

How to let go of an old hurt? Tomorrow's horoscope

By Holiday Mathis, Creators Syndicate Inc.

Dear Annie: My wife and I have been married for 40 years. When we were first dating, my future wife unexpectedly set me aside to explore the possibilities of seeing another man. It was a difficult time for me. The other man was a mutual acquaintance, for whom I didn't much care, which intensified my hurt. Within two months, they stopped seeing one another, and in due time, we started dating again, fell in love and married. Sounds good — and it has been. But I have one mental demon with which I struggle.

About three decades ago, when casually chatting about our previous romantic interests, my wife revealed that when seeing the aforementioned man, they had sex. Since being made aware of it, I can't let it go. All of those painful memories were revived by her disclosure.

My wife has been a wonderful friend, partner and parent and does not deserve my periodic fixation on something that was a tiny moment in time. Why can't I, as she requests, just forget about it? How can I reconcile myself to it and downsize its larger-than-life status in my

Annie's Mailbox
Creators Syndicate Inc.
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consciousness? — *Living in the '70s*

Dear Living: It is not unusual to remember something disturbing and periodically think about it. But if you are doing this more than a few times a year and becoming fixated on it to the point where it is affecting other areas of your life, you might need professional help to put it aside. You've been holding in your resentment, jealousy and fears for 40 years and they are still eating at you. Please talk to a counselor so you can air your feelings to someone other than your wife and get help managing them. Your doctor can refer you.

Dear Annie: I read the letter from "Had Enough," the 68-year-old woman who was tired of her husband's demand for sex. At about that same age,

my wife told me that she really didn't want to have sex. In a loving way, she said that she physically couldn't put up with it anymore.

I was hurt at the time and somewhat angry. But when I thought about it, I was also somewhat relieved, because in the few months prior, I felt my heart racing and was exhausted when making love.

I obeyed my wife's wishes and we stopped having sex. Then, several months later, I almost suffered a heart attack. I needed extensive heart surgery and it took me months to recover. To this day, I am grateful that my wife was the first to call it off. I might have been dead otherwise. — *Ever So Thankful*

Dear Thankful: While it is true that exertion can strain the heart, chances are that your heart troubles would have happened whether or not you gave up sex. And a lot of men would not be willing to accept that solution, regardless of health. But if abstinence works for you and your wife, that's fine with us. You have found a way to make the lack of sex work in your favor.

ARIES (March 21-April 19). You'll share your work, and that will help others. They'll share with you, and that will help you. You won't worry about anyone stealing what's yours, and the seemingly unlikely result will be that no one will.

TAURUS (April 20-May 20). There are distinct benefits to being plainspoken, if not unspoken. You're so expressive that you can say everything with a look if you want to, and indeed that may be best.

GEMINI (May 21-June 21). It will help to think of the passionate people around you as wild things. Read the signs and keep your distance until territorial behaviors cease. Wait until you sense the safety of calm neutrality.

CANCER (June 22-July 22). You refuse to be troubled. It's like you've poured a magical salve over your mind that catches all the little joys, allowing them to accumulate while the little disappointments slip into the cracks.

LEO (July 23-Aug. 22). You needn't always work so hard to make something good happen. Sometimes luck comes without effort — or, more likely, you put in the effort so long ago that you don't remember doing it.

VIRGO (Aug. 23-Sept. 22). Efficiency is about dealing with people — not just schedules. Once you get people on your side, they'll place a higher priority on your needs and your timeframe.

LIBRA (Sept. 23-Oct. 23). When the people around you need a wakeup call, you'll be the alarm clock. They may try to hit "snooze" — and don't stress if they do. The important thing is that they were made aware.

SCORPIO (Oct. 24-Nov. 21). Most shopping malls and casinos are purposefully designed for visitors to get lost in them, thus spending more time and money than originally intended. Today seems similarly patterned to delight, distract and tempt you.

SAGITTARIUS (Nov. 22-Dec. 21). Some remedies are more harmful than the disease. If the problem is not too dire, you'll probably cure it by building on what's going right, instead of trying to fix what's wrong.

CAPRICORN (Dec. 22-Jan. 19). Your deep values and long-term goals may clash with your short-run desires and plans. Taking quiet moments of reflection before you act will prevent hasty, foolish decisions.

AQUARIUS (Jan. 20-Feb. 18). Just because you love someone doesn't mean you think his or her habits and behaviors are always awesome. Your dilemma centers on knowing when to be quietly tolerant and when to speak up.

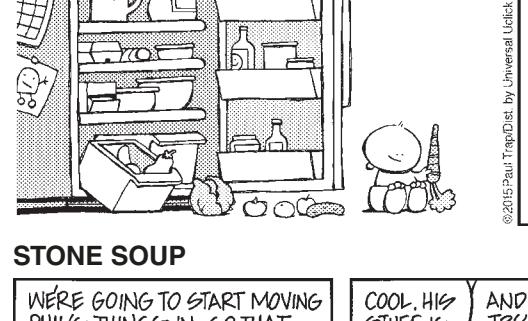
PISCES (Feb. 19-March 20). Your connection with creative people invites strange, interesting, glamorous and unusual scenarios. You're more of an artist than you think you are. Your style will be influenced by all you see.

SATURDAY'S BIRTHDAY (July 18). It all starts with a stroke of uncanny luck centered on a problem you've been trying to solve for years. In September, put your effort into sales. Follow tradition, and you'll make big bucks. October brings a crossroads and an important choice. Let a mentor help you. You'll be awarded in November and spoiled in January. Virgo and Leo people adore you. Your lucky numbers are: 6, 15, 24, 38 and 19.

FRANK AND ERNEST



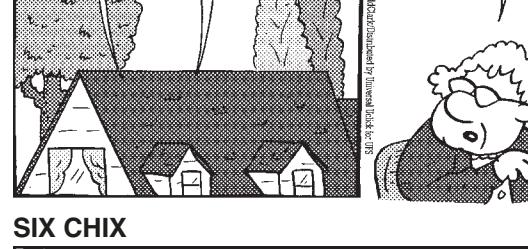
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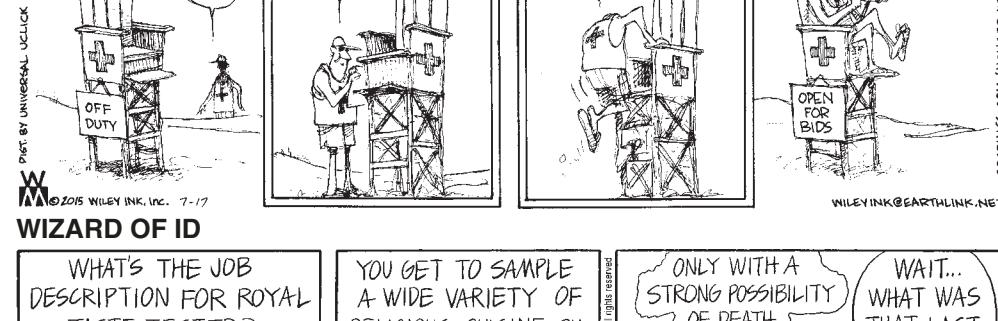
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WIZARD OF ID



ROSE IS ROSE

