

TAB TELL ALL



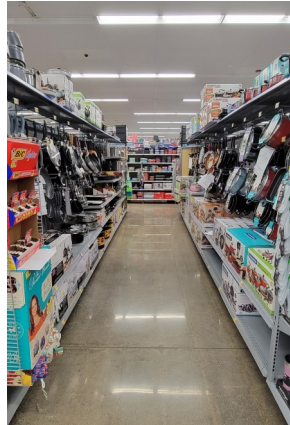
TAB RETAIL REMODELING INC.

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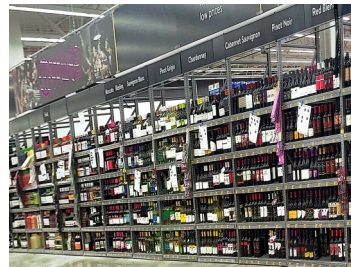
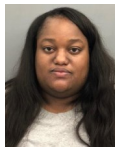
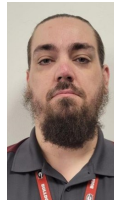
10/1/2022

Remodel Spotlight: Rhinelander & Normal

In this month's installment of Remodel Spotlight, we highlight TAB operating in the cheese state: Rhinelander, WI at Walmart 1931. This is an intricate remodel being led by DM Andy Gossett and being supported by Courtney Weaver and Jasmine Shepard. This project could not have gotten to where it is without our TAB brother Christopher Hoskins who is currently not with us, but our hearts are with him and we hope to see him soon. The conclusion of this project will be led by Chris Mooneyham who transitions over to leadership as we send Andy Gossett off to his wedding and honeymoon! Congratulations from our entire TAB family: Andy and Brandi!! This project is a perfect example of how TAB works as a family, we all support each other and it truly is a team effort where each one of us has a hand in the success of the whole. We can switch pieces of a project without sacrificing the quality and production, this speaks to all of the individuals talents and efforts on this site.



Rhinelander, WI
Walmart 1931

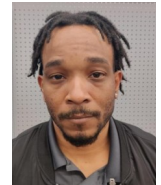
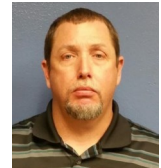


Our second highlighted remodel takes place at the Walmart 1125 in Normal, Illinois. This project is led by Site Manager Tim Galloway and being supported by new and upcoming shift manager Justin Hinds. This remodel is getting excellent reviews for their production and pace. This team impressed so much, that Walmart "borrowed" them for one week to go help another remodel we were not working on down the street to get on track for G.O. An amazing compliment to this team's work ethic and professionalism. The bar has been set incredibly high by store planning in terms of the pace and scope of this remodel and Tim and his team have met and exceeded expectations at each turn. Congratulations team, keep up the amazing work!

Special points of interest:

- Remodel Spotlight
- Hotel Recipes
- 5 Things to Know
- Fun Facts

Normal, IL
Walmart 1125



Halloween. Do you know the spooky truth???

.The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.



Considered a classic horror film down to its spooky soundtrack, "Halloween" inspired other iconic "slasher films" like "Scream," "Nightmare on Elm Street" and "Friday the 13." More family-friendly Halloween movies include "Hocus Pocus," "The Nightmare Before Christmas," "Beetlejuice" and "It's the Great Pumpkin, Charlie Brown."

FUN FACTS!

-We are born with only 2 natural fears: the fear of falling and the fear of loud sounds. One of the most surprising fun facts about life: All other fears and phobias are learned or acquired later in life.

-Video games help surgeons perform better. According to a 2007 study, surgeons who play certain video games at least 3 hours a week performed 27% faster with 37% less errors during surgery.

-Dead people get goosebumps. When people die, the tiny muscles under their hair follicles contract. This gives skin the appearance of their hair standing on end. If you think death is a hair-raising concept, you are absolutely right.

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1 Team 1 Goal 1 Family



Beef Enchilada Casserole

1 pound ground beef
1 tablespoon taco seasoning
1 ten ounce can enchilada or taco sauce
3/4 cup water
1/2 cup salsa
12 corn tortillas
1 cup shredded Monterey Jack and/or Cheddar cheese
Sour cream and lime wedges for garnish

Prep Time: **15 min** Cook Time: **17 min**

Total Time: **32 Min** Yield: Serves **4-6**

Category: **Dinner** Cuisine: **Mexican**

Method: **Stovetop, Microwave**

Instructions

Combine beef and taco seasoning in large skillet and cook over medium high heat 8-10 minutes until meat is no longer pink. Add sauce, water and salsa and bring to a simmer. Simmer for one more minute then remove from heat.

As beef mixture cooks, place tortillas in a stack and cut into one inch squares, using a pizza cutter or kitchen shears. Arrange half the tortilla pieces evenly in a microwave-safe casserole. Top with half the beef mixture and half the cheese. Repeat with remaining tortillas, beef and cheese.

Microwave casserole on high for 3-5 minutes or until cheese is melted. Serve with sour cream and lime wedges.

Self-made millionaire who retired early: 'Do these 5 things now or you'll regret it later in life'

In 2016, at 35 years old, I retired early with a net worth of \$900,000. It wasn't until 2021 that I achieved my goal of becoming a self-made millionaire, with a net worth of \$1.4 million.

Now, at 41, I live a happy, simple and frugal life with my wife in Arizona. From the outside, it might look like I made all the right decisions. But there were some life and money lessons I had to learn the hard way.

If I could start all over again, there are several things I'd have done differently — and sooner. My best advice? Do these five things now or regret it later in life:

1. Say "yes" more than you say "no."

In my early 20s, I was so afraid of failure that instead of addressing what scared me, I hid behind my potential.

What I didn't realize until later was that my constant avoidance of risk was a lot more harmful than any kind of rejection I thought I was protecting myself from.

When my employer offered to promote me to a director-level role, I wanted to say "no"; I didn't feel confident and ready. But I decided to take the chance anyway.

That decision set me up for a higher salary trajectory for the rest of my career. But if I had I said yes to more promotions and opportunities sooner, I'd have been able to save up enough to retire even earlier.

2. Stop trying to keep up with your competition.

I had a habit of comparing myself with coworkers and people in the industry. This led to a lot of jealousy: "Ugh, that person landed a promotion and raise! Not fair." "Wow, she got 'Employee of the Month' twice? I must be doing something wrong."

It was a very unproductive way of thinking.

Eventually, I realized I needed to go at my own pace. I may not have been the smartest person in the office, but I was dedicated and I worked hard. I came in early every morning and got to know my managers.

Once I stopped caring about what everyone else was doing, I had more time to focus on what I was good at. I started to feel more capable and confident.

3. Make decisions for yourself and stop trying to please everyone.

I used to go through life assuming that people were watching my every move. As a result, I made decisions that I thought they — friends, family, colleagues, bosses and even strangers — would approve of.

But that got exhausting. So one day, I asked myself: "Who exactly do I think is secretly judging me throughout the day?" I couldn't think of a single person.

4. Slash spending and try to save more than 50% of your income.

The general rule is to save 20% of your income, but if you can save 50% or more, that's even better. My wife was always a saver, while I loved to spend.

But she got me into the habit of being frugal. We maxed out our 401(k) contributions in the years leading up to our retirement. We stopped buying things we didn't actually need, eliminated monthly subscriptions and streamlined our grocery budget.

At one point, we were saving 70% of our combined income. We funneled all of the extra savings into a Roth IRA, brokerage account and savings account.

Perhaps the most drastic change was limiting our restaurant budget to \$50 a month — a difficult task for me because I was so used to eating out every day.

5. Be more self-aware and practice EQ.

For a long time, I thought that your intelligence quotient (IQ) determined your future success. I tried to impress people with my knowledge about random things.

But deep into my career, I learned that IQ is only a small part of the success equation. It's much more important to have emotional intelligence (EQ), or a heightened awareness of other people's emotions, as well as your own.

People with strong EQ are able to quickly grasp new concepts, react calmly and rationally to complex situations, and can work with many different types of personalities.

When you stop worrying about how other people perceive you, you gain more clarity about what you want — and choose to do what makes you happy. Practicing EQ helped me communicate effectively and build a rapport with my bosses and colleagues. That was what ultimately got me far in life.