

# Asking Eric: Life-long friends stop sharing life’s trials



By R. Eric Thomas  
Tribune Content Agency

Dear Eric: I have a few longtime friends. After four years of caretaking, my mom passed away from dementia. After that, I had to arrange for the selling of furnishings and the house. My 65-year-old brother who shared the house with her has cerebral palsy and required round-the-clock care. So, I had to arrange all that.

During this approximately 18-month period, one friend went through and survived breast cancer and another lost her life to a brain tumor. Sadly, none of the other friends ever let me know about these sweet friends.

I know I can't feel guilty about what I didn't know about, but I feel like I needed support and still do as I mourn.

Am I so easily forgettable to not be included in these lifelong friends' trials? I feel terribly inconsequential. The guilt I feel is becoming burdensome.



How do I move forward? They don't include me now in anything. I know I was preoccupied, but it was with good reason.

– Feeling Lost  
Dear Lost: I'm so sorry. To experience this kind of social loss after the loss of your mother and your friends is terrible. I'm curious if you've been able to talk to your friends about what shifted in your relationship and how you feel about it. It's totally understandable if you haven't had the capacity to hash it out. But some part of this may be due to miscommunication. I wonder if your friends have pulled back on updating you on hard news or their plans because they fear becoming burdens to you. Of course, other explanations are possible. But

it's possible they're going too far in an attempt to be sensitive to your needs.

Talk to them one-on-one about where you are, where you feel your relationship is, and what you'd like to be different. You may be surprised by what you hear from them, and they may be surprised by what you share.

Dear Eric: My mother and late father sold vintage and secondhand items on auction sites for years to supplement their household budget. I taught them to list online many years ago.

I work two jobs and also freelance. I'm unmarried, in my 50s, live a half-hour drive away from the family home, and also commute one hour each way during the week.

argue the conflict is already simmering in your relationship.

Enlisting outside help will allow you to step back; the hoarding becomes one less thing for you to manage or worry about.

With regard to the auctions, it's fine to let your no be a complete sentence and to kindly remind your mother of that and redirect her. It's not your responsibility to manage your brother on this one. I know the desired outcome is that he helps your mom and steps up more, but it seems that in an effort to make that happen, you've been saddled with another job – brother-minder. Resign from that position.

One last thought: you might take 15 minutes to write out instructions for taking digital photos and setting up the online auctions and give them to your mother and brother at the same time, explaining, that you don't have the capacity to walk them through it or do it with them, but you know that they can work it out together.

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

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## Weighing whether or not to add a ‘do not resuscitate’ clause



By Keith Roach, M.D.

DEAR DR. ROACH: I am an 80-year-old man in reasonably good health. The only medications that I take are Eliquis for atrial fibrillation, omeprazole for gastroesophageal reflux disease, and terazosin and finasteride for benign prostatic hyperplasia. I exercise and remain active and independent.

My primary care provider told me on my last visit that now that I am 80, I should seriously consider adding a “do not resuscitate” (DNR) clause to my advanced medical directive. I was told that people over 80 have only about a 5% chance of recovering to the point where they can resume a meaningful, active lifestyle. Is a DNR clause a reasonable decision for me? I do not want to be bedridden in a nursing home or at home. -- D.S.

ANSWER: I agree with your primary care provider that it is worth having a health care directive so that your wishes are known. The decision to put a DNR clause into your medical directive is a bit more nuanced than the bleak number he gave you, as the ability to return to a good quality of life depends on the cause of the cardiac arrest and the medical conditions that the person has.

For people who have in-hospital cardiac arrest in their 80s, only about 15% will survive to be discharged from the hospital. However, those who survive usually have a good quality of life, with about 90% having good cerebral performance or at least being able to care for themselves.

When I discuss this with my patients who are generally healthy, like you, I advise them against an absolute order for or an attempt at resuscitation unless they feel very strongly about it. In a case of sudden cardiac arrest, such as a heart attack, a rapid return to a normal heart rhythm through fast CPR and successful intervention often leads to the good outcomes that are seen in the statistics above.

When a person has a chronic, progressive disease like cancer, then an attempt at resuscitation is very unlikely to lead to the resumption of the meaningful, active lifestyle that you have and want to keep. So, I advise using terminology in the medical directives so that your providers can choose whether an attempt at resuscitation is appropriate.

I wouldn't want you to deprive yourself of the chance for a quick recovery from an abnormal heart rhythm, but most people who have seen their loved ones in a facility without a good quality of life do not want this for themselves.

DEAR DR. ROACH: I am a 73-year old female in very good health. I have no history of cardiac or clotting issues. For decades, I took a daily

low-dose aspirin, in part because we travel abroad frequently and take long flights. I recently stopped taking aspirin after reading numerous reports that the risks outweigh the benefits in older people.

Should I be taking aspirin (or something else) prior to flying? If so, what and at which dose? I do wear compression socks and stay well-hydrated on flights. -- E.M.E.

ANSWER: The risk of developing a blood clot during a flight is very small. For flights that are less than 4 hours, there is almost no risk. On longer flights, the risk is about 1 in 5,000 people. There is good evidence that aspirin is not helpful at reducing this already low risk. Even more powerful medicines like enoxaparin did not have a provable benefit in a trial.

I do recommend compression stockings for my patients who are at a higher risk, and I do recommend staying hydrated and walking every hour or so; getting an aisle seat on longer flights is wise.

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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](mailto:ToYourGoodHealth@med.cornell.edu).

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### PUBLIC NOTICE

Notice to Creditors Under K.S.A. 58a-818

To all persons concerned:

You are notified that Shirley C. Weigel died on October 11, 2025. The decedent was the grantor of the Shirley C. Weigel Living Trust, dated October 4, 2023, and any amendments thereto. Doris A. Weigel serves as Trustee. The Trustee has the power to pay the decedent's outstanding debts from the trust property on receipt of proper proof of the debts. Under K.S.A. 58a-818, the decedent's creditors must present the Trustee with written

### PUBLIC NOTICE

claims for such debts within the later of four (4) months from the date of the first publication of notice, or thirty (30) days after receipt of actual notice if the identity of the creditor is known or reasonably ascertainable by the Trustee. If a creditor fails to present such claims to the Trustee within such prescribed time, then the creditor will be forever barred as against the Trustee and the trust property.

Doris A. Weigel  
Trustee of the Shirley C. Weigel Living Trust, dated October 4, 2023, and any amendments thereto.

### PUBLIC NOTICE

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Published in Hays Daily News, January 10, 17, 24, 2026.

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### Auction Displays

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## AUCTION

### Antique-Household-Tool-Pickup Auction Saturday - January 31, 2026 Time - 10:00 am

Location: Wm Carpenter 4-H Building, at the fairgrounds, north edge of Scott City, Ks.

Jack's wife was from Germany and had her parents estate shipped from Germany in the late 1960's. So many of these items are from their estate. **\*Pickup\*** 2000 Chevy ton pickup, auto., ext. cab, 220,000 miles, topper, runs good **\*Furniture\*** Hide-a-bed divan Blue divan Blue Lazboy recliner Chrome craft dining table & chairs Upright deep freezer (2) Queen size beds Wooden bookshelves Wooden utility cabinet Corner TV cabinet w/ Sharp 50" flat screen TV (2) Grey Lazboy recliners (4) Oak bookshelves Large corner oak office computer desk w/file cabinet **\*Antique Furniture\*** German china buffet German smaller buffet German king size bed with matching nightstands & vanity w/mirror German grandfather clock **\*Antique & Collectables\*** Big A truck banks Coffee grinder Kives Jewelry Carnival glass Crystal glass (2) Wall clocks (Waltham) (2) Mantle clocks Cat cookie jar Cast figurines from Germany Several figurines from Germany Furby's Stiens from Germany Several pieces of blue & green Fenton glass Old dolls Fontanini Village Market figurines Lowel Davis figurines Noah's Ark figurines Roseville pottery Terry Redlin pictures Glass baskets Many other items **\*Gold Jewelry, Coins & Watches\*** Gold necklace & bracelet #585 Several Gold Bracelet #585 Gold Jewelry w/coins on them (2) Gold watch fobs (2) Diamond & gold rings (3) Gold rings Wristwatch, marked 17 Rubies German wristwatch 25 jewel wristwatch German pocket watch, gold & silver Other pocket watches Oscar Kirschke pocket watch, gold filled Morgan Dollars: 1887-S, 1884, 1880-S, 1883-O, 1887-S, 1890-O, 1896-O, 1900-O, others (2) Silver Rounds, KU Jayhawks Good Fors: Rainbow Rec (Downs Ks.) Freely Mec. (Athol Ks.), Boston Store (Jennings Ks.), Kozy Corner (Morland Ks.) **\*Tools\*** Pan cake air compressor Mechanics tool chest Lots of hand tools, wrenches, sockets etc. Electric hand tools Air tools Shop vacs Black Max air compressor Portchland electric power washer Craftsman electric mitre saw Log chains Bench grinder **\*Lawn & Garden\*** Toro self-propelled lawn mower B&D cordless weed eater Husqvarna chain saw Lawn chairs Ladders Gas powered weed eater Garden hose Shovel, Rakes, Hoes, etc. Gas powered edger **\*Household Items\*** Countertop ice machine Pots & pans Kitchen utensils Kitchen Aide mixer Small kitchen appliances Floral decorations Longaberger baskets Card table & chairs Other items Jack Dizmang & Gwen Huck Estate owners

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