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O P E N

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GRATITUDE JOURNAL

By **Mike Bhangu**.

"Gratitude is the key to
happiness and success."

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Foods**

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MARKET@UNISERVE.COM

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.



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 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 — MAY 6, 2020 #3417
News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8
Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

The 'new normal' according to Dr. Bonnie Henry, May 5, 2020

"We have to be prepared that it will take some time for a vaccine to be developed and broadly available for everyone. Our current understanding is that it could be up to 18 months. Until that time, we must continue to hold the line on COVID-19, even as we gradually ease some restrictions. This is the balance that we must find together.

"We have put the brakes on COVID-19, but new cases and outbreaks persist. As the modelling has shown, moving too quickly can only cause harm to us all.

"Our 'new normal' practices apply to every person and every situation with no exception. They are our playbook for the weeks and months ahead. These include:

- staying informed, being prepared and following public health advice;
- practising good hygiene – hand hygiene, avoid touching face & respiratory etiquette;
- no exceptions to staying at home and away from others if feeling ill – whether for school, work or socializing;
- maintaining physical distancing outside your household, for example, no hand shaking or hugging, keeping your number of contacts low and keeping a safe distance;
- making necessary contact safer with appropriate controls, e.g., using plexiglass barriers or redesigning spaces;
- increasing cleaning of frequently touched surfaces at home and work;
- considering the use of non-medical masks in situations where physical distancing cannot be maintained, such as on transit or while shopping; and
- continuing to reduce non-essential personal travel.

"Keep this top of mind in everything you do. They are the guideposts for our path forward.

"Our shared health and well-being relies on all of us to be threads in a rope; side-by-side and far stronger all together, when we are physically apart."

Calling all Central School students!

Merritt Central Elementary students, the staff miss you! Teachers & staff have planned a car parade throughout Merritt on Friday, May 8th from 2-3pm.

The route leaves the school, to Collettville, then across the bridge through west Merritt, then zigzagging through all the streets east of Voght St., back along Merritt Ave., to Norgaard's corner up to the hill & winding through the Bench, ending at NVIT. Please watch for them!

Flooding at Stump Lake

Highway 5A between Kamloops and Merritt was closed on Monday afternoon because of high water levels and debris on the road at the east end of Stump Lk.

The road is closed in both directions though local access is still available, just no through traffic. Drivers can take the Coquihalla as an alternate route.

The next update time, according to drivebc.ca is Friday, May 8 at 3pm.

Thoughts from outside the box End Goal?

Contemporary capitalism has an end, simply because there are only so many resources available. So, can someone please fill me in? Possibly tell me what it is that we're attempting to progress toward? What are we attempting to evolve into? What is the end goal of all this extraction, destruction, pollution, production, distribution, and consumption?

I only ask because if the end goal is in the best interest of the planet and the person, then I volunteer to undergo any procedure required to transform me into the wheels of this vehicle.

But as it is, I can't reason a higher purpose. To only produce, consume, accumulate, and indulge in the senses until we finally kill the planet doesn't make higher sense. I think there's more to existence than this.

I'm compelled to believe that I can barter my breath for more than just extraction, destruction, pollution, production, distribution, and consumption. Or perhaps I'm nursing a diseased dream and this is the height of human existence.

— M. Bhangu, Amazon best-selling author

Lockdown Humor

People are using the word lockdown because they don't know how to spell kwaranteen.

Health Tip: If you keep a glass of wine in each hand, you can't accidentally touch your face.

After a few days of not going out, I saw someone I knew walking by on the sidewalk outside.

I immediately ran to the window and started yelling to them. Now I understand dogs.

Day 36 of social isolation at home, and it's like being in Las Vegas. I'm losing money by the minute. Cocktails are acceptable at any hour. Nobody knows what time it is.

MMM now on FB

With encouragement & help from a friend, the Merritt Morning Market is now on Facebook. We hope you'll 'like' our page, where you'll find the major MMM stories posted each issue (Mon, Wed & Fri), photos & the link to the current full issue at merrittmorningmarket.com

We're also launching a photo contest (theme: Spring flowers/animals) — with custom photo prizes for the top 5 photos! While you upload your photos, hit that 'like' button! Overwhelm us, please!

'Super' Flower moon

This year's last super moon will appear on Thurs., May 7, but will appear full for from now to Friday morning. Supermoons are 7% bigger than the average-size full moon and 15% brighter than usual, and the best time to see it will be before sunrise on tomorrow morning or this evening.

Community

City composting facility reopens

The facility, on Airport Rd., will be open regular hours Mon-Fri 7am-3pm, however customers will have to pre-pay 24 hrs in advance through PayTM Online on the City's website: merritt.ca When you pick up, City staff will load the compost product and provide receipt.

MMM 'Spring' photo contest

We're going to host Spring Flowers /Animals-themed photo contest. Post your picture on the Merritt Morning Market Facebook page to enter, or email them to market@uniserve.com. All rights reserved by the photographer.

The top five photos will receive a prize, a custom day-planner, notebook, mug, mousepad, prints, postcard, or puzzle. The contest runs until May 31.

Merritt Centennials season tickets deadline extended

The Early Bird deadline for season tickets is being extended to May 31st, instead of the usual April 30th, until fans get a chance to purchase tickets at the Marketing Office. Current season ticket holders have tickets on hold, contact Jared 378-3604 or info@merrittcentennials.com to renew your tickets.

Party parades

To find out more info, please call 250-280-6096, or 250-315-5906.

BLACK'S PHARMACY

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

IDA

2037 Quilchena Avenue, Merritt BC

250-378-2155



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TAKE OUT & DELIVERY
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9am-11pm

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THE CORONA-TILLER

Get your COVID-19 garden
tilled soon!

Gardens & raised beds

Rick 250-378-3496

2020 season
is nearly
upon
us!



lilacconspiracy.wordpress.com



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**

MAN OF ALL SEASONS

Skilled Local Handyman Available
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- > Laminate
- > Painting/Staining
- > Flooring
- > Complete Yard Maintenance/
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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



Interior Health

EXPANDED

TESTING FOR
PEOPLE WITH SYMPTOMS

B.C.'s testing COVID-19 strategy has been expanded to include anyone with cold, influenza or COVID-19-like symptoms, however mild. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. They include: fever, chills, cough, shortness of breath, sore throat, painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite. Anyone who needs a test should call their primary care provider (family doctor or nurse practitioner) or the closest Interior Health community testing and assessment centre directly to arrange a test. More info available on our website news.interiorhealth.ca/news/testing-information/



CUSTOM MUGS

Your photos or art on a mug ~ great gift!

Merritt Printing

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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

2020 season
is nearly
upon
us!



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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

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. Come for fun and exercise, drop-ins welcome. Demo paddles and instruction available.
FMI call Gary (250) 280-0105 or Ayton (250) 378-5691

Discover the **Smarter Way to Sell**
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MERRITT MORNING MARKET

WEDNESDAY EDITION — MAY 6, 2020 #3417

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

PERSONAL

NEED SOMEONE to cut lawn & basic gardening. 280-0671

WANTED: someone to build fence 315-7065, 315-7075

WANTED: Mechanic to do repairs. Please call Howie 378-8764 or 280-1400.

READERS BOOK EXCHANGE forming 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% 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

THIS COWGIRL is back for ranch & hse-sitting, exc refs, RCMP appr'd. Also avail. For housecleaning 378-7435

SERVICES

WTD: reliable lawn maintenance, must have ride-on mower & weekwacker for a lgr 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. housecleaning 378-4022

DRYWALL, textured ceiling, painting. Call Jeff (250)378-3709, (250)315-2066

CERTIFIED TREE Faller, w/ wd chipper, smtl 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 + 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, lawnmower blade sharpening & balancing. 936-8083

HANDYMAN w/ small trailer available for rubbish removal. Doug 378-7600

NW HOME BUILDER offering serv. as priet mgr + nw renovation projects. Specialize in finish carpentry, flooring tiling & laminate, free est. Call/text Ken 604-679-1827, thomsonfamilydk@hotmail.com

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

BERRITT LEGION looking for p-t bartender/server 378-5631

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 & wkends. Genuine, attentive, caring, helpful, hardworking. Plenty of experience with babies. Electra 280-3237

FOR SALE - APPLIANCES

FRIDGE & stove. 525-0240

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

LRG commerc. 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

NR NEW Maytag washer motor (single built model \$40 315-1447

SMALL powerhead for Electrolux vacuum cleaner 378-2136

FOR SALE - AUTOMOTIVE

98 FORD f150 4x4 ext cab. 4.6l motor, auto, all works great except motor won't rev up, nice interior, Good Year Duramax tires, no rust \$2200obo 378-8823

08 CHRYSLER Sebring convertible, full load, 135k, 936-9997

90 FORD Truck, 5-spd, gd transmission, nw wndshld window, fully loaded, springs, transfer case, \$2000obo as is, 378-8764 or cell280-1400

SOLD NISSAN Versa car, must sell 4 summer tires 205-60/15 on rims w/ Nissan hub caps \$60. Oil-air and cabin filters for Nissan 1.8 motor \$20 Larry 378-9669

07 DODGE Caliber, silver, exc cond. 5-spd \$2200 280-6849

4 BOSCH rims w/ rubber 20x8.5, tires size P275/45R20 \$100/all 5-hole 315-5018

90 250, 5-SPEED, Ford truck, gd transmission, nw windshield, fully loaded, springs, transfer case, gd muffler, vry gd cond. \$500obo. 378-8764, cell 280-1400.

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

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

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

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

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

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

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

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

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

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

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

FOR SALE - PETS / LIVESTOCK

WTD: small breed dog for great loving home, large fenced yard. Harry 315-6109

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

TOMATO & VEGGIE plants for sale 75¢-\$1.50 280-0779

WHY NOT SURPRISE your mum with a handmade gift made right here in Merritt. Bracelets, keychains, etc. Call or text Jon at 250 280 4004 or checkout instagram page at grewolf _designs

ALUM WINDOWS & sliding patio door: 64x31.5 (one), 64x43 (one), 61x32 (four) 44x48.25 (two) 378-2832

"HAPPY CABANA" mesh playpen with sun canopy. \$70 378-6272

NR-NEW Mattress Topper from Jisk Kamloops, twin size "Wellpur Gold", 3" thick. Tried twice to discover I don't like "MemoryFoam". \$85. 315-9491

WINE MAKING equip: 4 carboys, corker, etc \$150. 3 towing mirrors for GM \$30ea. Elect. wheelchair \$800. Elect. garage opener 2hp \$150 still in box. New ice auger \$10. 378-3488

FREE campfire wood, bring boxes, all short lengths, 250-378-8802

MOBILITY wheelchair scooter r-h control, needs new batt. 280-9650, 378-5718

3-WHEEL Go-Go Elite scooter, needs new battery 280-9650

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. 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

TOE 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. Briggs Stratton Pacer fire pump with 50 ft hose with strainer (0 hrs) \$360. 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 Strat guitar with built in tuner, comes with Profile premium bag. \$400. 250-674-3282. Can deliver in Merritt area.

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

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

KING SIZE bed: head board, foot board, matt., box spring. Qu sz mattress. Carpeting. Sofa set. Coffee table. Kitchen cabinets. Ceramic flooring tiles 525-0240

MATCHING single beds, 39"x75" VG quality complete with head & footboards with casters. 5" high density foam mattresses. New box springs & reversible heavy-duty bed-rails. \$225/both. 315-9491 & come have a look.

LAZYBOY chesterfield w/ recliner on each end. Dining room suite w/ china cabinet & server. Kitchen table w/ 6 chairs 378-4619

ENT. CENTRE 54" w x 52" h x 22" d, lots of storage \$50 315-2257

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

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

FOR SALE - ELECTRONICS/SOFTWARE

FREE: older 26" tv, beaut. colour, works great, free to take away 378-2504

NEW blk iPhone 7 inc. case, charger, ear buds. Pd over \$500, sell \$295. 378-5004

PANASONIC dvd home theatre sound system, 4 small speakers, 1 large subwoofer, dvd machine \$150 378-8823

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

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

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

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

50' SATELLITE cable, offers. 378-3484

FOR SALE - RECREATIONAL

OLDER PSE Elite compound bow with sights/quiver \$95 378-5038

INFLATABLE dingy; 10' Mercury w/ motor mount & oars, model 310S-EA, as nw (warranty), white, seats 4. \$800 darchoborne@hotmail.com

16' NASH travel trailer, exc cond., everything wrks \$10,700 378-6915

16 CAN-AM quad 4x4 570, \$5500 280-0543

ASPEN TRAIL 27' trailer 2016 w/ q walk-around bd, hitches \$28,000 378-4619

SHIMANO C50 bike, 24" tires, gears 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 \$475obo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no choke tubes, 1 25" w/ choke tubes, feat. figured stock \$650obo. T/C 300 winmag pro hunter w/ muzzle brk, 3x9 Burris scope, ammo, brass, dies, etc. was \$1250, now \$1000 firm. 378-4904 lve mess

99 YAMAHA WR400 dirt bike, grt shape, runs lk new \$2200obo 315-7525

79 WILDERNESS travel trailer \$600obo 315-0197

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

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

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

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

RECURBENT exercise bike \$75. Jean 378-2733

FOR SALE - TOOLS/EQUIPMENT

CORRUGATED steel culvert, never used, 8" diameter x 19'6" long, \$150. Well-used cement mixer on portable stand, 1/3hp GE motor, \$75. Nw 5" 6" dia. treated posts, 3 x 10', \$12 each, 11 x 12', \$15 each. Brnd nw Mastercraft Maximum serpentine saw kit, \$75. 40-pce tap and die set, \$20. 378-2345

LAWN MOWER, gas \$80. Pressure washer, elect \$60. 315-5018

LITTLE JOE elect. Snow shovel, brnd nw, started but nvr used \$80obo 378-2504

ROTOTILLER, motor needs con rod \$25 378-1336

4' X 6' util. trailer, 16" sides, small but mighty \$180 315-2249

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

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 \$10 378-1336

34' COMBINATION ext. Cord/trouble light \$25 378-1336

WANTED/WANTED TO BUY

FREE insulation to plug a small exterior fireplace cavity. Can be about 1' X 2' or less. Can be used but in reasonably clean condition. (250) 315-9672

SET 4 ALUM. or chrome wheels & tires to fit 70 Firebird, 60 series or wider, 15" 5-bolt 280-0543

WANTED BY PENSIONER: 2 or 3 bales or piles of spoiled hay or straw bedding, for garden, will pick up 315-7365

ARE YOU NEEDING to get rid of stuff? Looking for clothing and old electronics. Will give a fair price for what have you. Contact 280-6662

JIGSAW Puzzles 300 to 750 pces. Trade or buy. 378-5691

USED bricks. 10' aluminum boat. Ph/text 778-255-0675

SMALL PICNIC table 378-5546

4 CORNER jacks (electric or hand crank) for storing truck camper. Call 250 525 0361

SML rnd coffee table, nice col. 378-5546

ONE OLD/broken dually mud flap off a 1- to 5-ton truck. Cheap or free please. 378-9669

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