

Stressed hospital nurse fears consequences of speaking up

DEAR ABBY: I have been a nurse for 10 years and love taking care of my patients. I have worked at a midsize hospital for 2 years. Since I started working here, we have been assigned six or seven patients at a time, although I was told when I was hired they were going to hire enough nurses to have a 4-to-1 ratio. It not only hasn't happened, but the administration keeps piling on paperwork for the nurses to complete. I have anxiety, and this is about to cause me to break. I love my job, and I don't want to leave. I just wish they would be more considerate of their nurses instead of making them feel



DEAR ABBY

like I do right now, which is wanting to find something else. Should I say something to my charge nurse about how I'm feeling? I'm afraid if I do, I'll be pushed out of this job. Adding to my anxiety is that my daughter now works at the same facility, and I'm afraid if I say anything they will punish her. Please offer me your advice.

— ANXIOUS R.N.
DEAR ANXIOUS R.N.: Because you feel the stress is becoming too much, I do think you should address it with your charge nurse. It's the truth. Because the pandemic has increased the workload on all medical caregivers, you are

far from alone in feeling overwhelmed. When you speak up, do not couch it in terms of the fact that your employers haven't followed through on their promises. Do it strictly in terms of the effect it is having on you. I doubt you will be fired, because experienced nurses are in such high demand right now. However, if you are let go and your daughter is questioned about it, all she should say is that the workload and the stress became too much for YOU. Speaking your truth should be no reflection on her. DEAR ABBY: New neighbors moved into my apartment building about a month ago. I don't mind that sometimes I hear their kids. I don't mind that sometimes I hear the adults. BUT!

Their alarm clock wakes me up every morning at 6 a.m. It's loud, and I'm guessing it's up against the adjoining wall. Normally, I sleep until 8. I work from home, and I'm usually up until 1 a.m. or so. I'm a night owl, and I simply can't go to sleep any earlier. It's impossible to sleep through their alarm. It has

been weeks. I am afraid if I complain they will call me a racist since I am white, and they are black. But it's NOT a race thing; it's a SLEEP thing. What should I do? — SLEEPLESS
DEAR SLEEPLESS: Write a polite note to the new neighbors and introduce yourself. Explain the problem you are experiencing and ask if they can

help you by either moving their alarm clock to a different part of their bedroom or adjusting the ring to make it softer. (It could be as simple as placing their clock on a soft surface like a towel.) If they are unwilling to cooperate, as a last resort try earplugs and talk to the building manager about the noise problem.

News of the Weird



DHA via AP
Cemal Senturk, owner of Boncuk, outside of a medical care facility in Trabzon, Turkey, on Wednesday, Jan. 20, 2021. Boncuk has spent five days waiting in front of the hospital where her sick owner was receiving treatment. Senturk was discharged from the hospital later on Wednesday and returned home with Boncuk.

Dog spent days outside Turkish hospital waiting for her owner

ISTANBUL — A devoted dog has spent days waiting outside a hospital in northern Turkey where her sick owner was receiving treatment. The pet, Boncuk (Bon-DJUK), which means bead, followed the ambulance that transported her owner, Cemal Senturk, to hospital in the Black Sea

city of Trabzon on Jan. 14. She then made daily visits to the facility, private news agency DHA reported on Wednesday, Jan. 20. Senturk's daughter, Aynur Egeli, said she would take Boncuk home but the dog would repeatedly run off and return to the hospital. Hospital security guard Muhammet Akdeniz told DHA: "She comes every day around 9 a.m. and waits until nightfall. She doesn't go in."

"When the door opens she pokes her head inside," Akdeniz said. On Wednesday, Boncuk was finally reunited with Senturk when he was pushed outside in a wheelchair for a brief meeting with his dog. "She's very used to me. And I miss her, too, constantly," he told the news agency. Senturk was discharged from the hospital later on Wednesday and returned home with Boncuk. — Associated Press

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weather

TONIGHT
Patchy clouds

SUN
Cloudy; snow at night

MON
Cloudy

TUE
Partly sunny and chilly

WED
Mostly cloudy, a shower

	Baker City	La Grande	Enterprise
	17	34 26	19 34 27
Comfort Index™	3	1	3

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC

High Thursday	36°	37°	37°
Low Thursday	31°	32°	33°

THURSDAY EXTREMES

NATION (for the 48 contiguous states)
High: 80° Fort Pierce, Fla.
Low: -15° Presque Isle, Maine
Wettest: 1.75" Natchez, Miss.

OREGON
High: 56° North Bend
Low: 15° Crescent
Wettest: 0.20" Pendleton

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	55%
Afternoon wind	S at 7 to 14 mph
Hours of sunshine	7.3
Evapotranspiration	0.04

RESERVOIR STORAGE

(through midnight Friday)

Phillips Reservoir	8% of capacity
Unity Reservoir	42% of capacity
Owyhee Reservoir	48% of capacity
McKay Reservoir	41% of capacity
Wallowa Lake	33% of capacity
Thief Valley Reservoir	86% of capacity

STREAM FLOWS

(through midnight Thursday)

Grande Ronde at Troy	1760 cfs
Thief Valley Reservoir near North Powder	9 cfs
Burnt River near Unity	15 cfs
Umatilla River near Gibbon	193 cfs
Minam River at Minam	156 cfs
Powder River near Richland	23 cfs

WEATHER HISTORY

Browning, Mont., had a world record 100-degree-plus change on Jan. 23, 1916. After a morning reading of 44, arctic air dropped the temperature to 56 below zero overnight.

SUN & MOON

Sunrise	7:22 a.m.	7:21 a.m.
Sunset	4:47 p.m.	4:48 p.m.
Moonrise	12:31 p.m.	1:05 p.m.
Moonset	3:01 a.m.	4:04 a.m.

MOON PHASES

Full	Last	New	First
Jan 28	Feb 4	Feb 11	Feb 19

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021

REGIONAL CITIES

City	SUN. Hi/Lo/W	MON. Hi/Lo/W	City	SUN. Hi/Lo/W	MON. Hi/Lo/W
Astoria	46/37/r	45/33/sh	Lewiston	38/33/c	40/28/sn
Bend	39/20/sn	37/17/c	Longview	42/36/r	45/34/pc
Boise	39/26/pc	35/23/c	Meacham	33/26/c	32/19/sn
Brookings	47/38/r	48/37/pc	Medford	40/30/r	41/27/c
Burns	33/24/sn	32/11/c	Newport	46/35/r	44/34/sh
Coos Bay	48/37/r	47/35/sh	Olympia	42/35/r	43/32/pc
Corvallis	43/33/r	45/33/c	Ontario	38/29/c	38/24/sn
Council	28/15/c	30/16/sn	Pasco	37/28/sn	41/24/c
Elgin	38/28/c	37/25/sn	Pendleton	36/28/c	37/26/c
Eugene	43/34/r	44/31/c	Portland	44/35/r	45/35/c
Hermiston	39/28/r	40/25/c	Powers	44/35/r	44/33/sh
Hood River	43/33/sn	45/30/sf	Redmond	40/23/sn	39/17/c
Imnaha	38/28/c	36/26/sn	Roseburg	43/34/r	45/31/sn
John Day	36/26/c	33/18/c	Salem	43/33/r	43/33/c
Joseph	32/24/c	34/22/sn	Spokane	31/26/c	32/24/sn
Kennewick	40/28/sn	40/25/c	The Dalles	40/30/sn	44/27/pc
Klamath Falls	34/19/c	34/24/sn	Ukiah	34/25/c	31/20/c
Lakeview	34/20/sn	32/10/c	Walla Walla	35/29/c	39/26/sn

RECREATION FORECAST SUNDAY

ANTHONY LAKES A p.m. flurry	27	17	PHILLIPS LAKE A p.m. flurry	32	21
MT. EMILY REC. Cloudy	32	25	BROWNLEE RES. Cloudy and chilly	31	20
EAGLE CAP WILD. Cloudy	27	17	EMIGRANT ST. PARK A p.m. flurry	32	25
WALLOWA LAKE Cloudy	32	24	MCKAY RESERVOIR A p.m. flurry	36	28
THIEF VALLEY RES. Cloudy	34	26	RED BRIDGE ST. PARK Cloudy	35	27

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice