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Merritt's Auto Glass **Specialists**

ICBC Claims •Commercial •Residential

•Automotive •Industrial

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

WorkB(**Employment**

OPEN FOR VIRTUAL SERVICES!

Due to the evolving situation with COVID-19. WorkBC Merritt has transitioned to providing services virtually.

We are still providing the full range of WorkBC services and supports.

Contact us TODAY! Tel: 250-378-5151 Email: info@merrittesc.ca @workbcmerritt on Facebook & Twitter

Canadä



This program is funded by the Government of Canada and the Province of British Columbia

Merritt

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
- 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.



COVID-19

Symptoms & BC Centre for Disease Control 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 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.



MIDWEEK EDITION — APRIL 15, 2020 #3408

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

Mayor Brown update

Aspen Planers

closure & more

Aspen Planers announced an indef-

inite shutdown. It has been increasingly

impossible for them to operate, given the

backdrop of low lumber prices, increas-

ing stumpage rates, environmental issues

and COVID-19. Over the years, opera-

tions have become more difficult, all the

issues have proven to be too much for

this organization. Aspen assures us they

continue to revamp who they are and

look for way to return operations to the

City of Merritt, but in a sustainable man-

ner. This is a family company that has

been in this valley since the 1940's. It is a

devastating blow to this community with

the loss of 150 direct jobs as well as a sim-

ilar amount in logging contractors, truck

product to their site just outside the city.

There are 20-30 deliveries each day for

the next month or so. Contractors are

staying in Merritt, and they will be prac-

individuals in high traffic public areas.

He is now only taking pictures of those

not practicing physical distancing, and

will be following up with a conversation

on education. The City cannot make any-

one move or maintain physical distanc-

ing. It is not mandated. But we expect it.

munity. Please treat everyone you meet

as if they are a potential carrier. But

please be kind.

Party parades

250-315-5906.

Community

We do have COVID cases in the com-

To find out more info about party

Due to Covid 19, notice is given that

Nicola Valley Fish and Game Club's

monthly meetings are cancelled for April

and May. We will revisit the situation

prior to June's meeting. Check the club's

website for up to date information at

www.nvfishandgameclub.ca

parades, please call 250-280-6096, or

NV Fish & Game monthly meetings

Bylaw officer was taking pictures of

ticing physical distancing guidelines.

TransMountain has started to move

drivers, and their management staff.

Fire season upon us Sunday wildfire on Lauder Rd

On Sunday, the Lauder Road fire located approx. 8.5km east of Highway 5A, was estimated to be 20 hectares in size. A Response Officer along with 3 additional personnel and a helicopter attended for support. By Monday, it had grown to 50 hectares, but was considered 'held'. By Tuesday it had grown to 69 hectares.

Over the weekend, Kamloops Fire Centre crews were battling 3 wildfires in the area — one 17km north of Lytton, and the other 4km south of Cawston on the west side of the Similkameen. All 3 are suspected to be human caused.

Open burning ban starts tomorrow

As of Thurs., April 16, most open burning activities will be prohibited throughout BC to reduce the likelihood of human-caused wildfires, although campfires will still be allowed.

Category 2 & 3 open fires; resource management open fires; use of fireworks, sky lanterns & burn barrels/cages (except when used for a campfire) will be prohibited, until further notice.

Controlled burning at Shulus

Annual community planned burning at Shulus - overseen by the LN Fire Dept. — over the weekend gave us smoky skies on Saturday. It also burned an old house, evidently abandoned and mouldy, near the intersection of Hwy 8 & Mamit Lake Rd.

Snow survey & water supply

The River Forecast Centre's April 1st Snow Survey & Water Supply report shows the Nicola basin to have one of the lowest snowpacks in the province, at 92% (88% in March) of normal. All around, however, the snowpacks are much higher: South Thompson 123%, Okanagan 116%, Similkameen 112% & Fraser River 116%.

Cool weather has led to a delay in low elevation snowmelt. And to date, there has been a below-normal to normal streamflow. Many smaller streams and northern rivers are still under ice conditions. Warming weather this week is expected to lead to more general snowmelt

at low elevations and should usher in the onset of the seasonal freshet season.

Runoff forecasts for the Nicola are at 93-109% of normal.

Spring weather is also a critical flood risk factor, where the timing and severity of temperature and rainfall patterns are important drivers of flooding irrespective of snowpack levels. Spring freshet poses a seasonal risk across the BC Interior.

Scenarios that could exacerbate flood risk this year include prolonged cool weather followed by a rapid shift to persistent hot weather (particularly in May), or persistent wet weather or extreme short-term rainfall. Favourable scenarios would include continued dry weather and seasonal temperatures.

Thoughts from outside the box **Descent**

The power of public policy can create the ideal nation and, in turn, the ideal person. How? Well, the human condition is a translation of the environments, and public policy, one of the greatest instruments invented, has the power to guide and develop the built environment, and in turn, the awareness and living standard of a person.

But it seems that people unconcerned with experiencing an elevated awareness and a higher standard of living rule nations. The term "debt-slave", the low wages, the stone feet, the broken wings, our untapped cognitive potential, the lack of spiritual understanding, and the unbelievably high price to live are the manifestations that support my argument.

'Only a great fool would call the new political science diabolic: it has no attributes peculiar to fallen angels. It is not even Machiavellian, for Machiavelli's teaching was graceful, subtle, and colorful. Nor is it Neronian. Nevertheless, one may say of it that it fiddles while Rome burns. It is excused by two facts: it does not know that it fiddles, and it does not know that Rome burns." – Leo Strauss — Mike Bhangu, Amazon best-selling author



Old Watch My young daughter was wearing a beat up old watch a friend had given her. I asked her, "Does it tell the time?" My daughter looked at me and said, "No, you have to look at it."

Wrong Name Today my son asked, "Can I have a book mark?" I burst into tears. Eleven years old and he still doesn't know my name is Brian.

Can't Do Without It Duct tape is like 'The Force'... It has a light side and a dark side, and it holds the universe together.

BLACK'S PHARMACY

FREE Delivery for Seniors & those with restricted mobility, as well as those who are self-isolating Call for more info

Bhangu



RESTAURANT Tues-Sun 11am-9pm **TAKE OUT & DELIVERY** (Closed Mon)

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

2350 Voght St., Merritt • 250 378-2254

Rediscovering the Truth THOUGHTS FROM OUTSIDE THE BOX

"Like a snowflake that doesn't melt, like a tornado that doesn't swirl, like a lightning bolt fashioned in the workshop of an angel. The soul is more. The true 'I' is built as a demi-god." — 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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➤ Kitchen/Bathroom Tiling ➤ Painting/Staining➤ Complete Yard Maintenance/

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



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1951 Garcia St., Merritt, BC

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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



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

Health Organization.

Canada, your provincial medical officer or the World



List your garage sale &/or get our listing mail-out Email: 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 e for un and exercise, drop-ins welcome. paddles and instruction available. FMI call Gary (250) 280-0105 or Ayton (250) 378-5691



MERRITT MORNING MARKET

WEDNESDAY EDITION — APRIL 15, 2020 #3408 Box 2199, Merritt, BC V1K 1B8 T: (250) 378-5717 F: (250) 378-2025 E: market@uniserve.com

PERSONAL

READERS BOOK EXCHANGE forming 250-408-4016

al detect your property for free. 50% split on any relics or valuables. Owner chooses. Exc landscaper, so your lawns won't be hurt. All says of the property of the says of th 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

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 Judannadawn@gmail.com or text 250-378-5223. Cost is \$600/person or \$1000 per couple.

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 to-gethers/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 lrgr site 1-800-361-8111, 378-6331 w/

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

JPV ENTERPRISES: Landscap-ing(lawn care, hedging, pruning, garden-ing), general labour. Licensed, equipped. On Facebook. 250 280 7077

On Facebook. 250 280 /07/ TC PAINTING inter. only, licensed & insured 315-1644 DYNAMO DEB offering housecleaning, yard work, dog-walking 280-9650 SPRING CLEANING, & reg. house-

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 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 prict mgr + nw renovation projects. Specialize in finish carpentry, flooring tiling & laminate. free est. Call/text Ken 604-679-1827, thomsonfamilydk@hot-

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: Bartend-DESERT I 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 Friendship Society – for a copy of job requirements/duties please email to: reception@conayt.com or call 250-378-5107

BABYSITTING COURSE certified babysitting services avail appring a 378-5165

FOR SALE - APPLIANCES

KIMCHI fridge, mdl Dimchae Depa ASHFORD traditional spinning wheel, 189D, nw cond. w/ manual in Eng. & gd condition, w/ bobbin, knitting knob-Korean, nw \$2200 sell \$800obo Harry by, fleec \$200. Large antique pitcher & 1315-6109

WANTED/WANTED TO BUY
ONE OLD/broken dually mud flap off a 1- to 5-ton truck. Cheap or free please.

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

SMALL powerhead for Electrolux vacuum cleaner378-2136

ROUND, oak kitchen table w/ 4 matching chairs | extra leaf Opens up to sit | 12 **18** CF upright freezer \$250 frost-free 525-0043

PORT. dshwshr GE, A1 cond. \$500.

Louis 604-825-1942

90 250, 5-SPEED, Ford truck, gd transmission, nw windshield, fully loaded springs, transfer case, gd muffler, vry gd cond. \$5000bo. 378-8764, cell 280-1400.

SET 4 16" rims 7-bolt for Ford \$100 **SET 4** 16" rims 7-bolt for Ford \$100 280-0543

4 ALUM rims, hubcaps & new brk rotor 96-97 Lincoln Twncar \$125/all Judy 378-2879 TRUCK util box, alum, 16"hx20"dx 59" long \$100 378-8140

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

11 INCIDE 35, 32G, Koodo, power button sticky, crack in corner of screen, works **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 **13 INCIDE** 35, 32G, Koodo, power button sticky, crack in corner of screen, works good. \$100 378-4177 **2 RC** drone & helicopter Black Hawk trailer 378-2370

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

BREAK CONTROL for trailer or rv 55-GAL. Tank for reptiles w/ light & cover. 280-9433

FOR SALE - MISCELLANEOUS

POLY PRO car cover, full size sedan \$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 Cannon elect. typewriter, offers. 378-3484

15-PC SET of heavy duty Stainless Steel mail.com indiscription service pots by pans in great cond. \$75 378-2458 indiscription Merrit \$250 and service pots by the stairlift 378-6505 in Merrit \$250 and service pots by the servic

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

Don 378-0934

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 Boars for swarpt with \$50 fe beso 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) \$15 378-2458

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 soft shag in warm brown tones very little. \$100 250-674-3282
NW ELECT. acoustic handmade.

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.

babysitting services avail. evenings & 4 WHL scooter \$300 w/ chrgr 378-2275 wkends. Genuine, attentive, caring, helpful, hardworking. Plenty of experience with babies. Electra 280-3237 instagram account; greyolf, designs the stagram account greyolf, designs the stagram account greyolf accounts the stagram account greyolf accounts the stagram account greyolf accounts the stagram account greyolf designs the stagram account greyolf d instagram account: grewolf designs to LIKE NEW Craftsman 16" throat, scroll see some examples. Or call 250 280 4004 saw\$125. Joe 378-8802

LRG commercial coffee urns \$50ea GRANNY'S House Quilting & Retreat 315-9984 has fabric and sewing notions. Nw fabric from Katja's Quilt Shoppe 378-3734

PICKUP TRUCK, up to 5 yrs old; 8 cyl; 1 local ownr. exc. cond.. clean 378-7363

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 NR NEW Maytag washer motor (single built model \$40 315-1447 eff storage \$50 315-2257

TRUCK PARTS for 96 F150 4x4 1/2-people. \$1500bo 378-3988

DINNER table w/leaf \$50obo 2 wood chairs \$25ea, great shape 378-3990 QU SIZE mattress \$50 280-0857

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

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 UPPER kitchen cupboards, reas .as pos-

FOR SALE - ELECTRONICS/SOFTWARE 50' SATELLITE cable, offers. 378-3484

07 KIA Portage, champagne edition, PANASONIC dvd home theatre sound 4x4, loaded, sunroof, well-maint, 1 own-er, hway driven only, new tires \$6000 315-3891 TECHNICS 4-component stereo systorming 250-408-4016

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

FREE METAL DETECTING. I will metal detect your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to a lidered to your property for free 50% call to your property for free 50% call

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

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

ea 315-1988, cell 250-305-4928

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 vortek, 131k, 2 sets tires \$12,500
F370C 5 handset cordless phone w/ answering machine. Bluetooth. App Alerts 930-8083

04 VW Passat wagon 1.9 ltr turbo, brind nw snw 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 starte (present)

or work over last 3 yrs, clean inter., leather seats, moon roof, starts/runs well even or cold mornings, some oil leaking, reas. offers. Rodney 315-2257 or text offers. Rodney 315-2257 or text or SNEW steel rims to fit ½ - 1 ton Chev 18x8. Text or call 315-3367 or 235/75RX15 m&s tire, for 1t truck, very gd tread 875 Joe 378-2676 of HONDA Pilot, 110k, grey. 94 Mazda truck, 225k 378-4478 of BLUE Nissan Titan SE 4 door pick tip, automatic, all wheel drive, gasoline fuled, 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 - PECREATIONAL

ASPEN TRAIL 27' trailer 2016 w/ q walk-around bd, hitches \$28,000 378-4619 work gd, pretty gd shape \$30 315-7771 REMINGTON 11-87 spec. purp. (goose gun) 12 ga. 3" choke tubes, sling, synth. stock, matt black \$4750bo. Remingfulled, 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 - PECREATIONAL

ASPEN TRAIL 27' trailer 2016 w/ q walk-around bd, hitches \$28,000 378-4619 work gd, pretty gd shape \$30 315-7771 took, matt black \$4750bo. Remingfulled, 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.

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16' NASH travel trailer, exc cond., everything wrks \$11,300 378-6915
79 WILDERNESS travel trailer \$600obo 315-0197
98 SKIDOO Bombardier 925cc triple, as ideal through \$450,378, 3646

FULL-FACE motorbike helmet w/ blue

PLUM TREES for sale \$10 & \$15. 1502
Orme St. 378-4471

3-WHEEL Go-Go Elite scooter, needs new battery 280-9650
CEMENT mixer \$150 used 1x. Elect. wheelchair lk nw \$1000. 5 bundles grey ashphalt shingles \$100. Viles maple coff. tbl \$150 378-3488

OLDER PSE Elite compound bow with \$1000 care over full size sedan.

OLDER 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

HEALTHCARE Exer-Glide plus \$25

2HP Mariner outboard motor, exc cond SOLOMON SNOWBOARD 150cm

with Morrow boots and JL bndngs, exc cond.\$150obo 280-3478 **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

FOR SALE - TOOLS/EQUIPMENT CRAFTSMAN 5.5hp gas lawnmower

POULAN Wild Thing power saw, 40cc 18" bar, new in carry case w/ all access. \$275 378-4904

JACK HAMMER, worth \$3000, selling \$1000obo 450-231-1611 TRUCK BOX util trlr \$250 936-8271

PRESSURE washer pump \$25 315-1447 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

34' COMBINATION ext. Cord/trouble

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

PARACORD bracelets, keychains, etc. RIGID 6" joiner, new condition, seldom

1- to 5-ton truck. Cheap or free please. 378-9669

1 local ownr. exc. cond., clean 378-7363, darchoborne@hotmail.com PLASTIC buckets approx. 5 gal. size. Ph/text (778)255-0675

TOYOTA steps for crew cab 315-5115 **USED** galvanized cladding or tin roofing sheets. 378-4191 or msg 315-7438

4 SUMMER tires P235x55x18. Archie 378-6369 MBL w/ add. 4-bdrms & dn, 1 bth 2 sndcks OAC 1-800-361-8111, 315-1000

RIM TO FIT 10 Ford Ranger, bonus if

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 WINTER TIRES 235/75R/15 for Maz-

da 4X4 light truck. A Plus for me if on Rims. I am in Merritt area. 250-674-3282 sible 378-0064

350 OR 400 motor to fit 78 Firebird, must be running cond 280-0543 **01 FORD** Focus, runs great, new brakes, Properties for new driver \$1500 280-4811 750w, 2 1000w 4' long \$50/all 315-0057 need 12 or 13 378-7505

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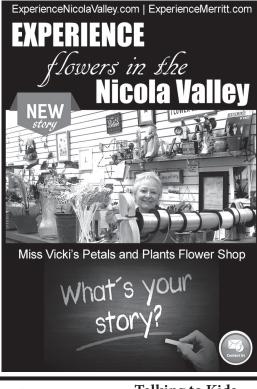
ICBC Claims •Commercial •Residential

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



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.



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.

times 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.

Stick to routine. Structured days with regular meal-

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

FOR SALE HOUSE/PROPERTY MANUF'D home 14'x66' 2-bdrm,

1-bth w/ nw lam'd firs, ready to move in, fin. avail w/ dwnpayment OAC #32 1-800-361-8111, 315-1000 OAC #32 1-800-361-8111, 315-1000 www.buyandsellmobilehomes.com FOR SALE by ownr. 3-bdrm 2 full + 2 1/2 bth hse. 3100 sq ft Uppr Bnch, overlooking glf course. Lrg bck dck, Indsepd. Randi (250) 819-7727

www.buyandsellmobilehomes. com MOBILE home, Kijiji 1420321806

RIM TO FIT 10 Ford Ranger, bonus if has a tire on it, needed for full size spare 315-7365

MOBILE HOME, rent to own 378-2275
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

neighbrhd, nr school, parks & Cold-water River walk. Ready to build on. Prop. Guys #10822 280-1017

FOR RENT

LOOKNG for roommate, female, in country, bring your horse. 378-7435 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

HUB CAPS for 81 Chev Scottsdale C-10 truck 778-288-4095 RM for rent, refs a must 315-3290 2-BDRM house 1 block from down 2-BDRM house 1 block from down town. **3-bdrm** duplex nr Bob's Mini Mart. 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, incl. heat, hy

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

1-BDRM bsmt ste, shared kitch./ bth,, util/cbl incl 778-869-3141 ROOM for rent immed., kitchen privilegeslaundry/wifi, n/s, n/p, n/alcohol, n/drugs \$600 315-5951 **3-BDRM** house upstairs, nr Cntrl School, immed. \$1500 525-0240 FURN'D RM, priv. bth, ht/lt/cbl incl., shared ktchn, n/s, n/parties, must be wrkng 378-9607 refs req'd 1-BDRM ste, fum'd, util incl 378-6899

2-BDRM bsmt 315-5592, 315-2366, nr Save On Foods, Central Schl FURNISHED room, kitch./laundry privileges, linen/cooking utensils incl, hydro/wifi/tv 315-5767

RM to rnt, shared, everything incl. some meals 280-2211 must like cats

ROOMMATE WTD: Wrkng male in 3 bdrm mbl home, nice priv. yrd, \$600 util incl. text 280-9799

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