

TAB TELL ALL



TAB RETAIL REMODELING INC.

Volume I, Issue VII

6/1/2022

Remodel Spotlight: A Tale of 2 Tim's

In this month's installment of Remodel Spotlight, we highlight two Tim's and their Teams. Tim Galloway and Tim May. Two outstanding site managers who differ greatly in style and delivery, but are very equal in results. Tim May is heading up our team doing the remodel at Walmart 1090 in Jacksonville, FL. Mr. May is supported on the site level by the tremendous team of Leon Thomas, Donald Price and Ivie Newton. The remodel team at Walmart 1090 works excellent together and many have been working together since the beginning of the season and has exciting new members that started as locals and have grown into key travelers we depend on.



Special points of interest:

- Remodel Spotlight
- C.O.O Words of Wisdom
- Hotel Recipes
- Allergy Season
- Fun Facts



Tim Galloway is a Tim of a different nature, he is a constant source of energy and it permeates through their amazing crew. They are currently wowing Walmart with their pace and efficiency in Vancouver, WA at Walmart 5462. Mr. Galloway is supported on the shift level by the outstanding group of Courtney Weaver, Christopher Hoskins and Ricky Shepard. This hard working talented team has also been together since the beginning of the year, with key members crossing the country together. They started in Kissimmee, FL in Mickey Mouse's back yard and are now in the middle of a remodel in Vancouver, Washington.

C.O.O. Words of Wisdom: A Message from TAB Leader Andrew Rotunno

There are many things that separate us at birth; height, looks, size, shape, where we are born and our families socio-economic backgrounds. The point of bringing this up is that not all of us start with the same abilities, advantages and opportunities. It is at this point that our leader Andrew Rotunno vociferously chimes in, with a list of 10 things that take no talent or advantage that are guaranteed to make you more successful at work and in life.

1. Be On Time

The time you arrive daily sends a message to those around you, give yourself the best chance to accomplish your goals by being on time.

2. Have a good work ethic

Someone who works hard all the time without being told stands out amongst their peers

3. Be Prepared

Knowing what to do when its your turn is invaluable

4. Give consistent daily effort

Success is guaranteed through the grind of consistent effort, it wears down any obstacle.

5. Positive Energy

Energy is never created or destroyed, it is transferred, positive energy in your life will transfer to positive outcomes

6. Have Good Body Language



You say a lot without saying anything. Your body and facial expressions speak volumes about your attitude, make it say good things

7. Have a positive attitude

The truly only thing you control in life is your response to things and your attitude towards it. Approaching life positively will teach you lessons and create opportunities that don't exist with a poor attitude.

8. Put passion into the things you do

Anything you do will be better if you put your heart into it

9. Do Extra

Nothing great ever came from being average or doing the bare minimum. If you want extra: Do extra.

10. Be Coachable

Are you open to growth? Improvement comes much quicker and performance is optimized with introspection and guidance.

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1 Team 1 Goal 1 Family



Easy Recipes for the Hotel.

If you are traveling but still want to stick with a healthy diet, and don't want to go out to eat for every meal, you are in luck. Here is a healthy meal you can make in a hotel room using nothing but a refrigerator and a microwave.

1. Rice Bowls

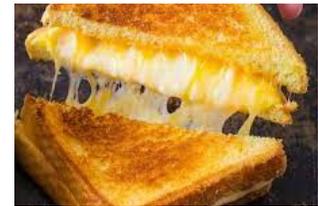
These are some of the easiest yet most filling meals you can make in hotels. You can get instant rice packs that make cooking as natural as breathing. These come in little pouches, making it easy to store and cook using your microwave.

To make your meal healthy, combine these with microwavable vegetables. To balance it out, grab a rotisserie chicken, a can of beans, and some salsa. Add these ingredients, and you'll have a phenomenal and healthy dinner.

3. Grilled Cheese

This meal is great if you're in a pinch, especially when you need a quick meal. It's because all you need is a clothes iron and some tinfoil. The latter is for wrapping the sandwich before you press it with the former.

In most cases, you'll get the melty, gooey cheese most people love from grilled cheese.



Allergy Season is in full Swing!

2022 Allergy Capitals

SEASONAL ALLERGIES
The most and least challenging cities for spring and fall pollen allergies



aafa Asthma and Allergy Foundation of America
allergicapitals.com

MOST Challenging Cities

1. Scranton, PA
2. Wichita, KS
3. McAllen, TX
4. Richmond, VA
5. San Antonio, TX
6. Oklahoma City, OK
7. Hartford, CT
8. Buffalo, NY
9. New Haven, CT
10. Albany, NY

LEAST Challenging Cities

91. Fresno, CA
92. Phoenix, AZ
93. Provo, UT
94. Denver, CO
95. Sacramento, CA
96. Portland, OR
97. San Jose, CA
98. San Francisco, CA
99. Durham, NC
100. Seattle, WA

You may have heard the phrase "allergy season is upon us", but what exactly does that mean? When does allergy season start? Or, better yet, when does it end?

Seasonal allergies (also called hay fever or **allergic rhinitis**) are allergy symptoms that only occur at certain times of the year, usually when allergens like **mold** spores and different **types of pollen from trees**, grasses or weeds are released into the air. If you are allergic to mold spores or pollen – just as with other allergies such as dust or **pet allergies** – your immune system cells will treat these allergens as a threat, and react by releasing substances such as histamine into your bloodstream to help combat them.

It may surprise you to learn that there actually isn't *one* allergy season. In fact, allergy season occurs all year round. Depending on what you're allergic to, you may experience allergy symptoms at different times of the year to people who have other **types of allergies**.

Generally speaking, however, there are three 'allergy seasons' when certain outdoor allergens tend to be airborne in greater numbers: spring, summer, and fall.



FUN FACTS!

-The tallest man ever recorded was American giant Robert Wadlow (1918–1940), who stood 8 feet 11 inches. Wadlow's size was the result of abnormal-ly enlarged pituitary gland

-There are no muscles in your fingers: Their function is controlled by muscles in your palms and arms.

-It's impossible to hum while holding your nose (just try it!).