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WITH A NEW KITCHEN

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Lehman's Story

It's a new year--time for a new start, on her goal for the year. "I'm chucking right?"

Well, maybe so. And maybe not. Many folks make resolutions on New Year's Day, and by this time, they find that it's difficult to stick to the resolutions that seemed like such great ideas only a few days ago.

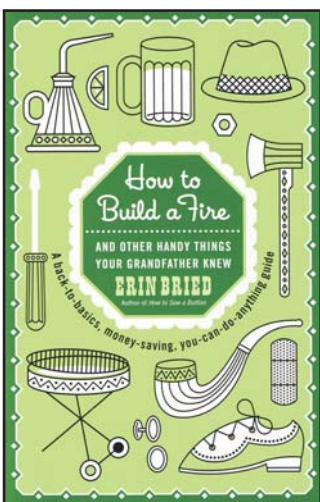
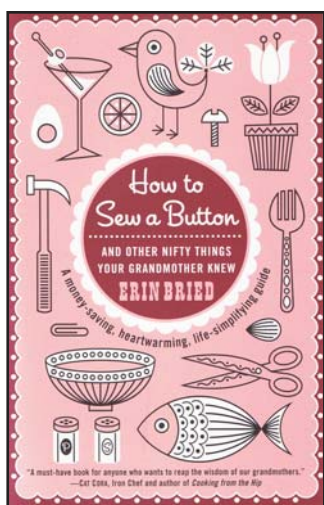
"When you set a goal that's too big, it often seems overwhelming," says Glenda Lehman Ervin. "It's far better to develop a short list of targeted, simple changes that can make a real difference in your life."

For instance, many folks want to lose weight, save money, and live greener. And those all sound great. But what do these big goals really mean? And are they achievable? "At Lehman's, many of our employees often decide on a simple, positive, focused change, and keep up with that one thing all year. By the end of the year, it's become part of their lifestyle, and they're ready to move on to a new goal."

Ervin herself has already zeroed in

the fuzzy 'eating better' resolution. Instead, my focus will be on more nutritious meals. My family and I will work together to cut back on the less-healthy prepared foods, and make a conscious effort to have dinner together." She laughs, and notes, "We've even got a great place to start--Lehman's 55th anniversary cook book!" Taking a weekend day to cook ahead and freeze meals makes this goal doable.

Other Lehman's staffers also have focused goals. A member of the HR department is committed to reading at least one fiction book a month. "I rarely make time to read anymore, but I need to. It's enjoyable, and it's also relaxing. So, in the end, reading is actually good for my health!" One of our customer service reps notes: "My (unofficial) New Year's resolution is to be more conscientious about the things I buy. Rather than resolving to spend less I



cont. on page 4

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