

August 1, 2024



TAB Retail Remodeling Connected Across The Map



TAB to the Rescue!

Its the end of summer and the start of fall and this is when remodels and projects around the country start to "fall" apart.

Now enter TAB Retail Remodeling and our traveling merchandisers to the rescue! Our client will be tapping into our talents to take over projects not properly staffed and those falling behind predicted GO dates. As a company we need to remain ready and flexible. This will mean traveling on short notice and being prepared to assess and execute the day we step on the floor. These are the challenges that have

earned TAB its reputation as the leader of our industry. Please keep this in mind as the Operations Department reaches out to you with new assignments and schedules. At this time of year we are reacting in real time and coming up with plans and solutions as the tasks are given to us. It is normal during this part of the season for us to receive a call on Thursday or Friday at the corporate office to get our teams somewhere by Sunday. We wanted to be transparent with all our team members in the field so you understand the climate and expectations. This is what TAB does, we make the impossible; possible. This is a great opportunity for individual team members to showcase their skills and dedication and separate themselves in a positive way for new opportunities.

TAB TRIVIA, WHAT DO YOU KNOW?

1. How many states does the Appalachian Trail cross?
2. What do you call a group of flamingos?
3. M&M's Fruit Chews would eventually become what popular candy?

1. 14-2. A firmboyance 3. Starbursts

TAB TRAVEL COMP REVIEW WALMART DIVISION

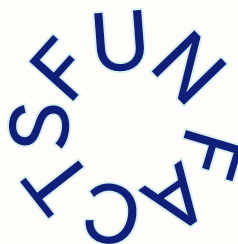
A TAB EMPLOYEE MUST WORK THEIR 1ST FULL SCHEDULED 40 HOURS TO EARN AND RECEIVE THEIR TRAVEL COMPENSATION ON THE FIRST PER DIEM CHECK.

CALL OUTS, COMING LATE, LEAVING EARLY FOR ANY REASON ON THE FIRST SCHEDULED WEEK WOULD MAKE YOU INELIGIBLE TO RECEIVE TRAVEL COMPENSATION.

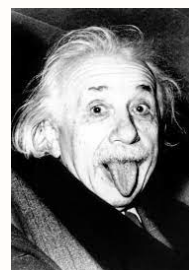
DISTANCE FOR YOUR FIRST ASSIGNMENT (AND WHEN RETURNING FROM TIME OFF) IS CALCULATED FROM THE HOME OFFICE . ONCE IN THE FIELD DISTANCE IS MEASURED FROM PROJECT TO PROJECT.

Going the distance: 7 tips for long-distance driving

1. Plan your route in advance.
2. Monitor weather conditions.
3. Take your vehicle in for maintenance.
4. Use cruise control to reduce fatigue.
5. Adjust your seat and mirrors for comfort.
6. Get plenty of sleep and take breaks.
7. Avoid distractions.



DID YOU KNOW?



- Did you know Platypuses sweat milk?
- Did you know Bananas glow blue under black lights?
- Did you know a woman in the United Kingdom once called the police when her ice cream didn't have enough sprinkles?
- Did you know Lemons float, but limes sink?
- Did you know "The Terminator" script was sold for \$1.

8 HOURS TO 11 HOURS AND 59 MINUTES: DRIVER \$300 PASSENGER: \$150

12 HOURS TO 15 HOURS AND 59 MINUTES: DRIVER \$400 PASSENGER: \$200

16 HOURS TO 19 HOURS AND 59 MINUTES: DRIVER \$500 PASSENGER: \$250

20 HOURS TO 23 HOURS AND 59 MINUTES: DRIVER \$600 PASSENGER: \$300

24 HOURS TO 27 HOURS AND 59 MINUTES: DRIVER \$700 PASSENGER: \$350

28 HOURS TO 31 HOURS AND 59 MINUTES: DRIVER \$800 PASSENGER: \$400

32 HOURS AND OVER: DRIVER \$900 PASSENGER: \$450

TAB Recipe of the Month

Rosemary Salmon and Veggies

This healthy dinner tastes anything but! The tart and garlicky marinade is made with pantry staples.

Ingredients:

1-1/2 pounds salmon fillets, cut into 4 portions
2 tablespoons melted coconut oil or olive oil
2 tablespoons balsamic vinegar
2 teaspoons minced fresh rosemary or 3/4
teaspoon dried rosemary, crushed
1 garlic clove, minced
1/2 teaspoon salt
1 pound fresh asparagus, trimmed
1 medium sweet red pepper, cut into 1-inch pieces
1/4 teaspoon pepper
Lemon wedges

Directions

Preheat oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic and salt. Pour half over salmon. Place asparagus and red pepper in a large bowl; drizzle with remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.

Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

Total Time

Prep/Total Time: 30 min.

Makes

4 servings



AUGUST TAB DESSERT RECOMENDATION CHEESECAKE POPS

Ingredients

2 (8-oz.) blocks cream
cheese
1/4 c. sour cream
3/4 c. powdered sugar
1 tsp. pure vanilla
extract
1/4 tsp. kosher salt
1 c. chopped
strawberries
1/4 c. crushed graham
crackers
15 popsicle sticks

Step 1

In a large bowl using hand mixer, beat cream cheese, sour cream, powdered sugar, vanilla, and salt until smooth.

Fold in strawberries.

Step 2

Spoon mixture into Dixie cups then sprinkle graham crackers on top.

Step 3

Insert a popsicle stick into the middle of each cheesecake cup.

Step 4

Freeze until the cheesecake mixture is solid. Remove from Dixie cups and serve immediately.

