

TAB TELL ALL



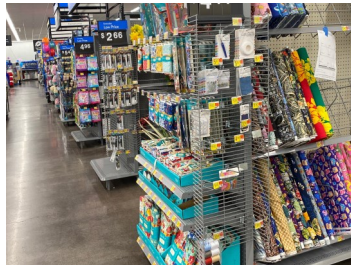
TAB RETAIL REMODELING INC.

Volume II, Issue III

3/1/2023

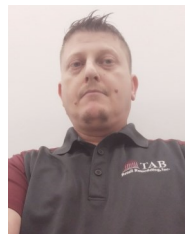
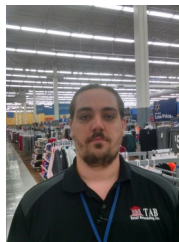
Remodel Spotlight: Kailua Kona, HI Walmart 2321

In this month's installment of Remodel Spotlight, we highlight TAB operating in Kailua Kona, Hawaii at Walmart 2321. This project is being ran at the site level by Tim May. This project also is combined with a warehouse which is being run by Christopher Mooneyham. The remodel is supported by shift managers; Jonah Sampson and Rachel Sinyard. The core members arrived on the island on December 26, 2022. The original group was 10 members and the project has grown to 42 total team members working together. We have gotten excellent team work and buy in from the entire crew.



Special points of interest:

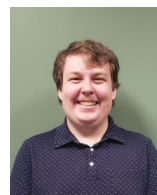
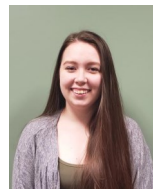
- Remodel Spotlight
- Merchandising Trends
- Fun Facts
- Exercise on the Road



The feedback from Walmart has been stellar. Here are some examples:

"They are wonderful!!! They have done everything I have asked and more and you know me better than any 3rd party... Tim has been a great leader and communicates very well, Josh and Rachel communicate very well also. Everyday just keeps getting better. I really appreciate the daily updates that we are tagged on as well. Chris is definitely getting that warehouse organized and looking good, hes a very good leader also from what Tony has expressed." —SPC

"I just wanted to extend my appreciation to my crew that I have at the warehouse here in Kona, HI. They are, by far, the hardest working associates I have had the pleasure of working with in my 6 yrs with REX. Chris has done a great job in training and leading the group of associates." — SPC



6 Important Merchandising Trends for 2023-2025

FUN FACTS!



1. **Retailers Use More Cross-Sells And Bundles**
Cross-merchandising is an opportunity that continues to dominate brick-and-mortar stores as well as e-commerce
2. **"Store-Within-A-Store" Concept Takes Off In Department Stores**
In an effort to boost in-store visual merchandising, we're seeing many retailers set up a "store within a store" (SWAS).
3. **Pricing Concerns Drive AI Adoption**
According to a Deloitte survey, nearly 80% of consumers are concerned about inflation.
4. **Omnichannel Merchandising Blends Online And In-**

-The yo-yo was originally a weapon used in the Philippine jungle

-Shoes that were specific to left and right were not made until the Civil War .

-African lions catch about 20% of the prey they chase. Dragonflies catch 95%.

-Every year, about 100 billion servings of instant ramen are sold each year, or about 14 bowls per person.

-The sound of Darth Vader's difficult breathing was made with a scuba regulator.

-The word "good-bye" is a contraction of "God be with ye.

Store Experience

Aligning in-store and online merchandising to create a seamless shopping experience

5. In-Store Displays Create Social Buzz

In-store visual displays can translate to social media buzz, many retailers are discovering.

6. Retailers Use Digital Experiences To Attract Shoppers

Digital experiences in retail settings offer customers a host of benefits: connection to the brand, education pertaining to products, and a personalized shopping experience.

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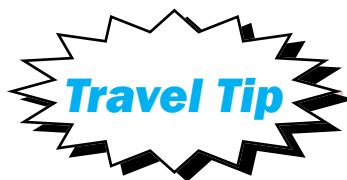
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1 Team 1 Goal 1 Family



The complete beginner's guide to cooking in a hotel room

Pick your hotel room wisely

If you want to cook in a hotel room, you'll want to make sure it has certain amenities. You'll want to make sure your room has a mini fridge. Some of the recipes we found for this type of cooking would benefit from a microwave, but a microwave is not necessary – consider it a bonus if you have one! The most crucial thing to bring for hotel room cooking is a rice cooker. There are a variety of “normal” (even kid-friendly!) recipes that you can make in a rice cooker that just need electricity.

Besides the rice cooker or Instant Pot, here are some of the best supplies we found for cooking meals in a hotel room:

Small cutting board

Knife (again, this is tricky if you're flying)

Measuring spoons or cups, depending on the recipe you use

Paper plates and bowls / paper towels

Utensils, including larger utensils, such as large mixing spoons, to help you make your recipe

Storage containers / Ziplock bags

Mixing bowl

Dish soap / sponge / scrubber (to clean up after yourself!)

Hand towels and/or pot holders



Finding good hotel room recipes for a rice cooker is not too difficult, but you will want to plan ahead. or look at our

(<https://www.pointswithacrew.com/4-rice-cooker-recipes-hotel-room-cooking/>)

our tasty recipes that we used for hotel room cooking!

These meals included pasta (macaroni and cheese, and spaghetti), served with vegetables and fresh fruit. Once you've got some good hotel room recipes, you'll need to either bring your food with you or buy it at a local grocery store.



The complete
BEGINNER'S GUIDE
to **COOKING**
in a hotel room



The 7 Rules Of On-The-Road Fitness

1. No matter what, exercise 15 minutes every day. It doesn't have to happen in a gym, and you don't need a formal plan.
2. Make each workout vigorous. "Maintain 75 to 85 percent of max heart rate," explains Baleka, who did his Ironman training during a year when he drove 150,000 miles in 323 days. "This maximizes fat burning and, more important, your time."
3. Work multiple muscle groups simultaneously. He gives drivers a list of 32 exercises they can combine for total-body workouts.
4. Always eat after working out. The latest research says 20 grams of fast-acting protein (for instance, whey isolate powder) eaten within 30 minutes of exercising is best for building muscle.
5. Eat breakfast, and then eat every three hours. This keeps hunger at bay and prevents bingeing late in the day.
6. Keep healthy snacks handy. When traveling, the tendency is to eat what's available, so make only good food available.
7. Log your nutrition and fitness. Keeping a daily food and exercise journal makes weaknesses easy to spot. Baleka makes this simpler by giving every driver a Mio heart rate monitor and BodyMedia armband activity monitor.

