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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.

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WE CAN HELP.

- Resumes & Cover Letters
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- Self Employment Programs

WorkBC offers FREE PROGRAMS AND SERVICES, and one-on-one assistance with an Employment Advisor.

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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.



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.

City to decide on property taxes & utility bills

Council will decide on dates and discounts for residential property taxes & utility bills at tomorrow's Council meeting (you can stream it online from merritt.ca).

For utilities, staff's recommendation is to increase the 10% discount to 17% for residential & commercial customers, with new payment dates of July 31st & Nov 30th for residential customers. For commercial utilities, they've already decided to lump 1st & 2nd quarter utilities together, with a deadline of Aug. 31st.

For property taxes, staff is recommending 0% penalty to be applied after the July 2 due date, and 5% to be applied October 1, 2020 (to avoid conflicting with a recent Provincial announcement on the subject).

Cheapest gas price in the province!

Over the weekend, Super Save on Nicola Ave. boasted the cheapest gas in the province, at 63.9 cents a litre. All the rest of the gas stations are at 79.9 cents.

Kamloops had the cheapest fuel in the region after Merritt, at 82.9 cents a litre. But the Prince George Costco had it at 68.9 cents a litre, and other stations in PG were at 71.9 cents for regular fuel.

In Vernon it was 85.9 cents, in Kelowna 89.9 cents, in Penticton, 90.9 cents.

Alberta outbreak may affect workers in Int. Health region

On April 15, Alberta's Chief Medical Officer of Health reported an outbreak of COVID-19 at the Kearl Lake oil sands project, north of Fort McMurray. To date, 12 people connected with this work camp have tested positive.

Many residents in the Interior Health region travel to work camps in Alberta for employment and that there is potential for transmission between communities and between our provinces.

IH medical health officers recommend that people who are contacts or potential contacts from this site self-isolate for 14 days from their last exposure to the site or to their flights home.

As well, anyone in the community who experiences signs of illness, such as a fever or dry cough, immediately self-isolate for 14 days.

In all communities across IH, we need to assume the COVID-19 virus is present and stay home as much as possible, practise physical distancing, and wash our hands frequently with soap and water to prevent the spread of the illness.

My son Luke loves that we named our children after Star Wars characters. My daughter Chewbacca not so much.

She Was Named Paris Son: Why is my sister's name Paris? Dad: Because we conceived her in Paris. Son: Thanks dad. Dad: No problem Quarantine.

Rules Are Rules We are 10 days into self-isolation and it is really upsetting me to witness my wife standing at the living room window gazing aimlessly into space with tears running down her cheeks. It breaks my heart to see her like this. I have thought very hard about how I can cheer her up. I have even considered letting her in - but rules are rules.

THIS WEEK'S HOROSCOPE



Aries
March 21 - April 19

You're in a difficult position trying to please someone while you're aware that you're not going to succeed. This week, find a way to renegotiate and find a happier equilibrium.



Taurus
April 20 - May 20

Despite challenging circumstances, you're starting to see a new era dawning. Although there's no guarantee of success, you can expect more than you've had recently.



Gemini
May 21 - June 20

Devote time & energy towards an unsatisfactory arrangement, and you will find a way forward. Finding someone with whom you can share your concerns will help speed up the process.



Cancer
June 21 - July 22

despite challenges, you've been able to accomplish more than you thought possible. This week, you'll reach valuable understanding of how this can change your life.



Leo
July 23 - Aug 22

Try to put down a misgiving, and be less concerned about taking control. Your psychological buttons are being pushed. Disentangling yourself allows you to focus on what needs to be focused on.



Virgo
Aug 23 - Sept 22

Your priorities need readjusting. To prevent confusion this week, it will be helpful to assess why some needs are more important than others. The New Moon will help with that.



Libra
Sept 23 - Oct 22

It's easier to add than subtract in your life. This week, you can add something positive. You may be feeling emotionally hemmed in, but a new approach brings a real sense of liberty.



Scorpio
Oct 23 - Nov 21

You haven't had as much control of your life as you wish. As you come into more power, use it well. You could take advantage of someone but doing the right thing will benefit you.



Sagittarius
Nov 22 - Dec 21

Yes, you find yourself dealing with an unprecedented set of circumstances and are in unfamiliar territory. Yet hidden within lies a hidden gem. Trust yourself to find it.



Capricorn
Dec 22 - Jan 19

Under the current stressful circumstances, how are you coping? Can you accept the ever-changing situation? This week brings a chance for important self-healing.



Aquarius
Jan 20 - Feb 18

When we're concerned that we might have our priorities mixed up, we usually have them in good order. As long as you stay humble this week, you'll make excellent decisions.



Pisces
Feb 19 - Mar 20

You're feeling as if you've failed, yet you're judging yourself on an idealistic expectation. You can create a positive change by believing in yourself this week.

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By Mike Bhangu

Rediscovering the Truth THOUGHTS FROM OUTSIDE THE BOX



"So many faces but only one name is of the fame and the nameless, the name and the nameless. One in the same is—the breath of the breathless. But a break in the bridge is—the link to the ancients. — Mike Bhangu



NICOLA VALLEY & DISTRICT
METIS SOCIETY

Any Nicola Valley & District Metis with
**CONCERNS, ISSUES,
CRISIS ABOUT COVID-19**

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at 250-378-5015

or the Metis crisis line **1-833-638-4722**



lilacconspiracy.wordpress.com

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All work guaranteed, reasonable rates, reliable
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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.



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

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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.
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MONDAY EDITION — APRIL 20, 2020 #3410

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PERSONAL

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

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 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, sml truck & trailer, will do residential, fruit trees, etc. 378-6431

DYNAMO DEB is back to do housecleaning, cooking & personal shopping. 280-9650

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

BUDGET BROS PAINTING + Renov. Fully insured & family-owned. Senior discounts 25% off. 15 years experience, 100% customer satisfaction! Free estimate call Dennis 378-6866 & Louis 778-877-5505

SMALL ENGINE repair, tune-up, lawnmower blade sharpening & balancing. 936-8083

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

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

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/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

CHILD CARE

BABYSITTING COURSE certified babysitting services avail. evenings & wkends. Genuine, attentive, caring, helpful, hardworking. Plenty of experience with babies. Electra 280-3237

FOR SALE - APPLIANCES

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

LRG commercial coffee urns \$50ea 315-9984

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

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

PORT. a/c \$125, used 1 season 378-5546

OLDER washer, works gd 280-0857

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

SMALL powerhead for Electrolux vacuum cleaner 378-2136

18 CF upright freezer \$250 frost-free 525-0043

PORT. dshwshr GE, A1 cond. \$500. Louis 604-825-1942

FOR SALE - AUTOMOTIVE

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

08 JEEP Wrangler 4-Dr RUBICON, roof rack, chrome, 170K kms; never off-roaded. Driven by senior citizen to access mtn biking trails. \$13,000 darchoborne@hotmail.com

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

4 ALUM rims, hubcaps & new brk rotor 96-97 Lincoln Twnear \$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 Joe 378-2676

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

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

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

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

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

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 \$12,500 936-8083

04 VW Passat wagon 1.9 ltr turbo, brnd 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, starts/runs well even on cold mornings, some oil leaking, reas. offers. Rodney 315-2257 or text

5 NEW steel rims to fit ¾ - Iton Chev 18x5. Text or call 315-3367

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

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

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

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 equipt: 4 carboys, corker, etc \$150. Cherry col. laminate with underlay, 200 sq. ft. \$200. 3 towing mirrors for GM \$30ea. Elect. wheel-chair \$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. Halemarty65@telus.net 378-6678

BLOW out on take home wine making kits. \$20/ \$30 each. Come take a look. 2865C Pooley Ave 250-378-6622

SOCLEAN CPAP machine, with 3 new filters \$150. 378-2458

TONE TABLE organ, offers. Old Cannon elect. 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 Moismaster inverter (in box) \$170. King Kooler insulated tote 42"x34"x24" \$50. Briggs Stratton Pacer fire pump with 50 ft hoses with strainer (0 hrs) \$360. Winchester Model 12 3" mag (ex shape). Parker Hale 243. offers on all. 378-5038

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

4 WALKING plows \$75 ea obo 378-1880

MOVING SALE: Twin Star elegant electric classic flame fireplace. gives a wonderful ambience with real flame appearance.!! Too large for my apt. 13.5" deep, 42" wide, 37" high. Can deliver in Merritt area. \$400obo. 250-674-3282

COSTCO CARPET beautiful 8x10 soft shag in warm brown tones. Used very little. \$100 250-674-3282

NW ELECT. acoustic handmade classic Stag guitar with built in tuner, comes with Profile premium bag. \$400. 250-674-3282 Can deliver in Merritt area.

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

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

PARACORD bracelets, keychains, etc. Various styles, colours, sizes. Check out instagram account: growelf designs to see some examples. Or call 250 280 4004

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

SINGLE bed, 39"x75" V.G. quality, complete with head & foot boards with casters. 5" foam mattress, new box-spring and reversible bed-rails. \$150. 315-9491

PICNIC TBL to give away 378-5546

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

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

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

HIGHBOW dresser \$25 936-8271

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

FOR SALE - ELECTRONICS/SOFTWARE

50" SATELLITE cable, offers. 378-3484

CB ANTENNAS for trucks, 2 3' long 750w, 2 1000w 4' long \$50/all 315-0057

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

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

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

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

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

FOR SALE - RECREATIONAL

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

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

UTILITY TRAILER 4'x10.5", perfect for 1 quad or snowmobile \$500 378-8823

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, feaut. 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

FULL-FACE motorbike helmet w/ blue-tooth, 1 beanie for motorbike w/ visor \$40ea 378-8823

SPRING SPECIAL 20 ft cedar strip canoe with tandem trailer and 8hp ob value \$4000 offers, 14 ft frontier fg canoe square back refurbished \$410 looks sharp, Harvey 250-319-2101 Kamloops

02 24FT WESTWIND travel trailer, exc cond. \$10,000. 315-9592

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

RECURBENT exercise bike \$75. Jean 378-2733

HEALTHCARE Exer-Glide plus \$25 378-2460

2HP Mariner outboard motor, exc cond. 280-0493

SOLOMON SNOWBOARD 150cm with Morrow boots and JL bndgs, 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

FREE sump pump, come pick it up. 378-3488

CRAFTSMAN 5.5hp gas lawnmower 21" cut 378-4101

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

SML older 24" rototiller \$50 378-2458