

TAB TELL ALL



TAB RETAIL REMODELING INC.

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Remodel Spotlight: Oh.....Hi

In this month's installment of Remodel Spotlight, we highlight TAB operating in the tropical island of Kahului, Hawaii at Walmart 3290. A select group of travelers were chosen to take on the challenge of this distant remodel. This merchandising dream team has answered the call and more, providing exemplary service in a remote location. This team is led by Site Manager Gail Christopher, she is supported on the shift level by Cecil Evans and Rashad Legette. They captain an experienced over night crew. Alexis Pineda heads up the small day crew which handles the warehouse and assists in the store during the day. This TAB team has been far away for a long time and continues to deliver excellent production and outperform Walmart expectations. The entire crew at this location deserves to be recognized for their great work. They might be far away at this location but they are close in our hearts, and we couldn't be more proud.



Kahului, Hawaii
Walmart 3290

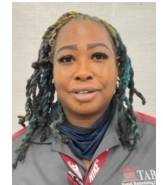


Our second highlighted remodel takes place at the at Walmart 2124 in Beavercreek, Ohio.. This project is led on the Site Manager level by Jeremy Daniel. Jeremy has been with TAB for sometime now and has held many roles and worked on many projects, but this is his first remodel as a Site Manager and is doing an excellent job with the opportunity. He is supported at the Shift Manager position by Jackqueline Daniel. This project is one of the very few "Remodel of the Future" projects being done in the country, and our team here is taking advantage to show why TAB continues to be an industry leader in the work we do. This is a test pilot to redesign what Walmart will look like in the near future. We appreciate what a great start this whole team has kicked off and we can't wait to see you finish.

Special points of interest:

- Remodel Spotlight
- Hotel Recipes
- 3900 Saturdays
- Fun Facts

Beavercreek, Ohio
Walmart 2124



When is Fall 2022? When Do Clocks Fall Back? Here Are the

.The start of fall comes with more than just changes in leaves. It will come with changing sunset times, changing clocks and more. But when does it all change exactly? Here's a look at some of the fall dates to know about. The autumnal equinox occurs on Sept. 22. Fall doesn't technically begin until 8:04 p.m. on Sept. 22 in the Northern Hemisphere, but meteorological fall, observed by weather experts and forecasters, officially began on Sept. 1 and runs through Dec. 1. In the United States, daylight saving time lasts for a total of 34 weeks, running from early-to-mid March to the beginning of November in those states that observe it.



In 2022, Daylight Saving Time began on March 13, more than a full week before the official start of spring.

Daylight Saving Time will end on Nov. 6

FUN FACTS!

-The oldest person ever to have lived (whose age could be authenticated), a French woman named Jeanne Louise Calment, was 122 years old when she died in 1997.

-The Barbie doll's full name is Barbara Millicent Roberts, from Willows, Wisconsin. Her birthday is March 9, 1959, when she was first displayed at the New York Toy Fair.

-Three presidents, all Founding Fathers—John Adams, Thomas Jefferson, and James Monroe—died on July 4. Presidents Adams and Jefferson also died the same year, 1826; President Monroe died in 1831. Coincidence? You decide.

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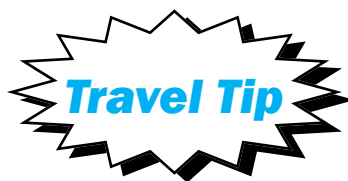
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1 Team 1 Goal 1 Family



"once in a while, there's
NO EXCUSE FOR



Cheesy Spaghetti with Italian Sausage

1 1/2 cup (180 grams) of spaghetti, broken into short segments

1 1/2 cup (355 grams) of water

1/4 tsp of salt

1 cup (240 gram) of half and half

1/8 tsp of freshly grated nutmeg

1/2 heaping cup (45 grams/1.6 oz) of shredded fontina cheese

1/2 heaping cup (45 grams/1.6 oz) of shredded sharp cheddar, plus more for topping

1/3 cup (20 grams/0.7 oz) of grated Parmigiano cheese, plus more for topping

Salt and freshly ground black pepper to taste

4.2 oz (120 grams) of sweet Italian sausage meat

1 clove of garlic, finely minced

2 sprigs of fresh thyme

1 tsp of unsalted butter

Instructions

Break the spaghetti up into short segments with your hands into a microwave -proof bowl. Add water and salt, then stir to combine. Cover the bowl and microwave on high for 4 min, then stir again with a fork. Cover and microwave on high again for 3 ~ 4 min (depending on the thickness of the spaghetti) until the pasta is al-dente and the water's mostly absorbed. Add the half and half, grated nutmeg, shredded fontina and cheddar, and grated Parmigiano cheese. Mix evenly and season with salt and black pepper. Set aside.

Divide the Italian sausage, minced garlic, fresh thyme and unsalted butter into 2 mugs. Use a fork to mix them slightly, then microwave on high for 1 min. Break up the sausage meat with a fork (which shouldn't be completely cooked yet) and return to the microwave for another 1:30 min. Divide the spaghetti and cheese mixture into the mugs and mix with the sausage on the bottom. Top with more shredded cheddar, Parmigiano cheese and freshly ground black pepper. Microwave on high for another 3:30 min until hot and bubbly (you might want to place a sheet of parchment on the bottom in case it over-spills).

Serve immediately. When all of the rolls are finished, slice each one in half and arrange on a serving plate to serve or refrigerate to serve later.

3900 Saturdays

The older I get, the more I enjoy Saturday mornings. Perhaps it's the quiet solitude that comes with being the first to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are most enjoyable.

A few weeks ago, I was shuffling toward the garage with a steaming cup of coffee in one hand and the morning paper in the other. What began as a typical Saturday morning turned into one of those Lessons that life seems to hand you from time to time. Let me tell you about it:

I turned the dial up into the phone portion of the band on my ham radio in order to listen to a Saturday morning swap net. Along the way, I came across an older sounding chap, with a tremendous signal and a golden voice. You know the kind, he sounded like he should be in the broadcasting business. He was telling whom-ever he was talking with something about 'a thousand marbles..' I was intrigued and stopped to listen to what he had to say....

' Well, Tom, it sure sounds like you're busy with your job. I'm sure they pay you well but it's a shame you have to be away from home and

your family so much. Hard to believe a young fellow should have to work sixty or seventy hours a week to make ends meet. It's too bad you missed your daughter's 'dance recital' he continued. 'Let me tell you something that has helped me keep my own priorities.' And that's when he began to explain his theory of a 'thousand marbles.'

'You see, I sat down one day and did a little arithmetic. The average person lives about seventy-five years. I know, some live more and some live less, but on average, folks live about seventy-five years.

'Now then, I multiplied 75 times 52 and I came up with 3900, which is the number of Saturdays that the average person has in their entire lifetime. Now, stick with me, Tom, I'm getting to the important part.

It took me until I was fifty-five years old to think about all this in any detail', he went on, 'and by that time I had lived through over twenty-eight hundred Saturdays.' 'I got to thinking that if I lived to be seventy-five, I only had about a thousand of them left to enjoy. So I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1000 marbles I took them home and put them inside a large, clear plastic container right here in the shack next to my gear.'

'Every Saturday since then, I have taken one marble out and thrown it away. I found that by watching the marbles diminish, I focused more on the really important things in life.

There's nothing like watching your time here on this earth run out to

help get your priorities straight .'

'Now let me tell you one last thing before I sign-off with you and take my lovely wife out for breakfast. This morning, I took the very last marble out of the container. I figure that if I make it until next Saturday then I have been given a little extra time.. And the one thing we can all use is a little more time.'

'It was nice to meet you Tom, I hope you spend more time with your family, and I hope to meet you again here on the band. This is a 75 Year old Man, K9NZQ, clear and going QRT, good morning!'

You could have heard a pin drop on the band when this fellow signed off. I guess he gave us all a lot to think about. I had planned to work on the antenna that morning, and then I was going to meet up with a few hams to work on the next club newsletter.

Instead, I went upstairs and woke my wife up with a kiss. 'C'mon honey, I'm taking you and the kids to breakfast.' 'What brought this on?' she asked with a smile. 'Oh, nothing special, it's just been a long time since we spent a Saturday together with the kids. And hey, can we stop at a toy store while we're out? I need to buy some marbles.'