

Let the newbie take care of it

Dear Annie: I've been a certified nurse's aide for about eight months. I've been working at my newest job, at a nursing home, for six months.

I work with two veteran aides in my unit. Though I love my job and caring for the residents, lately I'm feeling like the gopher in the unit. I am always answering the call bells, getting residents who need to be up for breakfast out of bed and doing hall trays and feeding the residents who can't feed themselves at breakfast. I end up doing hall patrol every day at breakfast, and I'm getting tired of it.

I'm happy to help them with tasks, but whenever I ask for help, I get dirty looks and eye rolls.

Also, toward the end of the day, I'm always answering the call lights during documentation time. The others ignore them.

Is it me? Am I asking them at the wrong time when it comes to asking for help? I don't know how to address this with the other aides and the supervisor. — *The Gopher Nurse's Aide*

Dear Gopher: There's being a team player, and then there's

Dear Annie



By Annie Lane

Creators Syndicate Inc.

being played by the team. Maybe these veteran nurses are picking on you, the new kid on the block, because they underwent a similar stripes-earning process. Regardless, you have to stand up for yourself. Be clear about what you're willing and not willing to do. When you really need help and no one is offering, be direct. It's not as if you're asking a personal favor. It's work, and you're all trying to get the same job done.

So stop burrowing in your hole. Even gophers have teeth.

Dear Annie: A person wrote to you about dealing with her children's disputes among one another. I am one of those children. My brother and I have not spoken to each other for months. I struggle daily with

trying to repair this relationship, but honestly, so much has been done and said that I see no reason to repair it — except for my parents' sake, of course. I would like to hear from others on how they have dealt with sibling disputes. What is the benefit of putting yourself out there in a relationship that has caused such pain in the past, even if it is family? — *Estranged*

Dear Estranged: Loving your family doesn't mean always liking them. In fact, sometimes it means just finding a way not to loathe them. I urge you not to give up on your relationship with your brother.

First forgive him, and then accept him. Part of that acceptance means knowing where to draw boundaries so that you don't get hurt again and again because you're too vulnerable. Detach with love in whatever areas you need to.

You and your brother might never be the close, best-friend type of siblings, but you can still be part of each other's life. If you're grounded in realistic expectations, no one can let you down.

Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

ARIES (March 21-April 19): You let nothing stop you from learning — everyone loves this about you, how you're constantly evolving, stretching and growing into a person of your own creation.

TAURUS (April 20-May 20): You are so sensitive these days. Don't direct your sensitivity inward; it will be too difficult. Instead, observe art, listen to poetry — you'll understand it in a way you never did before.

GEMINI (May 21-June 21): What happens organically is working so great for you: You're doing mighty fine. The fact of this will give you pause as you try to muddle through some plans. Plans are good to make. They focus you, whether or not you follow them.

CANCER (June 22-July 22): Only a fool speaks every thought. After all, many of the thoughts aren't even yours. They float into your mind from friends, media, the collective unconscious and elsewhere. All must be filtered through that wonderful system of yours.

LEO (July 23-Aug. 22): By showing up, on time, with a good attitude and a fair amount of energy to burn, you'll earn the trust of someone who does not give such things very often.

VIRGO (Aug. 23-Sept. 22): If you tell yourself over and over what you're not going to do, you'll wind up doing that thing. Who is to blame? Not your rebellious spirit. There's a universal law here about attracting what you focus on, for better or for worse.

LIBRA (Sept. 23-Oct. 23): It's an easy-going day, partially due to your accepting mood. Roll with whatever comes, and you're likely to turn it into something inter-

esting, lucrative and memorable.

SCORPIO (Oct. 24-Nov. 21): When your emotional needs are met, the physical needs don't seem as important. Neither do the other needs. So how can you make yourself happier on a daily basis?

SAGITTARIUS (Nov. 22-Dec. 21): You'll meet impressive individuals who might have you feeling stumped for conversation. No worries. Start with an open-ended question with the word "what" to get the whole thing rolling.

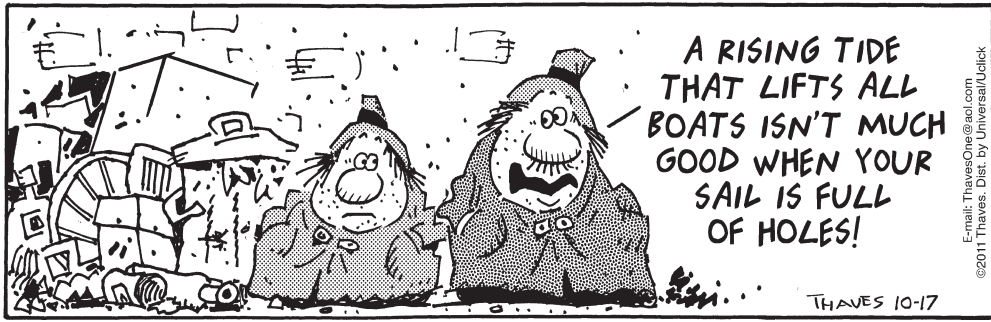
CAPRICORN (Dec. 22-Jan. 19): Your perspective is about to shift big-time. What was uncomfortable will become bearable when you adjust your mind and get more experience.

AQUARIUS (Jan. 20-Feb. 18): When you commit yourself to the task of making your life better going forward, sometimes this entails checking yourself by taking a few steps backward to see if you accidentally dropped your happiness back there.

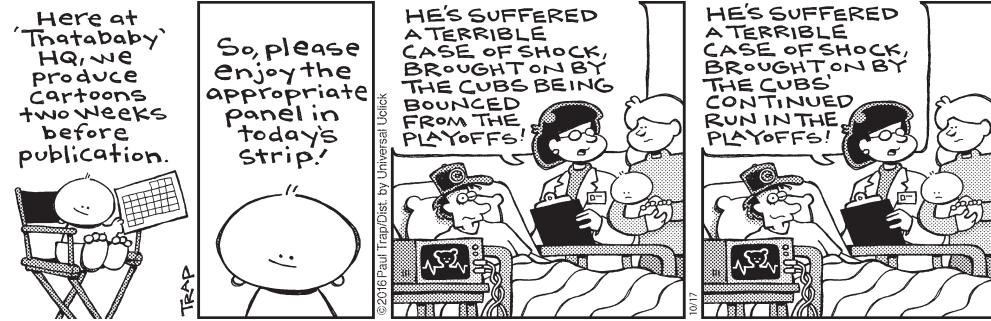
PISCES (Feb. 19-March 20): You're a serious powerhouse today. You have the same 24 hours in a day that everyone else has. But what you do with it makes everyone think you magically were given at least 36.

TUESDAY'S BIRTHDAY (Oct. 18): This year puts you in a stronger position by moving you toward balance. Instead of shunning what's bad for you, you accept the complexities of life. You will be thereby enabling yourself in many directions at once. A new addition to your family will happen in December. There's a financial spike in March. Pisces and Aquarius adore you. Your lucky numbers are: 20, 5, 33, 31 and 17.

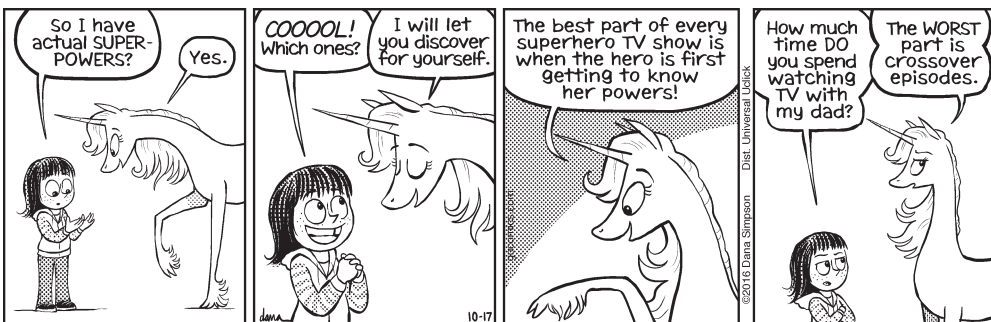
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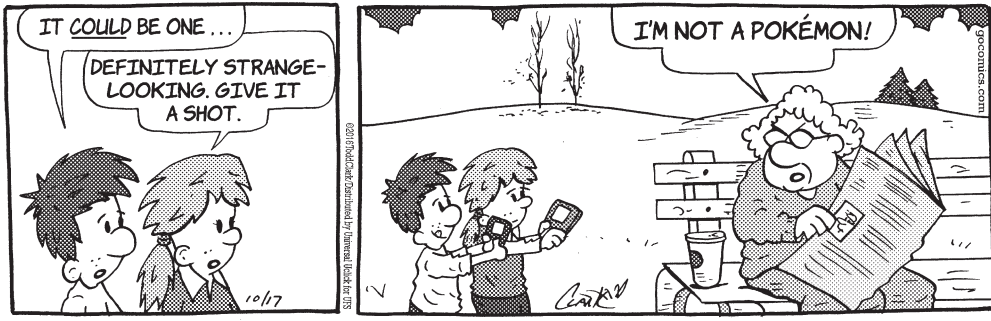
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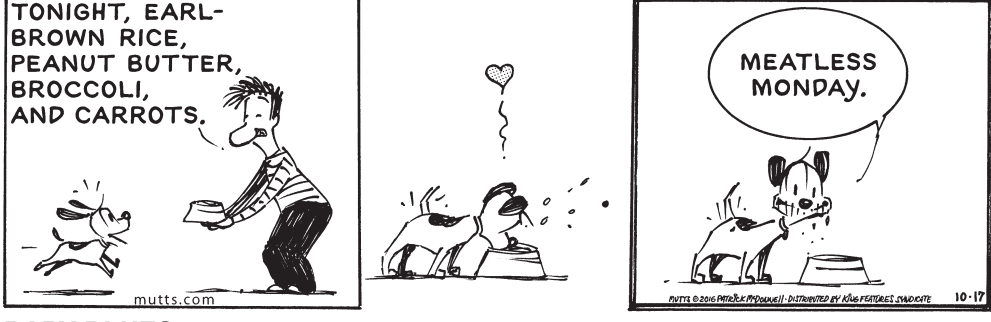
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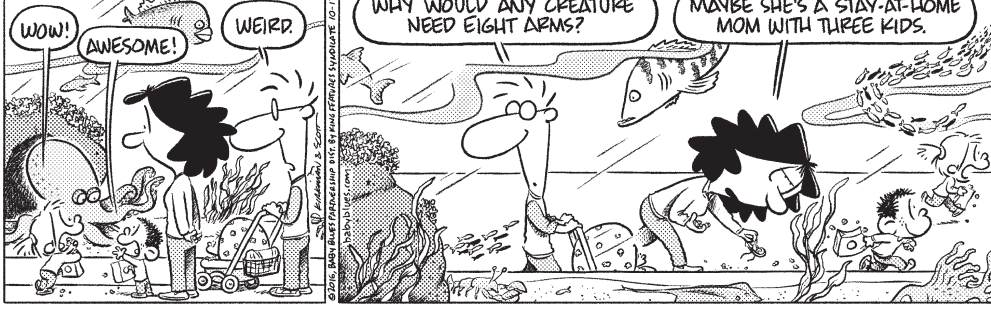
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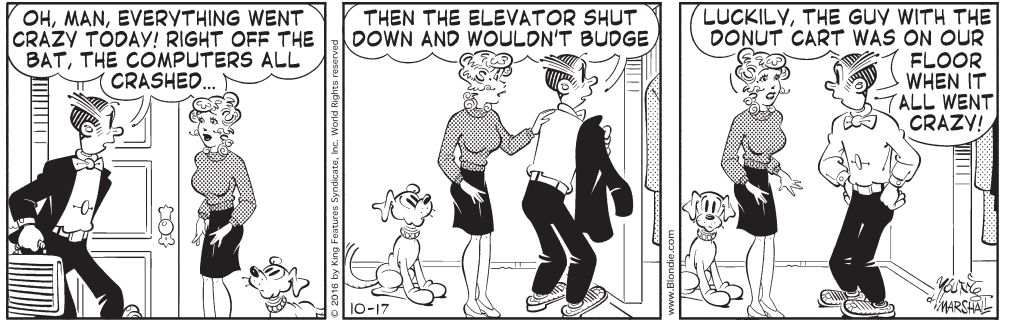
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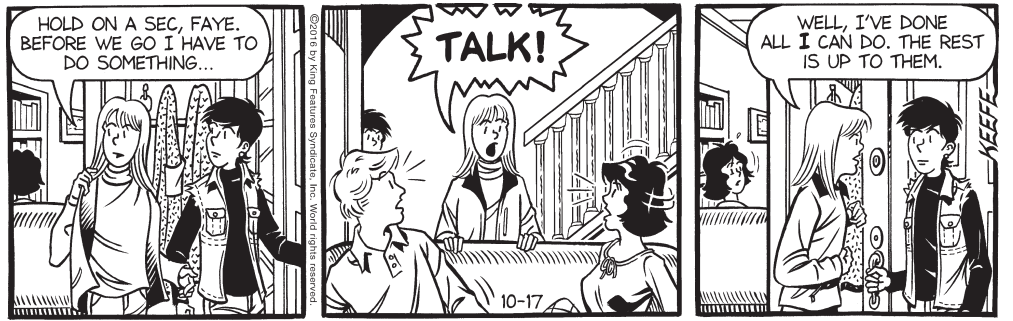
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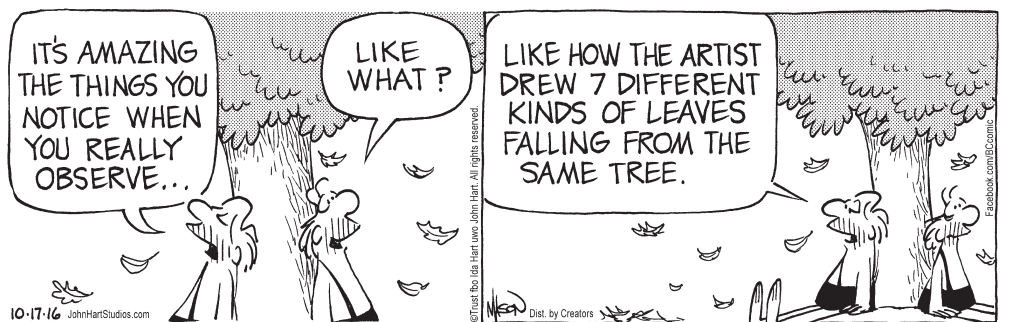
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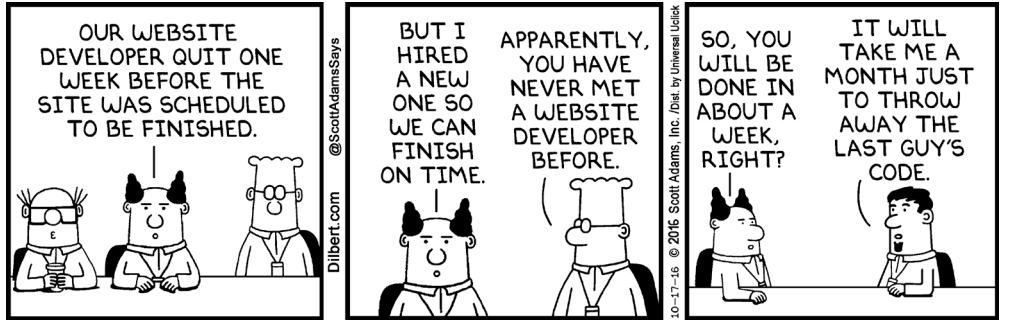
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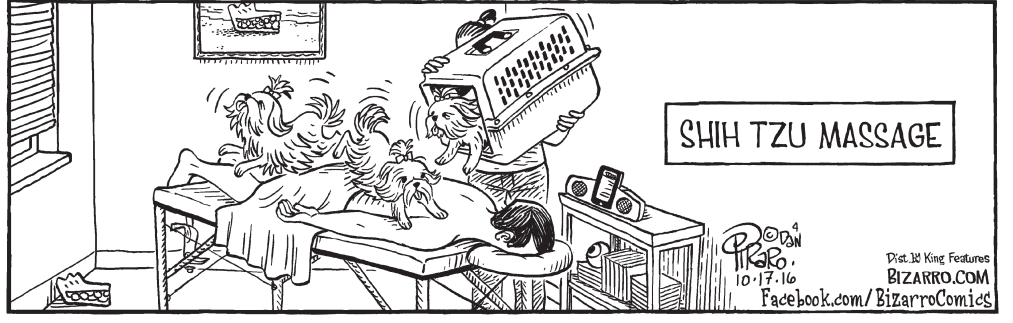
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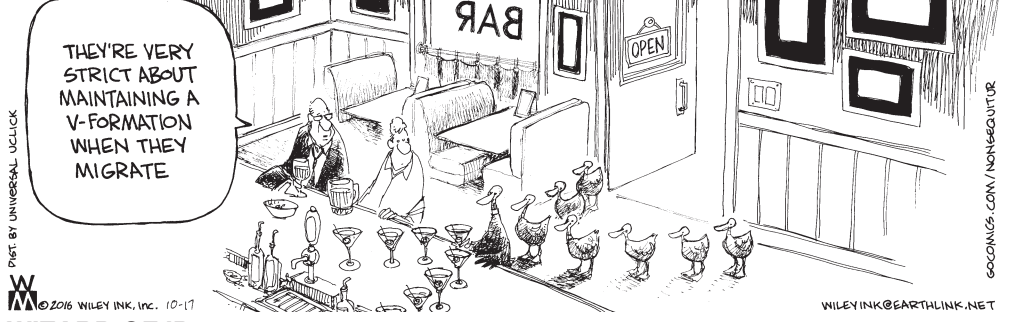
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