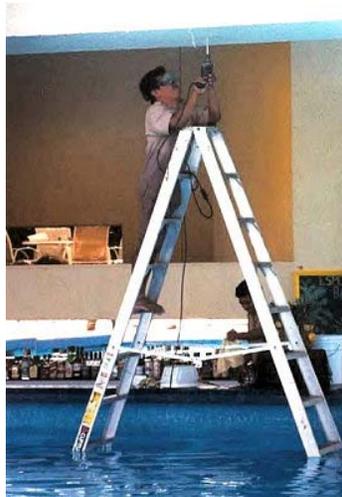


This Time, Make Your New Year's Resolution a Reality

Let's face it. New Year's resolutions are easy to make and easy to break. Seems every year we make the same promise: *This year I'm going to lose weight, quit smoking, save money, travel, go back to school, volunteer, cut back on alcohol, eat healthier, whatever.* Why do we make the same resolution year after year? Simple—we failed to reach our goals last year. But don't give up! Keep these tips in mind and make your 2011 resolution a reality.

- **Set small, obtainable goals and reasonable deadlines.** If you want to lose 20 pounds, shoot for 5 per quarter. Losing 5 pounds is less stressful than 20. Plus, with each small success comes new motivation.
- **Visualize your goals.** What does achieving your goal mean? Maybe it's fitting into those 34s again, or losing the cover up at the beach. Whatever it is, a visual, daily reminder is a powerful tool. So hang those favorite jeans on your closet door so you see them every day.
- **Just do it!** You're not going to lose weight by eating pizza and cake. It's better to try and fall short, than to not try at all—that's the true failure—so give it all you got. You'll be surprised at what you can accomplish when you put your mind to it.



It's shocking what some employees will do

Have a funny employee story or a picture that tells a precarious tale? We'd love to see it! And if we choose your submission for publication in a future issue of *Staffing Connection*, we'll send you a \$25 gift card!

Send your submission to Staffing Lines Production Underwriter Jennifer Porter at JLPorter@nsminc.com.

The Shrinking Value of a Dollar

In 2008, it took \$21.57 to buy what \$1 bought in 1913. Do you know how many dollars in 1990 equaled \$1 in 1913?



Answer: \$13.20

Economic Snapshot

...from page 1

- Average household income: \$28,970 vs. \$49,777
- Per capita personal income: \$19,188 vs. \$40,208 (2008)
- Average price for a gallon of gas: \$1.16 vs. \$2.95
- Average cost for a new car: \$16,000 vs. \$28,400
- National unemployment rate: 5.6% vs. 9.8%
- Federal minimum wage: \$3.80 vs. \$7.25
- Outstanding consumer credit: \$751.9 billion vs. \$2,399 billion
- Public debt: \$3,233,313,451,777 vs. \$9,289,427,992,748