

HERKIMER
Country Editor
Serving the Valley for 53 Years

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But as He who called you is holy, you also be holy in all your conduct, because it is written,
"Be holy, for I am holy." 1 Peter 1:15-16



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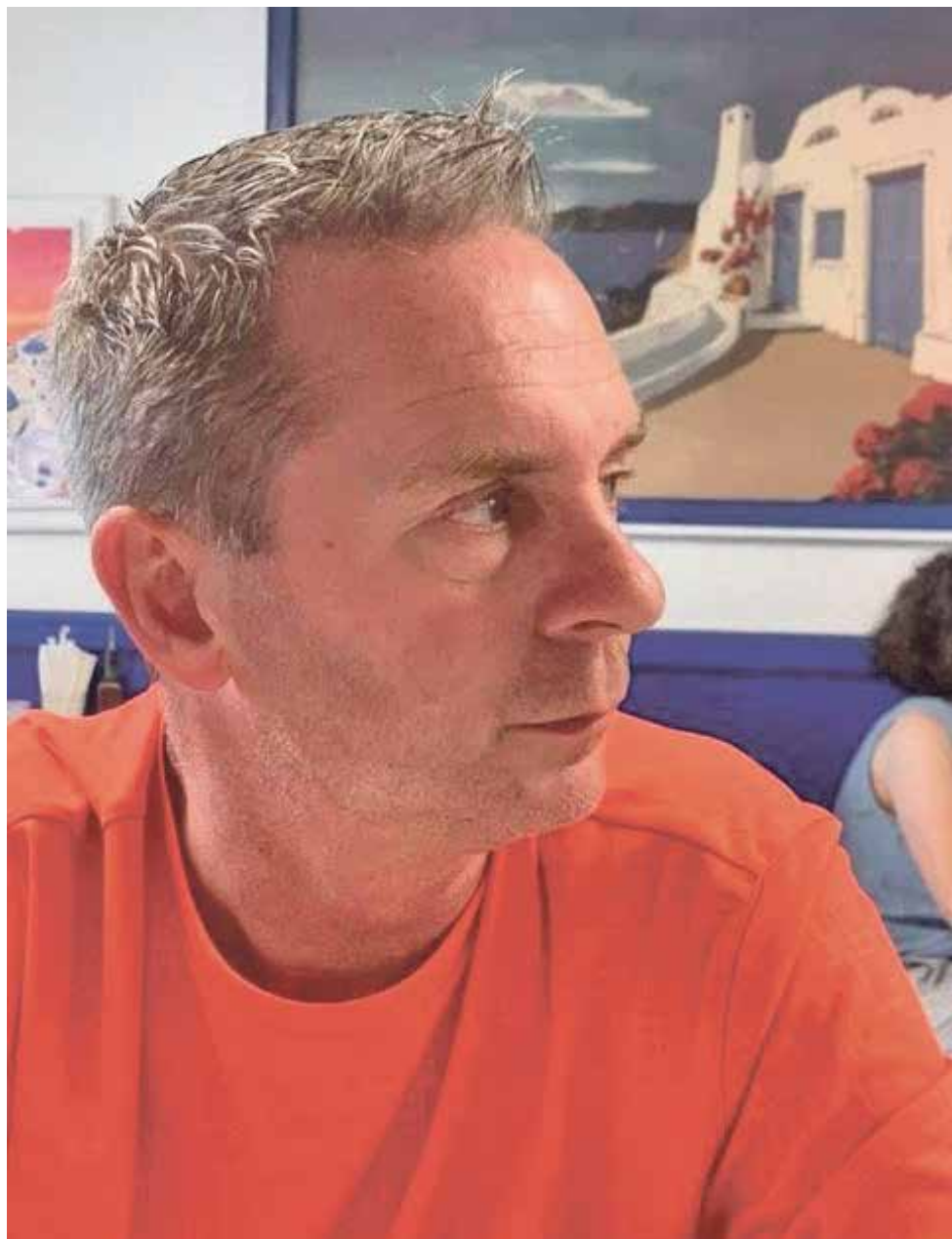
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Remembering a man of many facets – John Snyder



John P. Snyder Jr. lived a life that was more than the sum of its parts. A dedicated family, community and businessman, he passed away on Dec. 22 at age 56 after a battle with cancer. He is survived by his loving wife Beth and son Matthew.

John, a resident of Canajoharie, was born on April 28, 1964 in Cooperstown to John and Ruth Lee Snyder of Cherry Valley. He attended Cherry Valley High School and worked at Glensfoot Farm from the age of 14. He attended SUNY Cobleskill before he started working for Lee Newspapers, owned by his uncle, Frederick 'Fred' W. Lee Jr. John began his career by delivering papers published by the company before working his way up through the ranks.

"The year was about 1984 when John stood too close to the *Pennysaver* and got bit by the publishing bug!" Fred Lee said. "He spent a couple years in the production department where he learned the business from the ad building end. After a couple of years, he was offered a job selling advertising. John proved to be a very hard worker and a great sales representative and

was highly respected by his coworkers as well as customers. He was offered sales manager positions along the way on a few of our consumer papers out of Schoharie, Montgomery and Herkimer counties.

"As his uncle, it was a pleasure watching him grow and mature in the publishing business. He will be missed by everyone who knew him."

In 1999, John left the family business to take a sales management position at the Utica Observer-Dispatch. He then went on to work as sales manager for Grace Furniture in Marcy. John returned to the family business in 2010, where he accepted the position of sales manager for the *Original Valley Pennysaver* and maintained that position until the time of his passing.

"I've known John for more than 20 years but worked more closely with him for the last four or five," said Larry Price, publications director at Lee Newspapers. "As a result, I could see more clearly that he was fully invested in ensuring the success of both of his papers, the two editions of the *Country Editor*. This is where he dedicated all

of his energy. He will be missed."

Another coworker – and his niece – Lyndsay Pickel also remembers John fondly. "I had the pleasure of knowing John in several capacities. The first was as an uncle figure. Growing up, John was always willing to play games with me and carry me around for hours on his shoulders so I could have a better view of the world. The second was as a coworker here at Lee Newspapers. John was a devoted worker and very detail-oriented. I miss seeing him when he would bounce into my office before hitting the road in the morning. He always had some amazing stories to share about his dogs, which we all enjoyed. His customers adored him as well, as we've seen an outpouring of support from them after hearing about his passing.

"Lastly, I knew John as a photographer," she continued. "He photographed my wedding for me and took beautiful shots that I will cherish forever. He's also done several photo sessions with my boys and always took the time to make sure he captured

Snyder 3

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Rabid skunk

Herkimer County Public Health received word on Monday, Jan. 4, 2021, from Wadsworth Labs that a skunk that was sent in to be tested for rabies on Wednesday, Dec. 30, 2020 from the Town of Manheim has tested positive for rabies.

The skunk was found

outside fighting with the family dog, and sent to Wadsworth lab for testing.

The public can protect themselves or their family pets from rabies by practicing the following:

1. Vaccinate your pets against rabies

2. Spay or neuter all ani-

mals to reduce the number of strays.

3. Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals, wild or domestic. If a bat is found in a house, and there is a possibility it had contact

with a person or an animal in the house, call Public Health and we will make arrangements to have the bat tested, if necessary.

Herkimer County Public Health would like to remind the public to please check your pet's rabies vaccination records to make sure that they

are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Please call Public Health at 315.867.1176, if you have any questions, or concerns. Please visit our web site www.herkimercounty.org.

Paw's Corner

by Sam Mazzotta

Hyper, yelping terrier is handful during walks

Dear Paw's Corner: A have a wiry little terrier named "Chip" who is well-behaved inside. However, when it's time for his daily walk, he begins barking nonstop by the door. When I

take him outside on the leash, he keeps barking and pulls hard on the leash. So much so that he almost hurts himself when the collar digs into his neck. Then he'll yelp, as if I had hurt him. It's embarrassing to walk with this hyper, yelping little dog. How can I get

him to calm down? —Charity G., Albany, NY

Dear Charity: An energetic dog can be frustrating to handle, but don't lose hope. You can work with Chip to improve his behavior.

First, order Chip a properly sized halter online, and use this

on walks. A halter will spread out the contact points across the stronger parts of his little body. This will prevent injury when Chip pulls against the leash. Halters also are much more comfortable; the uncomfortable collar may be stressing him out.

I'd like you to look up a dog trainer in your area who specializes in small dogs, who can be little tornadoes on a good day. Many trainers are adapting their lessons to an online format, so you can meet with them at home over a conferencing app like Zoom or

Google Meet.

While you're waiting for that first session, start working on reinforcing Chip's basic behavioral training. Work with him at home on the commands "come," "sit," "stay" and "lie down." During walks, work with him on "heel," "sit" and "stay."

These training sessions also will help Chip work off some of that energy, and he'll be thrilled with all the attention he's getting, too.

Send your tips, comments and questions to ask@pawscorner.com.

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Snyder from 2

sessions with my boys and always took the time to make sure he captured their wild personalities."

John was an avid and passionate photographer and had his own business, Boiling Pot Photography. It's estimated he captured over 10,000 images during his life. He wished for Matthew

to take over Boiling Pot Photography, and he passed along his equipment to his son this Christmas. A retrospective of John's photography is being organized by Beth.

In addition to all that, John served as a trustee and deputy mayor for the Village of Canajoharie. He was an active

member of the Canajoharie Volunteer Fire Department for over 20 years, retiring in 2019. For many of those years he served the department as its treasurer. He also held the positions of captain and lieutenant through the years. A candlelit memorial service took place in his honor on Jan. 2 behind the Erie

Boulevard firehouse.

A celebration of life will take place later this year. In lieu of flowers, please consider a donation to help offset medical and funeral expenses. Donations may be made by mailing to Houghtaling and Smith Funeral Home Inc., 20 Otsego St., Canajoharie NY 13317.


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Update on vaccine information in Herkimer County

Herkimer County Public Health wants all residents to know that appointments for the COVID-19 vaccine are available at Little Falls Hospital and Mosaic Health for all eligible priority group members. All vaccinating facilities are required to follow the NYSDOH Vaccine Distribution Plan that identifies priority groups eligible for vaccine in phases (1A, 1B, and 1C). The most recent phase was 1A and priority groups included in the week beginning Jan. 4 were (new groups are added weekly):

- All Outpatient/Ambulatory front-line, high-risk health care workers of any age who provide direct in-person patient care. This included, but was not limited to:

- Individuals who work in private medical practices
- Hospital-affiliated medical practices
- Public health clinics
- Specialty medical practices of all types
- Dental practices of all types
- Dialysis workers
- Diagnostic and treatment centers
- Occupational therapists
- Physical therapists
- Speech therapists
- Phlebotomists

- Behavioral health workers
- School nurses
- Student health workers.
- All staff who are in direct contact with patients (i.e., intake staff)
- All front-line, high-risk public health workers who have direct contact with patients, including those conducting COVID-19 tests, handling COVID-19 specimens and COVID-19 vaccinations. This includes, but was not limited to:
 - Doctors who work in private medical practices and their staff
 - Doctors who work in hospital-affiliated medical practices and their staff
 - Doctors who work in public health clinics and their staff
 - Registered Nurses
 - Specialty medical practices of all types
 - Dentists and Orthodontists and their staff
 - Psychiatrists and Psychologists and their staff
 - Physical Therapists and their staff
 - Optometrists and their staff
 - Pharmacists and Pharmacy Aides
 - Home care workers
 - Hospice workers

- Staff of nursing homes/skilled nursing facilities who did not receive COVID vaccination through the Pharmacy Partnership for Long-Term Care Program

Individuals need to go online and fill out the "NYS-DOH COVID-19 Vaccine Form" found at: tinyurl.com/y55oqw8w

Even after getting vaccinated, it is important that residents remain diligent and continue to wear a face covering when out in public, maintain social distancing, avoid gatherings, and practice good hygiene. These practices should be continued for all of our protection to stop the spread of COVID-19.

For further information on the COVID-19 vaccine, please go to tinyurl.com/y3lr4q7c

Tractor Safety Certification

Cornell Cooperative Extension of Herkimer County will be offering a Safe Tractor and Machinery Operation Program to youth and adults 14 years of age and older. We invite and encourage all farm and non-farm youth and adults who will be working on or around machinery to participate in the program. Youth ages 14-15 working for someone other than his or her mother or father must have successfully completed this course in order to be

legally employed on a farm.

The program will be held at the VFW next to Clinton Tractor (49 Franklin Ave. in Clinton) on Feb. 16-18 from 8:30 a.m. – 3 p.m. each day. The cost for 4-H members is \$25. For non 4-H members the cost is \$35. Lunch and all program materials are included.

Pre-registration is required by Feb. 8. You can register online at: <https://tinyurl.com/y8jqrn7m> or by calling the Herkimer County

4-H Office at 315.866.7920. If you have any questions regarding this or other 4-H programs contact Jennifer Collins at jlrc34@cornell.edu.

This program is sponsored by Clinton Tractor and Implement Company as well as the Workforce Development Institute through a grant from the Department of Labor.

Masks will be required while in attendance at this program. All proper COVID-19 protocol and CDC guidelines will be followed.

Bible Trivia

by Wilson Casey

1. Is the book of Ruth in the Old or New Testament or neither?
2. From 2 Kings 13, what prophet ordered a king to shoot arrows out of a window? Paul, Job, Elisha, David
3. How many books of the Bible (KJV) are three letters long when spelled? 0, 1, 2, 3
4. What prophet saw "the tents of Cushan in affliction"? Japheth, Noah, Hezekiah, Habakkuk

5. Who said unto the Lord, "Increase our faith"? Jonah, Apostles, Moses, Thieves

6. From Joel 2:6, what shall all faces gather? Sunlight, Blackness, Fear, Warmth

ANSWERS: 1) Old; 2) Elisha; 3) 1 (Job); 4) Habakkuk 3:7; 5) Apostles (Luke 17:5); 6) Blackness

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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Calendar of events

NOTE: Calendar items must be submitted by Tuesday prior to the publication date to be included in the Calendar of Events. Entries may be emailed to cfeditor@leepub.com

January 16

Poland Volunteer Fire Co. Auxiliary's Drive-Thru Chicken and Biscuit Dinner 3 p.m. – sold-out at Poland Firestation #1, 216 Main St., Cold Brook on Route 8, between Poland and Cold Brook. \$10 per dinner. Diners packaged w/no substitutions. Stay in your vehicle. No pre-sales.

Herkimer Corps. of the Salvation Army Brooks Chicken BBQ noon until sold out at the Herkimer VFW at State Street and Mohawk Street. Drive Through pick up only. Weather permitting. Pre-order recommended. Contact Lts. Derrick or Heather Purvis at 315.866.1240. Leave message.

Meat or Veggie Lasagna Dinner Ilion First Baptist Church, 8 Second St., Ilion 4-6 p.m. Take out and delivery only. For more info contact the church at 315.894.9041.

January 21

Chicken and Biscuit dinner 4-7 p.m. or sold out Emmanuel Episcopal Church, 594 E. Albany St., Little Falls. Call 315.717.9462. Free local delivery only in the city.

January 30

Chicken Barbecue 3 p.m. Stratford United Methodist Church,

January 20

1511 State Route 29A, Stratford. Call 315.429.7058. Wear mask. Social distance. Take out only.

February 16-18

Tractor Safety Certification for youth and adults 14 years of age and older. at the VFW next to Clinton Tractor, 49 Franklin Ave., Clinton. 8:30 a.m. – 3 p.m. each day. 4-H members \$25. Non 4-H members \$35. Lunch and program materials included. Pre-registration required by Feb. 8. You can register online at tinyurl.com/y8jqrn7m or by calling the Herkimer County 4-H Office at 315.866.7920.



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Pastor Peter Spiak
32 Spencer St.
Sunday School 9:30 AM
Sunday Worship 10:30 AM
Tuesday Bible Study 7 PM

GRACE BAPTIST CHURCH OF DOLGEVILLE
Pastor Len Byerly
12 Van Buren St.
Morning Worship 11-12:30 PM
Lunch 12:30-2 PM
Afternoon Worship 2-3 PM

DOLGEVILLE UNITED
METHODIST CHURCH
Rev. Anthony Bradseth
21 N. Helmer Ave.
Church Phone 429-7381
Sunday Church Service
Oppenheim @ 9:30 AM
Dolgeville @ 11 AM

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Pastor Marvin Isum
3 Elm St. Phone 429-8390
Sunday Worship 10:30 AM
Mid-week Service Tuesday 7 PM

UNITED LUTHERAN
PRESBYTERIAN PARISH
26 E. Faville Ave.
Worship 11 AM

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CATHOLIC CHURCH
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Mass 9 AM Sunday

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Wednesday Night 6:30 PM
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4 PM (fall/winter months)
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Friday 7 PM

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Saturday Vigil Mass 4 PM
Sunday Mass 8 & 10:30 AM

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Phone 866-6373
Sunday Mass 10 AM
No Saturday Vigil

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Holy Day Liturgy 9 AM
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Worship 10 AM
Wednesday Worship 6:30 PM

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Morning Worship 11 AM

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9:00 AM

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First & Third Tuesday 6 PM

CHRIST EPISCOPAL CHURCH
300 N. Main St.
Church Office (315) 866-0551
Email: christchurchherkimer@mail.com
www.christchurchherkimer.org
Sunday Services: 10:30 AM
Free Community Dinner: Last Saturday of the
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78 2nd Street
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Sunday School at 8:45 AM
Adult Bible Study at 8:45 AM
Holy Eucharist at 9:35 AM

FIRST PRESBYTERIAN CHURCH
90 Morgan St., Ilion, NY, 13357
Reverend Richard Riggie
Bible Study 9:30 AM
Church Service 10:30 AM
315-894-2070

FIRST BAPTIST CHURCH
8 Second Street
Reverend John Partise
Wednesday Mid Week Service 7 PM
Sunday Morning 11 AM

MORNING STAR UNITED
METHODIST CHURCH
36 Second Street
Pastor Joelle Faulks
Sunday Worship 10:30 AM
November 1 - May 1
4224 Acme Rd, Frankfort
May 1 - November 1
36 Second Street, Ilion

ILION
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109 West Street, Ilion, NY
Pastor: Father Paul Catena
Deacon: Micheal Carbone
Mass Schedule: Saturday 4:00 PM; Sunday
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Father Brian Slezak, Pastor
763 E. Main St.
Phone 823-3410
Saturday Vigil Mass 4 PM
Sunday Mass 10:30 AM

EMMANUEL EPISCOPAL CHURCH
588-594 Albany St.
Sunday Schedule:
High Mass, Rite II 10 AM
Nursery & Sunday School 9:45 AM
(Sept.-May)
Fellowship Coffee Hour 11:15 AM
Choir Rehearsal 11:30 AM
Holy Day Masses as announced
Confessions by appointment

LITTLE FALLS
FIRST ASSEMBLY OF GOD
Senior Pastor Timothy Parisi
559 E. Jefferson St.
Phone 823-4043 • firstaglf@gmail.com
Sunday Morning All Worship 10 AM
Thursday Bible Study 6:30 PM

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512 E. Gansevoort St.
Sunday Worship 9:30 AM
Sunday School 9:15 AM
Wednesday Services 12:10 PM & 7 PM

FIRST PRESBYTERIAN CHURCH
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16 Jackson St.
Phone: 315-823-3004
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Sunday Worship 10 AM
Sunday School 10 AM

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Rev. Gary L. Busch, Pastor
Sunday Worship Service 10 AM
443 Inghams Mills Rd.
Little Falls, NY 13365
Pastor's Phone (315) 717-9936

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Church Services 8 AM - 9 AM

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or 315-520-4723
Holy Eucharist 10 AM

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Morning Worship 11 AM
Evening Worship 6 PM
Wednesday Prayer 7 PM

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New Yorkers urged to be aware of COVID-19 scams tied to federal economic impact payments

Scammers using a variety of methods tied to COVID-19 economic impact payments to target consumers

The NYS Division of Consumer Protection (DCP) is alerting consumers about scammers taking advantage of COVID-19 economic stimulus payments. With another round of economic stimulus payments approved by Congress, scammers will be sending phishing emails, texts and phone calls and using social media to try to steal economic impact payments and your personal information. Consumers are reminded that it's important to stay vigilant and aware of unsolicited communications asking for your personal or private information.

"Throughout the COVID-19 pandemic, scammers have been hard at work trying to steal money from unsuspecting New Yorkers," said Secretary of State Rossana Rosado. "With this latest round of stimulus funding on its way, I urge all New Yorkers to be extra diligent and follow simple steps to keep your money and personal identity safe."

NYS Commissioner of Taxation and Finance Michael Schmidt said, "We all must remain especially vigilant against scam artists trying to steal this latest round of stimulus funding from New Yorkers. We're sharing valuable information so you can learn how to spot red flags and where to find reliable information so you won't be caught off guard by con artists."

NYS Office of Information Technology Services Chief Information Officer Angelo Riddick said, "New Yorkers are being challenged like never before by a global pandemic, and to make matters worse, we've seen unscrupulous individuals use technology in a desperate and dishonest attempt to scam them out of their own money. Fortunately, New Yorkers can protect themselves against these COVID-related scams if they are armed with the right information. Always be wary of unsolic-

ited phone calls, texts, emails, links or attachments, even if the sender appears to be known. And never send your personal information via email or text."

What You Need to Know About Economic Impact Payments

On Dec. 27, the federal government passed a pandemic relief package. An important component of individual relief, Economic Impact Payments, are being issued to New Yorkers from the IRS.

You don't need to take any action to automatically receive your stimulus payment if you filed a 2018 or 2019 tax return and are eligible or received one of these benefits (unless claiming a qualifying child under age 17):

- Social Security retirement benefits and survivor benefits
- Social Security Disability Insurance (SSDI) benefits and survivor benefits
- Supplemental Security Income (SSI) benefits
- Railroad Retirement and survivor benefits
- Veterans Administration compensation (disability, death benefits etc.) or retirement benefits

While most people will receive their payment automatically, if you otherwise have not filed taxes recently, you may need to submit a simple federal tax return to get your check. For more information on the Economic Impact Payments, New Yorkers should visit the NYS Department of Taxation and Finance at tax.ny.gov/press/alerts/stimulus-checks-information.htm.

Below are tips to help keep your economic impact payment and personal information safe from scammers:

- Rely on trusted sites for information. Visit legitimate, government websites for up-to-date, fact-based information about COVID-19. Visit the IRS website di-

rectly for the latest information on the economic impact payments. Remember, the government will never call to ask for your Social Security number, bank account or credit card number.

- Delete emails asking you for personal information to receive an economic stimulus check. Government agencies are not sending unsolicited emails seeking your private information in order to send you money.

- Avoid clicking on links in unsolicited emails and be wary of email attachments.

- Don't provide personal or banking information.

New 7

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To your good health

by Keith Roach, M.D.

Raynaud's patient: Can viagra help cold fingers

Dear Dr. Roach: I have scleroderma with Raynaud's phenomenon, and friends and family members have told me that I might get help from Viagra.

Frankly, I hadn't read or heard that from either my rheumatologists or dermatologists. I already tried a short course of nifedipine over a decade ago (it just gave me a headache), so I just stick with mechanical means to keep my hands warm in winter and, maybe surprisingly to some, in summer. Believe me, air-conditioned grocery stores are torture from April to October. — M.A.P.

Answer: Raynaud's phenomenon is an excessive response of the blood vessels in the skin to changes in temperature, and sometimes to emotional stress. While most people will get cold hands and feet when it is cold, a person with Raynaud's can get a drastic response, even to air conditioning or freezer sections of grocery stores. The skin will turn white and then blue, then quite red on being rewarmed. Not everybody goes through all three colors, however.

Raynaud's can exist by itself, but is often seen in the presence of autoimmune conditions, such as the systemic sclerosis (scleroderma) you have. Treatment for Raynaud's is generally the same with or without other conditions. Everybody with Raynaud's should quit smoking and avoid medications that can trigger an attack (over-the-counter cold and flu remedies are the most common).

The mainstay of treatment is avoiding the tempera-

ture changes wherever possible, but as you point out clearly, it's almost impossible to do so completely. Putting your hand in a refrigerator or holding a cold drink can trigger an attack. Many people with Raynaud's learn to keep gloves with them all the time and dress their entire body warmly. An attack can sometimes be aborted by rubbing hands in warm water or getting them into a warm place.

When medication treatment is necessary, a calcium channel blocker like nifedipine is often the first choice. Headache and dizziness can limit effectiveness of this treatment. Studies have shown these medications can cut the attacks by about 50%.

Sildenafil (Viagra) has been used in people with Raynaud's, and is about as effective as calcium channel blockers. However, for people with scleroderma, ulcers and Raynaud's, sildenafil has been shown in small trials to be very effective.

Dear Dr. Roach: My wife has many allergies and asthma, as well as frequent migraines, about two or three a month. A family friend has been using Aimovig for the past six months with no migraine symptoms. What can you tell me about this relatively new drug? We're concerned that the side effects may interfere with her asthma, or any other negative drug interactions. — M.S.

Answer: Erenumab (Aimovig) has been recently approved for migraine. In the initial study, it reduced the number of migraine days from 8.3 to 4.6 per month. As an injection, it may cause pain and swelling at the injection site, and has also caused some people con-

stipation and muscle cramps. There are very few drug interactions, and I found no indication that it should make asthma worse.

Your family friend has had a much better result than most of the people in the study, and there is no guarantee your wife will do as well. I am awaiting further long-term studies before recommending this class of migraine treatments.

It is given once per month, and costs about \$600 at goodrx.com.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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New from 6

Scammers may ask by phone, email, text or social media for verification of personal and/or bank-

ing information saying that the information is needed to receive or speed up your economic impact

payment.

- Do not agree to sign over your economic impact payment check. Scammers may ask you to sign over your stimulus payment check to them.

- Be wary of bogus checks. Scammers may mail you a bogus check, perhaps in an odd amount, then tell the taxpayer to call a number or verify information online in order to cash it.

- Do not cash unsolicited checks. Scammers use this tactic to get your bank account informa-

tion, and you will incur fees when the check is found to be insufficient.

- Be aware that scammers are also able to replicate a government agency's name and phone number on caller ID. It's important to remember that the IRS will never ask you for your personal information or threaten your benefits by phone call, email, text or social media.

- Hang up on illegal robocallers. If you receive a call about economic impact payment scams, hang up. Don't press any numbers. The recording might say that pressing a number will let you speak

to a live operator or remove you from their call list, but it might lead to more robocalls instead.

- Notify the IRS if you are contacted by a potential scammer. If you receive an unsolicited email, text or social media attempt that appears to be from the IRS or an organization associated with the IRS, like the Electronic Federal Tax Payment System, notify the IRS at phishing@irs.gov.

- Verify a charity's authenticity before making donations. Review the Federal Trade Commission's page on Charity Scams at consumer.ftc.gov/features/how-do-donate-wisely-and-avoid-charity-scams for more information.

- Review CISA Insights on Risk Management for COVID-19 at cisa.gov/

sites/default/files/publications/20_0318_cisa_insights_coronavirus.pdf for more information.

With assistance from ITS, the Department of Health continues to maintain up-to-date "Stay Cyber Safe" tips and active warnings at coronavirus.health.ny.gov/stay-cyber-safe.

The NYS Division of Consumer Protection serves to educate, assist and empower the state's consumers. For more consumer protection information, call the DCP Helpline at 800.697.1220, Monday - Friday, 8:30 a.m. - 4:30 p.m. or visit the DCP website at dos.ny.gov/consumerprotection. The division can also be reached via Twitter at @NYSConsumer or Facebook at facebook.com/nysconsumer.

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X C V U T R Q G P O M L J K I

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: SUSPENDED FROM A NECKLACE

Breadbox

Briefcase

Capsule

Cask

Compact

Decanter

Gripsack

Inkwell

Jerry can

Kit

Pillbox

Pouch

Quiver

Vase

Vessel

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Weekly SUDOKU

by Linda Thistle

9				8		6		
	1		2					4
		7			4		5	
		8	7				9	
4				3	1			7
	6			9		4		
2					5		6	
		9	4			1		
	3			7				5

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate

♦♦ Challenging

♦♦♦ HOO BOY!

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King Crossword

ACROSS

1 Nile vipers

5 Cistern

8 Sprint

12 Guitarist Atkins

13 — -de-France

14 Formerly

15 Antelope's playmate

16 Its days are numbered

18 Degree of excellence

20 Endures

21 "Nova" aier

22 Lass

23 Regions

26 Volcanic cra-ter

30 "Entourage" agent

31 Branch

32 Felon's flight

33 Trinidad music

36 Fountain drinks

38 Fine, at NASA

39 Marry

40 Dishonor

43 Actor Rory

47 Squid dish

49 Big fair, for short

50 "Oops!"

51 Drench

52 Peruse

53 Facts and fig-ures

54 Guitar master Paul

55 Tolkien crea-tures

58 Fine, at NASA

59 Marry

60 Dishonor

63 Actor Rory

67 Squid dish

69 Big fair, for short

70 "Oops!"

71 Drench

72 Peruse

73 Facts and fig-ures

11 Towel word

17 Israeli airline

19 Small ammo

22 Leg, in slang

23 Efron of "Parkland"

24 Man-mouse link

25 Zero

26 — -Magnon

27 Right angle

28 Squealer

29 Early hrs.

31 Request

34 Motorcycle maker

35 "The Raven," for one

36 Actor Gibson

37 Stick

39 Is patient

40 Gulf War mis-sile

41 "Funny!"

42 Oodles

43 Manitoba tribe

44 They can take a yoke

45 — the crack of dawn

46 Agrees silent-ly

48 Piercing tool

DOWN

1 Outlet letters

2 The Mets' old home

3 Rind

4 American flag feature

5 Bad habits

6 Winged

7 Aviv preceder

8 Disney duck

9 &&&&

10 Ella's style

11 Towel word

17 Israeli airline

19 Small ammo

22 Leg, in slang

23 Efron of "Parkland"

24 Man-mouse link

25 Zero

26 — -Magnon

27 Right angle

28 Squealer

29 Early hrs.

31 Request

34 Motorcycle maker

35 "The Raven," for one

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Amber Waves



HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Panes are missing. 2. Cap is reversed. 3. Arm is moved. 4. Handle is shorter. 5. Neckline is different. 6. Paper is moved.

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Million-dollar event venue planned for Arc Herkimer's MV Golf & Event Center

Thanks to unprecedented donation

A brand new, million-dollar event venue will be added to the MV Golf & Event Center in Little Falls, NY thanks to an unprecedented donation from the Kucerak Family Limited Partnership.

Arc Herkimer acquired the former Mohawk Valley Country Club, also as a donation to the agency, in the spring of 2020. Since then, Arc Herkimer has not only changed the name but has made several improvements

throughout the entire 161-acre facility.

Arc Herkimer President/CEO, Kevin Crosley said, "When we acquired the MV Golf & Event Center, we dreamed that one day, we would be able to replace the existing event tent with a more permanent structure and make it a year-round facility. Thanks to the extraordinary generosity of the Kucerak family, our dream will soon become a reality. In addition to providing the Mohawk Valley with a first-class event venue unlike any other, this donation will empower so many people and enrich countless lives by providing jobs and revenue to support our mission. As an agency, we will be forever grateful."

Paul Kucerak of the Kucerak Family Limited Partnership said, "I look at Arc Herkimer and its dedicated employees who work tirelessly to look after people who need assistance in their lives. They have a generosity of spirit to support people with disabilities in rising to their full potential. I, along with the Kucerak family, believe in recognizing and giving back to Arc Herkimer whose daily mission is selflessly providing care

to empower people with disabilities."

The Kucerak family has also previously supported Arc Herkimer's mission by donating \$50,000 to help with the

construction of Arc Park in 2017, \$100,000 toward residential home updates in 2018, and \$100,000 toward various safety and security needs throughout the agency like AEDs

in 2019.

Additionally, Paul Kucerak said, "As a family, we believe in the mission of Arc Herkimer and

Arc 11



The Kucerak Family supports Arc Herkimer at the New York International Wine Auction. From left: Paula Kucerak-Fuchs, Milan Kucerak and Paul Kucerak. Photos courtesy of Arc Herkimer



The current event tent at the MV Golf & Event Center will be replaced with a permanent, first-class event center that will be open year-round.



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Welcome to Pet Pals!

Nobody is more passionate about animals than pet owners – and that's why Country Editor is introducing its new Pet Pals section! Every month, we'll be bringing you heartwarming stories, tips, tricks, educational and entertaining news and stories – and photos of your fuzzy friends. We'll share our news with you, and you can share your best snaps of puppies and kitties (and others!). We'll print as many as space will allow.

You'll also learn about local businesses that offer services and necessities so you can pamper your pets. Find out about groomers, trainers and toy providers through Pet Pals!

Email your favorite pet photo and a paragraph including the pet's name, breed and what makes it a great pet to Joan at jkarkwren@leepub.com, or Courtney at cllewellyn@leepub.com.

Estonians erect statue and give home to beloved stray dog

by Maris Hellrand,
Associated Press

TALLINN, ESTONIA (AP) — Zorik was never the tail-wagging or hand-licking type. But that didn't stop the free-spirited vagabond dog from winning many hearts.

When the black-and-white mutt, long a pres-



The stray dog Zorik poses for a photo at a back yard of Viktoria Ger's house, outside Tallinn, Estonia, Wednesday, Dec. 16, 2020. (AP Photo/Raul Meel)

ence in a Tallinn neighborhood, was taken from the Estonian capital to the countryside earlier this year to live out his days in the safe and restful surroundings of a family's back yard, he was missed so much that the residents immortalized him with a statue.

"People donated for the monument. They wanted it and they still follow his fate even though he is already old and frail," said Heiki Valner, an animal rescue volunteer who thought up the idea of the statue of Zorik and organized the fundraising.

Donations were collected and a local artist was commissioned to create the likeness of Zorik, with his upright ears and shaggy hair around his

muzzle, along with a cat nestled against him.

The statue, now standing in front of a shopping center, is meant as a tribute both to Zorik and his animal companions, and to all strays. Zorik once had a dog companion who was killed in a car accident. He then took up with stray cats and was seen with them often, even while sleeping.

Residents say that Zorik first appeared as a pup about 12 years ago in a coal storage area in a nearby port, and had been a fixture ever since in Kalamaja, a working-class district that is transforming into a magnet for hipsters.

In a society where the divide between ethnic Estonians and ethnic Rus-

sians is acutely felt, Zorik managed to bridge the divide, winning over Russian-speaking old women who fed him, as well as Estonian hipsters, including a group now opening a cafe named "Zorik."

"Zorik was a dog who was able to disappear, he was a dog whom everyone in Kalamaja knew, he touched everyone — young and old, Estonians and Russians," Valner said. "He was a point of social integration."

He was so well-liked that residents would sometimes feed him the best cuts of beef. But nobody could ever catch and domesticate him.

"When people tried to regulate or restrict him, he just escaped," Valner said. "He was just a free spirit."

Viktoria Ger, who has given Zorik a new home, in an enclosure with a doghouse behind her own family home, describes him as a "peculiar dog."

"He doesn't want to be close to people so he doesn't like to be petted," she said. Nearby Zorik sat and shivered as a light dusting of snow covered the ground and pine trees dotting the yard.

"Probably he has been hurt by people during his life, so he doesn't trust people," she said.

Valner said Zorik eventually had to be removed from the city for his own safety.

"In the end he was so senile that he would just fall asleep on the railway or tram tracks or just here on the road, so that

cars had to drive around him," Valner said, pointing to the area in Kalamaja that was long home to the dog. "We received several calls a day when he was on the road, so finally we had to get him away from the streets in his own interest."

Initially he tried to escape and return to his old roaming territory, but now his frailty has finally won out over his free spirit.

As is to be expected, there were also those over the years who did not want the dog around.

"This was a contest of good and evil," Valner said. "There were those who demanded he be captured and eliminated and others who protected and fed him. This time, kindness won."

Getting to the heart of pet parasite prevention

Pets rely on their owners to look out for their physical well-being. Many serious health issues can afflict pets, and parasites are a common cause of illness and discomfort.

Of all the parasitic worms dogs, cats and other companion animals may acquire, heartworms may be the most concerning. Heartworm disease can result in lung and heart failure, other organ damage, and potentially death. Heartworm disease is caused by a blood-borne parasite known as *Dirofilaria immitis*, offers the U.S. Food & Drug Administration. It is spread through the bite of a mosquito. Dogs are often the host of choice. The parasites infect the dog, mature into adults, mate and produce offspring all while living inside the animal. Cats are atypical hosts for heartworms, and most worms in cats do not survive the adult stage.

While heartworm infection has been reported in all 50 states, it is most common along the Atlantic and Gulf coasts. Heartworms also can occur in the warmer regions of Canada where summer temperatures are high enough for the worm larvae to survive inside carrier mos-

quitoes. Once inside a new host, it takes approximately six months for the larvae to develop into sexually mature adult heartworms, advises The American Heartworm Society. Once mature, heartworms can survive five to seven years in dogs and up to two to three years in cats. Each mosquito season can increase the number of worms in infected pets.

Prevention is key to ensuring the health of a pet. Adult heartworms can infect the heart, pulmonary artery and adjacent large blood vessels. A blood test can reveal whether a pet is affected by heartworms, as early infection may not yield noticeable symptoms.

Apart from keeping pets away from mosquito-heavy areas, pet owners will find that annual heartworm testing as well as monthly prevention medications can provide the protection needed to keep animals safe. Heartworm preventives must be purchased from a veterinarian or with a prescription through a pet pharmacy in the United States. Check requirements for those living in Canada.

The FDA warns that the treatment for heartworm

disease is not easy on the dog and it is costly. Treatment can be potentially toxic to the dog's body and can cause serious complications, such as the development of life-threatening blood clots in the dog's lungs. Preventive medicines can reduce pets' risk of developing heartworm.



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Herkimer County Historical Society – A milestone anniversary and a new executive director

by Fran Peruzzi, VP Board of Directors

The Historical Society is celebrating its 125th anniversary, as is the Frank J. Basloe Library (originally the Herkimer Free Library). Both were initiated in December 1895. Judge Robert Earl donated his Herkimer Main Street home and book collection to start a free library open to all. The Herkimer Library Board of Trustees took the initial steps to organize the Historical Society and Judge Earl was the first president. Both the Historical Society and the library were housed at the library building until the 1930s when the Society moved to the Suiter Building.

Now, 125 years later, the present executive director, Susan Perkins, is retiring after 38 years of service. The new

director, Christopher Connolly, assumes the directorship this month.

Connolly resides in Little Falls and is a retired social studies/history teacher from Dolgeville Central School. He also owned and operated the Ole Sal's Ice Cream Shop in the historic Antique Center Building in Little Falls for 12 years. With his background, perspective and ideas, the Society Board of Directors is hopeful Connolly will ensure the Society and our rich county history are preserved and available to all for many more years to come.

For more information about the Historical Society, visit herkimercounty-history.org or visit at 400 N. Main St., Herkimer.



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Rabid raccoon discovered in German Flatts

Herkimer County Public Health received word on Thursday, Jan. 7, from Wadsworth Labs that a raccoon that was sent in to be tested for rabies on Wednesday, Jan. 6, from the Town of German Flatts has tested positive for rabies.

The raccoon was found to be fighting with a cat on an open porch. The raccoon was killed by a nuisance wildlife service and brought to Public Health for testing at Wadsworth Lab. The "indoor" cat had

a lapse in rabies vaccination, and will be monitored by public health for the next six months.

The public can protect themselves or their family pets from rabies by practicing the following:

- Vaccinate your pets against rabies
- Spay or neuter all animals to reduce the number of strays.
- Do not feed strays or handle unknown animals, wild or domestic.

Remind children and adults not to play with unknown animals (wild

or domestic).

Herkimer County Public Health would like to remind the public to please check your pet's rabies vaccination records to make sure that they are up to date. If they are not up to date, make an appointment with their vet as soon as possible to have them vaccinated against rabies.

Please call Public Health at 315.867.1176, if you have any questions or concerns. Please visit our website at www.herkimercounty.org.

Arc from 9

its service to the community. We have experienced firsthand the genuine care clients receive through this organization. In donating funds for building the new event center, we want to ensure Arc Herkimer continues to serve the Mohawk Valley for generations to come."

According to Crosley, "The donation from the Kucerak family is going to be absolutely transformational, not only for Arc Herkimer, but for the entire Mohawk Valley region."

Construction on the new Kucerak Event Center is set to begin at the conclusion of the 2021 golf season - with the venue's grand opening planned for the spring of 2022.

In keeping with Arc Herkimer's community-based mission, taxes on the MV Golf & Event Center will continue to be paid by the agency.





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1 tablespoon bottled spaghetti sauce or pizza sauce

1/2 cup shredded Cheddar-and-

mozzarella cheese blend

1/2 can (3-ounce) sliced mushrooms

1/2 teaspoon dried parsley flakes

1. Preheat oven to 450 F. Place one 4-ounce Italian bread shell on ungreased cookie sheet. Spread with spaghetti sauce or pizza sauce; sprinkle with 1/4 cup shredded Cheddar-and-mozzarella

cheese blend (1 ounce).

2. Top with sliced mushrooms, another 1/4 cup shredded Cheddar-and-mozzarella cheese blend and dried parsley flakes.

3. Bake 10 minutes or until cheese is melted and bubbly. Serves 1.

• Each serving: About 530 calories,

17g total fat, 52mg cholesterol, 1130mg sodium.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/food-recipes/.

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Celebrating National Bird Day



The residents at The Mohawk Homestead celebrated National Bird Day, Jan. 5, by painting stained glass bird catchers and watching educational bird shows while enjoying some popcorn.
Photo courtesy of The Mohawk Homestead

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Kovels: Antiques and collecting

by Terry and Kim Kovel
Label-under-glass bottle

Most glass bottles identified the contents inside with embossed letters on the container or a paper label. But a special group, usually apothecary bottles or special gifts, were made with "labels under glass." The medical bottles usually had a label with a black

name written in a fancy type style, gold leaf trim, plus a solid glass cover for the label. It was made to fit into a shaped indent on the side of the bottle, making a smooth bottle with a protected label.

There also were bottles with labels under glass made with color pictures of attractive women, sea-

son's greetings or other messages used for gifts, or barber product containers displayed in barber shops. They were made from the mid-1800s to the early 1900s. Decorative "back bar" bottles were often whiskey bottles refilled with colored water when the whiskey was sold. They were probably made

before Prohibition. Condition of these bottles is important. The glass label may crack, and the glue used for the paper label discolors.

A small, round flask with a label under glass picturing a girl was in the recent sale by Glass Works Auctions in East Greenville, PA; it was made at the end of the 19th century and sold for \$468.

G: I have many Beanie Babies bought back in the '90s, when they were the craze. I have many originals, including the purple Princess Diana bear. A couple of websites listed it for several thousand dol-

lars, which I hardly think is possible. Where can I find out a true going value?

A: The first Beanie Babies were issued in 1993 and sold for \$5 each. Ty Warner, the creator of Beanie Babies, began retiring a few of the plush toys in 1995, and prices rose as collectors tried to find them. Some people collected them as an investment and paid several times the retail price for certain ones. The first Princess Diana Beanie Babies were made in August 1997, two months after Princess Diana's death. They were made

until April 1999. Proceeds were given to the Diana, Princess of Wales Memorial Fund. Although there are online sites asking as much as \$135,000 for the "first edition," a First Edition Princess Diana bear stuffed with polyvinylchloride (PVC) is listed on Amazon for \$39; a bear with polyethylene pellets (PE) for \$22.

Current prices:

Decoy: goose, wooden, black, white, tacks for eyes, 11 1/2 x 9 inches, \$125.

Pie crimper: whalebone, fluted wheel, turned handle, 1800s, 6 1/2 inches, \$220.

Dr. Pepper cooler: "Good for Life," white print, green, metal handle, 14 x 12 3/4 inches, \$450.

Sewing box: mahogany, inlay, checked banding, open winged eagle, banner, 1800s, 8 x 12 3/4 inches, \$625.

TIP: In snowy weather, make tracks both in and out of your door. One set of tracks leaving the house is an invitation to an intruder. Or perhaps you could walk out of the house backward.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021 by Terry Kovel and Kim Kovel has the answers you're looking for.

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The robin's egg blue background and good condition of the 5-inch-round flask with a label-under-glass pushed the bidding over \$400 at a catalog and online auction.

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by **Angela Shelf Medearis**
Take eggs beyond breakfast

Breakfast is my favorite meal of the day, and eggs are one of my favorite ingredients any time of the day. Eggs are a great way to start your day because they're an almost perfect food. Whole eggs are nutritious and contain almost every nutrient you need to maintain good health, and they keep you feeling full between meals.

One large egg has 13 essential vitamins, minerals and protein — all for 70 calories. While egg whites contain some of the high-quality protein, riboflavin and selenium, most of an egg's beneficial properties are found

in the yolk. Here are some vitamins and nutrients:

Vitamin D — critical for bone health and immune function. Eggs are one of the only foods that naturally contain vitamin D.

Lutein and zeaxanthin — antioxidants that are believed to reduce the risk of developing cataracts and slow the progression of age-related macular degeneration, a disease that develops with age and is one of the leading causes of blindness in older adults.

Choline — essential for normal functioning of all cells. Brain development and memory may be enhanced by the choline content of eggs, and the consumption of eggs is

particularly important during pregnancy to support healthy brain development of the fetus.

Eggs are not only good for your health, but also good for your wallet. This inexpensive ingredient can be used in a variety of dishes as a source of protein for breakfast, lunch or dinner.

My Easy Supper Shakshuka is a popular dish with variations served in North Africa and the Eastern Mediterranean. It's also known as Eggs in Purgatory because of the spicy sauce the eggs are cooked in.

This simple, versatile one-pan dish features eggs nestled in a flavorful tomato sauce enhanced with onions, garlic and spices, and sprinkled with Feta cheese. It can be served for breakfast or brunch right out of the pan with toast and breakfast sausage or bacon, or with a salad and crusty garlic bread for lunch or supper.

Easy supper shakshuka:

2 tablespoons olive oil
 1 small onion, chopped
 1 teaspoon red chile flakes or 1/4 teaspoon cayenne pepper or 1/4 teaspoon hot sauce
 1 teaspoon salt
 1 teaspoon ground black pepper

1 teaspoon paprika
 1/2 teaspoon ground cumin
 1/8 teaspoon ground cloves or cinnamon
 2 cloves garlic, minced
 2 cups prepared marinara sauce
 2 cups fresh baby spinach
 4 eggs
 1 1/2 cup feta cheese
 Cilantro, basil or parsley leaves, chopped (optional)

1. In a large skillet over medium heat, add the olive oil, then add the chopped onion, the chile flakes or cayenne pepper or hot sauce, salt, pepper, paprika, cumin and cloves or cinnamon, and cook for 5 minutes, or until the onion becomes soft and translucent. Add the garlic and cook for another 1-2 minutes.

2. Stir in the marinara sauce and turn the heat to high to bring the sauce to a boil. Add the spinach, one handful at a time, and stir it in to wilt it.

3. Turn the heat to low. Using the back of a large spoon, make 4 indentions (wells) in the sauce to place the eggs. Gently crack the eggs in the skillet into the indentions in the tomato sauce and cover the skillet with a lid for 3 to 5 minutes, or until the whites of the



Whole eggs are nutritious and contain almost every nutrient you need to maintain good health, and they keep you feeling full between meals.

eggs are cooked and set.


4. Sprinkle the feta cheese around the eggs and on top of the sauce. Garnish with the cilantro, basil or parsley, if desired, and serve warm with crusty bread or rolls to mop up the sauce. Serves 4.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen

Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Mon. Jan. 25th – Normal Monday Sale & Monthly Organic Day. Conventional Herd - Special: Short Notice - Seely Brook Farm Milking Herd & Bred Heifer Dispersal. 125 Freestall Cows includes 100 AI Sired Holsteins, 25 Jerseys & Jersey Crosses. Herd Ave. 60#/day 4.0/3.0. TMR Fed, Parlor Milked - expect Fancy udders with exceptional feet & legs.

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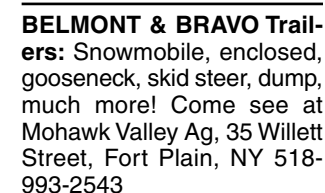
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Five tips to save at the grocery store

(Culinary.net) Among the many monthly expenses that are simply unavoidable, buying groceries is one of the few that's squarely in your own control. While it's a necessity you can't eliminate from your budget completely, there are some simple ways to save a few bucks during future grocery runs.

Plan ahead
One of the easiest ways to spend more money (and time) than you intend to at the store is to go in without a list of items you need. Spend a few moments considering the meals you'd like to make in the near future then write down exactly which ingredients you need.

Evaluate shopping frequency
Overbuying perishables like fruits and veggies is one of the many ways food is wasted, but going to the store every day is an inefficiency all its own. Try making a grocery trip once per week on a day you have ample time to think through what you need, how much you need and how long it will last.

Say "no" to snacks
It might be difficult to avoid the temptation, but skipping the snack aisles can improve your finances and your diet. While it's unnecessary to completely eliminate your favorite snacks, limiting your consumption of foods like potato chips, candy and more can save you money and lead to more nutritious eating habits down the line.

Avoid unnecessary purchases
Similar to walking past the snack section, pay careful attention to how often you load your cart with items from

special stands and end-of-aisle displays. For one, these foods are unlikely to be part of your "must-have" list, and second, there's a decent chance these are specialty items with marked up prices.

Store food properly

While it may not directly pertain to shopping, learning how to store the foods you do purchase can help them stay fresh longer, which can help cut down on trips to buy more. Freezing meat in freezer-safe bags, keeping

potatoes in a cool area and other appropriate food storage methods can lead to more efficient use.
Find more food tips and tricks at Culinary.net.
Source: Culinary.net



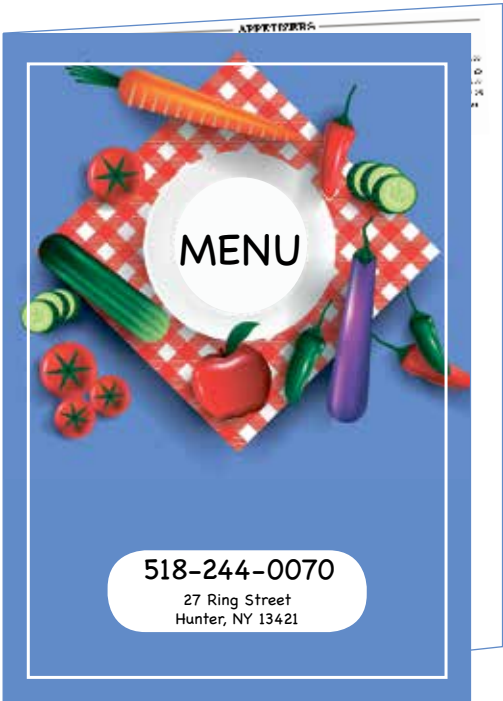
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Improve your mental health with better sleep

(Family Features) For some, the holidays may be the happiest season of all, but for others the hectic pace and endless to-do lists can take a real toll on their mental health. This year, the impact is heightened by a global health pandemic.

According to a survey from Mattress Firm, more than 60 million Americans say COVID-19 has worsened their quality of their sleep, and those losing sleep are often seeing their mental well-being and healthy habits worsen. Nearly half of respondents said COVID-19 has increased their worries and prevented them from falling or staying asleep at night, with 41% reported their poor sleep has a negative impact on their daily lives.

"It's no surprise that when our minds are full or our hearts are heavy, our mental health tends to suffer," said Dr. Sujay Kansagra, a sleep health expert for Mattress Firm. "What many people don't realize is that mental health struggles also affect sleep, and adequate rest is a key component of maintaining and improving your mental health."

If stress and worry are preventing you from getting a good night of sleep, try these ideas from Kansagra to help improve your mental state and ease your body into rest.

Think positively. Every night before going to bed, list three good things

from your day. They don't have to be amazing things, just three positive aspects of your day. For example, acknowledge you had a good virtual catch-up with a colleague or enjoyed a new recipe or workout class. Listing your positive experiences at night can help you maintain a positive frame of mind as you unwind for the day.

Create a to-do list. This technique is for those who mentally work through their list of pending responsibilities before bed. In a fast-paced world, sometimes lying in bed is the first time you have to actually think about what's on your list. By creating a list of tasks (or even writing down your worries), you can prevent yourself from thinking about them excessively before bed and throughout the night.

Try progressive relaxation. This involves taking slow, deep breaths and slowly tensing the muscles in your body for a few seconds then relaxing them. Start at your feet and work your way up the body. This technique can help you relax and decompress after a long day.

Give yourself a break. Especially if you're working from home or tackling a lot of seasonal tasks, it's easy to keep yourself busy up until the minute you fall into bed. However, your mind may still be whirling from all that activity. Build in a few minutes before bed each night to let your mind rest,

whether it's spending a few minutes with a good book, practicing meditation or sipping on a cup of sleepy-time tea.

Appeal to your senses. Being mindful of how your senses react to various stimuli can play a role in your ability to drift off to sleep. Some people need silence; others benefit from ambient sound. Certain scents can be soothing and make good choices for essential oil diffusers, such as lavender oil. Also be conscious of the touches that affect your sleep, like the support from your mattress, the softness of your sheets or the temperature of the room.

Whether it's your family, your health or general stress that's keeping you up, find time in your day to give yourself some grace. Your mental health is extremely important and should not be overlooked, so if you're feeling a

little worn down, ensure you're getting the quality sleep you need to tackle the day and week ahead.

Find more tips for better sleep at [MattressFirm.com](https://mattressfirm.com).

What's keeping you awake?

If you're like many Americans, outside influences and worries may affect your sleep. Pinpointing what's keeping you awake, such as these common sleep disruptors reported in a Mattress Firm survey, can help you address your concerns so you can rest more easily.

1. Money or Paying Bills (49%)
2. My or My Family's Health (48%)
3. State of Country and the Economy (39%)
4. My Kids and Their Health or Education (32%)
5. Missing Social Interaction (31%)

Source: Mattress Firm

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