

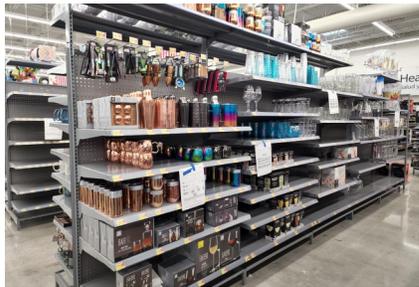
# TAB TELL ALL



## TAB RETAIL REMODELING INC.

### Remodel Spotlight: Southeast Stars

In this month's installment of Remodel Spotlight, we highlight TAB operating in the Southeastern United States; Hialeah Gardens, FL and Columbus, GA. Our first remodel drawing attention is Walmart 2814 in the Hialeah Gardens section of Miami, FL. This project is led by Site Manager Chris Mooneyham. Chris steps back into the site level after supporting many stores and traveling the country for us doing Bike Racks and Back Rooms. He is being wonderfully supported by Jasmine Shepard who just recently joined his team. Ms. Jasmine has proven to be an employee on the rise and one to look out for in her brief time stepping into the Shift Manager lead. The TAB Team in Hialeah Gardens is doing an excellent job in a challenging market with unique staffing opportunities. We have gotten excellent feedback from Walmart on the production and pace this remodel is operating at.



Hialeah Gardens, FL  
Walmart 2814



Our second highlighted remodel takes place on the at Walmart 4421 in Columbus, GA. This project is led on the Site Manager level by Ms. Carlette Davis. Ms. Carlette is a TAB veteran and has really put her experience to great use getting the remodel finished and signed off prior to TAB's scheduled end date. What an accomplishment! This project could not have been this successful without an amazing team supporting her led by the ever consistent and always amazing Mr. Kenneth Dale Simmons. This team was able to whether Walmart changed Headcount multiple times and maintain stellar production. The Walmart RPL over this project has sung the team's praises from start to finish. Congratulations to the Columbus, GA Team! Well deserved.

Volume I, Issue IX

8/1/2022

#### *Special points of interest:*

- Remodel Spotlight
- Hotel Recipes
- Live to 100
- Fun Facts

Columbus, GA Walmart  
4421



### TAB is on Social Media and deserves a like!

.As TAB transitions into a new era we now have a presence on all social media platforms. With a more direct way to connect with potential clients and potential employees, we are trying to grow our brand and our online presence. Please follow, like, retweet and join us across the internet. With all the wonderful people our TAB family knows and the connections that exist from the field to the world, with your help our online presence can blossom very quickly.



#### Facebook

<https://www.facebook.com/TAB-Retail-Remodeling-Inc-105466262255173>

#### Instagram

<https://www.instagram.com/tabremodeling/>

#### Twitter

<https://twitter.com/RemodelingTab>

#### LinkedIn

<https://www.linkedin.com/company/tab-retail-remodeling-inc-/>

## TAB Retail Remodeling INC

440 S Enota Drive NE.  
Gainesville, GA 30501

Phone: 770-297-8571

Fax: 770-297-8575

Website: [www.tabretailremodeling.com](http://www.tabretailremodeling.com)



**1 Team 1 Goal 1 Family**



### Firecracker Shrimp Summer Rolls

#### Ingredients

- 8 ounces frozen peeled pre-cooked shrimp, thawed
- 2 tablespoons mayonnaise
- 1-2 teaspoons Sriracha Chili Sauce
- 1/2 lime, juiced
- 1 ripe avocado, sliced
- 1 cup shredded lettuce
- 3 scallions, trimmed and sliced into thin strips
- 1 cucumber, peeled, seeded and sliced into thin strips
- 8 fresh basil leaves
- 8 rice paper spring roll wrappers

#### Instructions

1. Chop shrimp into 1/4 inch pieces, placing them into a small bowl.
2. Add the mayonnaise, Sriracha, about half of the lime juice, and salt and pepper (to taste). Stir well to combine.
3. Sprinkle remaining lime juice onto the sliced avocado and season lightly with salt and pepper.
4. Line up all of the vegetables side by side to form an assembly line on a plate or cutting board.
5. Microwave approximately 2 cups of water on high for 1-2 minutes or until very hot.
6. Pour 1 cup of the water carefully into a large plate with a raised edge or a large bowl.
7. One at a time, take a sheet of the rice paper wrapper and lay it into the hot water. Flip immediately and let soak for 20-30 seconds or until pliable. Remove the rice paper to a clean surface and quickly blot any excess water with a paper towel.
8. In the center, place 1 basil leaf, 1/8 shrimp mixture, 2 avocado slices, a bit of lettuce, and a few strips of cucumber and scallion.
9. Fold up the two ends and then roll from one side to the other as tightly as possible, tucking the shrimp and vegetables firmly in as you roll.
10. Repeat with each wrapper to make 8 Summer Rolls. Refresh water about half way through with the remaining hot water.



## Here are 10 things you can do every day to help lead a longer, healthier life.

### 1. Carry a water bottle everywhere

Hydration is important for so many bodily functions, from your brain and heart to your joints. One of the easiest (and most Earth-friendly) ways to drink more water is by carrying a reusable water bottle with you wherever you go.

### 2. Practice the 80% rule

While there are many diet and lifestyle factors that might contribute to their impressive longevity, one concept is called "hara hachi bu" This is a Confucian-inspired adage that roughly translates into a reminder to stop eating when you are 80% full. This means to stop eating when you are no longer hungry, instead of when you are feeling stuffed.

### 3. Snack on nuts

Not only are they delicious and versatile, but also they are packed with filling, healthy fats, fiber and nutrients. In fact, they are one of the best foods you can eat for your heart health.

### 4. Eat beans daily

Whether they are consumed in the form of black beans, lentils, hummus or tofu, beans provide ample fiber, protein, vitamins and minerals, nutrients that are crucial for healthy aging.

### 5. Walk when you run errands

One thing that was consistent throughout the Blue Zones communities was building in low-intensity physical activity into their daily routines. To help mimic this in your life, try walking or biking to your destination when you can. It helps you build in more physical activity while hardly realizing it.

### 6. Limit meat to once per week

Whether it's for monetary constraints, available resources or religious preference, residents of all of the Blue Zones communities typically only enjoy meat as a special treat rather than a nightly staple. In fact, many only eat meat once a week and in smaller portions than what we are used to. If you typically eat more meat than this, try slowly cutting back by adding one or two more plant-based days per week or month.

### 7. Schedule in social time

Social support is a crucial part to health and longevity, and can help prevent diseases like dementia. In Okinawa, they follow a tradition called moai where you establish a group of lifelong friends to lean on through all of life's triumphs and challenges.

### 8. Make time for hobbies

In all of the Blue Zones communities, people have hobbies or things outside of work that help give them a sense of purpose. Many people simply describe it as a reason to get out of bed in the morning.

### 9. Surround yourself with support

Your friends and family can have a big impact on your physical, mental and emotional health. Whether they do it knowingly or not.

### 10. Cheers!

Having a drink can help you relax and reduce stress, which is good for reducing inflammation, boosting heart health and stabilizing body weight.

### FUN FACTS!

-The first person convicted of speeding was going eight mph. Walter Arnold of the English village of Paddock Wood, Kent. On Jan. 28, 1896, was spotted going four times the speed limit in his 19th-century Benz—but since the speed limit at the time was just two miles per hour

-More human twins are being born now than ever before. The "twinning rate" has increased by one-third since the '80s—up from 9 to 12 twins per 1,000 deliveries

-Goosebumps are meant to ward off predators. It also caused our ancestors to appear bigger than they were, helping to ward off predators when they were frightened or on the defense