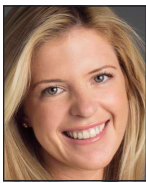


# Getting past a double life

**Dear Annie:** I am a 29-year-old intensive care nurse. I have been blessed with what many people would want, an amazing husband and daughter. But inside I am at a loss for words when it comes to facing how I can help my mother or surpass this hardship that my family has dealt with for so many years. To make this story short, my dad ended up having a double life and had two other kids while he was married to my mom. My half brother is two years older than I am. I didn't find out until I was 15.

**DEAR ANNIE**



Annie Lane  
Creators  
Syndicate Inc.

to bear that. I'm an adult now. My mom put it in my head to never depend on a man and to always be independent. My dad now is living his life with his girlfriend, who is not even half the woman my mom is, yet my parents are still married. I have tried to reach out to him and have a relationship with him, but he always assumes I am against him because of my mom. Now that I am an adult, I see the person he is.

I have been blessed with a man who will do anything for my daughter and is always there for us. Annie, how do I help my mom to understand it's OK to move on? How can I show her that she deserves happiness and should move on with her life? My mom is everything to me, and I want her to be happy and to understand it's OK to let go of my dad, just as I have done. I will always love him, but it's best

to love from a distance and pray that everything will work out. — *Wanting to Help Mom Heal*

**Dear Wanting:** You are a wonderful daughter and very sweet to be concerned about your mom. What your family went through was traumatic for all of you, and it was no doubt hurtful to your mom on many levels — as a mother wanting the father of her children to be there but also as a spouse whose love and trust were betrayed.

Sometimes when people go through intense traumas, they freeze, stuck in the moment of pain, paralyzed with fear. They never want to risk something terrible happening again. From what you've described, counseling is your mom's best bet at working past this. I would also recommend "Waking the Tiger," a book on trauma by Peter Levine.

You are wise not just beyond your years; you seem to have more emotional maturity than many people ever manage to develop. Your mother is blessed to have you in her life.

There was one night that still haunts me to this day, and it makes sense now that I'm older. I was 5 at the time and still remember it as if it were yesterday. We were at my uncle's. My elder brother grabbed my twin brother and me and rushed us out the door. He told us, through sobs, what he had just overheard our dad saying to his mistress. To see how much my mom cried that night and in the years afterward — I wish no one

## TOMORROW'S HOROSCOPE

By Holiday Mathis, Creators Syndicate Inc.

**ARIES (March 21-April 19).** As for the thing that's preventing you from giving your best effort, how about you just get rid of it? Once you identify the specific problem, it will be much easier to ask for what you need. You might be directing the question to yourself.

**TAURUS (April 20-May 20).** Your memory is excellent these days. This works against anyone who owes you money or has offended you. It works well for those who have helped you or charmed you.

**GEMINI (May 21-June 21).** You'll take good fortune when it comes, but you won't shy away from hardship. In a weird way, you're glad for the trials that have made you a deeper and abler person.

**CANCER (June 22-July 22).** Contribution is the order of the day, if not the ultimate goal. There is always a place in the world for the givers. Furthermore, the help you give to others will inspire you.

**LEO (July 23-Aug. 22).** Your need for order will have you creating it in every environment you enter today. Whether or not this is really your responsibility or not will be irrelevant to you.

**VIRGO (Aug. 23-Sept. 22).** Shared tedium, inconveniences and all-around weird experiences are cause for bonding. Today's events could turn into the story that cements a very special relationship.

**LIBRA (Sept. 23-Oct. 23).** You'll be asking yourself a lot of questions today, and you can make the most of this surge in curiosity by directing the questions in a joyful direction. What are you excited about? What about it is exciting?

**SCORPIO (Oct. 24-Nov. 21).** You'll shy away

from unpredictable people. You've had enough high drama in your life, and it's rather lost its appeal. Not everything has to be monumental. Pleasant is good, too. Even-tempered folks attract you.

**SAGITTARIUS (Nov. 22-Dec. 21).** To create lasting value in this world, you need to be two things: determined and consistent. Dig deeper for it today. The project won't create momentum on its own — but this is not a sign to give up. Stay the course.

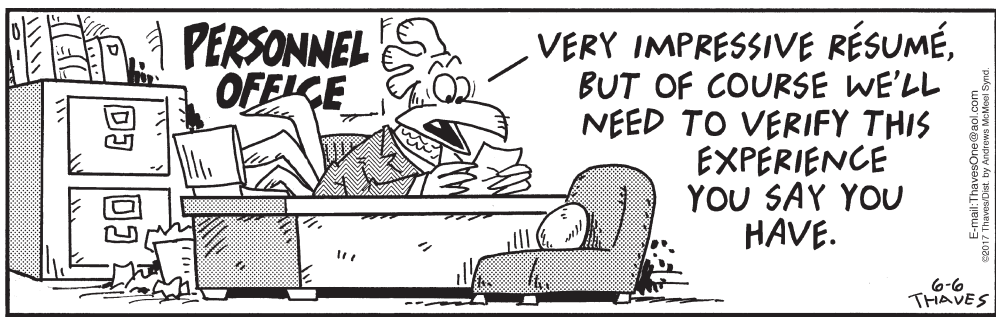
**CAPRICORN (Dec. 22-Jan. 19).** Beauty in your soul becomes beauty in your face. Loving thoughts become warmth. Healthy thoughts become vitality. Honest thoughts become trustworthiness. It's a day to work on your inner game.

**AQUARIUS (Jan. 20-Feb. 18).** You've developed skills and grown in confidence (as well in your ability to defend, love and entertain yourself), and so your options have become more numerous and varied than they ever were. Enjoy it.

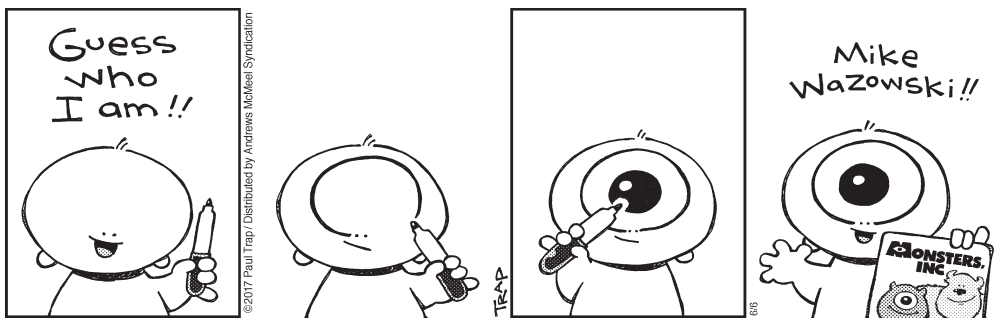
**PISCES (Feb. 19-March 20).** It's the teachers of this world who most touch the future. You're such a person, whether or not "teaching" is your official role. Your influence will be especially strong tonight.

**TOMORROW'S BIRTHDAY (June 7).** "Unbreakable human" is an oxymoron. You understand that the powerful are not invincible, and this year you'll assist those who act like they don't need it. You'll become indispensable and you'll be able to bank on this ranking. The next 10 weeks will pad your bank account; reinvest for excellent results in November. Libra and Pisces adore you. Your lucky numbers are: 11, 40, 23, 16 and 9.

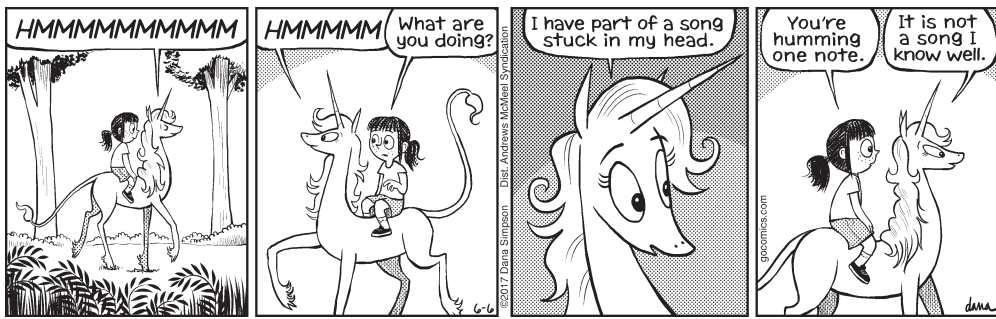
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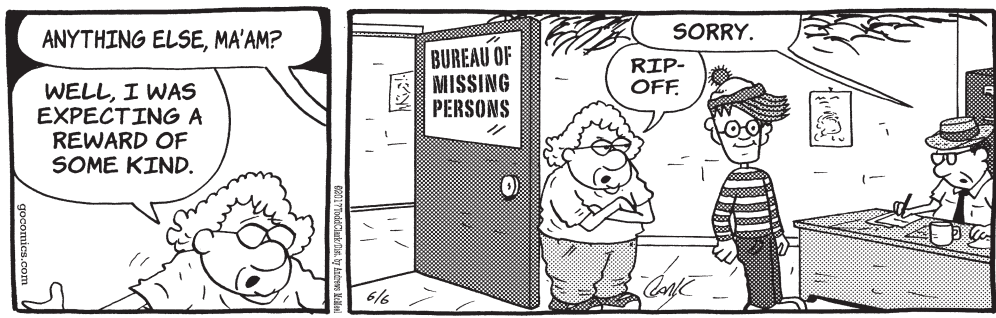
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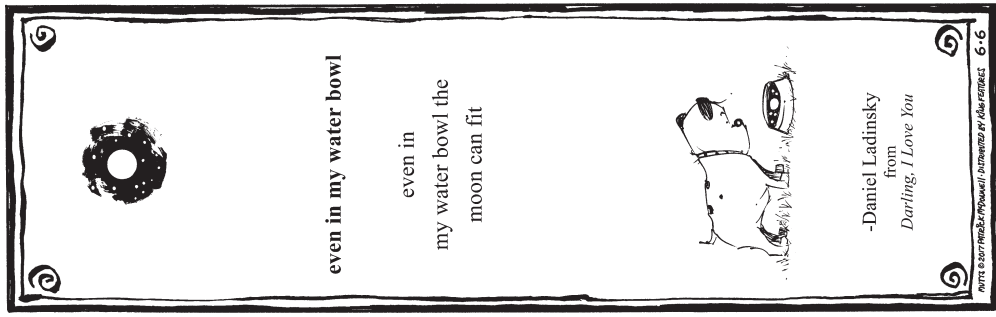
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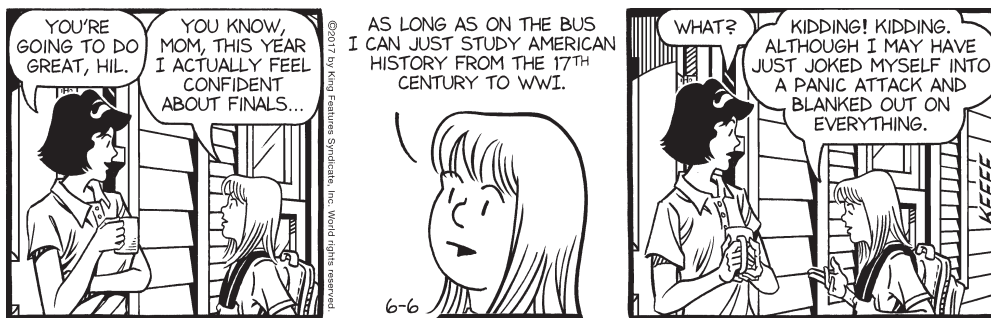
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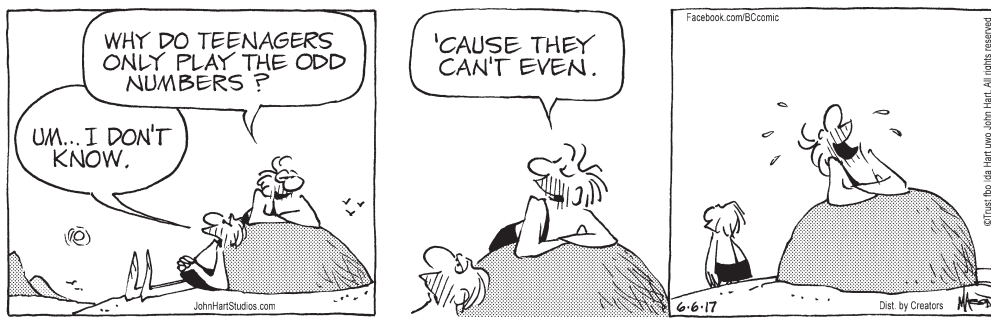
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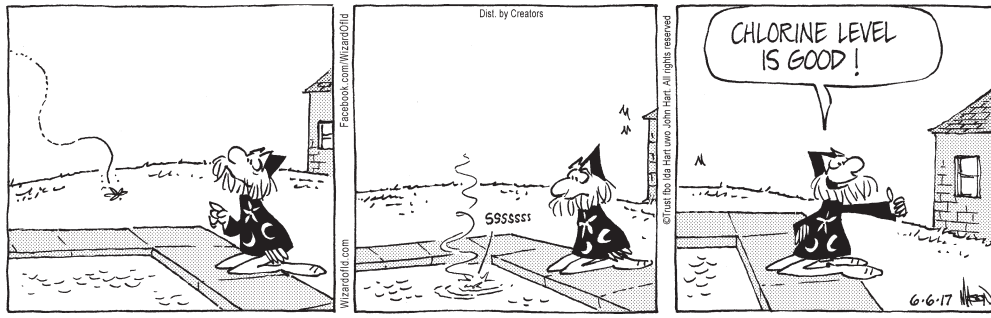
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