

Asking Eric: Senior siblings try to find a way to talk without conflict



By R. Eric Thomas
Tribune Content Agency

Dear Eric: My sister, age 86, and I, 84, have two younger brothers, 77 and 74. We have all been invited to share Thanksgiving with one of my brothers and his wife. We siblings are spread out geographically and are not particularly close but not estranged either.

We all agree that “the girls” had a significantly different upbringing than “the boys,” with the girls getting the better deal. There are certainly no major factors like physical abuse during our childhood, however, our mother had some psychological problems and showed some anger and paranoia

symptoms, which scared us as children and were overt enough that many in our town knew about her. In general, however, we had a typical mid-century, small-town upbringing.

My question is how to get the most out of this reunion without sitting around rehashing old issues/resentments and complaining about our parents, especially our mother. Are there general conversation questions we could throw out at meals, and if rehashing must be done, how can it be productive rather than disruptive? I would like to return home with a warm feeling of sibling closeness instead of nursing new resentments, and I welcome your suggestions.

– Our Last Reunion

Dear Reunion: I'm so glad you're being proactive about this. So often we think that family bonding just happens, and we get disappointed when that's not the case. But gathering

takes planning and it takes intention.

With regard to your conversation questions, think about what you don't know about your siblings, rather than what you do. We often get stuck rehashing common ground because it feels like a shared vocabulary. But we can learn so much more and feel connected in such a different way by leading with curiosity.

What are they proudest of? What's something the family doesn't know about them? What lesson did they take from childhood and how did they apply it in life? What do the siblings appreciate about each other? What are their favorite memories of each other? What qualities of the others do you each wish you had? What never got said?

You might even want to send a question or two out in advance to prime the pump. It'll get your siblings thinking and set a tone for the meal. It could even inspire them to bring

questions of their own.

Dear Eric: Lately I have been kind of a jerk to people around me, and although it is kind of a mystery as to why, I know it is something I need to get a handle on. I just don't know how.

For example, a couple weeks ago I stormed over to a neighbor's where a painting company was setting up ladders for a paint job. I complained to them about the noise, since it was before the time that the county daily noise ordinance would end. In retrospect, they weren't that loud. I felt embarrassed afterward for giving them grief. I have no idea why I was ticked off enough to do this.

In another case, I picked up some takeout food last night, and completely unfairly gave the workers a hard time. There's been other times as well, where I'm ticked off and call them out. I don't know why I'm doing this, but I need to get this behavior under control.

I have visions of my late dad, who when he was my age (70), was the same way, and later was diagnosed with Alzheimer's, and his awful behavior was tied to the early stages of this disease. Help! I don't want to be that old crabby guy!

– Mood Improvement

Dear Mood: This awareness is a gift because it gives you something to work with. If you didn't see the so-called crab-biness as a problem, you might not be compelled to investigate until whatever is going on has progressed.

First, talk to your doctor. Set up an appointment with your primary care physician and relay your concerns. Ask for a referral to a neurologist but also talk with your doctor about other potential causes for the mood changes. Perhaps you're having issues with your blood sugar, perhaps you're experiencing anxiety or depression. I

don't know and it would be irresponsible of me to ever try to diagnose, but a medical professional can listen to you, run tests and start looking for answers.

At the same time, reach out to friends and tell them about what you're experiencing and what you fear may be going on. They'll be able to monitor changes in your behavior, as well and help give you information about when these things are happening. Importantly, they'll also be able to support you, socially and emotionally. This is scary and it's hard to navigate changes to our personalities or our demeanors. But you don't have to do it alone.

(Send questions to R. Eric Thomas at eric@askingeric.com or P.O. Box 22474, Philadelphia, PA 19110. Follow him on Instagram and sign up for his weekly newsletter at rericthomas.com.)

©2025 Tribune Content Agency, LLC.

Who should get vaccinated for COVID based on CDC guidance



By Keith Roach, M.D.

DEAR DR. ROACH: I read that there is updated advice on who should get the COVID vaccine based on age and risk factors. How many Americans were hospitalized for COVID who did not have these latest qualifying risk factors? -- N.R.

ANSWER: Although the most recent update on the licensing

qualify a person for the vaccine, the Centers for Disease Control have maintained a list of high-risk conditions:

This includes being over 65 years old, having heart or lung disease, being obese, having neurological or developmental conditions, and having an immune deficiency. (The entire detailed list can be found here: [CDC.gov/COVID/hcp/clinical-care/underlying-conditions.html](https://www.cdc.gov/COVID/hcp/clinical-care/underlying-conditions.html).) The FDA has estimated that between one-third and two-thirds of Americans will have access to the vaccines based on these criteria.

To answer your question, approximately 90% of people who are hospitalized with COVID (about

of those who were hospitalized were not up-to-date with their vaccines.

Based on this information, it is of high importance for people who meet any of the extensive list of qualifying conditions to get a COVID vaccine. I recommend doing so, ideally with one of the newly approved vaccines, as soon as possible.

Getting the vaccine directly from your doctor is a good option, while some people may need to bring a prescription to their pharmacy. The new policies are not clear.

DEAR DR. ROACH: I am a healthy 65-year-old female with low blood pressure. I weigh 123 pounds, and I'm 5 feet, 6 inches tall. I have good cholest-

My question is, are supplements necessary to maintain good health? I spend a small fortune on various supplements (too many to mention), and I'm kind of tired of it. I feel that the supplements help me stay healthy, but I wonder if I'm being duped by advertising.

I eat a very healthy diet with lots of vegetables, fruits, homemade bone broth, organ meats, fish, and some red meat. I don't eat sugar. Can you help me quit supplements please? -- P.

ANSWER: Since it seems like your goal is mostly to prevent diseases, I can confirm that the data are very poor regarding healthy people who benefit from sup-

but the existing studies show a lack of benefit from vitamins and minerals to prevent problems from occurring in the future

Among the most commonly used supplements are marketed for this purpose. Marketing for supplements is very effective, but if you look carefully, they will all say: “This product is not intended to diagnose, treat, cure or prevent any disease.”

You have a 4.5-cm aneurysm (I assume in your thoracic aorta), and you could consider a statin drug to slow expansion of the aneurysm. Keeping your blood pressure low is very important.

I do not recommend

amounts than what many North Americans normally consume. Fruits, vegetables and non-fried fish (especially fatty fish) are all excellent choices. You could consider adding seeds, nuts and whole grains to your diet. You will have more money to spend considering how much you will save by omitting your supplements.

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

(c) 2025 North America Syndicate Inc.

Classified

To Advertise: Call (785) 628-1081 Or (800) 657-6017 or (800) 657-6017. Monday through Friday 8am to 5pm
e-mail avertising@dailynews.net or place online at www.hdnews.net/classifieds/

To Advertise in this Spot
Please Call (785) 628-1081
Or (800) 657-6017

All ads are subject to approval before publication. The Hays Daily News reserves the right to edit, refuse, reject, classify or cancel any ad at any time. Errors must be reported in the first day of publication. The Hays Daily News shall not be liable for any loss or expense that results from an error in or omission of an advertisement.

Help Wanted:

Butch's Body Shop, Colby, KS.
Body man and Parts/Office help.

Contact Butch at 785-462-2883

PUBLIC NOTICE

IN THE DISTRICT COURT OF ELLIS COUNTY, KANSAS

In the Matter of the Estate of **CORA LOUISE RYAN aka CORA LOU RYAN**, Deceased.
Case No. EL-2024-PR-000114

NOTICE OF HEARING
THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
You are notified that a petition has been filed in this Court by Sean Kelly Ryan and Jim Patrick Ryan, duly appointed, qualified and acting Co-Executors of the Estate of Cora Louise Ryan a/k/a Cora Lou Ryan, deceased, requesting that Co-Petitioners' acts be approved; account be settled and allowed; the heirs be determined; the Will be construed and the Estate be assigned to the persons entitled thereto; the Court find the allowances requested for attorneys' fees and expenses are reasonable and should be allowed; the costs be determined and ordered paid; the administration of the Estate be closed; upon the filing of receipts the Petitioner be finally discharged as the Executor of the Estate of Cora Louise Ryan a/k/a Cora Lou Ryan, deceased, and the Co-Petitioners be released from further liability.

You are required to file your written defenses to the petition on or before October 8, 2025, at 1:15 pm in the Ellis

Sheridan County Hospital dba AmberMed Hoxie, KS seeks Medical Technologist.

To apply
send resume to Justine Wade
justine.wade@ambermed.com

PUBLIC NOTICE

County District Court, in Hays, Kansas, at which time and place the cause will be heard. Should you fail to file your written defenses, judgment and decree will be entered in due course upon the petition.

/s/ Sean Kelly Ryan
/s/ James Patrick Ryan
Co-Executors

Donald F. Hoffman, #09502
DREILING, BIEKER & HOFFMAN, LLC
111 West 13th Street - PO Box 579
Hays, KS 67601
T: 785-625-3537 F: 785-625-8129
E: don@dbhlawhays.com
Attorneys for Co-Executors
Published in Hays Daily News, September 13, 20, 27, 2025.

3850110

Follow
The Hays Daily News
on Facebook
or tweet
@HaysDaily

Place your 25-word classified in the KANSAS PRESS ASSOCIATION and 135 more newspapers for only \$300/ wk
Find employees, sell your home or your car.
Call the Kansas Press Association @ 785-271-5304 today!

• MISCELLANEOUS •

We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-913-365-1969

Attention: VIAGRA and CIALIS USERS! A cheaper alternative to high drugstore prices! 50 Pill Special - Only \$99! 100% guaranteed. CALL NOW: 1-833-641-6607

We Buy Vintage Guitars! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-6990

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-833-641-4573.

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-0154.

BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-752-0092

STOP OVERPAYING FOR HEALTH INSURANCE! A recent study shows that a majority of people struggle to pay for health coverage. Let us show you how

much you can save. Call Now for a no-obligation quote: 1-833-928-5491 You will need to have your zip code to connect to the right provider.

INJURED IN AN ACCIDENT? Don't Accept the insurance company's first offer. Many injured parties are entitled to cash settlements in the \$10,000's. Get a free evaluation to see what your case is really worth. 100% Free Evaluation. Call Now: 1-833-770-0339

AGING ROOF? NEW HOME-OWNER? STORM DAMAGE? You need a local expert provider that proudly stands behind their work. Fast, free estimate. Financing available. Call 1-833-889-4107 Have zip code of property ready when calling!

WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-833-879-1451 Have zip code of service location ready when you call!

PROFESSIONAL LAWN SERVICE: Fertilization, weed control, seeding, aeration and mosquito control. Call now for a free quote. Ask about our first application special! 1-833-887-1317

NEED NEW WINDOWS? Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-833-880-0052 You will need to have your zip code to connect to the right provider.

PUBLIC NOTICE

IN THE DISTRICT COURT OF ELLIS COUNTY, KANSAS

In the Matter of the Estate of **BILLIE MICKELSON SHIPPY, Deceased**
Case No.: EL-2025-PR-000085

NOTICE TO CREDITORS
THE STATE OF KANSAS TO ALL PERSONS CONCERNED:
You are hereby notified that on September 17, 2025, a Petition was filed in this Court by Machele M. Dechant, praying the Petitioner be appointed as Administrator of the Estate of Billie Mickelson Shippy without bond; and Petitioner be granted Letters of Administration.

All creditors are notified to exhibit their demands against the estate within the latter of four months from the date of first publication of notice under K.S.A. 59-2236 and amendments thereto, or if the identity of the creditor is known or reasonably ascertainable, 30 days after actual notice was given as provided by law, and if their demands are not thus exhibited, they shall be forever barred.

/s/ *Machele M. Dechant*, Petitioner

SUBMITTED BY:
KAYLENE BRIN, PA
/s/ *Kaylene Brin*, #15748
109 W 10th, Hays, Kansas 67601
(785)628-1145; FAX (785)628-3098
Attorney for Petitioner

Published in Hays Daily News, September 27, October 4, 11, 2025.
3892790

Classified shoppers aren't desperate... just smart consumers that like to save money.

Find the KEYs To Your New Home TODAY In the Classifieds! or CALL

THE HAYS DAILY NEWS
785-628-1081

To Get Your Listing Noticed!

Qualified buyers don't investigate every ad, just the ones that offer a good deal.

Need privacy and speed? Ask about our "blind boxes."