







## CUSTOM MUGS

Your photos or art on a mug ~ great gift!

**Merritt  
Printing**

Office Supplies (250)378-6882  
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	Kitchen	Doors
Drywall & painting	cabinets	Trim work
Windows	Bathroom fixtures	Bathroom & kitchen tile

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



lilacconspiracy.wordpress.com



Keep your sanity  
and perhaps even

enjoy your time in relative isolation.

- 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 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 walk 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

SPACE FOR YOUR AD

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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

### PERSONAL

**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 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 godyck@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 summer months (June, July, Aug, & Sept) FMI and to schedule your spot, email Judanadawn@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 & hse-sitting, exc refs, RCMP appr'd. Also avail. For housecleaning 378-7435

**SPACE FOR RENT** for small get togethers/birthday parties. \$20 to \$25 per hour. Conayt Friendship Soc. 378-5107

**ALCOHOLICS ANONYMOUS** meets Mondays at noon, Trinity United Church

### 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

**DYNAMO DEB** offering housecleaning, yard work, dog-walking 280-9650

**SPRING CLEANING,** & reg. housecleaning 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

**BUDGET BROS PAINTING** + Renov. 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, lawnmower 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@hotmail.com

**INDIAN CUISINE/TIFFIN SERVICE** in Merritt. \$250 per month, 6 days a week. Call Harpreet Singh 604-720-1021

**PIANO** Lessons all ages welcome. FMI 250-315-7314 222/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/server 378-5631

**MERRITT DESERT INN:** Bartenders, 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

### CHILD CARE

**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 after school 378-0870

### FOR SALE - APPLIANCES

**KIMCHI** fridge, mdl Dimchae Depa 189D, nw cond. w/ manual in Eng. & Korean, nw \$2200 sell \$800obo Harry 315-6109

**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 cleaner 378-2136

**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

**SET 4 15"** rims 7-bolt for Ford \$100 280-0543

**TRUCK** util box, alum, 16"hx20"dx 59" long \$100 378-8140

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

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

**02 CHRYSLER** Neon \$800. 315-9592

**4 HONDA** 15" whls, incl hub caps \$50 Joe 378-2676

**4 20" TIRES** off Dodge pick-up P275/60R20, very gd cond., lots of tread \$150 Harry 315-6109

**01 FORD** Focus, runs great, new brakes, perfect for new driver \$1500 280-4811

**PONT GRAND AM,** new batt., p/locks, a/c, p/b, rks recent updates, no dents \$3950 378-2676

**P235/75R15"** LTD m&s tire \$75 378-2676

**02 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

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

**10 GMC** Sierra SLE, ext cab, 6.5" box, 5.3 vortec, 131k, 2 sets tires \$12,500 936-8083

**04 VW** Passat wagon 1.9 ltr turbo, brnd nw snw tires on stk VW alloy rims, heated seats, p/drs, p/w, exc shape, a lot or work over last 3 yrs, clean inter., leather 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

**235/75R15** m&s tire, for lt truck, very gd tread \$75 Joe 378-2676

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

**06 BLUE** Nissan Titan SE 4 door pick up, automatic, all wheel drive, gasoline 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 .

**80 GMC** 1/2-ton 4x4 shrtbx, grt shape, offers, **89 1-ti** dual tire, 454 gas, grt shape, 250 diesel wldr in bx, open to offers. **06 Chrysler** 300, exc shape, 216k, offers 280-1250

**TIRE CHAINS** 66" long, incl. carry case \$50 378-1337

**4 TIRES,** winters 225-70R16 on rims \$200 315-4781

### 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

**CEMENT** mixer \$150 used 1x. Elect. wheelchair lk nw \$1000. 5 bundles grey asphalt shingles \$100. Viles maple coff. tbl \$150 378-3488

**POLY PRO** car cover, full size sedan \$25. Hamilton Beach slo cooker \$20. Black photo stand \$15. Halemarty65@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

**TO NE TABLE** organ, offers. Old Canon elec. 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 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

**2 SCOTTY** 24" manual downriggers with cables \$150. 3000 watt Moimaster 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. offers on all. 378-5038

**6 NEW** filters for Roomba 6e (Costco) \$15 378-2458

**4 WALKING** plows \$75 ea obo 378-1880

**MOVING SALE:** Twin 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 Stag guitar with built in tuner, comes with Profile premium bag. \$400. 250-674-3282 Can deliver in Merritt area.

**4 GALLONS** Restore Ddeck Start \$5ea. 378-5165

**4 WHL** scooter \$300 w/ chrgr 378-2275

**PARACORD** bracelets, keychains, etc. 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 knob-by, fleecce \$200. Large antique pitcher & basin, blue \$60. Bernice 378-9678

**FREE:** 2 garbage cans full of rabbit manure for garden. Dan 378-2136

**71/2" ARTIFICIAL** Christmas tree. Very realistic looking; some lights missing. \$20obo 378-2801

**FREE:** Leftover Ostomy supplies 378-6289

**24" TALL** illuminated Santa Claus \$30. 378-2676

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

**UNPASTEURIZED** raw honey: \$34 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

**ROUND,** oak kitchen table w/ 4 matching chairs. 1 extra leaf. Opens up to sit 12 people. \$150obo 378-3988

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

**QU SIZE** mattress \$50 280-0857

**ROUND OAK** table on pedestal, 2 leafs incl. 4 chairs \$125 378-6683

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

**HIGHBOY** dresser \$25 936-8271

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

**2 SINGLE** bed rails with casters \$20 each 315-9491

**FREE** queen size futon sofa bed in good condition with cushions. Vry nice & useful. Solid constr., gd value. 378-9452

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

**COUCH,** lt tan w/ black markings 7'2x2'9 d, nr new 936-8474

### FOR SALE - ELECTRONICS/SOFTWARE

**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 subwoofer, dvd machine \$150 378-8823

**50" SATELLITE** cable, offers. 378-3484

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

**BRND NW** black unlocked iPhone 7 w/ accessories, case, charger, and earbuds. P d over \$470 sell for \$325 378-5004

**IPHONE 5S,** 32G, Koodo, power button sticky, crack in corner of screen, works good. \$100 378-4177

**2 RC** drone & helicopter Black Hawk edition for teen or adults, hardly used \$50 ea 315-1988, cell 250-305-4928

**HOME SECURITY** System Still in box pd \$289, reduced to \$100. 378-6027

**LK NW,** Panasonic model No: KX-TG-F370C 5 handset cordless phone w/ answering machine, Bluetooth, App Alerts. All handsets c/w a belt cliff. Don't need it any more, got rid of the landline. \$75obo 378-5004

### FOR SALE - RECREATIONAL

**98 SKIDOO** Bombardier 925cc triple, as is/nds tune-up \$450 378-2646

**BREAK CONTROL** for trailer or rv \$85 378-8140

**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/ bluetooth, 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 canoe 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

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

**2WD** 250cc quad, less than 200km driven. Except for some paint fade, exc cond. rms lk nw. \$1000 firm. 936-9356

**RECUMBENT** exercise bike \$75. Jean 378-2733

**JAYCO 19.8'** trvl trlr, qun bd, nw mattress, 3brnr range & oven, pntry, microwv, full bthrm, 100w solar panel on roof w/ regulator inside. LED lights throughout, power tongue, power awning. Custom-mounted dry box. Reduced price to \$13,500. Call 315-9491 & come have a look anytime.

**HEALTHCARE** Exer-Glide plus \$25 378-2460

**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

**2HP** Mariner motor \$300 280-0493

**TREADMILL** Pro-Form \$20i 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 pr 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

**TRUCK BOX** util trlr \$250 936-8271</