

Raise Kids
Who Save
PAGE 11

4 Brain-Boosting
Foods
PAGE 20

How to Buy
for Walmart
PAGE 38

The Associate's
Guide to
Living Better
AUGUST 2014

Walmart World

"Build strong personal _____ with your people."
—Sam Walton (See Page 74.)

Free Magazine!

Nothing Stops the Train

**Ron "the Train"
Zabala** faced
death head-on
and won. Find
out what he
learned. **PAGE 43**



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43 "The Train" Keeps Rolling
Ron Zabala, a hardware sales associate at Store 2727 in Florida City, Fla., may have lost his legs, but he still stands proud. Here are his life lessons.

47 What I've Learned (My Black Is Beautiful)
Sherry Turner, department manager for consumables at Store 532 in Gonzales, La., wants to empower young black women to dream big.

28

Diana Steel, an office associate at Store 4252 in Flagstaff, Ariz., enjoys the perspective that stargazing can give you. Check out our beginner's guide to stargazing.

From left: **Linda Phillips**, merchandise supervisor, paper, pets, and chemicals; **Jeffrey "Fritz" Fittinger**, store manager; **Sarah Aff**, receiving associate; and **Jacqueline Nielsen**, ZMS, fresh, all of Store 3757 in Arlington, Wash.



STRIVING FOR EXCELLENCE

Work as a team by helping each other and asking for help.

Who

Associates at Store 3757 in Arlington, Wash., led by Store Manager **Jeffrey "Fritz" Fittinger**

Where

Store 3757 is less than 20 miles from a massive mudslide that devastated the small community of Oso, Wash., on March 22, 2014.

Why

More than 40 people were killed by the mudslide, and many more were left homeless. Several associates at Store 3757 had family affected. But these associates did what Walmart associates are known to do in a crisis—they helped. The team here provided food and supplies to rescuers and survivors. Read the full story on Page 56.

READ  Go to walmartworld.com/ourbeliefs to read more about Our Beliefs.

FROM THE EDITORS

Live to Learn

Back-to-school season always gets us thinking about learning. After all, learning on the job can advance your career. Learning new skills can bring new opportunities. And learning about yourself can provide a fresh perspective. What we want to know: What lessons have made the biggest difference in your life? Share them with us (and others) at Walmartworld.com or email wmworld@wal-mart.com. —**THE EDITORS**



Hail to the Chef!

Thank you for the Associate Chef article ["Secret Sauce"] about me in the February issue. Old friends and associates got in touch with me to let me know they had seen it and enjoyed it. It was great to hear from so many. And my family was really happy to read this anecdote about Mom and Grandma.

—**Susan Canfield**, zone supervisor, front end, Store 1852, Woodbridge, Va.

“We must constantly be listening and learning from each other.”

—**SAM WALTON**

Publisher
Alan Dranow

Editor in chief
Matt Larsen
MattLarsen@wal-mart.com

Managing editor
John Soldani

Content manager
Amanda Foster

Marketing and sales
Sam Rivkin

Editorial and advertising inquiries:
wmworld@wal-mart.com

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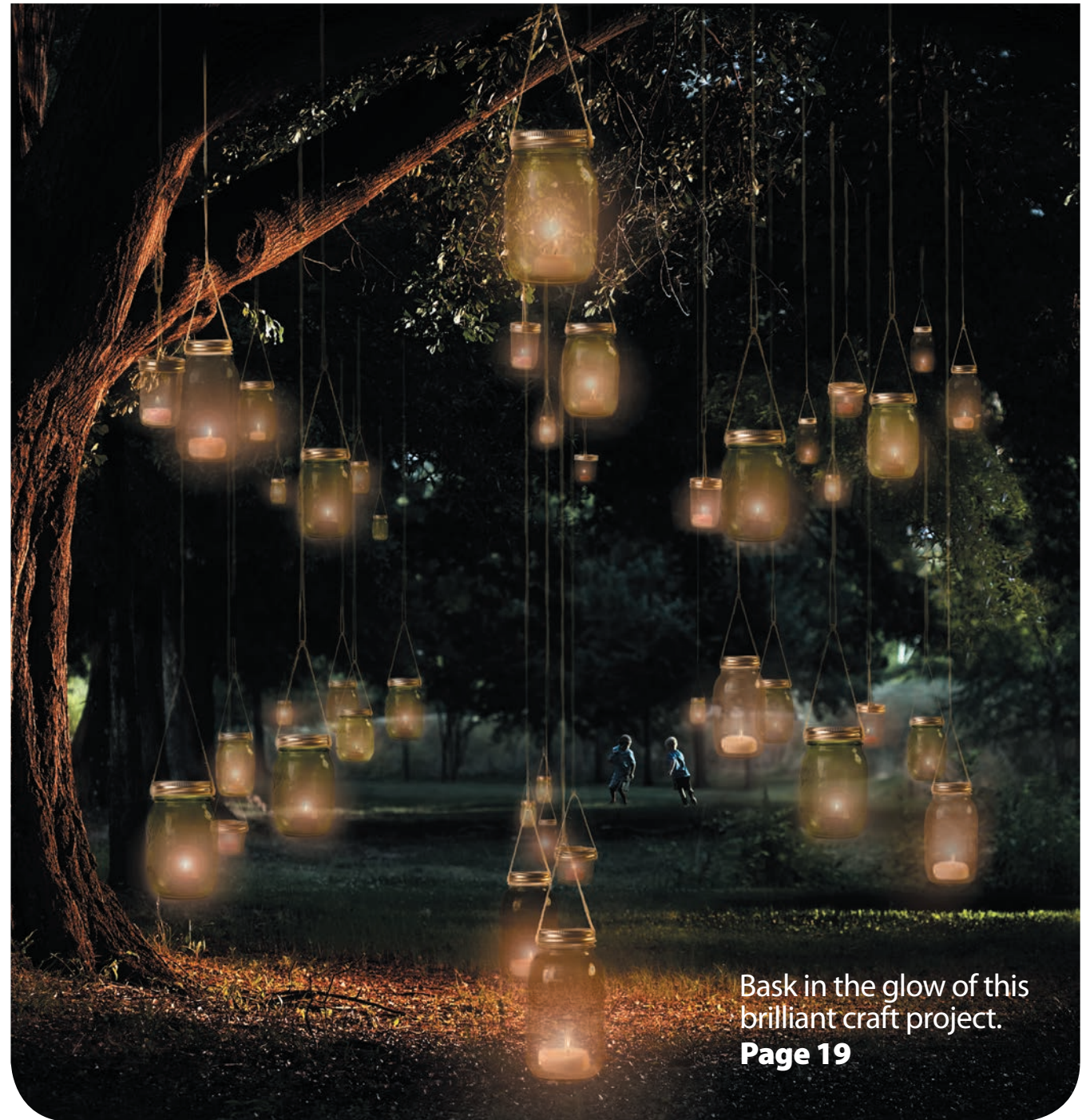


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THE **Guide**

Entertainment / Money / Style & Beauty / Home / Health / Food / Outdoors



Bask in the glow of this brilliant craft project.
Page 19



Green and Loving It

Kermit the Frog stars in *Muppets: Most Wanted*, out on Blu-ray combo pack this month. He stopped by to dish on Miss Piggy, why he looks so young, and more!



If there were a movie produced about your life, who would play you and why?

Lori Morris, senior project manager, Recruitment Marketing, Home Office, Bentonville, Ark.

Constantine from our new movie *Muppets: Most Wanted* is a dead ringer for me, give or take a mole. Also, I think that, being green, Yoda could play me. (Although on syntax, some changes have to make he might.) I think Tom Hanks would be a great choice. He's very good at playing an affable everyman (or in this role, everyfrog).



All these years in show biz—how do you stay so young?

Clayton Jasper, overnight maintenance associate, Store 3472, Post Falls, Idaho

We amphibians are from a good gene pool. As long as we soak daily in swamp water, we stay green and young-looking until we, uh, croak. As for staying young at heart, that's easy, too. I'm an optimist, and I still have big dreams. I believe dreams come true if you work at them and share them with friends. Let's face it: If a talking frog can make it big in Hollywood, anything is possible.



Was Miss Piggy your first love?

Brittany Ritchey, sales associate, hardware, Store 2241, Sunnyside, Wash.

I have to say yes, Miss Piggy was my first love. I have to say this *not* because it's true, but because if Miss Piggy read this and found out that I loved someone before I met her, things could get pretty dangerous around here, and frankly, I'm not ready to croak just yet.



Shailene Woodley and Theo James star in *Divergent*, out this month on DVD.

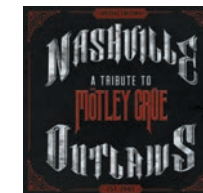
Nature Versus Order

Here's what's hot in August.

Movies



The characters in *Divergent* are forced to live in divided factions based on human virtues like intelligence, peace, bravery, honesty, and selflessness. Based on Veronica Roth's best-selling book of the same name, *Divergent* explores what happens when Tris (Shailene Woodley) learns she doesn't fit into just one group. Marked as Divergent, she and others are in danger of being killed and must do everything they can to unravel the conspiracy that threatens them. Discover *Divergent* this month on DVD in stores and at Walmart.com.



Music

Country superstars like LeAnn Rimes and Rascal Flatts have teamed up to record *Nashville Outlaws: A Tribute to Mötley Crüe*, a country music tribute to the band Mötley Crüe.



Books

Sandra Brown's latest release, *Mean Streak*, is a suspenseful tale about love, deceit, and the tough choices one woman has to make to survive.



Video Games

EA Sports' *Madden NFL 15* is available for PlayStation 3 and 4, Xbox 360, and Xbox One.



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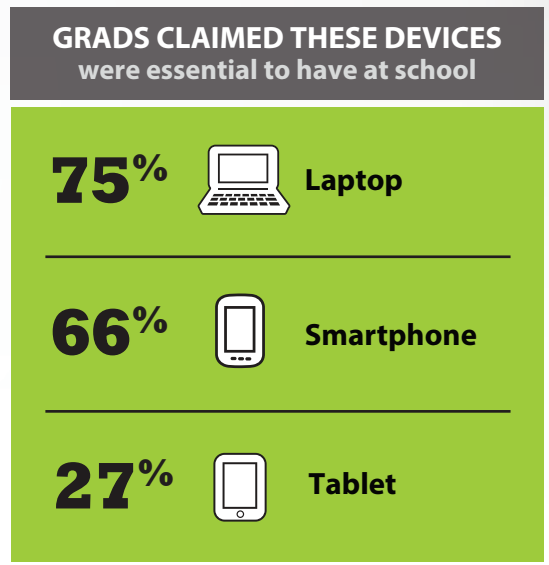
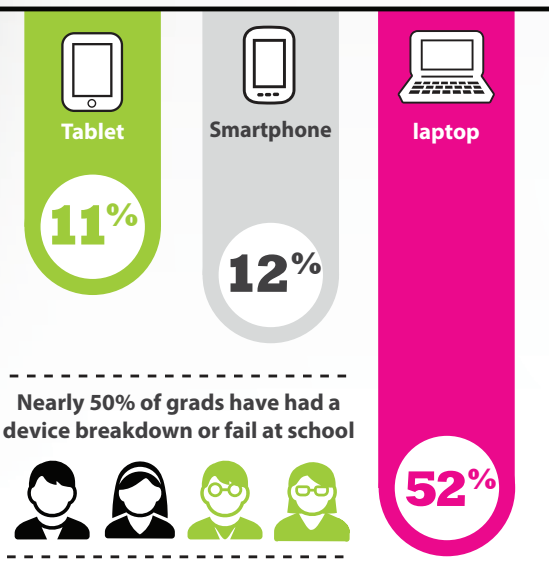


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Source: Survey results based on responses from 1,000 participants ages 17-25 who graduated from college or high school in May, 2014. Data collected by Asurion in April, 2014 via SSL.

*Star rating based on average of 654,593 customers surveyed between 7/1/13- 6/30/14

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Pint-Size Savers

Attention parents! Teach your kids about money with these four expert-approved tips.

Saving money is a habit that children learn, just like brushing teeth and exercising, says Neale Godfrey, the author of *Money Doesn't Grow on Trees: A Parent's Guide to Raising Financially Responsible Children*. Here is Neale's advice for teaching kids the value of money.

Talk dollars and common sense.

"Use the world as your classroom to make real-life connections about money," Neale says. As you shop, talk with your children about prices. Explain the amount of work that goes into earning that amount, and you'll help them understand money doesn't appear when you want it.

Teach smart shopping. Clip coupons with your children. For each coupon used, let your children put the savings in their piggy banks. "They'll realize that by spending less, they can save more," Neale says.

Let them earn their keep.

Allowances shouldn't be a handout, Neale says. Just like moms and dads work to earn money, children should work for an allowance by completing age-appropriate chores.

Save for now and later. Neale suggests breaking an allowance into four parts: 30 percent spending money, 30 percent long-term savings, 30 percent medium-term savings for a future purchase, and 10 percent as a charity donation—another good habit.

"Give kids a fun way to earn money. Last summer we bought temporary tattoos, and the kids sold them for 25 cents. Since it was fun, my son and daughter appreciated that money is more than what they earn from chores."

—Cassy Biddle, staple stock unloader, Distribution Center (DC) 7026, Grantsville, Utah

Cassy Biddle, staple stock unloader at DC 7026 in Grantsville, Utah, and her children, Jakob and Lauren



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Carry All—In Style



This year, students want super-functional backpacks with special space for gadgets and gear. Check out the top picks, courtesy of **Susan Vogel**, backpack buyer at the Home Office in Bentonville, Ark.

Preschool
Go for **backpacks for girls and boys.**

"Owl motifs for girls are on trend," Susan says. "And bright colors make this version especially fun. For boys, try a new twist on camouflage, like the shark motif." Remember that preschoolers don't carry a lot, Susan adds, so keep the size manageable.

Elementary
Go for **Super Lights backpacks.**

This age group wants fun bells and whistles. The Super Lights backpacks have LED lights that flash when tapped, as well as on-trend side pockets that can hold a water bottle or supplies. Cartoon characters give them even more appeal.

Middle School and High School
Go for the **Go Pink! Tote or the Eastsport Basic Tech Backpack.**

Convertible straps, lots of pockets, and a padded section for tech gear like a tablet or laptop make the zebra-print tote ultrafunctional. And, "the retro look is hot for boys' backpacks," Susan says.

College
Go for the **Russell Athletic Ultimate Backpack or a computer tote.**

The athletic-style backpack holds heavy textbooks and includes a moisture-resistant pocket for stashing gym clothes. For a more polished option, Susan likes the casual work tote that has padded slots for a computer.

Beautiful Basics

Get out of your makeup rut by brushing up on basics and trends with tips from Emmy Award-winning makeup artist Roberto Casey.

Summertime Is Coral Time

Coral blush is great for summer. If you have a light skin tone, Roberto advises a pale coral. For darker skin, try a deeper, more orange coral.



Where to Apply Blush

Tip: For a healthy flush, sweep your blush just outside the apples of your cheeks and under your eyes.
No-no: "Don't apply blush too close to your nose," Roberto says. "It can pull your whole face downward."

Fuller Lashes, Fast

Tip: "Use a fanning technique to apply mascara," Roberto says. "Think of your lashes in three sections: middle (brush up), outside (brush up and out), and inner (brush up and in toward your nose)."
No-no: For clump-free, thick-looking lashes, "don't just apply mascara to the tips of the lashes," Roberto says.

Make Lipstick Last

Tip: Blotting is the best way to make lipstick last, Roberto says. First, apply lip balm and blot with a tissue. Then fill in lips with a neutral lip liner, apply lipstick, blot, and reapply.
No-no: Razor sharp, visible lip liner is outdated.

A Tip for Lips

For moisture and color in one, try a Neutrogena MoistureSmooth Color Stick. "The hydrating formula replenishes moisture so lips feel instantly softer and smoother," says **Stephanie Holland**, beauty buyer at the Home Office in Bentonville, Ark.



Red Lips Are In

Bold, matte red lips work for day or night and are everywhere right now, Roberto says. Plus, the color brightens your complexion and makes your teeth look whiter.



Your Perfect Lash Color

Try purple mascara for brown eyes, aubergine (a deep purple) for green eyes, and brown mascara for blue eyes, Roberto says.



READ



Want more beauty basics? Read about how to create a natural, flawless look at walmartworld.com/style.



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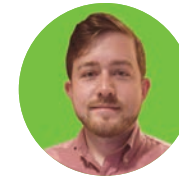
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"Since dorm rooms are a temporary living arrangement, they're a great place to experiment with your decorating style—you can always change it up next year!"

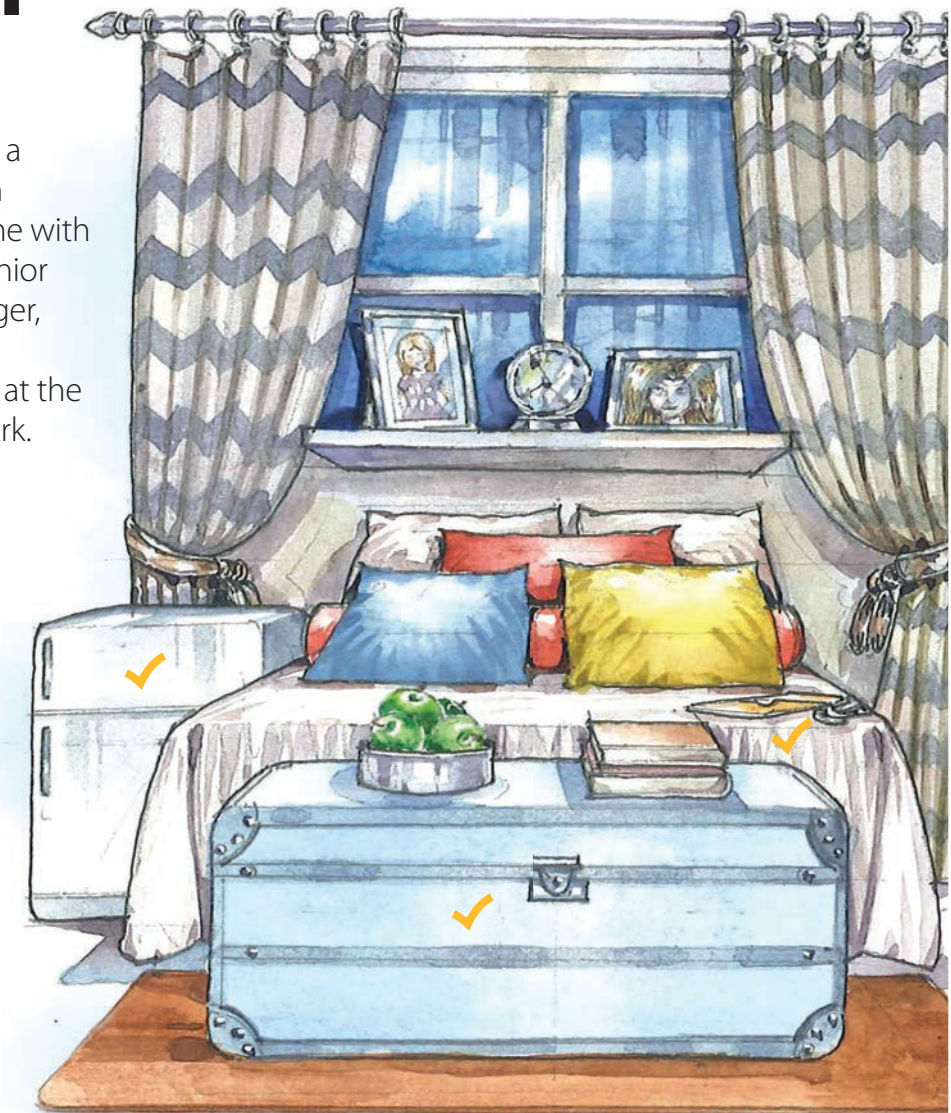
—Jeremy Lutat,
product development manager,
Home Office, Bentonville, Ark.

Claim Your Space

Moving into an apartment or a dorm? Learn how to make an unfamiliar space feel like home with advice from **Jim Scalfani**, senior product development manager, and **Jeremy Lutat**, product development manager, both at the Home Office in Bentonville, Ark.

On Campus

According to a survey by *U.S. News and World Report*, an average of 38 percent of undergraduates who attend one of the 247 schools on its list of ranked national universities live on campus. And often those dorm rooms could use some added color and comfort! Jeremy and Jim recommend rug and accent pillows in bold colors like orange and lime and curtains in a strong, simple pattern to anchor the look. "Layering on bright accents is a great way to add a pop of color to an otherwise neutral room," Jeremy says. Black-and-white chevron curtain panels are on trend and pair well with all those bright bursts of color. Don't forget a cushy backrest for late-night study sessions.



Campus Checklist

- ✓ Before moving day, talk to your roommate about which of you could bring larger items like a TV, mini-refrigerator, microwave, and futon or other seating.
- ✓ Dressers and closets in dorm rooms can be small. Consider bringing an underbed box or a trunk for additional clothes storage.
- ✓ If you have a car, make sure to check your school's student parking guidelines, which may include deadlines for buying a permit and other details.

Available at Walmart: **Curtains:** Mainstays Black Chevron Panel Pair **Pillows:** Mainstays 18x18 Teal Plush Pillow, Mainstays 18x18 Lime Plush Pillow **Rug:** Mainstays 45x66 Quatrefoil Orange Rug **Backrest:** Mainstays Fuchsia Wave Backrest



"Take chances in your new space. Try mixing patterns connected by color or bringing in three main colors rather than just two."

—**Jim Scalfani**,
senior product development manager,
Home Office, Bentonville, Ark.

Protect Your Investment

Walmart Product Care Plans are available for electronics like computers and tablets, home décor items like the products shown here, and more. Learn about the plans at see.walmart.com/walmart/protection-plans.

Apartment Prep

Roughly one-third of U.S. residents are renters, according to the National Multifamily Housing Council, and apartment-rental season traditionally peaks between May and September. If you're among those moving into a new space, it's easy to put together a polished pad on a budget—just focus on decorative items that pair well together. "A great rug and decorative pillows are an easy way to pull together a coordinated, finished look in any space," Jim says. Unsure what colors to pick? Try touches of updated colors like teal and gray. And don't be afraid to mix and match curtain, rug, and pillow patterns, like interior decorators do, Jeremy adds. As long as you stay within your color scheme, you can't go wrong.

Apartment Checklist

- ✓ Read your lease carefully for details on monthly fees, costs for breaking a lease if you move out early, pet deposits, and who's responsible for repairs and damage.
- ✓ Be prepared to pay deposits to turn on utilities like electricity, cable, and natural gas.
- ✓ Budget for basic household items like a shower curtain, trash cans, basic kitchen supplies, a vacuum cleaner, and a small tool kit for simple repairs.

Available at Walmart: **Curtains:** Mainstays Aqua Ikat Panels **Pillows:** Mainstays 18x18 Gray Plush Pillow, Mainstays 18x18 Teal Trellis Pillow **Rug:** Mainstays 45x66 Quatrefoil Teal Rug

EVERYDAY SUSTAINABILITY

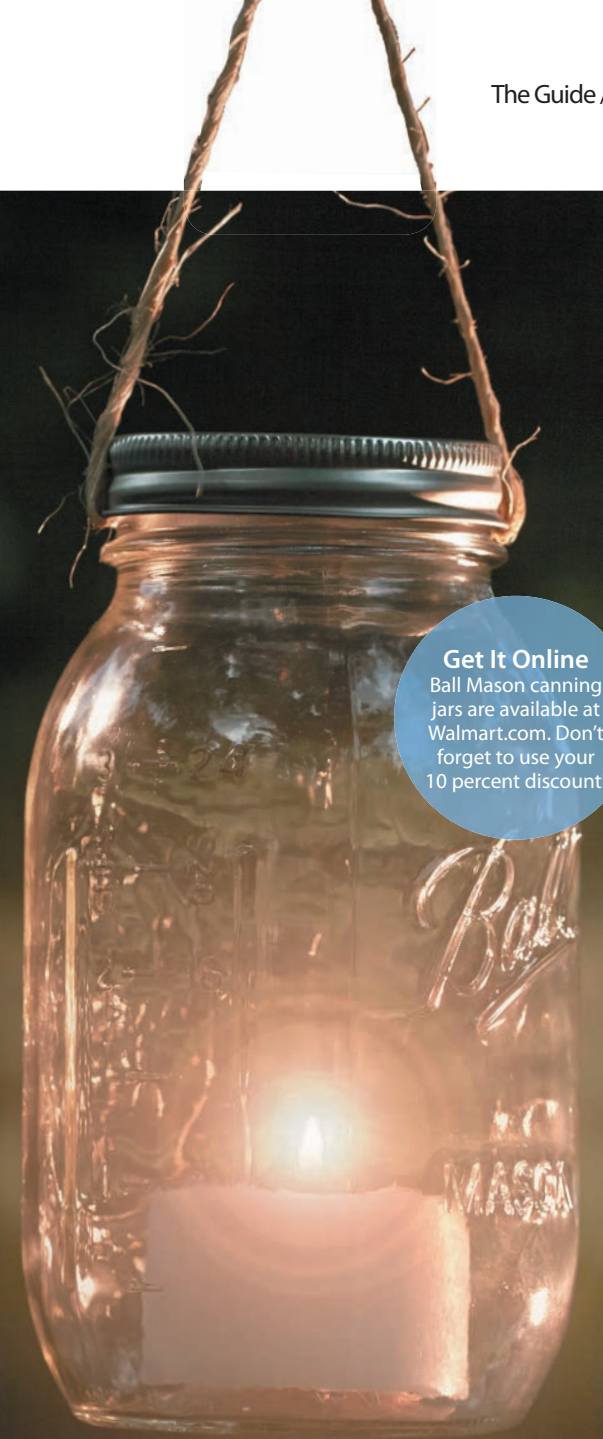
Old Jar, New Life

Mason canning jars have uses beyond storage. Here, Natalie Pirveysian, founder of the craft blog cremedelacraft.com, shares her tips for making a fun backyard or countertop lantern.

Materials

- Mason jar
- Metal O-ring lid
- Scissors
- Heavy-duty twine
- Candle at least 2 inches shorter than the jar
- Ribbon or other decorations
- Fireplace matchstick or long lighter

- 1. Prep the jar.** Remove the jar lid (you'll use the open O-ring part of the lid, not the flat top piece). Place the candle in the jar. To keep it securely centered, warm the wax on the bottom of the candle and press it into the center of the jar bottom. If you're concerned about kids and candles, use a small LED light.
- 2. Make a hanger.** Cut a piece of twine about 2 feet long. Place the ends over the jar thread then tighten the O-ring over the twine. Snip off any excess twine beneath the ring.
- 3. Finish it off.** Tie a colorful ribbon on the outside of the jar, or leave the jar as-is.

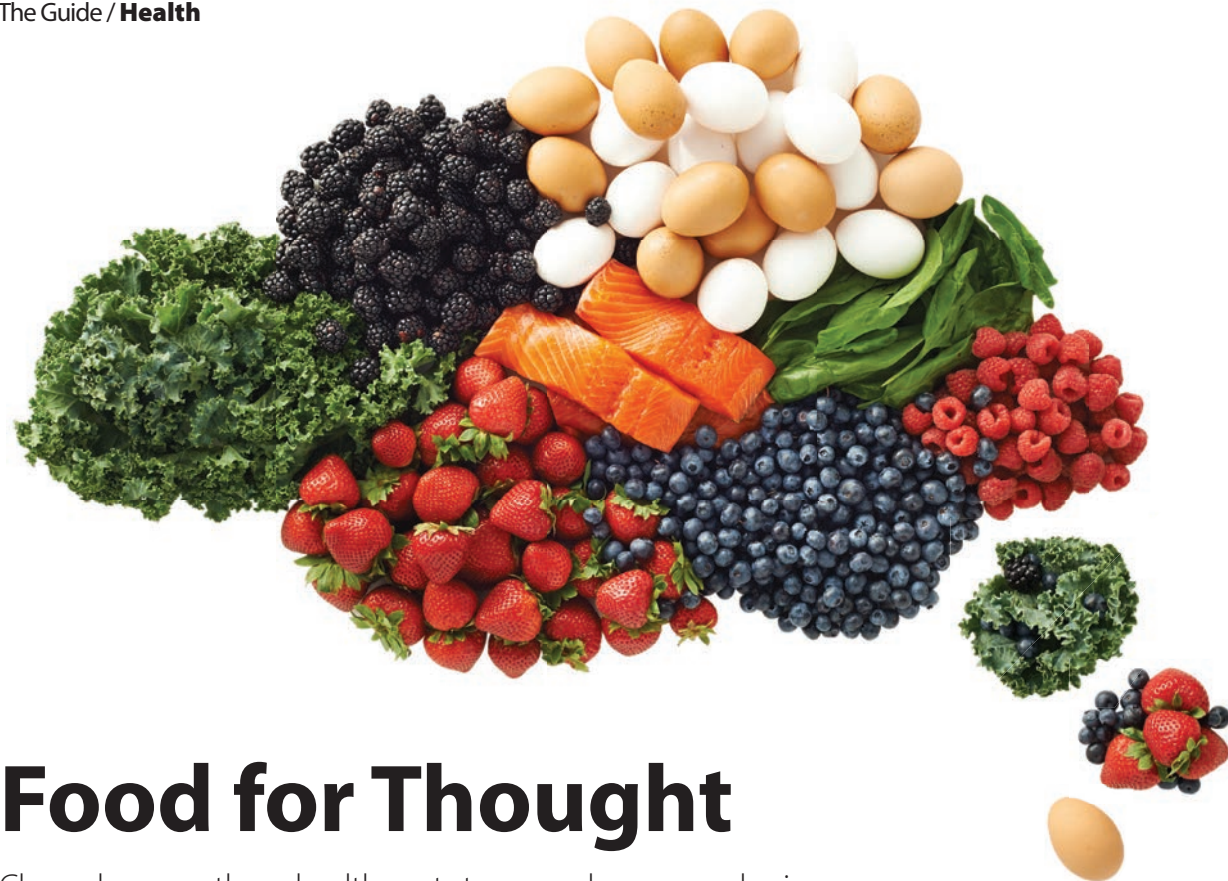


Get It Online
Ball Mason canning jars are available at Walmart.com. Don't forget to use your 10 percent discount!



"Get the kids involved, and use a paintbrush to splatter glow-in-the-dark paint (available at Walmart) on the jar to get a starry-night effect."

—**Susan Williams**,
department manager, lawn and garden,
Store 1684, Everett, Pa.



Food for Thought

Chow down on these healthy eats to supercharge your brain.

Did you know that certain snacks can improve your memory, and some meals can help fuel your brain for the day? Put the brain-boosting food suggestions below, from **Paulina Rojas**, nutritionist and health educator at the Walton Life Fitness Center in Bentonville, Ark., to use for yourself and your family.

Eggs-actly Right

One of the most important nutrients for brain health is choline, which is similar to a B vitamin and helps your brain send and receive signals. Adults should get roughly 500 mg of choline a day. Some of the best food sources include eggs, yogurt, and beans.

Eat Your Spinach

According to Paulina, leafy green vegetables like spinach and kale—loaded with antioxidants like beta-carotene, vitamin C, and vitamin E—may boost brain health. So include some in your USDA-recommended four to six servings of vegetables per day.

Seafood = Powerful Brain

“DHA is the omega-3 fatty acid responsible for brain and eye health,” Paulina says. Shrimp and fish are excellent sources of omega-3s. One way to get the recommended intake is eating two 3.5-ounce servings of fatty fish (like salmon) a week.

Brain-Berries

Berries, like blueberries and blackberries, are high in antioxidants known as flavonoids that can boost brain function and prevent age-related memory loss, Paulina says. One study suggests that two to three servings a week could help slow memory decline.



Note: This information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions about your health or diet, please talk to your doctor.



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RECIPE REMAKE

Chicken Kebabs With Walnut Pesto

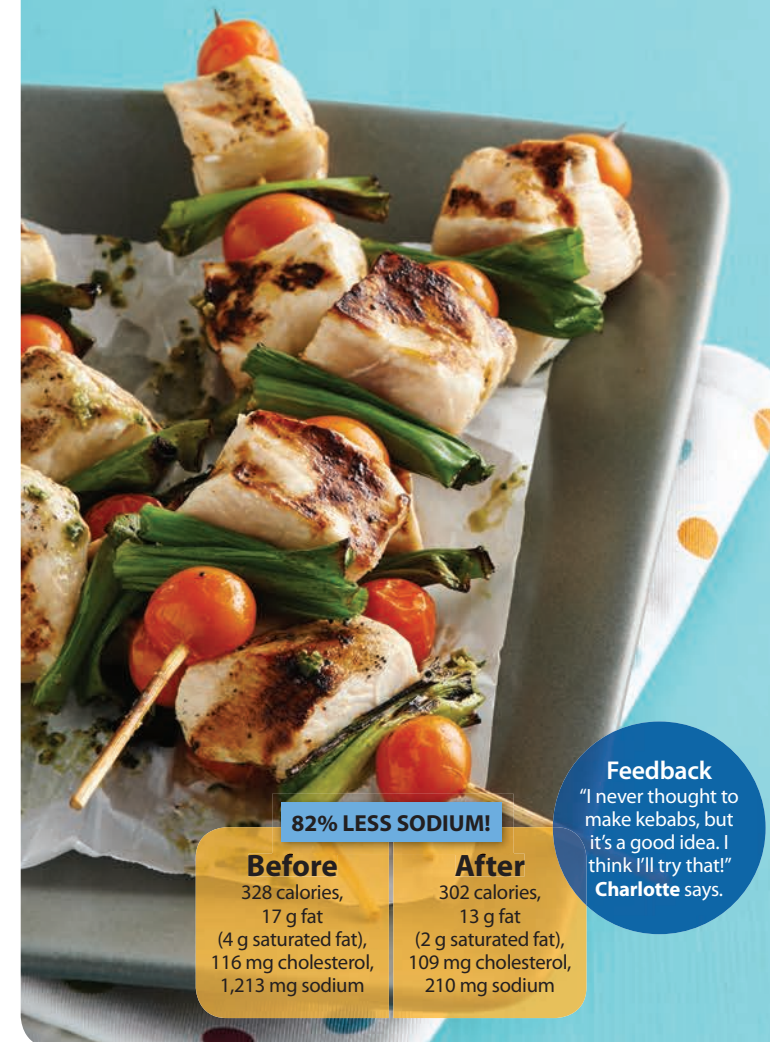


Charlotte McRae, claims supervisor at Store 2630 in Jesup, Ga., added walnuts to her grilled chicken recipe in an effort to lower her cholesterol. We kept them in our remake because they're good for brain health, too.



Prep time: 30 minutes
Cook time: 10 minutes

- ¼ cup toasted walnut pieces
- ½ cup fresh parsley leaves, packed
- ½ cup fresh basil leaves, packed
- 1 clove garlic
- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 2 tbsp water
- 1 pint red or yellow grape tomatoes
- Cooking spray
- 4 boneless, skinless chicken breasts halves (about 1½ lbs), cut into 1½-inch pieces
- 1 bunch scallions, cut into 2-inch pieces



1. Preheat grill to medium-high. Soak 8 wooden skewers in water for 30 minutes.
2. In small food processor, combine walnuts, parsley, basil, and garlic. Pulse 6 to 8 times until herbs are finely chopped. Add olive oil, vinegar, and water and process until mixture is almost smooth.
3. Thread remaining ingredients onto skewers, starting and ending with tomatoes. Continue until all ingredients are used.
4. Lightly coat kebabs with cooking spray and place on grill. Grill 5 to 6 minutes on each side, or until chicken is cooked through and vegetables are charred. Remove from grill. Serve immediately with pesto for dipping.

Feedback
"I never thought to make kebabs, but it's a good idea. I think I'll try that!"
Charlotte says.

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Before	After
328 calories, 17 g fat (4 g saturated fat), 116 mg cholesterol, 1,213 mg sodium	302 calories, 13 g fat (2 g saturated fat), 109 mg cholesterol, 210 mg sodium

Makes 4 servings. Per serving (2 skewers, 1 tbsp pesto): 302 calories, 13 g fat (2 g saturated fat), 109 mg cholesterol, 210 mg sodium, 7 g carbohydrate, 2 g fiber, 39 g protein

Note: This information is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. If you have questions about your health or diet, please talk to your doctor.



Chef's Secrets



Chef Marcus Samuelsson, a best-selling author, the winner of *Top Chef Masters Season 2*, and the owner of Red Rooster Harlem restaurant, loves using spice to make healthy meals everyone will

love. So when **Donna Murguia**, a greeter at Store 1963 in Turlock, Calif., asked about quick, spicy recipes for diabetics, Marcus had a fast answer. "I think the key is to make your own hot sauce," he says. "You can control the amount of sugar and sodium that goes in. I especially like this hot sauce recipe." Try it for yourself!



ROOSTER HOT SAUCE

Prep time: 20 minutes

Cook time: 30 minutes

- 3 red bell peppers
- Half a jalapeño pepper, seeded and chopped
- ½ cup apple cider vinegar
- 1 shallot, sliced
- 4 cloves garlic, chopped
- 4 tbsp cayenne pepper
- 1 tbsp sugar
- 1 tbsp salt
- 2 tbsp cumin
- 4 tbsp tomato paste
- 2 tsp mustard powder
- 2 tsp smoked paprika
- 1 cup olive oil

1. Preheat oven to 450 F.
2. Arrange bell peppers on a foil-lined baking sheet and place in oven, turning occasionally, until slightly charred and done, about 30 minutes.
3. Remove peppers from oven. Place in a paper bag for 10 minutes. Carefully remove charred skins and seeds and roughly chop peppers.
4. Place all ingredients except olive oil in food processor. Blend, slowly pouring in oil, until fully incorporated and smooth. Store in tightly sealed container in the refrigerator for up to six months.

Cooking for a Diabetic Family Member?

He or she is probably counting carbs and watching fat. This sauce is a low-carb condiment, but diabetics should use it sparingly to help keep their fat and salt intake in check. Try it with our grilled chicken kabobs on Page 23—just use the hot sauce in place of the pesto!

Makes 3½ cups. Per serving (1 tbsp): 45 calories, 4 g fat (1 g saturated fat), 0 mg cholesterol, 136 mg sodium, 2 g carbohydrate, 0.4 g fiber, 0.3 g protein



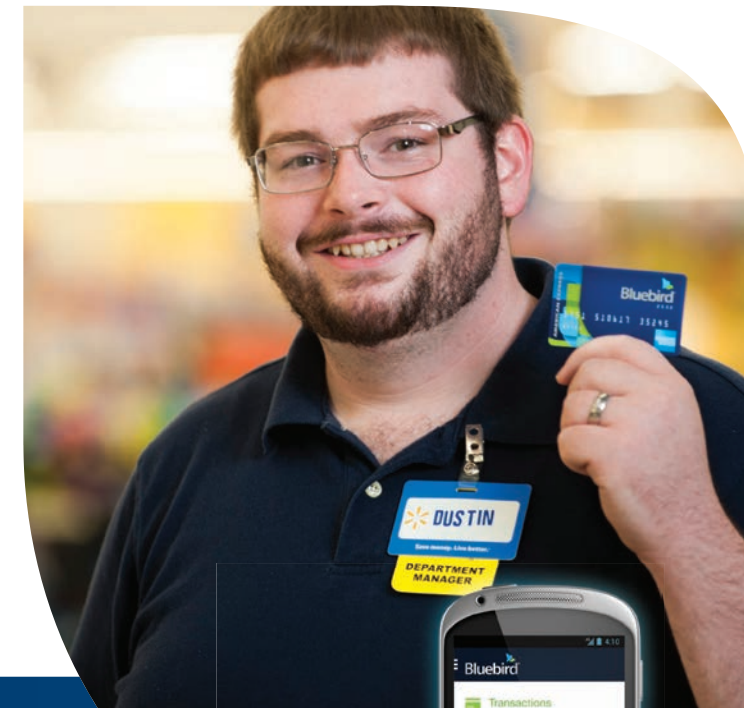
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“ My favorite feature of Bluebird is that there are **no monthly fees**. Money stays where I put it, and I can easily **transfer money** to my wife without having to meet her. Walmart associates could really benefit from Bluebird because we can **add cash to our accounts right where we work for free.** ”

Dustin Serio

Department Manager
Store 100, Bentonville, AR
Bluebird Member since 2012



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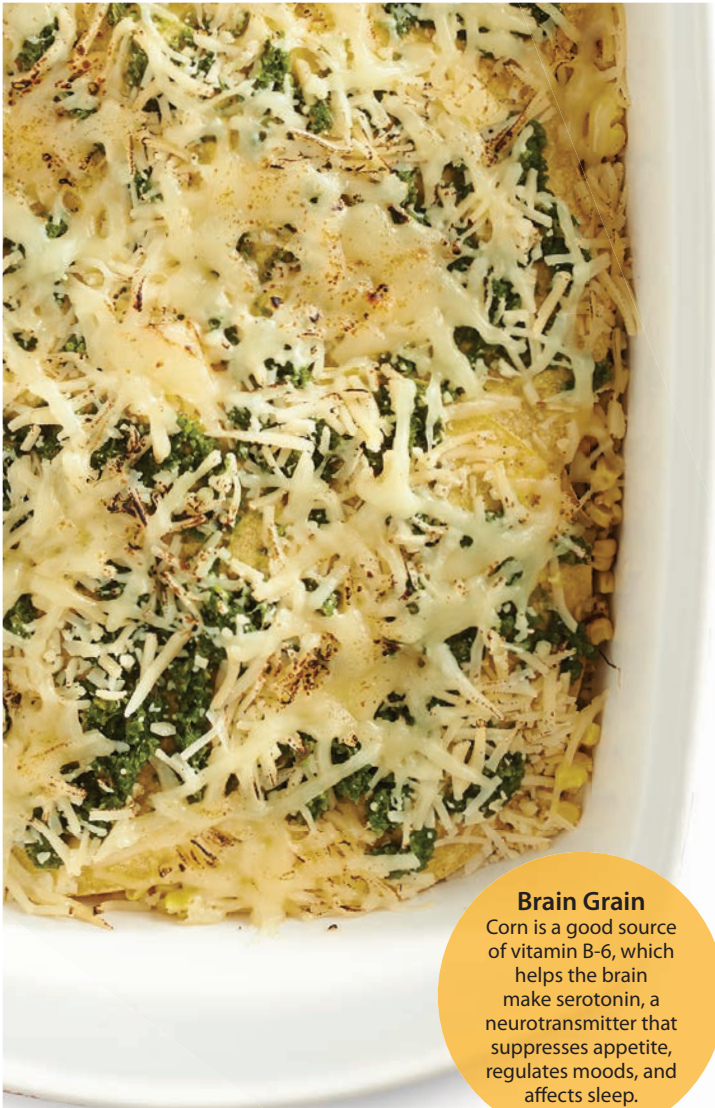


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*With Bluebird, you cannot overdraw, so no overdraft fees apply.



Brain Grain
Corn is a good source of vitamin B-6, which helps the brain make serotonin, a neurotransmitter that suppresses appetite, regulates moods, and affects sleep.

ONE FOOD, THREE WAYS

Aw, Shucks!

Give us a chance, and we'll talk your ear off about these three delicious corn recipes. Or just try them for yourself!



Grilled Corn Enchilada Casserole

Makes 8 servings

Prep time: 25 minutes

Cook time: 30 minutes

- 3 ears fresh corn, shucked
- 4 scallions, ends trimmed
- 1 tbsp vegetable oil
- 3 poblano peppers, halved and seeded
- 1 bunch cilantro, chopped
- ½ cup water
- 2 limes, divided
- ½ tsp kosher salt
- 12 6-inch corn tortillas
- 1 16-oz can refried beans
- 8 oz Monterey jack cheese, grated
- Sour cream and lime wedges (optional)

1. Preheat oven to 375 F. Heat grill to medium. Brush corn and scallions with oil and place on grill. Cook, turning once, until you see grill marks, 3 to 5 minutes. Remove from grill and let cool. Use a sharp knife to remove corn kernels, and set aside with scallions.
2. In a blender, combine grilled scallions, poblano peppers, cilantro, water, juice of 1 lime, and salt; puree.
3. Pour half-cup of puree into bottom of 9-by-13-inch baking dish. Cover puree with six tortillas, and cover tortillas with refried beans. Sprinkle corn and half the grated cheese over beans, and spread half the remaining puree over beans. Layer with remaining tortillas, remaining puree, and remaining cheese.
4. Bake, covered with foil, for 20 minutes. Remove foil, increase heat to 500 F, and cook another 10 minutes or until cheese is golden and melted. Serve with sour cream and lime wedges, if desired.

Per serving: 328 calories, 14 g fat (7 g saturated fat), 25 mg cholesterol, 622 mg sodium, 40 g carbohydrate, 6 g fiber, 12 g protein

Corn and Blueberry Johnny Cakes

Makes 6 servings

Prep time: 10 minutes

Cook time: 15 minutes

- 1 cup finely ground yellow cornmeal
- ½ cup flour
- 1 tsp sugar
- ½ tsp salt
- 1 egg, lightly beaten
- 1 cup hot milk
- 1 cup fresh or frozen corn kernels
- 1 cup fresh blueberries
- 3 tbsp unsalted butter, divided
- Maple syrup for serving (optional)

1. In medium bowl, whisk together cornmeal, flour, sugar, and salt. Add egg and milk and whisk to combine. Stir in corn and blueberries.
2. Heat 1 tbsp butter in medium nonstick skillet over medium heat. When butter is foamy, add batter ¼ cup at a time. Repeat until you have four pancakes in the skillet. Cook until golden, about 2 minutes. Flip and cook another 2 minutes, or until golden. Repeat with remaining butter and batter. Serve warm, topped with maple syrup, if desired.

Per serving (two pancakes): 236 calories, 9 g fat (5 g saturated fat), 49 mg cholesterol, 134 mg sodium, 34 g carbohydrate, 5 g fiber, 6 g protein



Don't Forget!
Use your associate discount card to get 10 percent off produce.

Go Frozen
Try frozen corn or lima beans as an alternative to fresh in the succotash.



Rachelle Fewell, a cake decorator at Store 1833 in Fredericksburg, Va., shared this garden-fresh recipe with us at Walmartworld.com. "My grandmother, who grows her own fruits and vegetables, passed this recipe down to my mother, and now my daughter Elizabeth and I make it together. It's a simple recipe anyone will enjoy."

Succotash

Makes 5 servings

Prep time: 5 minutes

Cook time: 25 minutes

- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 4 cups fresh corn kernels
- 1 tsp salt
- 1 tsp pepper
- 2 cups shelled lima beans
- 1 large ripe tomato, chopped

1. In large skillet over medium-high heat, combine oil and butter. When butter melts, add corn, salt, pepper, and lima beans, and cook 5 minutes. Cover, turn heat to low, and let simmer 15 minutes, stirring occasionally. Add tomatoes and cook 3 minutes. Serve warm.

Per serving (one cup): 258 calories, 11 g fat (4 g saturated fat), 12 mg cholesterol, 660 mg sodium, 33 g carbohydrate, 6 g fiber, 8 g protein



Want more recipes?
Find them at [pinterest.com/walmartworld](https://www.pinterest.com/walmartworld).

Diana Steel, office associate at Store 4252 in Flagstaff, Ariz., enjoys looking at the nighttime sky and has a season pass to the Lowell Observatory.



Stars in Your Eyes

Stargazing is a hobby that can take you to other worlds. Just follow our tips—and look up!

“Looking at the stars helps you connect with a wider universe,” says Rebecca Johnson, a spokeswoman for McDonald Observatory at the University of Texas at Austin. Here are Rebecca’s tips for new stargazers.

Open your eyes. “Your own eyes are all you need to start,” Rebecca says. Before buying any stargazing gear, work to identify planets and the International Space Station.

Skip the telescope. Binoculars have a wider field of vision than a telescope; they’re easy to focus; and they let you see features on the moon, plus other planets and even some nebulas (formations that look like clouds in space).

Turn off the lights. The light from cities and even your own home can make it difficult to see stars and other celestial bodies. Try a potentially darker place, like a park.

Gaze from an open space. Some heavenly bodies can only be seen low on the horizon. (Mercury, for example, stays close to the horizon.)

Connect with clubs. Chances are there’s an astronomy club nearby that holds stargazing get-togethers.

Plug into online resources. Find star maps and information on websites like midnightkite.com and stardate.org.

“It’s really cool to look at something that much bigger than you are. It takes you to another place.”

—**Diana Steel**,
office associate,
Store 4252, Flagstaff, Ariz.

Shoot for the Moon With These Apps

Take advantage of technology with apps to guide your voyages through the galaxies.

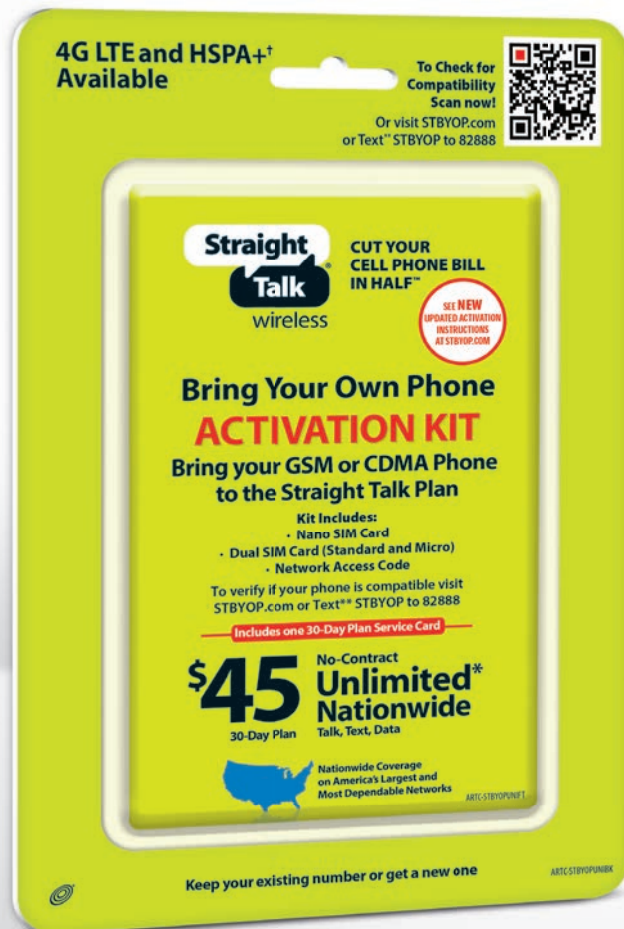
Sky Guide (\$1.99 for iOS)
This app is packed with features, but the best is the virtual sky map. Just hold your iPhone or iPad up to the night sky to identify and locate stars, planets, satellites, and more.

NASA App
(free for Android and iOS)
This app can give you access to what no other app can—13,000 NASA images that can take you closer to the stars than you’ve ever been. And that inventory of images is growing all the time.



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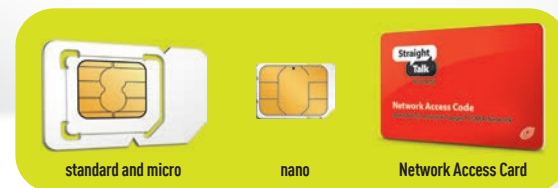


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Only at Walmart

Our Mission, In Action

Inside Walmart

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INVESTING IN AMERICAN JOBS

Ticket to Ride

We're helping create jobs—and smiles, too.

What:
Disney Princess 6v Power Quad

Manufactured by:
Redman & Associates

Where:
Rogers, Ark.

New jobs created:
74 (minimum over the next three years)

Famous for:
Monster Trax ride-ons; Zumu pogo sticks and outdoor products; and encouraging a sense of adventure

"Mel Redman and I worked together for three years to bring the now U.S.-made Disney Princess Power Quad to Walmart. Mel worked at Walmart for 20 years, so I was happy to get the opportunity to partner with him again on this project."

—**Craig Mikita**, senior buyer, toys, Home Office, Bentonville, Ark.



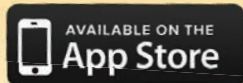
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*Johnson & Johnson has curated a list of trusted causes, and you can donate a photo to one cause, once a day. Each cause will appear in the app until it reaches its goal, or the donation period ends. If the goal isn't reached, the cause will still get a minimum donation. ©Johnson & Johnson Consumer Companies, Inc. 2014. The third party trademarks used herein are trademarks of their respective owners.

READ



Read additional quotes from the Technology Innovations Lab team at walmartworld.com/inspiration.

Inside Walmart / **On the Job**



Cutting edge: (from left) **Katey Brown**, senior project specialist, holds 3-D printed figures of two Walmart leaders while **Josh Johnson**, project analyst; **Dan Howell**, project manager; and **Tom Douglass**, senior manager, try out Google Glass.

Ahead of the Curve

The Walmart Technology Innovations Lab team experiments today with tools that could improve our business tomorrow.

A lot of associates say they have the best job at Walmart. And you can add **Tom Douglass**, senior manager of the Walmart Technology Innovations Lab in Bentonville, Ark., and his team to the list.

Tom and his team explore next-generation technologies like Google Glass and 3-D printing to see how they might benefit our company. "It's fun," Tom says, "but it's serious business. The technology here can solve problems, help us serve customers, make us more productive, and help our associates."

Launched in 2007 at the David Glass Technology Center in Bentonville, the lab partners with tech companies and experts to showcase potentially useful tools for various

divisions. With Walmart leadership's approval, many are tested in the field, and some roll out across the company.

One example: Walmart Pharmacy's ability to text customers when products are ready. That technology was in the lab more than three years ago. Concepts in the lab this year include digital watermarking, 3-D printing (currently used at Asda in the U.K. to make 3-D figurines of customers), and wearable technology, like Google Glass.

"We work with different parts of our business on how we might use these technologies," Tom says. "At the rate technology is moving, you need to see where it's going so you can take advantage of it."



Call for More USA Goods

On July 8, Walmart held its first Made in the USA Open-Call event at the Home Office in Bentonville, Ark. Hundreds of suppliers participated, bringing ideas for the manufacturing, assembling, or sourcing of goods in America. Learn more about the event and our American jobs initiative at news.walmart.com/events/made-in-usa-open-call-summit.



Duncan Mac Naughton (left), executive vice president and chief merchandising and marketing officer, Walmart U.S., talks U.S.-made goods with a supplier.

Benefits of Lifelong Learning

Our Lifelong Learning Program helps associates earn college credit and degrees from American Public University System (APUS), plus provides other perks, like 15 percent of tuition given to undergrads and grads. Find out more at apus.edu/walmart, and check out the impact we made this year.

10,000

Number of students who graduated from APUS this year

214

Number of associates who received associate, bachelor's, or master's degrees this year

229

Number of associates who graduated from APUS this year. That's Walmart's *largest* number of graduating associates.

15

Number of associates who received undergraduate certificates this year



Awesome Job, Graduate!

Thomas A. Rasbach, a store planning field supervisor based out of Store 5747 in Locust, N.C., earned the James P. Etter Award for Creativity and Innovation at the 2014 commencement for American Public University System (APUS). Thomas received his bachelor's of business administration through Walmart's Lifelong Learning Program. Way to go, Thomas!

New Dress Code

Excellent customer service starts with first impressions, and the way we dress reflects our commitment to helping our shoppers. That's why hourly associates will soon have more apparel options for when they're at work. Here's what you need to know.

New apparel options:

- Collared shirts in white or navy
- Pants can be khaki or black
- Color options can be mixed and matched

What else to expect: We've made it easy to identify dress-code apparel in stores—just look for the spark on the tag or go to Walmart.com and follow the path to the associate dress code information.



Associates from Bentonville and Fayetteville, Ark., model a few options that match the new Walmart dress code.

Annual Enrollment Coming Soon!

Annual enrollment for your 2015 benefits runs from Oct. 18 through Nov. 7. Mark your calendar, and go to WalmartOne.com and the WIRE for more info.

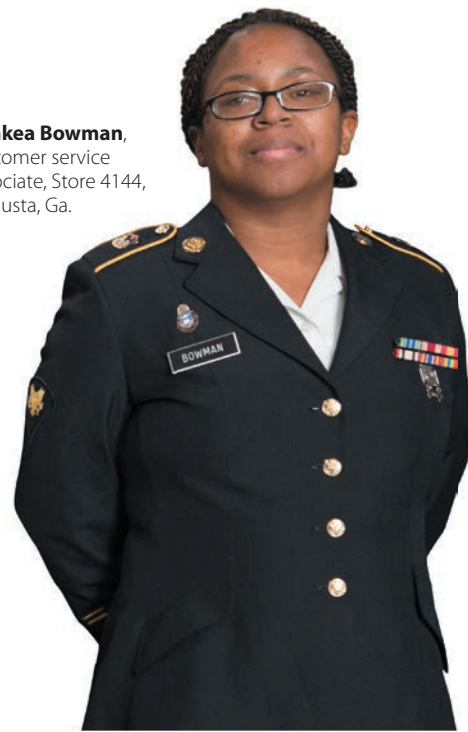
Aug. 26 Is Women's Equality Day!

Women's Equality Day commemorates the 19th Amendment and celebrates women's efforts toward full equality.

Martha Monteverde, a market human resource manager for Sam's Club in Market 37 in Arizona, is an example of Walmart's commitment to women. She's been with the company for 26 years and was promoted in April. Martha says she has an amazing career. "There's always opportunity with this company," she says. Here, she shares words of wisdom.

1. Run the store like you own it. An entrepreneurial spirit creates opportunities.
2. Find a mentor. Find someone with enough experience to guide you along your journey.
3. Make short-term and long-term goals. They keep you focused and enhance your performance.

Ashkea Bowman, customer service associate, Store 4144, Augusta, Ga.



New Grant Announced Women Veterans

Amount: \$450,000 given by Sam's Club

Recipient: The Institute for Veterans and Military Families, to support women veteran entrepreneurs through Veteran Women Igniting the Spirit of Entrepreneurship (V-WISE), a business management-training program

Goal: To help more than 300 V-WISE program participants expand their professional networks and learn key business concepts

More Than 40 Percent

Total retail market share that Walmart's home department has in team sports merchandise.

School Pride

Alabama, Texas, Arkansas, Ohio State, and Oklahoma are Walmart's top five sellers in college sports apparel.

We've Got Spirit

And so do our customers! Team sports gear is big business for our stores, especially in August and September. Take a look here to learn what's hot this fall.

\$4.6 Billion

Estimated annual sales of college sports gear in all retail outlets, according to the Collegiate Licensing Company, which handles licensing deals for most major universities.

12,500

Number of team-specific twin/full comforters that Walmart will sell in August and September. That's enough to carpet 250 football fields!

Warm in Dallas

When it comes to throw blankets, the Dallas Cowboys are Walmart's top-selling pro team, followed closely by the Pittsburgh Steelers.

Gnome the Cheerleader

Garden gnomes are a top-10 best-selling souvenir item. More traditional merchandise like straw tumblers, car flags, neon lights, and license plate frames lead the list.

Teaming Up

This fall, we're debuting exciting partnerships with brands our customers love: Russell Athletic (apparel) and ESPN (souvenirs). Look for them in your store soon!

Friendly competition: Joseph Pao-Wu (left), assistant marketing manager and a University of Texas fan, and **Karie Moss**, manager, temporary services recruiting and a University of Arkansas fan, both of the Home Office in Bentonville, Ark.



Lisa Bowman is one of the buyers who chooses the toys that appear on Walmart shelves.



Toying With a Buyer Career?

Get serious with our getting-there guide. Read on to find out how the work of buyers impacts us all and how you can join a merchandising team, too.

Lisa Bowman joined Store 2424 in Ticonderoga, N.Y., as a part-time electronics associate in 2002. New to the area, she took the job at Walmart as a way to meet people. “I didn’t think of it as a career,” she says. “It just turned out that way because it’s Walmart, and because I was willing to do whatever I could to keep growing.”

Since then, Lisa’s career path has led her to the Home Office in Bentonville, Ark., where she’s now one of Walmart’s toy buyers.

It’s a big responsibility that this former part-time associate takes very seriously. But how did she get to this point in her career? Lisa took part in the Transitioning of Talent to Merchandising (TOTM) program, an eight-month talent development program only available at Walmart that trains future merchants for the critical role they play in our company. (For details, see “Further Your Talents—and Your Career,” at right.)

Why does this matter to you? Buyers—and the merchandising teams they’re a part of—select every product in our stores. So they have a huge

Further Your Talents—and Your Career

These three merchant talent programs based at the Home Office in Bentonville, Ark., help associates build careers in merchandising.

TOTM

(Transitioning of Talent to Merchandising)
Length: eight months
Leads to: typically, buyer or senior planner
Teaches: rotations through pricing, replenishment, planning, category management, and buying
Candidates: typically, store managers
Qualifications: two years in retail or bachelor’s degree in business/retail
How to apply: requires nomination from field human resources leadership team

MLP (Merchant Leadership Program)

Length: nine months
Leads to: planning analyst (supports financial plans for categories) and other merchandising careers
Teaches: rotations through store experience, pricing, replenishment, planning, category management, and buying
Candidates: associates and college grads
Qualifications: two years in retail or bachelor’s degree in business/retail
How to apply: check the Merchant Talent Programs landing page in the fall (jobs.walmart.com/article/mtp)

RLP (Replenishment Leadership Program)

Length: six months
Leads to: replenishment manager (models future inventory plans against supplier capability; delivers key performance metrics)
Teaches: in-depth work on group project and project related to participant’s category, plus pricing, replenishment, and more
Candidates: associates and college grads
Qualifications: two years in retail or bachelor’s degree in business/engineering/supply chain
How to apply: check the Merchant Talent Programs landing page in the fall (jobs.walmart.com/article/mtp)



From left: **Michael Mitchell, Brian Barger, Lisa Bowman, Andrew Jacobson, and Alicia Ledlie**, all TOTM-trained buyers at the Home Office, Bentonville, Ark.

impact on you, our customers, and our business. Just as important: There could be an opportunity for you to become part of this team, too.

A Huge Reach

Buyers are key members of our merchandising teams. These teams explore what customers want and need; work and negotiate with suppliers to provide high quality at competitive prices; and partner with store operations teams on pricing, assortments, and displays. Along with buyers, merchandising teams include divisional merchandise managers (DMMs), planners, analysts, pricing managers, category and modular managers, and replenishment teams that help drive sales, profits, and margins (which means profits divided by sales, a key measure of retail success) across the company.

“Buyers have huge responsibilities to deliver customer needs in our stores across the U.S.,” says **Bryan Miller**, senior vice president, Human Resources, Home Office, Bentonville, Ark., who oversees merchant talent development, including the TOTM program. “On average, they buy more than \$1 billion of merchandise every year, and their work ripples through 4,000-plus stores. They’re at the heart of saving people money so they can live better.”

The best buyers and merchants have a skill set that includes leadership, negotiation, innovation, finance, and math, plus knowledge of consumers, logistics, pricing, and retail management. Qualified people are tough to find, for Walmart and companies across the retail industry, which is why we started teaching the skills ourselves.

“A good buyer is like a CEO,” Lisa says. “We’re running a business that’s a lot larger than a lot of companies that are on the stock market, so it takes all the skills of a CEO. The biggest thing is to take your responsibility and obligations—to take care of our customers and be fair to suppliers—seriously, and never forget how important your decisions are to them.”

View From the Outside

Walmart’s merchant development team measures its work against competitors with similar programs so that we can stay a step ahead—and we *are* a step ahead.

According to Joe Feldman, a senior managing director for New York City–based Telsey Advisory Group, a research, banking, and consulting firm focused on retail and the consumer, Walmart spends more than many competitors on this kind of talent development and does “a very good job of

identifying talent and moving them around, using cross-functional training to put the right leaders in the right place.”

“Having great merchants is crucial, and Walmart has them,” he says.

What makes this clear to Joe is that, unlike other companies, Walmart makes merchant team leaders available to analysts like him, which means the company feels comfortable with and proud of its group. “They bring the best possible product at the best possible price,” he adds. “That’s a big edge for the company.”

Ultimately, our edge lies with associates like Lisa—and with associates like you—who bring their talent, drive, and passion to our talent programs.

“You hear the phrase ‘Make Better Possible’ at Walmart,” Lisa says. “There are few places in the company where I can do that, directly, for so many people. We work to get the best possible deal for the company and our customers, so it’s really EDLC [Every Day Low Cost] and EDLP [Every Day Low Price]. It’s an awesome feeling.”

GET YOUR DEGREE. Walmart’s partnership with American Public University helps qualified associates and their families with discounts on online degree programs. For more, visit apus.edu/walmart.



The Walmart Difference

Danette Thompson, senior manager, and **Kristal Mooney**, director, Merchant Talent Development, Home Office, Bentonville, Ark., say Walmart’s programs stand out for three key reasons.

Support: Company leaders give their time, guidance, advice, and support throughout the associate’s time in the program.

Mentorship: Each candidate is assigned hands-on mentors and sponsors to help him or her through the entire process.

Timeliness: Walmart’s programs are more intensive than many, with a broader perspective to be fine-tuned in the field.

“These programs develop ready-now talent,” Danette says. “These associates can jump in and do whatever the company needs.”

MY DAY

Masters of Merchandising

Divisional merchandise managers like **Scott Bayles** lead buyers as they choose and buy products for our stores. Here’s a glimpse inside the job.

What is a typical day like for you?

I look at product performance against sales, profit, and inventory projections, and what’s needed to deliver the overall strategy. At Monday team meetings with buyers, planners, replenishment managers, and others, we work to deliver excellent product in-stock, review pricing and competitive activity, and plan for the future. I also have supplier meetings, and I visit stores weekly to see how we can improve and get new ideas.

What do you love about your job?

Lowering costs to allow lower prices and value for our customers. We feel the

biggest success when we can do that. We may find an opportunity by working with a supplier, Sourcing, or Logistics to find ways to be more efficient. That’s when we’re doing our job to deliver on our mission of helping people save money.

What advice would you give on building a rewarding career?

Find your passion. What do you love? Go after it, and do it with excellence every day. And, no matter what, always focus on the customer. If you do, you can do anything in this company.



The Bentonville High School Tigers, who have won four state titles, kick off this year's season on Sept. 5.



Gridiron Glory

Bentonville High School, the 2013 Class 7A state football champion, kicks off its 2014 campaign at home on Sept. 5 against Rockhurst High School of Kansas City, Mo. The Bentonville Tigers have won four state titles. And, on the college scene, the

University of Arkansas Razorbacks travel to Auburn for their season opener on Aug. 30. The Razorbacks are looking to rebound after 2013's 3-9 record.



Film Festival

Crystal Bridges Museum of American Art in Bentonville, Ark., is holding its first short film festival. Selected films that showcase the museum's mission of mixing art with nature will be screened on Aug. 22.

See Our Back Cover?

Kimberly-Clark won our back cover space at the Masquerade Ball at the Walton Arts Center in Fayetteville, Ark. The event's annual auction supports a worthy cause: arts education.

Train Keeps Rollin'

Ron "the Train" Zabala, a sales associate in hardware at Store 2727 in Florida City, Fla., recently became a double amputee. But he's already risen to the challenge—and the lessons he's learned are worth sharing:



I could be dead. I know that with every cell in my body, and I remember it every day. That's how I look at life now, through grateful eyes. So from where I stand (or now sit!) what happened doesn't seem so bad.

Constant Pain

Both my parents were diabetic. I inherited the disease from them. Roughly 11 years ago, I started having problems with my feet, which is common in diabetics. Eventually, my arches collapsed, and I developed painful ulcers on the bottoms of both feet. Every day for 10 years, I would clean them as best I could and hobble to work. Back then, I'd kill a whole bottle of Advil in three or four days trying to dull the pain. I couldn't afford to miss work. Eventually, however, I had to.

"Slow Up, Ron!"

On April 20, 2011, I had my left leg amputated just below the knee. I got a prosthetic leg and within two weeks was cruising the aisles with less pain than I'd had in years. Associates would say, "Slow up, Ron! Is there a fire in the store?"

The fire was actually in the bottom of my remaining foot. One morning last February, I couldn't get out of bed. I called work, and an associate took me to the hospital, where they found I had a dangerous infection. I was admitted to the intensive care unit and was there for three days. Afterward, during exploratory surgery, doctors found that the bones in my foot were not white but dark gray; no oxygen was getting to them. I told my doctor, "I can learn to walk with another prosthetic; go ahead and take my foot." And, thank God, he did.

I Have No Pain

Right now, I'm in a wheelchair, awaiting my second prosthetic, but for the first time in more than a decade, I have no pain. And I can truly do almost everything I could before. I've learned that I can put the locks on my wheelchair, stand easily with my one prosthetic, and reach the shelves. I can return merchandise to the shelves by operating my wheelchair with one arm and pulling a shopping cart with the other—that's why associates call me the Train. The only thing I can't do is lift the 5-gallon paints. But the rest, I've figured out ways.

When I was getting physical therapy to learn how to walk with my first prosthetic, the therapist was laughing because instead of taking careful steps, I was dancing to a Donna Summer song. That's just my way. I learn to adapt, and I look to laugh.

My advice: Keep going. Keep learning. Keep laughing. And never, ever, ever give up. Think you can—and you will.

Life Lessons From Ron

DON'T GIVE UP

Life is full of challenges. You never know what they are going to be, but you'll need to be strong to meet them.

BELIEVE IN YOURSELF

I've been through so much over these last 10 years, but I never doubted that I'd get through it.

STAY DETERMINED

Whatever goals you set in life, no matter what happens to you, you have to follow through on them. A positive attitude is crucial.

HELP OTHERS

When I went into the hospital, I gave my keys to two managers at my store so they could manage my bills for me and maintain my car. They took care of me, and you should help others when you have the opportunity.

“Keep going. Keep learning. Keep laughing. And **never, ever, ever** give up.”

Ron Zabala doesn't let his amputations keep him from a day at the beach; he just checks out a special sand-capable chair. Ron received his second prosthetic on June 11.

COVERGIRL
QUEEN
 COLLECTION

**CELEBRATE YOUR BEAUTY
 AT EVERYDAY LOW PRICES**



PANTENE PRO-V  **HEALTHY HAIR TRUE TO MY STYLE**

WITH
 COCONUT &
 JOJOBA OIL

24-HOUR
**FRIZZ
 CONTROL**



*My Black is
 Beautiful*

Check out these Pantene® and COVERGIRL®
 products at your local Walmart.
 Walmart.com/Pantene

Available at **Walmart** 

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Better for My Kids

We first met **Sherry Turner** of Store 532 in Gonzales, La., at this year's Shareholders' Meeting. Visit walmartworld.com/shareholders for more.



A weekend at this year's Essence Festival reminded **Sherry Turner**, department manager for consumables at Store 532 in Gonzales, La., just why she is strong, bold, and *beautiful*.

Beauty starts with the soul. As a single mom, that's a message I've shared with my three children. Attending the 20th Anniversary Essence Festival in New Orleans in July reminded me of that idea—and of my journey to self-confidence.



Sherry and her daughter, Taleah

Thirty-five years ago, I was born in a shack of a house in Donaldsonville, a tiny town in south Louisiana. I had 12 fingers (the extra two were surgically removed), and my hairline came down so far on my forehead that my family jokingly called it a veil. I grew into a dark-skinned, kinky-haired, knock-kneed little girl. I wanted to be loved for who I was, but that didn't come easy. I was often teased by peers—and even my family.

Playing Favorites

My maternal grandmother had nine children, and I saw her favor some of my aunts and uncles over the others. She did the same with her grandchildren. Of my four sisters, I have the darkest complexion, and my grandmother would insult my skin tone, the way I dressed, and my weight. She even called me a heifer. My mom said my grandmother didn't mean any harm, but I didn't agree. I was angry and sad. I became a fighter, taking my anger out on anyone who crossed my path.

But everything changed when I was in the fourth grade, when Rhonda Johnson, my teacher, took me under her wing. She helped me to believe in myself. Ms. Rhonda took me on trips, taught me table etiquette at

restaurants, and tutored me in school. I even stayed with her on weekends. By the end of fifth grade I was voted most-improved student and was on the honor roll. I graduated with honors from high school.

Ms. Rhonda was the first person to show me how black could be beautiful. Spending time with her changed my life; it didn't change my situation, but it changed my reaction to it. My grandmother was difficult throughout my life until she passed away two years ago, but with Ms. Rhonda's help, I learned that I was beautiful despite not having her support.

Passing It On

I see a lot of myself in my daughter, Taleah, as well as in my two sons, Tyrese and Trey. But their paths will be different than mine. I'm teaching them to be proud, successful black people. I'm encouraging their goals as well as being more open with them about my own experiences and sharing what I've learned so they'll feel empowered. A lot of it just means talking more and sharing more.

I do that with all my kids, and my daughter in particular. I tell her daily that her black is beautiful so she'll feel confident and know that she has my support. I want her to feel loved.

My Essence Festival Experience

The Essence Festival is known as a "party with a purpose," and that it is! Since 1995, the three-day music festival has celebrated black culture and music in America. There are free seminars and presentations designed to provide empowerment for love, health, relationships, and careers. I attended several events including the "My Black is Beautiful" makeover at the P&G booth. Here are my three big takeaways.

- 1. Wherever you are in life is where you want to be.** You can achieve whatever you imagine, but it takes hard work and goal-setting to get there. If you're not where you want to be, see what you need to be doing differently.
- 2. Be thankful for who you are. Always be true to yourself.** Don't feel like you have to fit someone else's mold or try to impress others. You'll always be better at being yourself.
- 3. Balance maintains your peace and happiness.** Even though work, life, and family can get overwhelming, remember to take the time to appreciate everything in your life.

To find out more about My Black is Beautiful and join the community, visit myblackisbeautiful.com.

For you. By you. About you.

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We Are

Walmart

Football? Yes, He Plays.

Obinna "Obi" Enoch Nwokike took a path of learning all the way from his home in Nigeria to a new home at a distribution center in Ohio.

Obinna "Obi" Enoch Nwokike, an area manager at Distribution Center (DC) 7012 in Washington Court House, Ohio, came to the United States from Nigeria to get a college education. He has the stature of an athlete and was frequently asked if he played football. One day, he changed his response from "no" to "no, but I would like to learn."

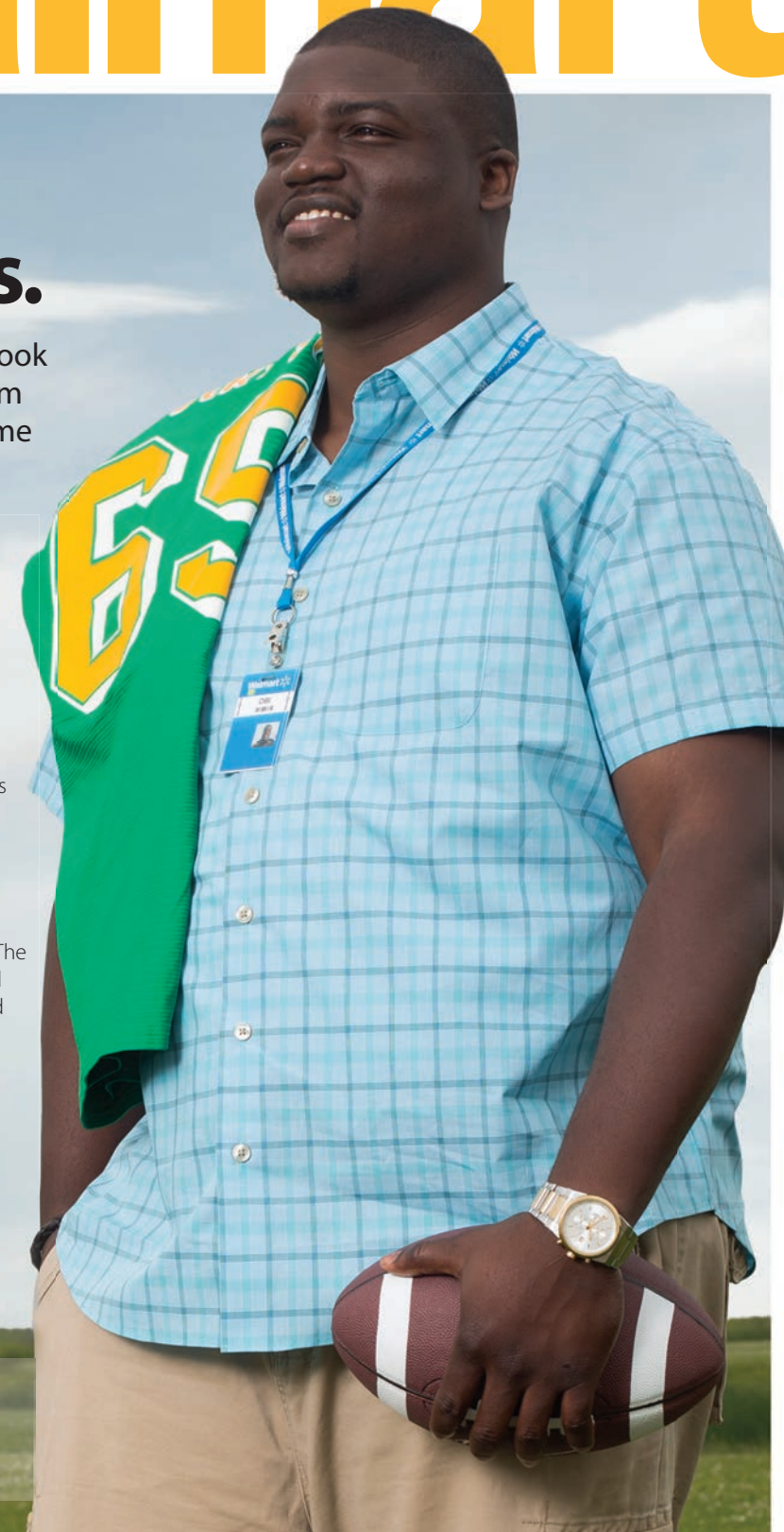
That willingness to learn set him on a path to a career at Walmart.

Obi learned to play football while taking classes at two community colleges in the Oakland, Calif., area (while also working full time). He was then recruited by Kentucky State University (KSU) to attend on a football scholarship. While at KSU, he launched Kampus Konnect, a company that provided transportation to students on campus. The experience taught Obi a lot about business—and it caught the eye of Walmart recruiters. Obi joined DC 7012 soon after graduating.

Obi has already taken courses at the Walton Institute for Leadership and is well on his way to making a career with Walmart—and putting his knowledge to use helping customers.

"At the institute, I learned our business is about numbers, but it's also about the team," he says. "And that we're all learning to be better associates and better people."

Special thanks to **Alisa Stone**, developmental general manager at DC 7012, for sharing Obi's story. Do you know an amazing associate? Share their story with us at wmworld@wal-mart.com.





◀ 45 YEARS

Linda Galyon ✨

Cashier
Store 672, Alcoa, Tenn.

Started: Aug. 18, 1969
Stores worked in: 1
Positions held: 6

Opportunity knocked at Walmart for **Linda Galyon**.

When another company laid me off, I applied for a job at Walmart. Next thing I knew, they called me. I guess the best part of my job has been the people. They're very concerned about everything you do. I didn't expect to be here this long, but I just keep learning more and more about Walmart. There are great opportunities for anything you want to try. They'll give you a chance at it.



◀ 40 YEARS

Darla Cates ✨

Invoice UPC Clerk
Store 83, Magnolia, Ark.

Started: Aug. 1, 1974
Stores/facilities worked in: 1
Positions held: 6

A summer job became a fulfilling career for **Darla Cates**.

The summer before my senior year in high school, Walmart came to town, so I applied. I went through college working here. I've enjoyed my job. I never wanted to leave. I've learned everything changes. When I started, we used adding machines. You have to be able to solve problems, and I like that. I also like going to other stores and helping in their invoice offices. I'm especially thankful I got to meet Mr. Sam back in the early days when he visited our store.

45 YEARS ▶

✨ Donna Boone

Personnel Coordinator
Store 672, Alcoa, Tenn.

Started: Aug. 18, 1969
Stores worked in: 1
Positions held: 6

Donna Boone learned we all bring something different to Walmart.

After high school, I started working for a company. About 12 years later, Walmart acquired that company.

I've been here the whole time. I have, at times, explored other opportunities, but Walmart has been good to me and my family. It goes back to dealing with people. If you treat people with respect, they'll usually return that. That's important. I've also learned there are a lot of different personalities. We all bring something different to the table.



40 YEARS ▶

✨ Donna Russell-Myers

Customer Service Supervisor
Store 64, Brownsville, Tenn.

Started: Aug. 4, 1974
Stores worked in: 8
Positions held: 7

Donna Russell-Myers is still busy after all these years.

My aunt worked in the shoe department at Walmart, but she was going back to school, so there was an opening.

I applied and was hired. That's how I got started here. I like staying busy. I like talking to people as they come through the checkout lines. I tell customers I've stayed here because I like having food and electricity. And I've learned a lot of things. There's always something to do.

You can't get complacent once you've finished a job. If I can work another 10 years here, I'll definitely try to do it.





▲ **40 YEARS**

Mary Trevillion ✨

Garden Center Greeter
Store 23, Ruston, La.

Started: Aug. 15, 1974
Stores/facilities worked in: 1
Positions held: 4

Mary Trevillion has found a sense of family at the Ruston Walmart.

I started as a cashier after I got out of high school. I've always liked it here. I enjoy talking to different people and being around them. The people make this fun. That's probably why I've stayed here so long—the associates are like a family, and meeting customers is always great. I've been here a long time now and wouldn't want to be anywhere else.



We need a map. **Rebecca Thacker** celebrated a 35-year anniversary in July. She's from Store 274 in *Iuka*, Miss.



35 YEARS

- | | |
|--|--|
| 1 Mary Allen
WM 24 Jacksonville, Ark. | 18 Vivian Hoffman
WM 184 Blue Springs, Mo. |
| 2 Jo Armstrong
WM 2720 Madison, Miss. | 19 Brenda Lenard
WM 63 Wagoner, Okla. |
| 3 Jean Baier
WM 100 Bentonville, Ark. | 20 Gearldine Lovell
WM 66 Clarksville, Ark. |
| 4 Debbie Baker
WM 738 Camden, Tenn. | 21 Margaret Mckay
WM 246 Skiatook, Okla. |
| 5 Brenda Baker
WM 172 Washington, Mo. | 22 Earnestine Metcalf
WM 118 Amory, Miss. |
| 6 Annette Barksdale
WM 239 Kosciusko, Miss. | 23 Dianna Mills
WM 158 Bonham, Texas |
| 7 Karen Blanck
WM 242 Paola, Kan. | 24 Jo Myers
WM 4523 Louisville, Ky. |
| 8 Kevin Bowers
WM 879 Lafayette, Tenn. | 25 Pamala Peterson
LG 6801 Bentonville, Ark. |
| 9 Robin Boyd
WM 1165 Radcliff, Ky. | 26 Angela Presnal
WM 722 Carrollton, Ga. |
| 10 Kim Busby
WM 302 Murphysboro, Ill. | 27 Vickie Rinker
WM 92 Aurora, Mo. |
| 11 Marsha Carnahan
WM 197 Macomb, Ill. | 28 Barbara Romdall
WM 20 Clinton, Mo. |
| 12 Sheila Clark
WM 735 Winchester, Tenn. | 29 Virginia Shnaekel
WM 85 Benton, Ark. |
| 13 Tim Cooper
LG 6003 Searcy, Ark. | 30 Bruce Upchurch
WM 445 Leitchfield, Ky. |
| 14 Milissa Drennen
WM 37 Farmington, Mo. | 31 Rex Van Rheeden
WM 1028 East Peoria, Ill. |
| 15 Josie Venneberg
LG 8604 Bentonville, Ark. | 32 Sandra Ervin
WM 700 Selma, Ala. |
| 16 Barbara Wood
WM 183 Louisville, Miss. | 33 Barbara Gates
WM 153 New Albany, Miss. |
| 17 Frances Young
WM 218 Selmer, Tenn. | 34 Gwendlyn Graham
WM 210 Holdenville, Okla. |
| 35 Patricia Hampton
WM 388 Fort Smith, Ark. | |

40- and 35-year associates not pictured, by the associate's request

- | | |
|---|---|
| Israel Marrero Vargas
WMPR 9368 Caguas, Puerto Rico | Randy McCrory
LG 6094 Bentonville, Ark. |
| Billy Jenkins
LG 8609 Bentonville, Ark. | Esther Craig
WM 229 Trumann, Ark. |

- | | |
|---------------------------------------|---|
| Mary Ray
WM 274 Iuka, Miss. | Kimberly Vassal
WM 177 Paris, Tenn. |
|---------------------------------------|---|

West

ANNIVERSARIES | MILESTONES | AWARDS

Alaska

✨ **25 years**

Nancy Chumbler
WM 2188 Eagle River

✨ **20 years**

Kathy Cox
WM 2070 Anchorage
Charlotte Davenport
WM 2188 Eagle River
Brenda Kalis
WM 2071 Anchorage

Arizona

✨ **30 years**

Madelene Springer
LG 7013 Casa Grande

✨ **25 years**

Yolanda Chacon
WM 1334 Claypool
Patricia David
WM 1334 Claypool
Arla Eshleman
WM 1533 Peoria
Francisco Estrada
WM 1411 Sahuarita
Michelle Serfass
LG 7813 Casa Grande
Susan Tarango
WM 1334 Claypool

✨ **20 years**

Nikki Amedee
WM 1512 Chandler
Darlene Anthony
WM 5186 Gilbert
Amy Baker
WM 4324 Chandler
Timothy Bays
WM 1299 Cottonwood
Francisco Becerra
WM 5342 Yuma
Martha Bracamonte
WM 1240 Sierra Vista

William Buchanan
WM 3730 Prescott Valley
Joseph Carreon
LG 7813 Casa Grande
Marco Castaneda
WM 1324 Nogales
Marilyn Chee
WM 1442 Page
Annie Davis
WM 2112 Scottsdale
Delores Delpino
WM 1474 Yuma
Donald Denoyer
WM 1512 Chandler
Marian Dobosz
WM 1474 Yuma

Juan Hernandez
WM 1240 Sierra Vista
Gerry Kelley
WM 5303 Prescott
Gloria Lamb
WM 4543 Parker
Gregory Lawrence
LG 6299 Buckeye
Sharon Liddicoat
WM 1381 Apache Junction
Pedro Lopez
LG 6031 Buckeye
Nancy Maher
WM 1240 Sierra Vista
David Marquez
WM 3751 San Tan Valley
Susan McDonald
WM 1175 Flagstaff
Terri Merrill
WM 3360 Chandler
Ruby Modkins-Davis
WM 5331 Phoenix
Virginia Morris
WM 1325 Tucson
Joseph Myner
WM 2767 Mesa

Craig Pierce
LG 6299 Buckeye
Eileen Powell
WM 1512 Chandler
Heather Previte
LG 6831 Buckeye

Mary Rowley
WM 1417 Prescott
Austin Satterwaite
WM 2113 Phoenix
Selma Scroggins
WM 1149 Safford
Marian Siegler
WM 1533 Peoria
Diana Smith
WM 2777 Surprise

William Sprague
LG 6831 Buckeye
Gilbert Trujillo
WM 1334 Claypool
Sandra Valencia
WM 2922 Tucson

California

✨ **25 years**

Cathy Copen
WM 1563 Lancaster

✨ **20 years**

Scott Acedo
WM 5192 Sacramento
Mark Aliano
LG 6026 Red Bluff
Dean Allen
LG 6826 Red Bluff
Janice Allwein
WM 2952 Murrieta
Maria Alvarez
WM 2094 Vista
Sylvia Anes
WM 1882 Selma
Maria Avitia
LG 6026 Red Bluff
Harry Balson
WM 2099 Paso Robles
Jeffrey Barry
LG 6026 Red Bluff
Richard Berry
LG 6826 Red Bluff
Roger Blue
LG 6021 Porterville
Georgia Bollinger
WM 2099 Paso Robles

Eamon Brown
WM 2242 Anaheim
Solomon Brown
WM 1903 Yuba City
Steven Burkett
LG 7744 Red Bluff
Dustin Burt
LG 6726 Red Bluff
Martina Calderon
WM 2708 Temecula
Christine Campbell
WM 1922 Rancho Cucamonga
Rosie Candia
WM 1624 Bakersfield
Christina Carmona
WM 1624 Bakersfield
Sandra Carrasco
WM 2099 Paso Robles

Adaline Caudill
WM 2556 Arroyo Grande
Darlene Cawley
WM 1575 Oroville
Melvin Clair
LG 6026 Red Bluff
Steven Cobb
LG 6026 Red Bluff
Jonathan Coon
LG 7746 Porterville
Susan Cortez
WM 2119 Milpitas
Hortencia Cortez-Hill
WM 2077 Lake Elsinore
Phyllis Cox
WM 1989 Lompoc
David Crofts
LG 6026 Red Bluff
Virginia Cua
WM 2031 Union City
Melchor Dancel
LG 6026 Red Bluff
Alan Danielson
LG 6826 Red Bluff
Wendell Day
WM 2553 Windsor

Kelly Dodge
WM 2099 Paso Robles

Willis Doiron
WM 2099 Paso Robles
Carol Donoho
WM 2952 Murrieta
George Dorris
LG 7744 Red Bluff
Dimitra Dritsas
WM 2099 Paso Robles
Diane Ellis
LG 6026 Red Bluff
Cheryl Ellis-Sandifer
WM 2077 Lake Elsinore
Elizabeth Figueiredo
WM 2031 Union City
Louis Finck
LG 6026 Red Bluff
Lorraine Flores
WM 2117 Los Banos
Eva Flynn
WM 2556 Arroyo Grande
Jeff Fox
LG 6026 Red Bluff
Jose Garcia
WM 1574 Bakersfield
Stella Garcia
WM 1583 Madera
Sheri Gaskey
WM 2099 Paso Robles
Carol Gillum
WM 2117 Los Banos
Maria Gomez
WM 2031 Union Springs
Phyllis Gomez
WM 1693 Redlands

Ben Gonzales
WM 5230 Sacramento
Sarah Gonzalez
WM 2077 Lake Elsinore
Russell Green
LG 6826 Red Bluff
Joy Greene
LG 6026 Red Bluff
Randy Greer
LG 7744 Red Bluff
Stephanie Guerrero
WM 2099 Paso Robles
Karen Haller
WM 1853 Hemet

Debbie Hatwig-Rodriguez
LG 6021 Porterville
Edna Huff
WM 2537 Redding
Lisa James
WM 2099 Paso Robles
Curtis Jeans
LG 6726 Red Bluff
Mary Johnson
WM 1914 Highland
Monaqua Johnson
WM 2028 Riverside
Coy Jones
WM 1989 Lompoc
Michael Jones
WM 2952 Murrieta
Kathi Kares
LG 7744 Red Bluff
John Keeter
LG 6026 Red Bluff
Gina Knight
WM 5886 Encinitas
Toni Koster
WM 2099 Paso Robles
John Krumsick
LG 6821 Porterville
Rick Lahey
WM 5133 Anderson
Susan Lasher
WM 2099 Paso Robles
Diana Lee
WM 1583 Madera
Ruben Lerma
WM 5230 Sacramento
Lucia Liberman
WM 5435 San Jose
Teresa Lohman
WM 2333 Apple Valley
Jack Long
LG 6726 Red Bluff
Ventura Lopez
WM 5193 Moreno Valley
Barbara Luna
WM 2842 Corona
Jackie Macias
WM 1575 Oroville
Mario Mallari
WM 1917 Santee



Diana Clark, greeter at Store 5370 in Longmont, Colo.

DIANA CLARK | GREETER | STORE 5370 | LONGMONT, COLO.

A Difference Made

Greeter **Diana Clark** of Store 5370 in Longmont, Colo., has found a creative and fun way to ask customers for donations to the Children's Miracle Network Hospitals (CMNH), which benefits the nearby Children's Hospital Colorado.

Although cashiers can easily take donations, as a greeter Diana didn't have a way to store the money. So she used a mailing tube with a slot on one end, covered it in wrapping paper, and attached balloons to the tube to attract customers' attention.

Her strategy worked. Diana often collects so much change in the tube that she has to empty it two or three times a day (she collects as much \$200 a day). But for Diana, her efforts mean more than raising money.

"In the store, I have stood and cried with mothers and friends of people who've had children at the Children's Hospital," Diana recalls. "The work that the hospital does is so moving. By doing this, I feel like I can really make a difference."

- Cristie Mallon**
LG 6026 Red Bluff
- Don Marble**
WM 2288 Pomona
- Rosemary Marlow**
WM 2099 Paso Robles
- Lorlei McCoy**
WM 2099 Paso Robles
- Vicki McNew**
WM 1574 Bakersfield
- Patricia Melton**
WM 2001 Fresno
- Jamie Michael**
LG 6026 Red Bluff
- Mark Miller**
LG 6826 Red Bluff
- Paul Mitchell**
LG 6826 Red Bluff
- Keith Moles**
LG 6826 Red Bluff
- Gary Moniz**
LG 6026 Red Bluff
- Vernice Moore**
LG 6026 Red Bluff
- Brian Morgan**
WM 2985 Fresno
- Colleen Murray**
WM 1910 Crescent City
- Rick Murrill**
LG 6026 Red Bluff
- Michael Neau**
WM 2523 Brea
- Sandra Newsome**
WM 2099 Paso Robles
- Brian Nguyen**
WM 2524 San Jose
- Donald O'Connor**
LG 6026 Red Bluff
- Mary Ann Origel**
WM 5890 Atwater
- Scott Patton**
WM 8888 Valencia
- Charlotte Penner**
WM 2099 Paso Robles
- Dale Pettit**
LG 6026 Red Bluff
- Teri Pyles**
LG 6026 Red Bluff
- Maria Rayas**
WM 1697 Elk Grove
- Lissa Remington**
WM 2099 Paso Robles
- Beverly Rillo**
WM 2099 Paso Robles
- Rosa Rivera**
WM 2708 Temecula

- Margarita Robertson**
WM 2099 Paso Robles
- Carlos Ruiz**
LG 6021 Porterville
- Malaykone Sakulsinghdusit**
WM 1575 Oroville
- Stanley Sampson**
LG 6821 Porterville
- Tim Schaffner**
WM 2077 Lake Elsinore
- Ryan Schmidt**
LG 6026 Red Bluff
- Theresa Sclare**
WM 1826 Visalia
- Mary Shears**
WM 2099 Paso Robles
- Lora Shoemaker**
WM 2077 Lake Elsinore
- Samuel Surnip**
WM 1554 Stockton
- Magdalena Szabo**
WM 2044 Chico
- Belinda Taylor**
WM 2708 Temecula
- Humberto Torres**
LG 6026 Red Bluff
- Victor Torres**
LG 6026 Red Bluff
- Eddie Turnbow**
LG 6026 Red Bluff
- Heather Van Gelder**
WM 1917 Santee
- Anita Velasquez**
WM 1588 Victorville
- Joseph Violetti**
LG 6826 Red Bluff
- Doreen Waymire**
WM 2119 Milpitas
- Joanne Welch**
WM 1992 Upland
- Maureen Welch**
WM 2044 Chico
- Loretta Wells**
WM 3652 West Sacramento
- David Winchester**
LG 6026 Red Bluff
- Hannelore Wise**
WM 3712 Citrus Heights
- Janet Young**
WM 1914 Highland

Colorado

✳️ 30 years

- John Engel**
WM 980 Greeley
- Melba Mundy**
WM 3533 Denver

✳️ 25 years

- Shirleen Burke**
WM 1308 Littleton
- Patricia Gagnon**
WM 1273 Fountain
- Carol Gillaspie**
WM 1208 Wheat Ridge
- Timothy Hall**
WM 1308 Littleton
- Alan Kercher**
WM 1434 Colorado Springs
- Catherine Lopez**
WM 869 Alamosa
- Robert Melton**
WM 2892 Parker
- Ellen Richgels**
WM 984 Castle Rock
- Randy Smith**
WM 1689 Aurora
- Linda Turpen**
WM 842 Pueblo
- Sandra Vicek**
WM 1308 Littleton

✳️ 20 years

- Kimberly Barnes**
WM 3382 Pueblo West
- Lucille Buckner**
WM 1308 Littleton
- Nikki Cabaniss**
WM 2270 Durango
- Christopher Caruso**
WM 1208 Wheat Ridge
- Laura Castellano**
WM 1308 Littleton
- Cynthia Clifton**
WM 1280 Grand Junction
- Brenda Davis**
WM 1896 Colorado Springs
- Jeff Dorland**
LG 6019 Loveland
- Temple Drennen**
WM 5049 Littleton
- Stephanie Floyd**
WM 2729 Fort Collins

- Diane Fredericksen**
WM 984 Castle Rock
- Tamara Gardner**
WM 1273 Fountain
- Sandra Harris**
WM 984 Castle Rock
- Mary Jo Jensen**
WM 5137 Aurora
- Sandra Johnson**
WM 1045 Lafayette
- Sheila Kincaid**
WM 1434 Colorado Springs
- Karin Klopotek**
WM 1200 Colorado Springs
- Michelle Lewis**
WM 2125 Lakewood
- Dawn Lopez**
WM 3867 Westminster
- Joyce Luginbill**
WM 1659 Brighton
- Dorothy Macias**
WM 2125 Lakewood
- Kimberly McCain**
WM 1019 Canon City
- Karen Munoz**
WM 2223 Westminster
- Karen Niemela**
WM 1008 Loveland
- Richard Nolan**
WM 1384 La Junta
- Cheryl Odegard**
WM 2729 Fort Collins
- Janet Ogden**
WM 1308 Littleton
- Mary Ortega**
WM 5123 Colorado Springs
- Martin Plascencia**
WM 980 Greeley
- Nancy Pomeroy**
WM 1208 Wheat Ridge
- Lisa Queen**
WM 5051 Greeley
- Kala Ramsey**
LG 6494 Loveland
- Lita Reeves**
WM 2125 Lakewood
- Nancy Rogers**
WM 1896 Colorado Springs
- Andrew Runyan**
LG 6819 Loveland
- Shane Trospen**
LG 6494 Loveland

- Valerie Trujillo**
WM 905 Longmont
- Julie Verigan**
WM 1434 Colorado Springs
- Craig Wickstrom**
LG 6019 Loveland
- Janet York**
WM 980 Greeley

Hawaii

✳️ 20 years

- Juanita Rafal**
WM 3478 Honolulu

Idaho

✳️ 20 years

- Kelly Allen**
WM 1902 Ammon
- Glynn Gardner**
WM 1902 Ammon
- Michael Hynes**
WM 3739 Nampa
- Irene Inga**
WM 3739 Nampa
- Christina McIntosh**
WM 1902 Ammon
- Denise Walden**
WM 3472 Post Falls

Iowa

✳️ 30 years

- Glenda Barrett**
WM 753 Cedar Falls
- Jane Barske**
WM 581 Marshalltown
- Cheryl Beatty**
WM 750 Independence
- Michael Cervellera**
WM 751 Pella
- Judith Chase**
WM 1496 Waterloo
- Laura DeVos**
WM 2935 Knoxville
- Connie Dingeman**
WM 751 Pella
- Cindy Fangman**
WM 2716 Cedar Rapids
- Cynthia Malloy**
WM 581 Marshalltown
- Beulah Mohler**
WM 1475 Washington

- Judy Moore**
WM 753 Cedar Falls
- Laura Olson**
WM 559 Muscatine
- Mary Rave**
WM 1506 Manchester
- Connie Sauerbrey**
WM 1496 Waterloo
- Janell Scott**
WM 750 Independence
- Connie Silka**
WM 750 Independence
- Connie Snyder**
WM 750 Independence

✳️ 25 years

- Sharon Alexander**
WM 913 Decorah
- Janet Anderson**
WM 2764 Altoona
- Terrill Blackburn**
WM 892 Ankeny
- Julie Bluhm**
WM 1005 Waverly
- Cathy Elsbernd**
WM 913 Decorah
- Lisa Garnsey**
LG 6009 Mount Pleasant
- Donald Hamilton**
LG 6009 Mount Pleasant
- Lisa Hardin**
LG 6009 Mount Pleasant
- Carey Hawk**
LG 6009 Mount Pleasant
- Marguerite Kauffman**
WM 1241 Davenport
- Kelly Lind**
WM 886 Fort Dodge
- Paula Lopp**
WM 1285 Ottumwa
- Linda Molyneux**
WM 1393 Oskaloosa
- Jeffrey Murphy**
LG 6009 Mount Pleasant
- Jacqueline Smith**
WM 985 Fairfield
- Radka Steffes**
WM 749 Ames
- Steve Strothoff**
LG 6809 Mount Pleasant
- Craig Sweezer**
LG 6009 Mount Pleasant
- Dave Thomas**
LG 6009 Mount Pleasant

- Rodney Wartick**
LG 6809 Mount Pleasant

✳️ 20 years

- Max Bartels**
WM 2827 Coralville
- Peggy Cheney**
WM 1491 Indianola
- Barbara Crespo**
WM 1721 Iowa City
- Frances Ebbesmier**
WM 797 West Burlington
- Michael Edens**
LG 6009 Mount Pleasant
- Roger Johnson**
LG 6009 Mount Pleasant
- Melinda Kane**
WM 753 Cedar Falls
- Carlee Lee**
WM 1732 Denison
- Anna MacDonald**
WM 1683 Shenandoah
- Candace Martens**
WM 1732 Denison
- Gordon Martin**
LG 6009 Mount Pleasant
- Marjorie Murray**
WM 985 Fairfield
- Keeta Norris-Cox**
WM 749 Ames
- Kris Riesberg**
WM 1787 Carroll
- Nancy Szwarc**
WM 886 Fort Dodge
- Laura Wehmeyer**
WM 559 Muscatine
- Janice Woolcott**
WM 1152 Sioux Center

✳️ 20 years

- Vicky Aguiar**
WM 1599 Overland Park
- Gloria Arce**
WM 1099 Wichita
- Mary Bookout**
WM 1221 Wichita
- Liliana Cajina**
WM 26 Leavenworth
- Robert Carr Jr.**
LG 6835 Ottawa
- Randy Clements**
WM 4198 Olathe
- Daniel Cobb III**
WM 1802 Topeka
- Jeanne Hawes**
WM 35 Manhattan
- Tamarah Johnson**
WM 794 Hutchinson
- Rose Kelsey**
WM 382 Ottawa
- Lutisha Kennedy**
WM 3103 Goddard
- Shelia Kirkendoll**
WM 1507 Wichita

Jeffrey "Fritz" Fittinger, store manager, Store 3757, Arlington, Wash.



You Can Help
Make a contribution to the United Way's Disaster Recovery Fund for Mudslide Relief at uwsc.org/recoveryfund.php. 100 percent of contributions go to current and long-term recovery efforts.

JEFFREY "FRITZ" FITTINGER | STORE MANAGER | STORE 3757 | ARLINGTON, WASH.

Help That Lasts

In the face of tragedy, we learn not only about ourselves, but about those around us. And when a large mudslide struck the town of Oso, Wash., on March 22, killing more than 40 people, **Jeffrey "Fritz" Fittinger**, manager of Store 3757 in nearby Arlington, learned how strong his associates are—and how much they care about their community.

"Nearly everyone here knows someone who was affected," he says. Two associates at the store lost family members. Another associate's family lost their home. And a former IMS associate was among those killed.

But that didn't stop Store 3757's associates from immediately going to work with the Red Cross, local emergency management, and the Arlington Community Food Bank to provide supplies like rain suits to search crews and food and water to survivors who were left homeless.

"We were in the middle of it. We received calls in the middle of the night asking for supplies, and our overnight team would put it together," Fritz says. "It's been really encouraging and inspirational to see how people have come to assist and help."

- Cynthia Mack**
WM 39 Fort Scott
- Joana Martin**
WM 3492 Wichita
- Kathy Mayo**
WM 652 Garden City
- Wanda Meakins**
WM 1802 Topeka
- Anthony Valek**
LG 6835 Ottawa
- Jennifer Yocum**
WM 484 Lawrence

Michigan

- ✱ 25 years**
- Kyle Brownmiller**
WM 5160 Jackson
- Donna Isham**
WM 2338 Traverse City

- ✱ 20 years**
- Timothy Chittenden**
WM 1923 Comstock Park

- Dana Clark**
WM 1798 Caro
- Sue Davis**
WM 1752 Bay City
- Eileen Drouillard**
WM 1611 Fort Gratiot
- Gerri Farrar**
WM 1923 Comstock Park
- Isabelle Handy**
WM 1809 Jonesville

- Kim Hendrix**
WM 2100 Cheboygan
- Scott Kenney**
WM 5159 West Branch
- Bonnie Loomis**
WM 1428 Mount Pleasant

- Cynthia Maleport**
WM 1936 Sault Ste. Marie
- Kathie Mead-Kelsey**
WM 2061 Plainwell

- Tamitra Mitchell**
WM 2644 Saginaw
- Janet Raymond**
WM 1432 Cadillac
- Elaine Salazar**
WM 1836 Adrian

- Sandra Snellenberger**
WM 1593 Coldwater
- Sherry Torzynski**
WM 1752 Bay City
- Charles Zych**
WM 2079 Marquette

Minnesota

- ✱ 25 years**
- Lynette Wagner**
WM 3624 Monticello

- ✱ 20 years**
- Peggy Feucht**
WM 2274 Forest Lake
- Sharon Foster**
WM 5397 Winona

- Nancy Hunter**
WM 3624 Monticello
- Margery Jenniges**
WM 1632 Alexandria
- Philip Klumper**
WM 1633 St. Cloud

- Donna Mallery**
WM 1627 Dilworth
- Jan Price**
WM 2087 Vadnais Heights
- Cassandra Slad**
WM 2937 Hibbing

Montana

- ✱ 20 years**
- Stephanie Budge**
WM 1956 Billings
- Jill Hegle**
WM 2923 Billings
- Wendy Taylor**
WM 2455 Great Falls

Nebraska

- ✱ 30 years**
- Sabrina Martinson**
WM 1671 Papillion

- ✱ 20 years**
- Hoby Abbe**
WM 1332 South Sioux City

- Janet Blakely**
WM 1585 North Platte
- Joan Ennen**
WM 776 Fremont
- Melissa Heiden**
WM 350 York

- Catherine Marrs**
WM 1671 Papillion
- Larry Niemoth**
WM 1326 Grand Island
- Robabeh Shirandasht-Javidi**
WM 598 Kearney

- Robert Taylor**
WM 1326 Grand Island
- Michelle Warm**
WM 1460 Hastings
- Joyce Zimmerman**
WM 1460 Hastings

Nevada

- ✱ 20 years**
- Maria Gonzalez**
WM 9677 Las Vegas
- Roberta Heath**
WM 3254 Reno
- Timothy McCabe**
WM 4370 Fernley

New Mexico

- ✱ 30 years**
- Gina Thomas**
WM 1397 Albuquerque

- ✱ 25 years**
- Jim Dillman**
WM 549 Hobbs
- Diana King**
WM 906 Gallup
- Sandy Long**
WM 831 Albuquerque

- Merlinda Mike**
WM 906 Gallup
- Paula Montoya**
WM 1306 Alamogordo

- Oscar Robinson**
WM 868 Carlsbad
- Alice Sanchez**
WM 873 Taos
- Irene Webber**
WM 1306 Alamogordo

- ✱ 20 years**
- Lea Carla Begay**
WM 826 Farmington

- Corrina Bennett**
WM 906 Gallup
- Grace Casaus**
WM 831 Albuquerque
- Ruben Romo**
WM 806 Las Cruces

- Joseph Salazar**
WM 1306 Alamogordo
- Morri Sanchez**
WM 826 Farmington
- Barbara Shelton**
WM 826 Farmington
- Richard Walker**
WM 1414 Belen

North Dakota

- ✱ 20 years**
- Twila Hurley**
WM 1565 Williston
- Pam Matthews**
WM 1695 Devils Lake
- Theresa Splichal**
WM 5806 Grand Forks

Ohio

- ✱ 30 years**
- Angela McClain-Schuler**
WM 5066 Avon

- ✱ 25 years**
- Rebecca Browning**
WM 1368 West Union
- Arthur Brumett**
WM 1839 Lorain

- Bonnie Burkhart**
WM 1239 Urbana
- Arlene Carroll**
WM 1863 Eastlake
- Billie Guthrie**
WM 1368 West Union

- Bonnie Hattery**
WM 1718 Findlay
- Glenda Holsinger**
WM 1368 West Union

- Ronda Jerek**
WM 2211 Poland
- Rick Kinhalt**
WM 1368 West Union
- John McCorkle**
WM 1368 West Union

- Zabrina McGinnis**
WM 3515 Hillsboro
- Carolyn Moore**
WM 1368 West Union

- Donald Willis**
WM 1368 West Union
- Robin Wright**
WM 4285 Cleveland
- Sally Young**
WM 1368 West Union

- ✱ 20 years**
- Tracey Bartholomew**
WM 2197 Cortland
- Carolyn Bleakley**
WM 2078 Marietta
- Michelle Bohse**
WM 2426 Columbus

- Helen Brecheisen**
WM 1448 Ashland
- Jolynn Brown**
WM 1913 Bowling Green
- Barbara Bussy**
WM 2266 Strongsville
- Karin Carter**
WM 2063 Austintown
- Kimberly Case**
WM 1407 Lebanon
- Diann Clark**
WM 2197 Cortland
- Joyce Cliburn**
WM 1289 Wilmington
- Betsy Combs**
WM 2209 Zanesville
- Meril Cooper**
WM 3812 Columbus
- Dianna Cox**
LG 6824 Grove City
- Toni Creamer**
WM 1463 Xenia
- Jason Crist**
WM 3282 Logan
- Audrey Doughman**
WM 1407 Lebanon
- Tammy Dulin**
WM 2726 Reynoldsburg
- Robert Edmund**
WM 2124 Beaver Creek
- Jason Espinoza**
WM 1718 Findlay
- Vanessa Flower**
WM 3860 Youngstown
- Diane Foy**
WM 2197 Cortland
- James Gamon**
LG 7012 Washington Court House
- Andrea Grimes**
WM 2471 Dublin
- Loraine Harris**
WM 2361 North Canton
- Roxanne Harris**
WM 1427 Circleville
- Terry Hartley**
LG 6024 Grove City
- Suzanne Hedglin**
WM 2197 Cortland
- John Heston**
WM 2197 Cortland
- Jack Hill**
WM 2197 Cortland
- Valerie Hubbard**
WM 1519 Jackson
- Chhloth In**
LG 6024 Grove City

- Troy Jones**
WM 3580 Newark
- Melvanna Kelley**
LG 6024 Grove City
- Kelly Knife**
WM 1410 Troy
- Marjorie Kordes**
WM 2197 Cortland
- Sarah Lawson**
WM 2362 South Euclid
- Michelle Mahler**
WM 1445 Port Clinton
- Kenneth Martindale**
LG 6024 Grove City
- Ruby Mathis**
WM 2197 Cortland
- Annette McDaniel**
LG 6024 Grove City
- Cindy McGregor**
WM 2197 Cortland
- Mary McMillan**
WM 2124 Beaver Creek
- Cynthia Miller**
WM 1333 Van Wert
- Tracy Miller**
WM 5387 Middlefield
- Wanda Mitchell**
LG 6024 Grove City
- Deborah Mullarkey**
WM 3860 Youngstown
- Sherrie Myers**
WM 2149 Mount Vernon
- Gidgette Owen**
WM 3293 Chardon
- Laurie Pugh**
WM 2197 Cortland
- Lisa Ramey**
WM 2275 Oxford
- Robert Rathburn**
WM 2197 Cortland
- Jackye Riffe**
WM 1986 Norwalk
- Joyce Rihm**
WM 1495 Huber Heights
- Roger Rodriguez**
LG 6024 Grove City
- Cynthia Sase**
WM 2197 Cortland
- Bonnie Scheuvront**
WM 1911 Akron
- Catherine Schondelmeyer**
WM 2541 Alliance
- Jamie Sears**
WM 2316 North Olmsted
- Phyllis Sheese**
WM 1463 Xenia

Erica Sheets
WM 1433 Celina

Thelma Sindlecker
WM 2197 Cortland

Edith Snyder
WM 2197 Cortland

Susan Stancher
WM 2197 Cortland

Denise Stevens
WM 3860 Youngstown

Jolene Stipanovich
WM 2063 Austintown

Kathy Stouffer
WM 2197 Cortland

Mary Strader
WM 5409 Clayton

Teresa Tomlinson
WM 2197 Cortland

Cynthia Townsend
WM 2078 Marietta

Julie Wayman
WM 1911 Akron

James Weiner
WM 1812 Wooster

Tina Westerfield
WM 3502 Hamilton

Cynthia Whitt
LG 6024 Grove City

Oregon

✳️ **25 years**

Ricardo Ramos
WM 5368 Salem

✳️ **20 years**

Pamela Anderson
WM 5440 Happy Valley

Dorothy Bullard
WM 1834 Grants Pass

Mark Coker
WM 2315 Dallas

Dawn Crabtree
WM 1843 McMinnville

Geraldine Doyle
WM 1834 Grants Pass

Linda Harper
LG 6037 Hermiston

Susan Hoffman
WM 1775 Lebanon

Randy Jackson
WM 1793 Woodburn

Michelle Seufert
WM 1817 Hermiston

Roy Strong
LG 6837 Hermiston

Charlette Wilson
WM 1951 Ontario

South Dakota

✳️ **20 years**

Carol Anable
WM 1604 Rapid City

Lorraine Eaves
WM 1543 Spearfish

Patricia Frith
WM 1543 Spearfish

Marjorie Schreifels
WM 1500 Watertown

Utah

✳️ **25 years**

Edwin Decker
WM 1438 Cedar City

✳️ **20 years**

Marlow Blackmon
WM 3589 Salt Lake City

Boyd Bryant
LG 6029 Hurricane

Nancy Cyr
LG 6029 Hurricane

Heather Foster
WM 4438 Saratoga Springs

Stacey Geesman
WM 4678 Hurricane

Michael George
LG 6090 Corinne

Kenneth Grygla
LG 7826 Grantsville

Angeleen Labrum
WM 1572 Vernal

Mark Lindsay
LG 6829 Hurricane

Dellray Nelson
LG 6829 Hurricane

Terry Richards
WM 2307 South Jordan

Rebecca Rocco
WM 1708 Riverdale

Travis Rose
LG 6090 Corinne

George Scholles
LG 6029 Hurricane

Washington

✳️ **25 years**

Cindy Deer
WM 2403 Puyallup

Tom Etchells
WM 9677 Renton

✳️ **20 years**

Deana Castro
WM 2241 Sunnyside

Martha Clemens
WM 2241 Sunnyside

Robin Cottonware
WM 2121 Shelton

Daniel Demmon
WM 3525 Puyallup

Judith Hayden
WM 2016 Colville

Mary Jonassen
WM 2187 Wenatchee

Linda Jones
WM 2187 Wenatchee

Carolyn Ladiges
WM 2196 Port Angeles

Christina Palmer
WM 2187 Wenatchee

Deeann Pfeiffer
WM 5041 Bonney Lake

Kathryn Randall
WM 2007 Moses Lake

Christina Reyes
WM 2516 Renton

James Robbins
WM 1870 Pullman

Deborah Rodriguez
WM 2241 Sunnyside

Eddie Rodriguez
LG 7021 Grandview

Ernestine Swank
WM 9677 Wenatchee

Sabrina White
WM 2037 Aberdeen

Wisconsin

✳️ **25 years**

Barbara Anderson
WM 1982 Appleton

Angela Busch
WM 1305 Janesville

Anne Cox
WM 1276 Sheboygan

John Dooley
WM 2658 West Bend

Jeanette Guy
WM 1277 Black River Falls

Gwendolyn Hofstetter
WM 5373 Chippewa Falls

Denise Kissack
WM 965 Tomah

Terry Narhi
LG 6825 Menomonie

Trudy Watters
WM 971 Viroqua

✳️ **20 years**

Patricia Andersen
WM 2668 Sturtevant

Clark Baldwin
LG 6825 Menomonie

Cathy Betzle
WM 882 Prairie du Chien

David Boda
LG 6025 Menomonie

Denise Brown
LG 6025 Menomonie

Mary Ellen Bucholtz
WM 1274 Whitewater

Don Burghardt
LG 6025 Menomonie

Kevin Butek
LG 6025 Menomonie

Robert Chamberlain
WM 1453 Green Bay

Roger Clark
LG 6025 Menomonie

David Colman
WM 1446 Rice Lake

Christopher Cooper
WM 3247 Delavan

Dale Diederich
WM 2127 Wausau

Denise Diegel
WM 1982 Appleton

Andy Erickson
LG 6025 Menomonie

Jenney Essmann
WM 1643 Fond du Lac

Raymond Eversman
LG 6885 Tomah

Agnes Farkas
WM 1672 Ashland

Michael Goodman
LG 6025 Menomonie

Tammy Hakanson
LG 6025 Menomonie

Kevin Hanson
LG 6825 Menomonie

Catherine Havens
WM 847 Dodgeville

Ryan Hebert
LG 6825 Menomonie

Dan Hiben
LG 6025 Menomonie

Barbara Hillman
WM 1571 Mukwonago

Nils Hjernevik
WM 1277 Black River Falls

Michael Holt
WM 2421 St. Croix Falls

Tammy Hornback
WM 3643 Medford

Michelle Huhnstock
WM 1931 Rhinelander

David Ingraham
LG 6825 Menomonie

Sharon King
LG 6025 Menomonie

Dale Kirkham
LG 6825 Menomonie

Lori Klein
LG 6025 Menomonie

Kim Knutson
LG 6025 Menomonie

Shirley Koehn
WM 1931 Rhinelander

Robert Krupke
WM 802 Monroe

Patty Lamma
WM 2545 Marinette

Jason Lancour
WM 3488 Burlington

William Lass
WM 1643 Fond du Lac

Daniel Legge
LG 6025 Menomonie

Thomas McMahon
LG 6025 Menomonie

Arthur Mead
LG 6025 Menomonie

Wayne Morgan
LG 6825 Menomonie

Harold Murach
WM 1394 Greenfield

Linda Nickolaisen
WM 1727 Berlin

Andrew Patrow
LG 6025 Menomonie

Rance Ragan
LG 6825 Menomonie

Marcia Rasmussen
WM 1643 Fond du Lac

Karen Retzliff
LG 6025 Menomonie

Patricia Rowe
WM 1669 Eau Claire

Sara Savor
WM 1679 Onalaska

Paul Schlough
LG 6025 Menomonie

Sue Spang
WM 1643 Fond du Lac

James Steinke
LG 6025 Menomonie

Georgia Teague
WM 1672 Ashland

Crystal Thelen
WM 3497 Plymouth

Thomas Thiele
LG 6025 Menomonie

Mark Weatherhogg
WM 1643 Fond du Lac

Sandra Wheeler
LG 6025 Menomonie

Jeanne Whitney
WM 1447 Superior

Vickie Wise
WM 5438 New Berlin

Wyoming

✳️ **25 years**

Douglas Simonson
WM 1617 Casper

✳️ **20 years**

Beverly Johnson
WM 1315 Cheyenne

Shelley Whetsell
WM 1315 Cheyenne

Central

ANNIVERSARIES | MILESTONES | AWARDS

Arkansas

✳️ **30 years**

John Ball
LG 8234 Searcy

Marcy Ball
WM 141 Fort Smith

Janan Beaty
HO 8085 Bentonville

Carolyn Berry
LG 6051 Bentonville

LaVonne Bray
HO 6163 Bentonville

Adele Cooper
HO 9766 Bentonville

Jeanette Cowan
LG 6003 Searcy

Eddie Edens
LG 6008 Bentonville

James Edwards
HO 9843 Bentonville

Christine Finnegan
WM 2 Harrison

Carla Flinn
HO 9337 Bentonville

Jason Graham
WM 209 Ozark

Charles Henry
WM 128 Jonesboro

Kenneth Holloway
HO 9567 Bentonville

Michael Holmes
HO 8464 Bentonville

Cathy Howard
LG 6051 Bentonville

Joyce Lindley
WM 62 Blytheville

Lana Luginbill
WM 9257 Bentonville

Terry McCulley
WM 36 Paragould

Barbara Milford
LG 6008 Bentonville

Athena Morgan
WM 45 Jonesboro

Carolyn Pierce
LG 6018 Searcy

William Pittman
WM 261 Hot Springs

Sara Sly
WM 9546 Bentonville

Ginger Smittle
HO 8578 Bentonville

Connie Stringer
WM 468 Texarkana

Rita Willbanks
WM 157 Searcy

✳️ **25 years**

Diane Adams-Suhar
HO 8085 Bentonville

Harold Addison
HO 9018 Bentonville

Jon Akehurst
LG 6704 Bentonville

David Anderson
LG 6818 Searcy

Kim Bailey
WM 157 Searcy

Perry Braud
HO 9567 Bentonville

Janice Brown-Miller
WM 102 Stuttgart

Jerry Buckner
LG 6007 Fort Smith

Lynn Calder
HO 8081 Bentonville

Deloris Cornish
WM 45 Jonesboro

Bobby Davis
WM 2431 Searcy

Bridget Donahey
LG 6008 Bentonville

Patricia Droze
WM 9596 Bentonville

James Emily
WM 9596 Bentonville

Carol Fields
WM 58 Russellville

Kirk Giddens
WM 9593 Bentonville

Marcy Glasser
HO 8060 Bentonville

Judy Grigg
HO 8807 Bentonville

Sharon Harvey
WM 54 Springdale

Frances Hatcher
WM 348 Monticello

Cheryl Helms
HO 9569 Bentonville

Kenneth Hendricks
LG 6818 Searcy

Kenneth Hightower
WM 2744 Fort Smith

Susanne Hiland
WM 8745 Bentonville

Cindy Holzhauser
WM 359 Fayetteville

Kelli Homeyer
HO 6144 Bentonville

Sherry Hutto
WM 167 Crossett

Linda Land
LG 6051 Bentonville

Donna Livingston
WM 36 Paragould

Wylie Marvin
WM 36 Paragould

Rose McAdams
WM 119 Batesville

Franklin McKenney
WM 18 Newport

Tammy Mitchell
HO 8054 Bentonville

Joel Moak
WM 8069 Bentonville

Kathy Murphy
WM 67 Mena

Carolyn Oldner
WM 33 Nashville

Rose Pace
WM 9127 Bentonville

Michael Parks
HO 6102 Bentonville

Samuel Pelletier III
HO 8761 Bentonville

Terry Roberts
WM 3231 Searcy

Kenneth Schwartz
LG 6818 Searcy

Melody Scott
WM 157 Searcy

Letitia Shipp
WM 2742 Springdale

Fonda Smith
WM 91 Forrest City

Jeremy Smith
LG 6018 Searcy

Lane Smith
LG 6018 Searcy

Gloria Specking
WM 36 Paragould

Margaret Stane
WM 8 Morrilton

Vickie Taft
HO 8085 Bentonville

Mildred Vinson
WM 229 Trumann

Norman Vlas
HO 8747 Bentonville

Marilyn Vonch
WM 8069 Bentonville

Jeanne Waggener
WM 9593 Bentonville

Danny Wiggs
HO 8085 Bentonville

Lisa Woods
HO 9337 Bentonville

✳️ **20 years**

Sheila Adams
WM 58 Russellville

Cheryl Allen
LG 6003 Searcy

Louis Amato
HO 8620 Bentonville

Lee Anne Archer
WM 3230 Bryant

Russell Babb
WM 7965 Bentonville

James Barker
LG 6818 Searcy

Mark Beem
LG 9848 Bentonville

Dawn Blakley
HO 8081 Bentonville

Micherlean Blakley
WM 126 Little Rock

Sharon Blount
LG 6018 Searcy

Nancy Borre
WM 1 Rogers

Jimmy Boyd
LG 6018 Searcy

Thelma Bratton
HO 9585 Bentonville

Pat Brown
WM 85 Benton

Sara Burger
LG 6094 Bentonville

Kori Burgett
WM 261 Hot Springs

James Carlton
LG 6818 Searcy

John Carr
HO 8471 Bentonville

Shirley Carter
WM 125 Fort Smith

Brenda Chism
WM 91 Forrest City

Christy Clark
WM 3231 Searcy

Tyfnay Cook
WM 62 Blytheville

Andrea Cooper
HO 7729 Bentonville

Donna Cross
WM 530 El Dorado

Jill Cunningham
WM 169 Lonoke

Rodney Dawson
LG 6018 Searcy

Michael Dean
HO 9845 Bentonville

- Katherine Nunn**
WM 545 Manchester
- Gail Payne**
WM 1426 Ashland
- Michelle Pumphrey**
WM 1165 Radcliff
- Brenda Ratliff**
WM 1233 Paintsville
- Douglas Root**
WM 571 Georgetown
- Richard Sluder**
WM 5418 Louisville
- Kathy Sparks**
WM 692 Danville
- Julie Stout**
WM 1269 Louisville
- Darren Tackett**
WM 1510 Florence
- Evelyn Terry**
WM 692 Danville
- Tacha Tuminski**
WM 702 Winchester
- Dallas Watson**
WM 3610 Louisville
- Lois Weghorn**
WM 1961 Alexandria
- Lilly Wiley**
WM 3362 Oak Grove
- Paul Worley**
WM 1259 Corbin
- Mary Yockey**
WM 1961 Alexandria
- Debbie York**
WM 1140
Mount Sterling

Louisiana

- ✦ 30 years**
- Jacqueline Lampton**
WM 1204 Lake Charles
- Mona Manuel**
WM 4129 Ponchatoula
- Regina Taylor**
WM 540 Morgan City
- Viola Williams**
WM 540 Morgan City
- ✦ 25 years**
- Peggy Bergeron**
WM 553 Slidell
- Russell Boudreaux**
WM 543 Opelousas
- Lucille Bowers**
WM 911 Marrero
- Pam Byrd**
WM 1109 Rayville
- Wanda Caves**
WM 935
Denham Springs
- Franice Colvin**
WM 23 Ruston
- Tleliare Cutno**
WM 1353 Harahan
- Julia Desoto**
WM 75 Pineville
- Linda Foster**
WM 311 Franklin
- Kathy Freeman**
WM 1353 Harahan
- Lillian Fulks**
WM 2913 Boutte
- Andrew Gonzales**
WM 541 Covington
- Tiffany Johnson**
WM 1107 Oakdale
- Charlene Joyce**
WM 1169 Springhill
- Ryan Keck**
WM 87 Minden
- Shirley LeBlanc**
WM 149 Jonesboro
- Wanda McKinnie**
WM 1109 Rayville
- Alice Roberts**
WM 911 Marrero
- April Stelljes**
WM 911 Marrero
- Carrie Taylor**
WM 402 Breaux Bridge
- William Tenney**
WM 450 Shreveport
- Lee Thomas**
WM 1163 New Orleans
- Theresa Trahan**
WM 531 Lafayette
- Sheila Turner**
WM 540 Morgan City
- James Verdine**
WM 310 Crowley
- Kenneth Wezner**
WM 2665 Slidell
- ✦ 20 years**
- Anita Alexander**
WM 170 Natchitoches
- Bethamy Ardoin**
WM 310 Crowley
- Jason Bankston**
LG 6057 Robert

- Linda Blanchard**
WM 331 Sulphur
- Elizabeth Brumley**
WM 428 Zachary
- Patricia Carpenter**
WM 170 Natchitoches
- Pauline Chapman**
WM 541 Covington
- Teresa Davis**
WM 170 Natchitoches
- Shelia Dickerson**
WM 401 Plaquemine
- Sherry Downs-Giddings**
WM 170 Natchitoches
- Milvia Filgueira**
WM 532 Gonzales
- Phyllis Hart**
WM 2822 Walker
- Teresa Higginbotham**
WM 2132 Baton Rouge
- Margaret Honeysetter**
WM 935
Denham Springs
- Lessie Hubley**
WM 170 Natchitoches
- Pearl Iguess**
WM 386 Jennings
- Dedrie Johnson**
WM 170 Natchitoches
- Sandra Jones**
WM 170 Natchitoches
- Carla Joseph**
WM 450 Shreveport
- Katherine Joubert**
WM 5328 Baton Rouge
- Donald Kelley**
WM 539 Alexandria
- Jenny Kistner**
WM 531 Lafayette
- Karen Langley**
WM 331 Sulphur
- Odette Lemmon**
WM 3616 Amite
- Shirley Mays**
WM 1128 Mansura
- Laura McWhiney**
WM 376 Bossier City
- Kathy Myers**
WM 323 Mansfield
- Carolyn Nicolosi**
WM 5056 Prairieville
- Vicki Niette**
WM 170 Natchitoches

KARINA MITCHELL | ASSISTANT MANAGER
STORE 3198 | CARROLLTON, TEXAS

Learning the Language

Karina Mitchell, an assistant manager at Store 3198 in Carrollton, Texas, came to the United States from Madero, Mexico, 12 years ago, barely speaking English. It wasn't easy getting by, but she was a hard worker, and she found a home at Walmart in 2008.

Karina started at her current store, Store 3198, as an overnight shift manager, while continuing to hone her reading and speaking skills by listening to audio language learning programs and working on language exercises. "It's been hard work sometimes," she says. "But it's worth it."

Recently, Karina was promoted to assistant manager—and she began taking English classes at a local college this June. "Karina has always wanted to keep learning, whether it's something about her job, or something about speaking better English," says her store manager, **Paige McClinton**.

As it turns out, learning about each goes hand in hand. "I'm going to learn more about English to help better serve our customers," Karina says. "This is my life—I love my job."

Karina Mitchell, assistant manager at Store 3198 in Carrollton, Texas



Learning From Others

Use the key to decode the puzzle below and read a quote from Sam Walton that ran in *Fortune* magazine in 1992.



1	4	8	12	15	2	5	8	12	3	6	9	11	8
7	4	9	11	8	10	8	4	13	16	14	8	4	8
2	7	13	9	19	18	19	3	15					
20	2	3	15	8	21	12	21	5					
20	9	9	25	7	9	4	15	14	8	11			



—Sam Walton

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
G	I	S	R	D	C	F	E	O	V	M	A	Y	H	T	W	B	J	U	L	N	Z	P	Q	K	X

COVER QUOTE QUIZ

"Build strong personal _____ with your people."

Can you fill in the blank? Enter your guess at walmartworld.com/fun.



DEBBIE DAVIS CAMPBELL

FORMER VICE PRESIDENT OF RETIREMENT AND SAVINGS PLANS, HOME OFFICE, BENTONVILLE, ARK.

SAM WALTON TAUGHT ME:

Appreciate the people you work with. And remember that it is our associates in the stores who make the company successful.

WHEN I MET HIM: I first met Sam Walton at a Saturday Morning Meeting soon after joining the company as an auditor. He asked what I had done that week to earn my paycheck. Talk about sitting up and taking notice! The experience taught me to be ready to talk about the details of my job and how it affected the company. It was great training.

PUTTING IT TO USE: I tried to keep in mind how my decisions impacted associates, stores, and clubs because that's what Mr. Sam expected. It helped us think about whether a decision we were making would make it more difficult for associates to do their jobs. What we did in the Home Office was secondary in importance to what went on in the stores.

That's not to say that Mr. Sam didn't appreciate what we did in the Home Office. I have a few handwritten notes that he sent to me thanking me for the job I was doing. As busy as he was, he took the time to say thank you.



Our Retail Roots

A variety store franchise helped Sam Walton hone his retail skills.

Sam Walton's retail adventure as a store owner started when he was 27 and fresh out of the U.S. Army. That's when he took over a struggling Ben Franklin variety store franchise in Newport, Ark. After a couple of weeks of training at another store, Sam officially started in Newport on Sept. 1, 1945.

In *Sam Walton: Made in America*, Sam admits there were some missteps along the way. But the Ben Franklin store helped him develop many of the practices and philosophies that eventually helped make Walmart a success, like offering

lower prices on items to boost sales and ultimately create more profit.

Sam ran the Newport store for five years, turning it into the top Ben Franklin franchise in both sales and profit in Arkansas (and the entire six-state region). Then an issue with his lease (one of those early missteps) forced him to sell the store. The Waltons moved to Bentonville, Ark., where Sam opened another Ben Franklin in 1950. But it was known by another name: Walton's Five and Dime.

The Birthplace of Walmart.

The Walmart Museum is a fun and fascinating journey through the formative years of the world's largest retailer.



Begin your self-guided tour at **Walton's 5&10**, a real, working dime store that will show you what it was like to shop back in the fifties.



Step into the **Interactive Gallery**, a series of family-friendly exhibits on the history of Walmart and the Walton family.



Finish at **The Spark Café**, an old-fashioned soda fountain on the beautiful and historic Bentonville Square.



105 North Main Street, Bentonville, Arkansas
479.273.1392 www.WalmartStores.com

FREE ADMISSION

Hours of operation:

8 a.m. to 9 p.m. Monday - Thursday
8 a.m. to 10 p.m. Friday & Saturday
Noon to 9 p.m. Sunday

The "Spark" design (☼) Walmart and "Save money. Live better." are marks and/or registered marks of Wal-Mart Stores, Inc. The Walmart Museum is a part of the Walmart Heritage Group.

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