

# TAB TELL ALL



## TAB RETAIL REMODELING INC.

### Spotlight: Sprouts Grand Openings

In this month's installment of TAB Spotlight, we wanted to do something different and highlight a division within TAB and the excellent work they have been doing. The Sprouts Division within TAB has been on quite a roll this summer and have facilitated the Grand Opening of 9 new stores from Florida to Virginia. The Sprouts Division works in conjunction with the General Contractor over the project and the client typically in 3 week sets. Sprouts does a wonderful job with their ribbon cutting Grand Opening Ceremony and always has a prominent place for their partner TAB front and center. We have a wonderful relationship with the client and great teams working together to accomplish our goals.



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End of Summer Extravaganza

*Special points of interest:*

- Sprouts Grand Openings
- TAB MVPS
- Saving Money
- Fun Facts

## **8 simple ways to save money**

***Saving is easier when you have a plan—follow these steps to create one***



### **1. Record your expenses**

*Keep track of all your expenses—that means every coffee, household item as regular monthly bills. Record your expenses however is easiest for you—a pencil and paper, a simple spreadsheet or a free online spending tracker or app. Once you have your data, organize the numbers by categories, such as gas, groceries and mortgage, and total each amount. Use your credit card and bank statements to make sure you've included everything.*

### **2. Include saving in your budget**

*Include a savings category in your budget and aim to save an amount that initially feels comfortable to you. Plan on eventually increasing your savings by up to 15 to 20 percent of your income.*

### **3. Find ways to cut spending**

*Identify nonessentials, such as entertainment and dining out, that you can spend less on. Look for ways to save on your fixed monthly expenses, such as your car insurance or cell phone plan, as well.*

### **4. Set savings goals**

### **5. Determine your financial priorities**

*Learning how to prioritize your savings goals can give you a clear idea of how to allocate your savings.*

### **6. Pick the right tools**

*There are many savings and investment accounts suitable for short- and long-term goals.*

### **7. Make saving automatic**

*Almost all banks offer automated transfers between your checking and savings accounts.*

### **8. Watch your savings grow**

## **FUN FACTS!**

-Australia is wider than the moon

-Headphones can increase the bacteria in your ears

-We spend a year on the toilet in our lifetime

-French fries are Belgian, not French.

-A hippo's jaw opens wide enough to fit a sports car inside.

-It would take 19 minutes to fall from the North Pole to Earth's core.

-German chocolate cake was invented in Texas.

-Armadillo shells are bulletproof

# Weekly MVPs in the Walmart Division

Each week during the course of a remodel our Site Managers have had the opportunity to recognize a team member for being most valuable that week. We want give company wide recognition to those who have been chosen for the award. Congrats to all and thank you for your efforts.



Alicia Collins



Antonisia Harper



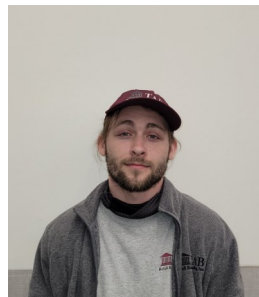
Atorias Hill



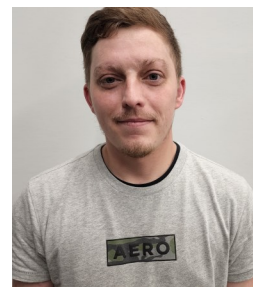
Bonnie McGuire



Albert Llanos



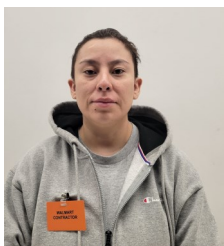
Braxton Hughes



Brian Howren



Cedric Triplett



Charlene Draper



Chris Kermode



Corey Williams



Crystal Lambrecht



Cynthia Rape



Dejuan Baker



Deshonza Brown



Devon Washington

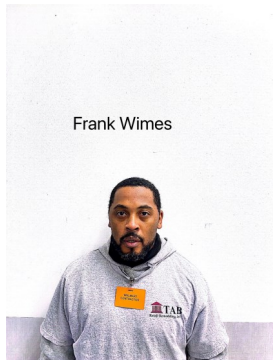


Enoch McDonald



Felicia Holland

# Weekly MVPs in the Walmart Division



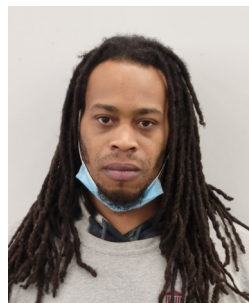
Frank Wimes



James Shelton II



Jamie Williams



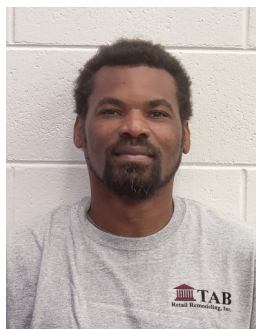
Jasmine Cox



Javonta Carter



Jesus Mendoza



Johnny Heard



Joseph Albert



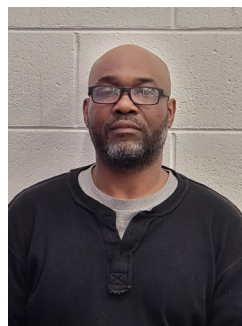
Kaitlyn Lowery



Keymion Thompson



Kierra Dyess



Larry Vining



Larry Walker



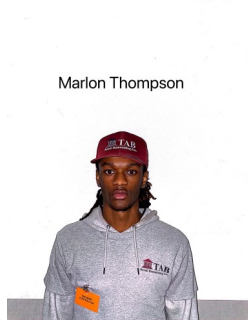
Lauren Bonner



Malcolm Sanders



Mario Rizo



Marlon Thompson



Marty Jones



Melinda Hamilton



Merick Tom

**TAB Retail Remodeling INC.**



**1 Team 1 Goal 1 Family**

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Michael Cruse



Milo Johnsen



Melinda Hamilton



Nickoya Lindo



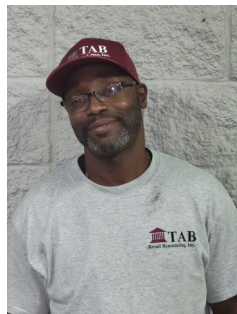
Onterio Jones



Paige Jokhan



Papacheysson Mbye



Richard Dunnigan



Robbi Daniels



**Weekly Walmart MVPS**



Rusti Hershey



Sara Read



Shilo Johnsen



Siah Nash



Sierra Lerch



Simone Kort



Tamarcus Pruitt



Tamia Milligan



Iawaii McWilliams



Taylor McDermitt



Theresa Hines



Wade Stratton

Wibline Charles



Zsaebreion Lipsey

