

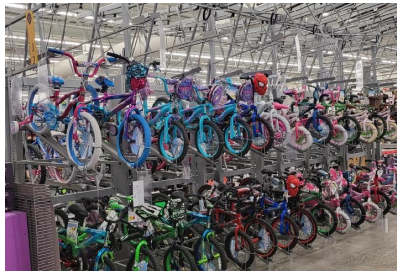
# TAB TELL ALL



## TAB RETAIL REMODELING INC.

### Remodel Spotlight: Newport, RI Walmart 2885

In this month's installment of Remodel Spotlight, we highlight TAB operating in Newport Rhode Island at Walmart 2885. This project is run at the site level by Mrs. Gail Christopher. She is supported by shift managers Cecil Evans and Leon Thomas. This project has been running seamlessly and efficiently since inception. The TAB team here has really come together in the true definition of a team. Experienced and beginning team members have really complimented and supported each other in a powerful way. When the site was visited by members of our corporate staff



the initial commentary was the store looked so good and the way tasks were being executed, a customer walking in would not even notice the Walmart was under remodel. We can not think of a higher compliment. In a fast paced market and high volume store the team has had great attention to detail and worked at a great pace while maintaining cleanliness and organization. The RPL and store planning team has been very pleased at the way our team has responded to challenges and adapted on a nightly basis. We are so proud of our team and each person's efforts. We are happy to recognize this crew and give them the flowers they have earned. In addition to the execution of this remodel we have seen growth in the individuals and cross training advancements not only from our management team's direction but in peer to peer interaction. Team members sharing best practices and techniques and taking pride in making each other better. This team has put the work in and set themselves up for success not only on this project, but more importantly going forward and on future endeavors. .



### The difference between a friend and business friend



*friendships, things can change in a heartbeat.*

#### 3. . Real friends are for keeps

*Business friends have a mission to make a profit and will leave when that is no longer possible. Your real friends will stay with you no matter what your mission is.*

#### 4. You still need business friends

*Business friends are important, and being able to trust them is important. You can have cordial relationships with your business friends. But remember that when your mission changes, your business friends are likely to disappear. "never mistake business for friendship." Another way of saying this is "never confuse your business friends with your friends."*

#### 1. Business friends may leave

*When you start out in business, other business people encourage you, and you may think that you are everybody's best friend. And you are until your business friends figure out how they can make more money or advance in another way. And then they move on.*

#### 2. "Business friends are in flux

*Business friends, like business relationships, are always in flux depending on who gets what from the relationship. They are certain times when business is very good for both of you. You have good business friends, and you can't do enough for each other. But unlike real*

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#### Special points of interest:

- Remodel Spotlight
- Business vs Real Friends
- Fun Facts
- Travel Budgeting

### FUN FACTS!

-The real name for a hashtag is an octothorpe.

-You can hear a blue whale's heartbeat from over 2 miles away.

-The last letter added to the English alphabet was 'J'.

-All the clocks in Pulp Fiction are set to 4.20.

-You can't hum if you hold your nose.

-Vatican City is the smallest country in the world.

-In the course of an average lifetime, while sleeping you could eat around 70 different insects and 10 spiders, or more.

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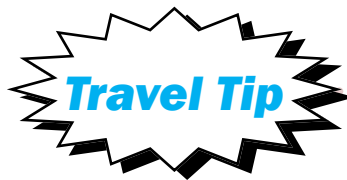
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### 1 Team 1 Goal 1 Family

**Do your preliminary research.** Before you go, do some research on the types of cuisine your destination is known for, its local ingredients and its most beloved dishes. Then do a quick search for places to eat, keeping in mind that review sites aren't always accurate. Trust bar and restaurant staff

"Bartenders know best" is my motto for drinking around the world. Bartenders work with and drink with other bartenders, who work and drink in other bars. Whether you're looking for a dive bar or a fancy cocktail, your bartender –



## How to Actually Eat Like a Local While Traveling

whether it's at a hotel bar or a restaurant you stumbled into – will point you in the right direction.

The same goes for your restaurant server, who works all night with people in the food world. The advice from your bar and wait staff is some of the best you'll get. Tip accordingly.

**Don't (blindly) trust online reviews.** Reviews can help you pin down suggestions in a region, or if you have specific dietary needs or preferences, but that's about it. Look for reviews from locals, especially those who comment on certain dishes. "This Bolognese is as good as my grandma's." That's what you're looking for.

**Don't shy away from street food, especially when there's a crowd**

Street food is usually cheap and widely available, and can give you insight into the local food culture. Just as with hot dogs in Chicago, most people can tell you where to go.

**Ask the right locals, not just any local**

If you're going to do it, let's talk about how to do it right. get specific. Ask where to try a certain type of food. This is where your preliminary research comes in. Discuss your price range and the atmosphere you're looking for, and convince them you really, truly do want to try local dishes, regardless of ingredients.



Plus, there's always a chance you'll get lucky and run into the local who is passionate about and really does know a lot about food, and then you're in for a treat.



## How to budget for your trip

Build a travel budget before you hit the road.

### 1. Start at home

If you don't stick to an overall spending budget, you may find it hard to build and keep a travel budget. So start by figuring out exactly how you spend at home, making sure you have enough left over each month to put away in a savings account.

### 2. Analyze that spending

The simplest way to figure out what you'll spend on a trip is to look hard at where your money went on a previous trip. Using the website or app for your bank and credit cards, find every expenditure related to the trip, from your airfare to your cab ride home from the airport. Include things you bought for your trip (like new walking shoes or sunscreen) and things you bought during your trip (like souvenirs or dinner). Then, build a spreadsheet that summarizes what you spent in each category. It's not the most fun evening activity, but analyzing past spending will offer a glimpse into how much you spent on food, drinks, taxis and other categories, helping you plan for your next trip.

### 3. What travel expenses to budget for

If you're not an experienced traveler, you may not know exactly how to budget for travel. So, start with categories. Imagine your trip from start to finish, focusing on how you'll spend money along the way. As you go, create a travel budget worksheet that puts your spending into buckets.

**Transportation.** This includes how you get to and from your destination and how you get around when you get there. It could be a good idea to add in some cushion in case your transportation needs shift once you get there.

**Lodging, including taxes and fees.** This could be a big chunk of change, but luckily, you should know exactly how much it is before you leave.

**Food and drink.** This depends on a lot of factors, including how you like to eat, where you're traveling and how much you expect to tip. If you're more comfortable grabbing take out or getting delivery, make sure you're taking those extra fees into account.

### Look for places to save

Once you see how you spend, you may discover that traveling costs a lot more than you realize. If so, you may want to try traveling more cheaply.