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**Merritt** FLOURISH UNDER THE SUN How to protect  
yourself

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 spread that way.
- 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.

**MERRITT MORNING MARKET** .com

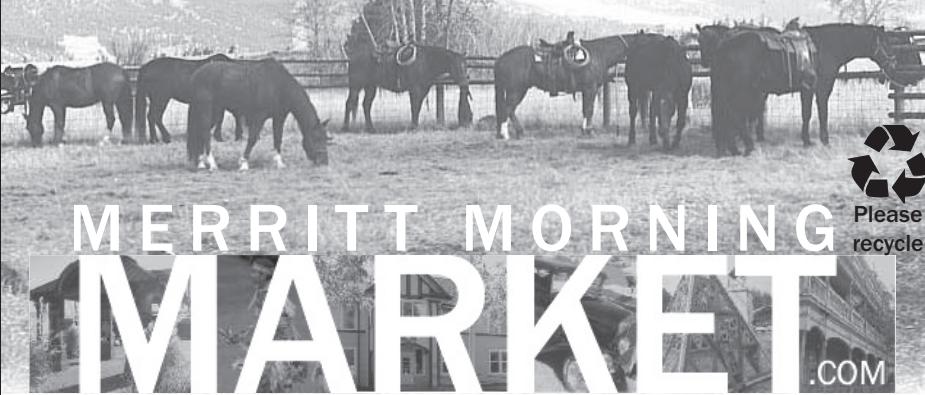
List your garage sale &/or get our listing mail-out  
Email: [market@uniserve.com](mailto:market@uniserve.com)

**CDC** BC Centre for Disease Control COVID-19  
Symptoms & other questions

The symptoms of COVID-19 are similar to other respiratory illnesses, including the flu and common cold. They include **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**.

**Do I need to be tested if I have symptoms?** The [BC COVID-19 Self-Assessment Tool](https://bc.thrive.health/) is available for anyone that develops and can be used to help determine if you need further assessment or testing for COVID-19. Go to: <https://bc.thrive.health/>

**Can you become sick from someone before they show symptoms?** There have been a few instances of transmissions before the person became sick or the symptoms were so mild that the person did not know they were sick. However, most people became ill from being in close contact with someone who showed symptoms such as coughing and sneezing, therefore transmitting the virus through droplets.



WEEKEND EDITION — APRIL 3, 2020 #3405  
News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8  
Tel: (250) 378-5717 Fax: (250) 378-2025 Email: [market@uniserve.com](mailto:market@uniserve.com)

## Province extends state of emergency

Earlier this week, the BC government formally extended the provincial state of emergency to support the provincewide response to the COVID-19 pandemic, through the end of the day on April 14.

"The next 14 days are critically important in our province's unprecedented fight against COVID-19. What we do today will affect what our doctors, nurses and first responders face in the days and weeks ahead," said Premier John Horgan. "Today, we're asking all British Columbians to re-commit to doing their part. There are early signs that our actions are making a difference, and we can't stop now."

The Province has created 1 888 COVID-19 to connect British Columbians needing non-medical information about COVID-19. This includes the latest information on travel recommendations and physical distancing, as well as access to support and resources from the provincial and federal governments. The call line is available seven days a week, 7:30am-8pm, in 110 languages. People with questions related to their health and COVID-19 should call 811.

## Ebus suspends BC services indefinitely

The charter bus company that serves routes across the province — including the Southern Interior — has suspended its services in BC.

On its website, Ebus says BC services will be temporarily suspended as of April 5 until further notice.

The company suspended services in Alberta on March 29. — [cfjctoday.com/](http://cfjctoday.com/)

## Relief on hydro bills

On Wednesday, the Province announced that BC Hydro will offer new, targeted bill relief to provide immediate help to those most in need.

• Residential customers who have lost their jobs or are unable to work as a result of COVID-19 will receive a credit to help cover the cost of their electricity bills. The credit will be three times their average monthly bill over the past year at their home and does not have to be repaid.

• Small businesses that have been forced to close due to COVID-19 will have their power bills forgiven for three months. BC Hydro is waiving bills for these customers from April to June 2020.

• Major industries, like pulp and paper mills and mines, will have the opportunity to defer 50% of their bill payments for three months.

While these programs are targeted for the above customer categories, so that help gets first to those who need it most, **any individuals or businesses having difficulty paying their electricity bill** are encouraged to call BC Hydro's customer service team at 1 800 BCHYDRO (1 800 224-9376) to discuss options to defer payments or arrange a flexible payment plan.

BC Hydro will implement the changes to its systems and websites for customers to access the new relief programs. Customers will have until June 30, 2020, to apply for relief.

BC Hydro has also halted all service disconnections for non-payment during COVID-19 and cancelled all non-emergency planned power outages.

I found a rock yesterday which measured 1760 yards in length...

Must be some kind of milestone.



**Dictionary** The only way to read a dictionary from front to back is to read it in reverse.

**What genre are national anthems?** Country music.

**Just by looking, i can tell if someone is lying.** I can also tell if they are standing.

**How to you send an apology by telegraph?** By using remorse code.

## BLACK'S PHARMACY

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

By Mike Bhangu

"The body isn't what I live for.  
The body is only a mud brick temple.  
As all will agree, the body is built to  
crumble. Yet, the soul is more and the  
soul is immortal. The soul is why I live  
and the soul is why I endure."  
— Mike 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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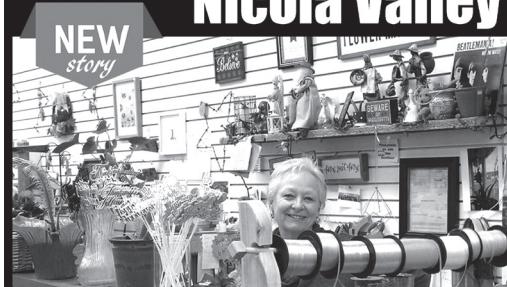
**Reasonable Rates**  
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 Interior Health

PLEASE NOTE that community transmission of COVID-19 has been detected in communities across the Interior Health region. All communities should assume COVID-19 cases are present and take appropriate precautions.

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**What's your  
story?**





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Windows	Bathroom	Bathroom & fixtures
		kitchen tile

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



[lilacconspiracy.wordpress.com](http://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 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.

## MERRITT MORNING MARKET

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## MERRITT MORNING MARKET

FRIDAY EDITION — APRIL 3, 2020 #3405

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### PERSONAL

NEED SOMEONE to do your shopping for you? Call Bill 315-3621

**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 - 350-315-0022 or [gdcyck@hotmail.com](mailto:gdcyck@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 [judanadaw@gmail.com](mailto:judanadaw@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

**WTD:** reliable lawn maintenance, must have ride-on mower & weekwacker for a lrg site 1-800-361-8111, 378-6331 w/ exper. & refs.

**PAINTING:** fencing, roofing, looking for jobs 450-231-1611

**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. 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 house-cleaning, cooking & personal shopping. 280-9650

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

**BUDGET BROS PAINTING** + Renos. Fully insured & family-owned. Senior discounts 25% off, 15 years experience, 100% customer satisfaction! Free estimate \$25. Hamilton Beach **slow cooker** \$20. Black **photo stand** \$15. Halemory5@telus.net 378-6678

**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 projt mgr + nw renovation projects. Specialize in finish carpentry, flooring tiling & laminate, free est. Call/text Ken 604-679-1827, [thomsonfamilydk@hotmail.com](mailto: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 \$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/servr 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](mailto:reception@conayt.com) or call 250-378-5107

### CHILDCARE

**BABYSITTING COURSE** certified babysitting services avail. evenings & wknds. 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, mdnl 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.** dshwsh GE, A1 cond. \$500. Louis 604-825-1942

**FOR SALE - AUTOMOTIVE**

**4 ALUM** rims, hubcaps & new blk rotor 97 Lincoln Twncar \$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

**FOR SALE - ELECTRONICS/SOFTWARE**

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

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

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

**4 20"** TIRES off Dodge pick-up P255/60R20, 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., plocks, a/c, p/b, rks recent updates, no dents \$395 378-2676

**P235/75Rx15 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

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

**04 VW** Passat wagon 1.9 ltr turbo, brnd nw stw tires on stck 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, rear offers. Rodney 315-2257 or text 378-5004

**5 NEW** steel rims to fit 1/4 - 1ton Chev 18x8. Text or call 315-3367

**235/75Rx15 m/s** tire, for it 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.

**08 GMC** 1/2-tn 4x4 shrtrbx, grt shape, 800, 91-1/2" dual tire, 454 gas, grt shape, 250 diesl wldr in bx, open to offrs. **06 Chrysler** 300, exc shape, 216k, offrs 280-1250

**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 200-755-6817

**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 **slow cooker** \$20. Black **photo stand** \$15. Halemory5@telus.net 378-6678

**SPRING SPECIAL** 20 ft cedar strip canoe with tandem trailer and