

O P E N

...and we can order tons of educational stuff for kids!

Printing

Office Supplies (250)378-6882 Printing & Engraving (250)378-6808 1951 Garcia St., Merritt, BC

the

LOCAL BUTCHER

FLAT IRON STEAKS ON SPECIAL

2051 VOGHT STREET, MERRITT BC, 250.378.5817



JOURNAL

By Mike Bhangu.

"Gratitude is the key to happiness and success."

Available at **Treehouse Health Foods**

OPEN FOR VIRTUAL SERVICES!



NorkBC offers FREE PROGRAMS AND SERVICES, and one-on-one assistance with an Employment Advisor via phone, email or virtual-video

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

SPACE FOR YOUR AD TEL 378-5717 - FAX 378-4700 MARKET@UNISERVE.COM



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.



See something eye-catching? Sketch it!

A FREE program, easy to do with COVID-19 precautions. Share your sketch impressions of interesting, local, natural and cultural sights. Enter your best sketches in the draw for gift certificates, supporting local business.



nicolavalleyartscouncil.com

Register online for a free sketchbook and share your work with the community from MAY 1st to JULY 31, 2020



INT'L DAY FOR BIOLOGICAL DIVERSITY MAY 22, 2020 #3423 News, opinion, community events since 1996! Box 2199, Merritt, BC V1K 1B8 Tel: (250) 378-5717 Fax: (250) 378-2025 Email: market@uniserve.com

Airtanker training

overhead yesterdayThe BC Wildfire Service conducted

annual training on Wednesday after-

noon in the Coutlee Plateau, just south-

airtanker staff, crew members, new re-

cruit fire fighters, and dispatch. The exer-

cise allows crews to practice safety while

working in an area where air tankers are

active, and air tanker staff can practice

retardant drops. There was no active fire

for the duration of the activity, but the

Community Futures BC & Work-

As businesses begin to reopen, it will

be increasingly important for employers

to understand how to keep themselves,

their employees, and their customers

safe. Chris Back, Director Consultation &

Education Services at WorkSafeBC will

deliver a presentation regarding the re-

sumption of business in BC including an

understanding of COVID-19; employer

safety plan requirements, best practices

and resources available to assist. To par-

ticipate, contact CFNV 250-378-3923, or

Merritt City Hall reopened yesterday,

with limited hours (2-5pm). However

residents are encouraged to continue to

send inquires via phone or email. Pay-

ments can be made online with any one

the new Residential Tax Calculator, on-

line at www.merritt.ca
"Here & Now" how-to sketch video

Residents are also encouraged to try

Free program, available May 1- July

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

The top five photos will receive a

rize, a custom day-planner, notebook,

mug, mousepad, prints, postcard, or

puzzle. The contest runs until May 31.

reserved by the photographer.

31, Sketch our local beautiful surround-

ings. Register & share your work online:

MMM 'Spring' photo contest: Sub-

missions now posted on Facebook

City Hall reopens to the public

SafeBC have partnered to provide a free

webinar on Monday, May 25 at 11am regarding Workplace Health and Safety

airtankers did conduct retardant drops.

Workplace Health and Safety and

Community

COVID-19 webinar

and COVID-19.

mae@cfdcnv.com

of the major credit cards.

nicolavalleyartscouncil.com

This is an annual training session for

Dam gate opened

On Wednesday afternoon, the City received notice from the provincial dam operator that a gate change had been made to allow an additional 3 cubic metres per second out of Nicola Lake. They expected that between 7 & 11pm that same evening, river levels would rise approx. 3 inches as a result.

Then yesterday, with Nicola Lake above full pool and with inflows still exceeding outflows, notice was given that another gate change would release an additional 3 cubic metres per second. They expected river levels to rise another 3-4 inches last evening.

But even with an additional 7 inches. the City is not anticipating that any residents will experience overland flooding.

They're hoping to slow the rate of rise in Nicola Lake to a point where inflows match outflows over the next few days. Once that happens, river levels can gradually be eased back.

However, with rain overnight & in the forecast again today, the possibility for inflows remain high, making further increases from the dam and flooding still a possibility.

Concerned residents are incouraged to make necessary preparations to protect their property. Pre-filled sandbags are available at the Civic Centre parking lot for anyone who needs them.

City of Merritt COVID-19 economic recovery plan The City of Merritt is currently work-

ing with community members on the COVID-19 Economic Recovery Plan. To date, important business initiatives priorities include: buy local campaign, downtown pedestrian zone, city beautification projects, use of street parking for patios, parking space requirement reductions, business resource communications.

The City is also working with the Province to support local businesses as they navigate reopening opportunities, access COVID-19 business resources and incorporate physical distancing practices.

If you would like to get involved in the COVID-19 Economic Recovery Task Force, please contact the City of Merritt Economic Development Department.

Trans Mtn equipment vandalized then torched

Merritt RCMP is investigating after a piece of heavy equipment on the TMX site near Merritt was the target of vandalism and theft one day, and the subject of a suspicious blaze another.

On Tuesday during the early morning hours, police received a report of a suspicious vehicle fire, after crews discovered a blue Peterbuilt rope truck had burned. The blaze resulted in a total loss of the truck, valued at \$1 million. The same vehicle had been targeted in an act of mischief and a theft of fuel earlier in the weekend.

The fire scene was secured for a full examination completed by forensic specialists and fire investigators with the RCMP Southeast District General Investigation Section. They have since learned that there were individuals camping over the weekend in the immediate area of the impacted vehicle. GIS investigators are seeking to identify those campers, as they may hold key information.

Police are also asking motorists who may have travelled through the area of Hwy 5A and Tillery Rd, outside of town on the evening of May 18 into the early morning hours of May 19, to review their dash camera footage and contact police. At this stage, it is unknown whether the acts were targeted in nature or simply crimes of opportunity. Anyone with any info is asked to contact Merritt RCMP 250-378-4262, the RCMP Southeast District GIS team at 250-869-2215, or Crime Stoppers at 1-800-222-8477.

How do you make Easter easier? Replace the t with an i.

Comic Sans walks into a bar. "Get out of here!" shouts the bartender... "We don't serve your type!" My wife said she was leaving me because, "I can't do anything right when it comes to housework!" Selfish woman!! It took me hours to mop that carpet!!

Did you know Adam and Eve never had a date? It was actually an apple. Bouncer: "I'm going to have to ask you to leave." "Why?" "I don't know who you are and this is my trampoline."

GARAGE SALE - MAY 23

1 1767 Quilchena Ave, Sat. May 23, 9am til plants and other treasures are gone!

GIANT PLANT SALE, both indoor and outdoor plants, sizes large and small. Social distancing rules to be followed. Cash and e-transfers accepted.

BLACK'S PHARMACY

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



RESTAURANT Tues-Sun 10am-9pm **TAKE OUT & DELIVERY**

(Closed Mon)

LIQUOR **STORE OPEN DAILY** 9am-11pm

2350 Voght St., Merritt • 250 378-2254

THE CORONA-TILLER

Get your COVID-19 garden tilled soon! Gardens & raised beds

Rick 250-378-3496



lilacconspiracy.wordpress.com



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



(f) @missvickispetalsandplants

2052B Quilchena Ave.

250-378-5575

ENTER YOUR PHOTOS IN THE 'SPRING' PHOTO CONTEST **SPRING FLOWERS / ANIMALS**

(There's a chance to win prizes!)



Upload your entries on the Merritt Morning Market facebook page, or email to market@uniserve.com



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!

Office Supplies (250)378-6882

Printing 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 Drywall & painting Windows

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

Job Posting Permanent Full-time Child and Youth Counsellor 35.8 hours per week

An established and respected non-profit charitable community-based organization seeks an experienced counselor to assist in the provision of assessment and clinical intervention services for children and youth.

Applicants must have a degree in Counseling Psychology, Social Work, Child and Youth Care, or related discipline. Experience providing one-on-one and group counselling to children and youth, as well as preventive interventions will be an asset. A strong working understanding of gender based violence and the impacts of children and youth experiencing violence is essential.

This is a permanent full-time (35.8 hours a week) position in a small but dynamic agency, governed by a Board of Directors. Under direct supervision, the successful applicant will be able to offer confidential and client centered counseling services and to work as a member of a team of allied professionals in the interest of the people of our community.

Closing date for this position is May 31, 2020. We thank all candidates for their interest, however only those invited for interviews will be contacted.

Please send your resume and a cover letter outlining what you would bring to this position to:

Nicola Family Therapy, Attention: Sheri Bishop PO Box 968, Merritt, BC, V1K 1B8 Or Email Agency Director: sheri.bishop@nicolafamilytherapy.ca

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.



MERRITT MORNING MARKET

FRIDAY EDITION — MAY 22, 2020 #3423

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

PERSONAL

WANTED: honest, healthy, strong, energetic, reliable, good attitude person to mow lawn and trim the edges. Will take about 3 hours @ \$15 hour. 378-0870. Now until Sept/Oct.

FREE property metal detecting. Find out what's in your soil. 936-9356 for details. Bondable.

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

WANTED: someone to build fence 315-

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

Please call Howie 3/6-6/3-6/120 102 3/8-26/0

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

NEED SOMEONE to do your shopping for you? Call Bill 315-3621
FOUND: Samsung phone, 2500 blk Coldwater Ave. Call to ID 378-6808

Coldwater Ave. Call to II 3/8-6808 at I COLLECT pop bottles & cans, if you have empties to get rid of, 250-525-0471 THIS COWGIRL is back for ranch & hes-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 lrgr site 1-800-361-8111, 378-6331 w/

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

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

TC PAINTING inter. only, licensed & SPRING CLEANING, & reg. house-

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 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 prjet 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 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 (CRANNY'S House Ouilting & Parteri

GRANNY'S House Quilting & Retreat has fabric and sewing notions. 378-3734

EMPLOYMENT OPPORTUNITY

MERRITT LEGION looking for p-t

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

AVAILABLE for childcare \$20/hr 378-

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

LRG commerc. coffee urns \$50ea

parts, runs when it feels like it. Everythng works when running \$500obo 280-0524 90 FORD Truck, 5-Spd, gd transmission, nw windshield window, fully loaded, springs, transfer case, \$200obo as is 378-8764 or cell 280-1400.

4 HONDA 5-studded 15" wheels w/ hubcaps \$50 Ioe 378-2676

98 FORD f150 4x4 ext cab. 4.61 motor, auto, all works great except motor won't rev up, nice interior, Good Year Duramax 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, \$200obo as is, 378-8764 or cell280-1400

TRUCK util box, alum, 16"hx20"dx 59" ENT. CENTRE 54"w x 52"hx22" d, lots long \$100 378-8140 of storage \$50 315-2257

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 **ROUND**, oak kitchen table w/ 4 match-

ing chairs. 1 extra leaf. Opens up to sit 12 people. \$150obo 378-3988

DINNER table w/leaf \$500bo 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

50' SATELLITE cable, offers. 378-3484

FOR SALE - RECREATIONAL

DIRT BIKE riding gear: Alpinestars techl boots size 11, Thor chest protector xl, Thor pants xl Fox jersey and gloves. All lk nw condition. \$3500b0 525-0109

HIBO 8 1/2 FT. 2-man inflatable raft (in

bag) floor boards/transom with pump \$950. Electric motor/battery/solar panel \$285 378-5038

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

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

WILDERNESS travel trailer

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

BREAK CONTROL for trailer or rv

FOR SALE - TOOLS/EQUIPMENT

CORRUGATED steel culvert, never used, 8"diameter x 19'6" long, \$150. Nw 5"-6" dia. treated posts, 3 x 10', \$12 each, 11 x 12', \$15 each. Brnd nw

Mastercraft Maximum serpentine saw kit, \$75. 378-2345

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

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

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

WANTED/WANTED TO BUY

TURNTABLE for playing my albums

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

604-302-6232 txt/phone 10' ALUMINUM boat 778-255-0675

darchoborne@hotmail.com

79 WILDERNE \$600obo 315-0197

4 BOSCH rims w/ rubber 20x8.5, KITCHEN table w/ 6 chairs 378-4619 tires size P275/45R20 \$100/all 5-hole KING SIZE bed: head board, foot board matt box spring On the state of the state of

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. 4 ALUM rims, hubcaps & new brk rotor 96-97 Lincoln Twncar \$125/all Judy

TRUCK util box, alum, 16"hx20"dx 59"

long \$100 378-8140 **P235/75Rx15**" LTD m&s tire \$75 378-2676

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

OT KIA Portage, champagne edition, 4x4, loaded, sunroof, well-maint., 1 woofer, dvd machine \$150 378-8823

07 KIA Portage, champagne edition, 4x4, loaded, sunroof, well-maint., I TECHNICS 4-component stereo system old school, with speakers, lk nw \$400obo 280-0543 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

**MOODO 280-0543

**HOME SECURITY System still in box pd \$289, reduced to \$100. 378-6027 PONT GRAND AM, new batt., p/locks,

a/c, p/b,rks recent updates, no dents \$3950 378-2676 FOR SALE - PETS / LIVESTOCK

FREE kittens 378-6605

PAUL BANZET saddle, very good cond. \$1000 firm 778-661-0921
WANTED: 2 female rabbits, breeding

3 YOUNG chickens to good homes 5 adult kitties to good homes 778-661-0344, cell 936-8368

INFLATABLE dingy; 10' Mercury w/ motor mount & oars, model 310S-EA, as nw (warranty), white, seats 4. \$800 WTD: small breed dog for great loving home, large fenced yard. Harry 315-6109 WTD: Female guppies 378-6289 OOKING FOR cage for cockatiel 78-207-0334 16' NASH travel trailer, exc cond., everything wrks \$10,700 378-6915 16 CAN-AM quad 4x4 570, \$5500 280-0543

EASY TRAINER dog collar, used twice, pd \$160, sell \$85 378-6027

SIMCO roping saddle, gd cond, Front & back cinches \$550 Ron Summerfelt

SIMILO roping saddle, gd cond, Front & back cinches \$550 Ron Summerfelt \$250-755-6817\$

AWESOME CKC black lab for stud 378-5038

FOR SALE - MISCELLANEOUS

ACCUCHECK Performa diabetes kit, brand new/never used \$50 378-2254, rm 208

FRESH YOUNG rhubarb to give away, 378-5928 after 1 pm

4 RIMMEL LONDON '6h my gloss' oil tints, brand new \$6. Kenzi sunglasses ryg gently used \$5. 378-2254. room 208

Walk-around bd, hitches \$28,000 378-4619

Walk-around bd, hitches \$28,000 378-4619

SHIMANO C50 bike, 24" tires, gears work gd, pretty gd shape \$30 315-7751

REMINGTON 11-87 spec. purp. (goose gun) 12 ga. 3" choke tubes, sling, synth. stock, matt black \$4750b. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, 1 25" w/ choke tubes, feaut. figured stock \$650obo. T/C 300 winmag pro hunter w/ muzzle braked, 1-30" full choke no hoke tubes, 1 25" w/ choke tubes, feaut. figured stock \$650obo. T/C 300 winmag pro hunter w/ muzzle braked, 1-30" full choke no hoke tubes, 125" w/ choke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, 125" w/ choke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, 125" w/ choke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, 125" w/ choke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" full choke no hoke tubes, sling, synth. stock, matt black \$4750bo. Remington 1100 12 ga. trap 2-3/4", 2 barrels, both muzzle braked, 1-30" fu oil tints, brand new \$6. Kenzi **sunglasses** vry gently used \$5. 378-2254, room 208. BATHTUB lift w/chrgr, lk nw 378-1581 TOMATO & VEGGIE plants for sale 75¢-\$1.50 280-0779

GARBAGE CAN full of rabbit manure 378-2136 Dan, Steve

FREE: log rounds for firewood from pine tree on Bench 378-0993

3 WOOD-CLAD windows: 2 48x72, 1 60x70 dbl paned, \$20 each. 378-4603

WHY NOT SURPRISE your mum with a handmade gift made right here in Mertitt Bracelets kewkplaine etc. Call or text.

(four) 44X48.25 (two) 3/8-2832

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

NR-NEW Mattress Topper from Jisk Kamloops, twin size "Wellpur Gold" mighty \$180 315-2249

"thick Tried twins to directory Labors" POUL AN Wild Thing power saw 40cc. Kamloops, twin size "Wellpur Gold", 3" thick. Tried twice to discover I don't like "MemoryFoam". \$85. 315-9491

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

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

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 MOBILITY wheelchair scooter r-h control, needs new batt. 280-9650, 378-5718 BABYSITTING COURSE certified 3-WHEEL Go-Go Elite scooter, needs JOHN DEER lawn tractor dump cart

new battery 280-9650

5 BUNDLES grey ashphalt shingles \$100. Viles maple coff. tbl \$150. Porter Cable reciprocating saw

5 Coff. tbl \$150. Spray guard & caps, \$250 315-9984 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 mak-ing 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 LEUMINUM botal 7/8-253-0673 FRESH rhubarb 604-302-6232 txt/phone 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

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

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

filters \$150. 378-2428

TONE TABLE organ, offers. Old Canon elect. typewriter, offers. 378-3484

15-PC SET of heavy duty Stainless Steel

ARE YOU NEEDING to get rid of stuff? Looking for clothing and old elections.

SMALL powerhead for Electrolux vacuum cleaner 378-2136

ACURN stairlift 378-6505

LILAC HEDGE 7x20 feet. You need a bobcat to dig it, & must take all 1st HCSAW Down 2000 And a bobcat to dig it, & must take all. 1st come, 1st gets. 250-378-2410

maye you. Contact 250-6062

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

ONE 205/60RX15" summer General box)

Sign Substitution Summer General box)

Sign Substitution Summar General box Summar General Box Substitution Summar Gen hrs) \$360. Winchester Model 12 3" mag (ex shape). Parker Hale 243. offrs on all. 378-5038

TOYOTA steps for crew cab 315-5115 378-5038

d transmission, fully loaded, lobo as is 378-2458

d transmission, fully loaded, lobo as is 378-2458

4 WALKING plows \$75 ea obo TRUCK PARTS for 96 F1 ton 315-6641, 250-852-8302

4 WALKING PROFILE WALKING PROF

springs, transter case, 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 278-9669

MATCHING single beds w/ very nice wd head & foot-boards on casters and steel frames. Foam mattresses & new steel frames. Foam mattresses & new steel frames. Foam mattresses & new steel frames. Foam mattresses & Note of the control of t

5-spd \$2200 280-6849 box-springs. Free sheets if needed. Clean non-smoking seniors. Come have a look anytime, \$325. for both.315-9491 after the company of t

BEST-VALU GLAS,

Merritt's Auto Glass **Specialists**

ICBC Claims

•Commercial •Residential

Automotive •Industrial

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

ENTER YOUR PHOTOS IN THE SPRING' PHOTO CONTEST **SPRING FLOWERS / ANIMALS**

(There's a chance to win prizes!)



Upload your entries on the Merritt Morning Market facebook page, or email to market@uniserve.com

lilacconspiracy.wordpress.com



NING

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 the and exercise, drop-ins welcome.

Demo paddles and instruction available.

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

1986 mbl home, 2 bdrms, gas htr, 2-BDRM 1 bath trailer, gd size w/d, l/s. 1986 CSA approved \$2000 yard, fenced, June 1, Rural/Private area, 20 minutes to Merritt N/S N/P

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FOR RENT

2-BDRM bsmt suite, July 1 \$1500 RM to rnt, shared, everything incl. incl util & priv. laundry 2724 Eagle Cresc, 315-0220, 315-3613 **RM** to rnt, shared, everything incl. some meals 280-2211 must like cats **2-BDRM** bsmt 315-5592, 315-2366,

2-BDRM 1-bath house in Lower nr Save On Foods, Central Schl Nicola. Fully fenced yard, 2 car garage, n/s, n/p \$1600 + util. June 1 Call/ text 604-534-1401

FOR SALE by ownr. 3-bdrm 2 full + 1-BDRM bsmt ste, shared kitch./ 2 1/2 bth hse. 3100 sq ft Uppr Bnch, overlookng glf course. Lrg bck dck, lndscpd. Randi (250) 819-7727 (ROOM for rent July 1, kitchen privilegeslaundry/wifi, n/s, n/p, n/alco-FOR SALE - AUTOMOTIVE

O2 GMC Sierra 1500 extended cab 327 bouse, turns easily, Shop-rider brand. 2500obo 280-0524 cell

Conner, 181 gets, 250-5/8-2410 or buy, 3/8-5691 or buy, 3/8-5691

MOBILITY scooter \$250, gd cond., SMALL PICNIC table 378-5546 overlooking glf course. Lig bck dek, smaller size, grt for women & inside 4 CORNER jacks (electric or hand crank) for storing truck camper. Call 250 for solid for storing truck camper. Call 250

TO BE MOVED: small 10x40 bline 1778-869-3141 roll for identification or buy, 3/8-5691 overlooking glf course. Lig bck dek, ladscopd. Randi (250) 819-7727

TO BE MOVED: small 10x40 bline 2 bdraw cas bt 1986 mbl home 2 bdraw cas bt 2 Polynomia (250) 815-5767

315-7611 area 20 minutes to Merritt, N/S, N/P MANUF'D home 14'x66' 2-bdrm, \$925/mo. Call/text 604-534-1401

FURNISHED room, kitch./laundry privileges, linen/cooking utensils incl, hydro/wifi/tv 315-5767

NOW...

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