



Bubble Up Newsletter™

"News You Can Use ... To Be Aware & Better Prepared"

February 2023 Vol. 1 No.2

FREE TO USE AMENITIES

DETAIL YOUR FRESHLY CLEANED, SHINY CAR

- Vacuums
- Towels
- Air Wands to Clean Cracks & Crevices
- Automatic Mat Cleaner
- Interior & Glass Multipurpose Cleaner



Damp Towels... Why?

You may have noticed a change we made recently in our towels.

We now put the clean towels out DAMP. A damp micro-fiber towel will clean your car better than a dry towel.

They should be damp, not soaking wet, to do a better job wiping down your freshly washed car, SUV, or truck.

Goal Getting Beats Goal Setting

By. Bill Gough Partner/Owner

It's February, which means about 85-90% of New Year's Resolutions made several weeks ago have ended in failure. It happens every year. Don't be dismayed. It does not have to be permanent.

The problem with goal setting is trying to do too much too soon. 90-97% of all people do not have any goals. And those that do, only 5% of people write them down.

It's just one of many reasons why I use "goal getting" as my go-to to get things accomplished compared to a list several goals I want to achieve. Goal Getting is simply working on just one goal at a time until it becomes a habit, routine, and finally a lifestyle change - like brushing your teeth.

I mean, you would not wake up in the morning, and NOT Brush Your Teeth Every Morning, would you?

Sounds easy, or easier, right? Don't be fooled. It is SIMPLE, but not easy as we humans are conditioned to resist change.



How I Drink a Minimum of 100 Ounces of Water Every Day Since December 15, 2021 ... And Not Up All Night

- Write goal EVERYDAY "as if" you're doing it. *I drink a minimum of 100 ounces of water before 3:00pm every day.*
- First each morning, I drink two 20-ounce glasses of water while brushing teeth & rinsing my face. When I started this goal in December 2021, I began with just 1 glass.
- Preparation Tip ... pour the water at night before bed.
- Measure progress on wall calendar. Google Jerry Seinfeld "don't break the chain." It helps with motivation.
- Bought ½ gallon water jug. It's marked for measuring.

Here's the Magic. Put a few days together. Then a week, after 20-30 days it's almost a habit. Some say after 21 days straight of doing something new it becomes habit. I need 45-90 days for it to be ingrained as a habit, routine, & a lifestyle change for the better.

WASH PACKAGES

BEST \$25 **\$35**
UNLIMITED
● CERAMIC

BETTER \$20 **\$30**
UNLIMITED
● CARNAUBA WAX ● BUFF N DRY ● UNDERBODY RINSE

GOOD \$15 **\$25**
UNLIMITED
● TIRE SHINE ● TRIPLE FOAM ● WEATHER GUARD

BASIC \$10 **\$20**
UNLIMITED
● WASH - RINSE - DRY

ADD CARS

TO YOUR MEMBERSHIP

50% OFF

UNLIMITED
WASH CLUB

FAMILY
PLANS

Becky Gordon Agency

Call Becky or Tiffany today at 256-937-2600, or scan the QR Code now & fill in some info. You will receive a **\$10.00 gift card right away ... PLUS ... entered into a drawing for a \$50.00 gift card** to be given away March 2023. No purchase necessary.



7771 Hwy 72 W Ste A
Madison, AL 35758
Phone: 256-937-2600

Recipe of the Month: The Simplest Beef Stew

Are you trying to think of something to cook that is extremely easy with only a few simple steps? Look no further. This is a great weeknight meal.

What You'll Need

- 2 tablespoons Vegetable Oil
- 1 pound beef stew meat, cut into bite-size pieces
- 1/4 teaspoon salt
- 4 cups assorted vegetables (fresh or thawed) Potatoes, carrots, celery, and onions.
- 1 can (14 oz) lower sodium beef broth
- 1 can (8oz) Tomato sauce with Basil, Garlic and Oregano

Enjoy!



Directions

1. Heat 1 tablespoon oil in large skillet or saucepan over medium-high heat. Add meat and salt; cook 5 minutes, stirring until browned on all sides. Remove from skillet; keep warm.
2. Add remaining 1 tablespoon oil and vegetables to skillet. Cook 5 minutes or until crisp-tender, stirring occasionally. Return meat to skillet; stir in broth. Bring to a boil. Reduce heat to medium-low; simmer 15 minutes, stirring occasionally.
3. Stir in tomato sauce; simmer 15 minutes more or until meat and vegetables are tender, stirring occasionally.

Bubbles Team Member Spotlight

By: Bill Gough & Jared Parr

Meet Jared Parr, one of four Partner/Owners. Jared's main responsibility is our operational systems. It's a lot of moving parts!!

Born in Guntersville January 5th, 1997, Jared enjoyed growing up by the lake. He graduated from East Limestone. His favorite subject was/is math. He couldn't wait for the end of day school bell, so he could report to his first job at Car Wash Express.

His favorite food is any meat cooked on a grill/smoker. Steak is #1. Jared still loves spending a day at the lake with the ones that matter the most in his and wife Scarlett's life.

Jared and Scarlett have two children. Little man, Noah Parr is 3, and baby sister Olivia is 7 months. Their Catahoula mix dog, Daisey, completes the home.

Jared, what do you like about the Car Washing Biz? I love meeting new people, both customers & employees, getting to know them personally.

Anything else you want to share? Choose a job you love and never work a day in your life.



Jared Parr
Partner/Owner