

LIFE

WELLNESS

10 great relationship tools

By Barton Goldsmith
Tribune News Service

Successful relationships don't happen in a vacuum. They take work. And couples who make their relationships work are the ones who also have the most fun and feel the most love. It's a simple program that really works.

Here are 10 tools to get you started.

1. Give what you want to get. All relationships benefit from a pay-it-forward attitude. If you'd like to feel understood, try being more understanding. If you want to feel more love, try giving more. And remember that your partner isn't psychic, so let them know what you need.

2. Find your happy place. No one else can make you happy. Finding happiness is something you have to do on your own. If you feel that it's your partner's responsibility, think again, and look within to find out what piece may be missing for you. Become responsible for your own happiness, and you may never be unhappy again.

3. Find a way to become and stay best friends. For some, being best friends sounds unromantic, but for those who live it, most say it's the best part of their time together. Besties have each other's back and never put one another down — instead they lift each other up.

4. Get regular relationship tune-ups. If you ever did counseling, go back and have a session to catch up, or read a relationship book together. You should do this at least once a year. Even if you don't think that you need help, the process alone will strengthen your connection.

5. Let go of your anger. Anger is a relationship killer. It makes you self-absorbed, and it keeps you from seeing the good around you. If you are annoyed with your mate, give yourself some time to calm down and then gently discuss what's going on for you. Holding on to anger is a waste of time.

6. Honor each other in some way every day. Every morning, you have the opportunity to make your relationship sweeter and deeper by recommitting to your mate. Feeling respected and cherished by the one you love makes life much nicer. Most of us like to hear "I love you."

7. Understand that every couple is different. We're not from Mars, Venus or the moon. That would mean everyone was in the same solar system — and even Einstein wasn't so sure about that. Understanding our differences makes living together more peaceful, interesting and fun.

8. When upset occurs, first check out what's going on inside you. Rather than getting angry with your partner because you're feeling off, check in with yourself. Most arguments stem from our own fears or pain. The truth is we usually aren't upset for the reasons we think, so make sure you are thinking clearly.

9. Put your wishes on the table so your partner knows what you need. In truth, you can only change yourself, not other people, but you can influence others' behavior. Loving someone means you can change behaviors you probably don't like in yourself anyway.

10. Talk more than you ever have. You have to take the risk of sharing what's really going on in your hearts and heads. If your partner does not know how you are feeling (or you don't), then this is a must-have conversation. Lose it sooner than later.

There are no guarantees, and our needs do change over time. But couples who practice these techniques have longer and stronger relationships than those who are not proactive in their relationships.

Dr. Barton Goldsmith, a psychotherapist in Westlake Village, Calif., is the author of "The Happy Couple: How to Make Happiness a Habit One Little Loving Thing at a Time." Follow his daily insights on Twitter at @BartonGoldsmith, or email him at Barton@bartongoldsmith.com.

Employee

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in Columbus, there is only one floor with a few offices left in Stratacave.

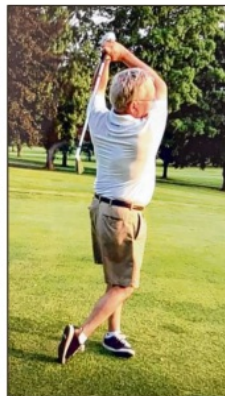
Since his retirement in early July, Boecker has been reminiscing about how different banking was at the start of his career.

"When I started, there was no internet," Boecker said. "We had passbook accounts and did everything long-handed. We had little pocket calculators to help us, but nothing was automated."

This meant that in order for a large bank like Winters to run efficiently, many more employees were needed. Customer records were kept on ledger cards and had to be researched manually. Though the productivity now is much higher, Boecker said the changes negatively impacted staffing numbers. And when the consolidation with Bank One happened, many operational functions were moved to Columbus, the headquarters of that bank.

"I worked for Winters for eight years before it became Bank One," Boecker said. "Their selling point was what is called an 'uncommon partnership,' with each bank they purchased able to keep their own board of directors and executives."

But soon it became clear that the overhead was too high, and Bank One was forced to eliminate the uncommon partnership, cutting many executive positions as a result. Though Boecker watched many of his co-workers move on to other jobs with different companies, he opted to stay. "I guess it always entered



Jack Boecker of Kettering was hired to work at Winters National Bank in July of 1975. When he retired this year, he was the last Dayton employee with Winters Bank who stayed through all its successors. Now he's enjoying his golf game and reminiscing about his long career. CONTRIBUTED PHOTOS

my mind that maybe I should look for something else," Boecker said. "But I enjoyed my job, and I didn't worry too much because the cuts were happening much higher up."

Boecker said he enjoyed his job so much because he had direct customer contact, and he believed his job would be needed going forward.

His hunch was correct. In 1996, he moved to the auto financing department at Bank One and continued in that role after Chase Bank acquired Bank One in 2004. "Computers came on board quickly and changed everything," Boecker said. "I'm not the best at technology, but you either adapt or you get left behind. And if nothing else, productivity is infinitely higher than it was

before computers." Boecker remains the last employee from one of Dayton's hometown banks, and even when he announced his pending retirement, the bank was happy to allow him to stay until the last day. He said the pandemic took him away from personal meetings with his customers, which was difficult. Now he is enjoying playing more golf and spending time with his wife, Keenie.

"Another retired guy said to me as I was approaching my last day, 'Be sure to turn the lights out when you leave,'" Boecker said. "But I couldn't do that because the bank, in whatever form, will go on without me."

Contact this contributing writer at banspach@gmail.com.

TELEVISION

Original 'CSI' duo brushes off dust

By Beth Harris
Associated Press

LOS ANGELES — William Petersen and Jorja Fox are reunited and, yes, it feels so good. The actors who first starred together on "CSI: Crime Scene Investigation" in the early aughts are back together for "CSI: Vegas," premiering Oct. 6 on CBS.

"It is at once just this sort of familiar thing in my mind and also brand new," Fox told a virtual Television Critics gathering last week. "The world, weirdly enough, is even more topsy-turvy than it was in 2000, so there's so much new happening and yet it was sort of great to be grounded with William Petersen."

Like the original, the new show is set in Las Vegas. Wallace Langham and Paul Guilfoyle return in their roles, too. But there are new characters joining Petersen as Gil Grissom and Fox as Sara Sidle and updated technology to solve crimes.

"I was a little rusty on all the science," Fox said.

Petersen said he had trouble keeping his hand steady using a lab tool that transports liquid.



William Petersen and Jorja Fox, who first starred together on "CSI: Crime Scene Investigation," are back together for "CSI: Vegas," premiering Oct. 6 on CBS. CONTRIBUTED

"Billy and I used to be really good at that stuff," Fox said, laughing. Petersen added, "Age caught up with me." Petersen left the original show as a regular in 2010; Fox had departed three years earlier. Both made return guest appearances.

"It was unexpected to be asked to start a new version of this," said Petersen, who again serves as an executive producer. "It's a different world than it was 20 years ago."

Singer

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to see a movie made about yourself," Klayman said. "I think she's incredibly brave... And again, she gave so much of her time and so much of her effort into making this, and I think that the movie really speaks for itself."

Morissette is currently on tour and was scheduled to play Cincinnati on Wednesday.

"I have chosen not to attend any event around this movie for two reasons: One is that I am on tour right now. The other is that, not unlike many 'stories' and unauthorized biographies out there over the years,

this one includes implications and facts that are simply not true," said Morissette. "While there is beauty and some elements of accuracy in this/my story to be sure — I ultimately won't be supporting someone else's reductive take on a story much too nuanced for them to ever grasp or tell."

Tree

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would. "Don't throw out those resources assuming they didn't have enough money

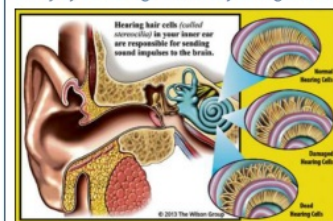
to ever show up in those records," Trotter said.

She also encouraged researchers to look into records for people the ancestors associated with, in case they were mentioned in wills, probate

records or land patents. "You don't just research only the people in your direct line. You always want to research the community, the people that they associated with," Trotter said.

Why Do I Hear... But Not Understand?

Study by Cambridge University in England Reveals Key Answer



Until recently, there was no practical way to identify dead regions of hearing cells in the ear. However, a new British-developed procedure using standard test equipment now allows for identification of dead hearing cell regions. The study suggests that the presence or absence of dead regions may have serious implications in the fitting of hearing aids.

This research reveals that amplifying dead cells is a mistake which will result in poorer speech understanding in noise. A new type of digitally programmable microcircuit is now being released that can be programmed to bypass the dead cells. As a result, the patient's usable hearing cells receive amplification, thereby improving speech understanding in noise.

"We are employing a like method in our diagnostic sound booths using a sound field speech in noise procedure," said Lowell Scott of Acute Hearing Centers. "This test simulates hearing in a

noisy crowd. We are able to determine maximum speech understanding by frequency shaping this new hearing aid." The results have been phenomenal. These new products come in all shell sizes, including the smallest digital models, with low introductory prices available. During its

release, Acute Hearing Centers is offering this new frequency-shaping hearing instrument on a 30-day satisfaction trial. "Your satisfaction is absolutely guaranteed," Scott said. If you hear, but are having trouble understanding conversation, take advantage of the complimentary demonstrations offered this week. **Call Acute Hearing Centers today to schedule your no-obligation appointment.**

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