

TAB TELL ALL



TAB RETAIL REMODELING INC.

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Lake City, FL Walmart
767

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Remodel Spotlight: Covering Both Coasts

In this month's installment of Remodel Spotlight, we highlight TAB covering both sides of the country. Marysville, WA and Lake City, FL. Taneya "Nikki" Hardin is our wonderful site manager leading this Washington State remodel. She is strongly supported by the experienced and amazing shift managers: Chris Hardin, Sara Hendricks and Thomas Peppers. This team has had a unique challenge as this remodel is taking place on sovereign tribal land. They have worked hand and hand with tribal leadership as well as Walmart to ensure the efficient and productive pace of their project. This team has received glowing reviews and partnered our travelers with local talent seamlessly.



Marysville, WA Walmart 2595

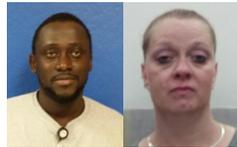


Special points of interest:

- Remodel Spotlight
- Hotel Recipes
- Exploring our local area
- Fun Facts



Our second highlighted remodel takes place on the opposite side of the country in Lake City, FL. This project is run by effervescent Sequoyah Jarrells. She continues to do an excellent job in running our projects as well as empowering and training shift managers. She is supported at this store on the shift level by standout Justin Shepard, he continues to grow and adapt with each new task given. Rounding out the team is the tirelessly working Abdoulie Mbye who truly leads by example and Elizabeth Johnston who is really coming into her own and proving to be an asset on this remodel. They have a large team combined of locals and travelers who are embodying what teamwork looks like. The proof is in the results, RPLs have requested this team by name to work for Walmart in upcoming remodels projects.



All you need to know about Modular Retail Stores and How to Increase relevant walk-ins

What should a budding brand do to get first-hand experience and exposure to the potential of the business? The solution is to establish a retail store modular set-ups. This is a litmus test that helps in understanding the market, introducing the brand name to the customers or consumers, and selling the merchandise. But the competition is severe and everyone is coming up with interesting yet unique ideas that capture the attention of the target market. With the smart use of digital marketing and proven offline marketing practices, you can easily create the buzz for the right visitors to your store. Before diving deeper, let's find out what modular set-ups are. One of the main reasons to create a modular retail store is that it should have all the

important and needed stuff that the audience will demand or has the potential in the market.

The right size of the store matters a lot. Things should be accessible, and visitors can easily find what they require.

There are many avenues where you can pull off retail modular set-ups as they are quick to set-up and are mostly compact. You can set up a modular retail store in exhibitions, trade shows, and events as the flow of the audience are usually heavy and the possibility of them noticing your store is higher.

There are other places too, as this sort of store doesn't limit you.

The retail store modular set-ups can

help you identify the need for your brand, newly launched product, or service within a small span of time. This also does not require a hefty investment, and as it is mobile you can explore multiple other options from where you want to engage the audience.



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1 Team 1 Goal 1 Family



Easy Recipes for the Hotel.

If you are traveling but still want to stick with a healthy diet, and don't want to go out to eat for every meal, you are in luck. Here is a healthy meal you can make in a hotel room using nothing but a refrigerator and a microwave.

1. Santa Fe Chicken

Open two cans of canned chicken. (You'll need to bring a can opener) and add shredded chicken to microwave safe bowl with 2 cups of salsa, one can of drained corn, and one can of drained black beans. Mix and microwave for 3-4 minutes or until heated through. Serve with tortilla chips.



3. Fettuccine Alfredo with Chicken

If you don't have a microwaveable bowl or casserole dish, you can always buy Barilla Ready Pasta that can be microwaved in the pouch. However, these are more expensive and one pouch only makes 2 cups of pasta, so you'll need a few pouches to feed a family. If you are using regular pasta, I recommend using short-pasta like penne because it is easier to work with than long fettuccine noodles. Again, add desired amount of pasta to your bowl, and cover with water so there's about 1 in of water above the noodles.

Microwave for 3-4 minutes longer than you would normally boil the noodles for, stirring occasionally. Add a jar of alfredo sauce and some precooked chicken if you desire, heat together and you have an easy and delicious meal. Serve with a fresh salad.



4 WAYS TO EXPLORE YOUR LOCAL AREA

Many people like to get out of their local area when it comes to taking trips and relaxing on holiday. You should get close to the wildlife, go for a walk or even visit the new restaurants. Here, we're going to give you some ideas on how you can explore your local area. It is really important that you get out and start exploring but it doesn't hurt to first take a look at social media. Believe it or not, this technology can tell you a lot about your local area and give you some ideas on where you should go. If you do a quick search for the name of your town or city, you'll get loads of results showing images of restaurants, fun things to do and even amazing views.

Go Kayaking. This one is for those who are a little more adventurous and want to get closer to nature. If you live somewhere that has rivers or lakes, you should try out some kayaking. Kayaking is very fun, and it can take you to places that you wouldn't have been able to access otherwise. You'll love heading out on your kayak and seeing the local wildlife. We'd recommend you to click here to find out more about kayaking if you think that this could help you explore your local area.

Go For A Walk. One of the best ways to explore your local area is to simply get out there and go for a walk. You would be surprised at how many things that you can discover when you just walk through some streets that you never have before. If there are any forests near you, you should try to go on some of the walking routes or go off the path if it is safe. Think about all of the things that you could discover!



Go On A Food Tour. If you live in a place that has a lot going on, you will probably find that there are plenty of new bars and restaurants popping up all of the time. Some towns or cities offer food or drink tours that will take you to all of the newest or most popular places and let you try them. This is a really good way to get to know your local area so make sure to try it out.

Make sure that you don't take your local area for granted as you could be missing out on so much! Get out and get exploring and you won't regret it.



FUN FACTS!

-Humans are the only animals that blush. Apparently, we're also the only animals that experience embarrassment, too. This is because it's a complex emotion that involves understanding other people's opinions.

-Human teeth are the only part of the body that cannot heal themselves. Teeth are coated in enamel which is not a living tissue.

-Australia is wider than the moon . The moon sits at 3400km in diameter, while Australia's diameter from east to west is almost 4000km.