 378-2275 KIMCHI fridge, mdl Dimchae Depa 189D, nw cond. w/ manual in Eng. & PARACORD bracelets, keychains, etc. Korean, nw 2200 sell \$800obo Harry 315-6109 Various styles, colours, sizes. Check out 34' COMBINATION ext. Cord/trouble validus syres, crossus, are count: grewolf designs to see some examples. Or call 250 280 4004

27" WIDE Craftsman snowblower, lk see some examples. Or call 250 280 4004
ASHFORD traditional spinning wheel, gd condition, w/ bobbin, knitting knobby, fleece \$200. Large antique pitcher & basin, blue \$60. Bernice 378-9678
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24" TALL illuminated Santa Claus \$30. GRANNY'S House Quilting & Retreat MOBILE HOME, rent to own 378-2275

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

DINNER table w/leaf \$50obo 2 wood chairs \$25ea, great shape 378-3990

ROUND OAK table on pedestal, 2 leafs

4 HONDA 15" whls, incl hub caps \$50
4 20" TIRES off Dodge pick-up
P275/60R20, very gd cond., lots of tread
\$150 Harry 315-6109
1FORD Focus, runs great, new brakes, perfect for new driver \$1500 280-4811
PONT CRANDAM and the first of the state of the sta

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HP ELITE book 19" laptop c/w scroll plug-in /windows \$30 378-4572 PANASONIC dvd home theatre sound system, 4 small speakers, 1 large sub-woofer dvd machine \$150 378-8823

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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., ev-AWESOME CKC black lab for stud 378-5038

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

OLDER PSE Elite compound bow with sights/quiver \$130 378-5038

2WD 250cc quad, less then 200km drivers the state of the state of

en. Except for some paint fade, exc cond. rns lk nw. \$1000 firm. 936-9356

ATCO 19.8' trvl trlr, qun bd, nw mattress, 3brnr range & ovn, pntry, micrwv, full bltm, 100w solar panel on roof w/ s25. Hamilton Beach slo cooker \$20. Black photo stand \$15. Halemary65@ out, power tongue, power awning Customs and S18-6678 \$13,500. Call 315-9491 & come have a

2HP Mariner outboard motor, exc cond. 280-0493 SOLOMON SNOWBOARD 150cm

with Morrow boots and JL bndngs, exc cond.\$150obo 280-3478 10' FIBREGLASS boat \$150 315-8087

a bobeat to dig it, & must take all. 1st come, 1st gets. 250-378-2410

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

TREADMILL Pro-Form 520i ext. cnd. \$500. Free Spirit Compact Home Gym \$100. AB Lounge 2 \$25. Vata Health Vibration Machine \$500. 378-5691 brand. 25 FT. 50 amp. RV extension cord, hardly used. \$100 378-9009

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 FOR SALE - TOOLS/EQUIPMENT

6 NEW filters for Roomba 6e (Costco) TRUCK BOX util trlr \$250 936-8271 \$15 378-2458 PRESSURE washer pump \$2 PRESSURE 315-1447 washer pump

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BABYSITTING COURSE certified babysitting services avail. evenings & wkends. Genuine, attentive, caring, helpful, hardworking. Plenty of experience with babies. Electra 280-3237

WILL MIND your children all day or efter school. 378 (927) (74-3282 Can deliver in Merritt area. \$4000bo. 250-674-3282 JOHN DEER lawn tractor dump cart \$150. Porter Cable reciprocating saw very little. \$100 250-674-3282

WELECT. acoustic handmade classic Stagg guitar with built in tuner, comes with Profile premium bag. \$400. 250-674-3282 Can deliver in Merritt area. \$4000bo. 250-674-3282 JOHN DEER lawn tractor dump cart \$150. Porter Cable reciprocating saw very little. \$100 250-674-3282 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 \$4000bo. 250-674-3282 Can deliver in Merritt area.

SHOPMATE 1/2" reversible elect. Drill

TRAILER 9ft x 6ft, loading tailgate, nw pnt/spare tire, gd for quads & skidoos 378-4904

LIKE NEW Craftsman 16" throat, scroll saw\$125. Joe 378-8802

nure for garden. Dan 3/8-2150
71/2' ARTIFICIAL Christmas tree. Very realistic looking; some lights missing. \$200bo 378-2801

FREE: Leftover Ostomy supplies 378-6289
FREE: Leftover Ostomy supplies 378-6289
doo \$900obo 378-2577

WANTED/WANTED TO BUY

has fabric and sewing notions. Nw fabric from Katja's Quilt Shoppe 378-3734 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 pos-

sible 378-0064 350 OR 400 motor to fit 78 Firebird,

must be running cond 280-0543
WTD: someone with gd heart, honest to help ASAP with vehicle, have health problems/handicapped, need mech.-sound vehicle, auto., as reas. as poss. 936-8474 JROOF TRUSSES: 24' with 4:12 pitch, need 12 or 13 378-7505

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

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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. On a for tue and exercise, drop-ins welcome. Demo paddles and instruction available.

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MARKET@UNISERVE.COM

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

Interior Health

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.

Stick to routine. Structured days with regular mealtimes and bedtimes are an essential part of keeping 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

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