

MAY 2023

# THE DOUGH PRESS

VOLUME 4, ISSUE 40

THE DRINK OF THE SUMMER IS BACK!

**DRAGONFRUIT**  
**MANGO**  
**LEMONADE**  
**FROST** AND MIXED AND LEMONADE  
**IS BACK**



# THE DOUGH PRESS

## MAY HOME OFFICE EMPLOYEE SPOTLIGHT

### MEET FRANK PERROTTA

OPERATIONS/LOSS PREVENTION SPECIALIST



Frank Perotta started with the CLC family in October 2015. He came onboard in Loss Prevention. Being a Police Officer, he brought good experience and an eye for all things Loss Prevention. Since then Frank's role has grown into more operations including Loss Prevention. He cares about the brand and the people that work for CLC. There isn't a day when Frank isn't making someone laugh with his humor. He has added value and leadership to the Home Office team!

WRITTEN BY REBEKAH MARSTELLAR  
DIRECTOR OF HUMAN RESOURCES

# THE DOUGH PRESS

## MEET FRANK PERROTTA

### OPERATIONS/LOSS PREVENTION SPECIALIST

#### 1. Hi Frank, can you please share a little bit about yourself?

Joined the Chestnut family in October of 2015. Prior to Chestnut Land I worked corrections at a federal prison in Youngstown (CCA). Having the background I started in loss prevention with CLC. After a few years of LP I became interested in the operational side of the business which leads me to where I'm at today. I am married to my wife Dominique and have one beautiful little girl named Serena who is 5 months old.

#### 2. What is one interesting fact about yourself that most people don't know?

I am a part time police officer at a local department

#### 3. Who has been the biggest influence on your career and why?

I would say my dad. He's a hard worker that has taught me a lot and always has an answer when I need it. He has always backed me in my career choices and encourages me to excel no matter what it is.

#### 4. What is your favorite aspect of your job, and why?

I would say the fact that there is always something new to learn. I am fortunate to work for a company that continues to grow.

#### 5. What is one skill you would like to learn and why?

I love aviation. To say you can fly a plane would be awesome.

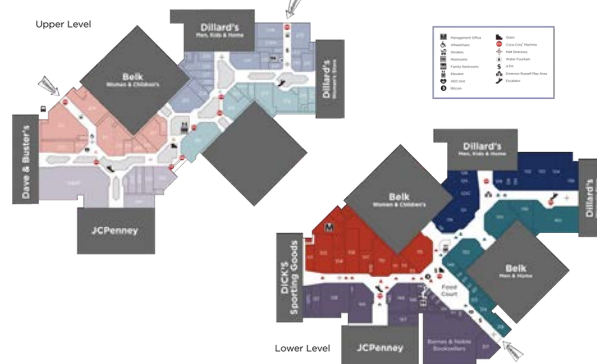
# THE DOUGH PRESS

## MAY FEATURED LOCATION

### HAMILTON PLACE MALL



CHATTANOOGA, TENNESSEE



#### STORE:

TN126 - Manager Amanda Andrews

#### HAMILTON PLACE MALL:

Hamilton Place is an enclosed, two-story shopping mall in Chattanooga, Tennessee. It was the largest shopping mall in the state of Tennessee when it opened in 1987. Today the mall and its properties employ more than 17,000 people and generate \$400 million in sales each year. It is owned CBL Properties, which is one of Chestnut Land's landlord partners. Their Corporate Headquarters is also located next to the mall.

#### CHATTANOOGA FUN FACT:

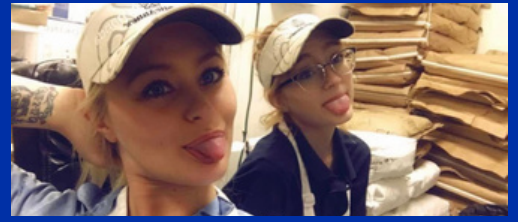
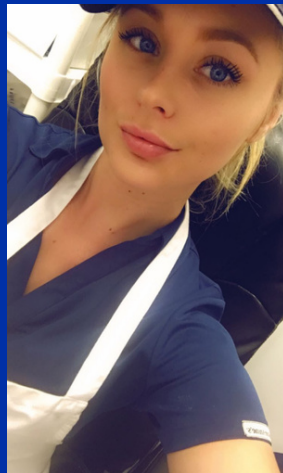
Chattanooga was the birthplace of the tasty snack cake, the MoonPie. A coal miner asked a Chattanooga Bakery traveling salesman for a snack "as big as the moon" in 1917 and the MoonPie was soon born. The home of the MoonPie is on Manufacturers Road and, over 100 years later, is still producing the snack cake.



# THE DOUGH PRESS

## MAY EMPLOYEE SPOTLIGHT

### MEET AMANDA ANDREWS STORE MANAGER TN126



Amanda Andrews is a dedicated and hardworking employee who joined Chestnut Land Company on July 20th, 2018. Over the years, Amanda has proven herself to be a valuable asset to the company, rising through the ranks to become the Store Manager of TN126 on May 23rd, 2021. Amanda's journey with Chestnut Land Company began as a regular team member, but it wasn't long before her exceptional work ethic and positive attitude caught our attention. In just a few short months, Amanda was promoted to Shift Leader in September of 2018, and then to Assistant Manager in February of 2019. Her rapid rise through the ranks is a testament to her dedication, passion, and hard work. Amanda's move to Tennessee with her family to take on the role of Store Manager demonstrates her commitment to Chestnut Land Company and her willingness to go above and beyond to ensure the company's success. Her positive energy and bright smile are contagious, and she has quickly become a beloved leader to her team.

Amanda embodies the core values of Chestnut Land Company, including excellence, integrity, and teamwork. Her dedication to her work and her team is unwavering, and she is always willing to go the extra mile to ensure that the store is running smoothly and efficiently. As Store Manager of TN126, Amanda is a shining example of the company's commitment to providing outstanding customer service and maintaining high standards of quality. Amanda is a hardworking, dedicated, and passionate individual who represents everything that Chestnut Land stands for, and we cannot wait to see where she goes from here! Thanks, Amanda!

WRITTEN BY TANNER AVNET  
OPERATIONS TEAM SPECIALIST

# THE DOUGH PRESS

## MAY EMPLOYEE SPOTLIGHT

### AMANDA ANDREWS

1. If you could trade lives with anyone for a day, who would it be and why?

My fiancé, it would allow me to spend more time with my kids even if it was for a single day.

2. What's the most adventurous thing you've ever done?

Moved from Pennsylvania to Tennessee with my family leaving behind friends & family to take the General Manager position.

3. What's your favorite way to relax after a long day?

Cuddled up next to my children watching a movie.

4. If you could have any famous person as your mentor, who would it be and why?

She isn't famous but I would say my mother! She has been there for me through every obstacle life has thrown at me. Always encourages me to believe in myself & never giving up.

5. What's your favorite holiday, and why?

Definitely would have to say Christmas! I have 6 children (4 of my own & 2 step kids) so seeing their faces light up on Christmas morning makes it all worth it.

6. If you could only wear one color for the rest of your life, what would it be and why?

Black. It goes with everything!

7. What's your favorite outdoor activity, and why?

Swimming, because everyone loves to swim & catch a tan! 😊

8. If you could have any type of weather all year round, what would it be and why?

Fall, it's not too hot nor too cold & I love the changing color leaves.

9. What's your favorite type of food to cook?

Tacos, lime rice & Mexican corn! One of our favorite dinner nights at home!

10. Favorite Auntie Anne's pretzel/dip combo?

No salt pretzel with cream cheese!

# THE DOUGH PRESS

## HAPPY RETIREMENT DINA MCCALISTER!



Dina McAlister (far back left) and her team!

**CONGRATS to Dina McAlister on her retirement from Store Manager at KY117. Dina started in December 2016 as a Shift Leader. She continued her career progression into Assistant Manager in September 2018 and then Store Manager in September 2020. Dina has always been very passionate about the Auntie Anne's brand and her team. We will miss her, her big personality, and her passion! Good luck in retirement Dina!**

# THE DOUGH PRESS

## TOP ONLINE STORES

APRIL

TOP 10

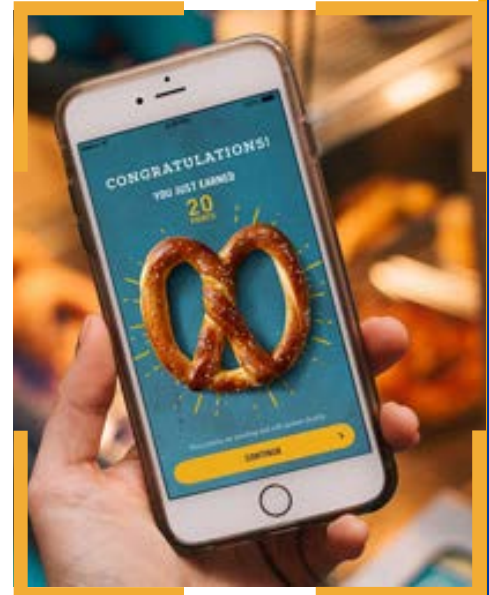


GRUBHUB

DOORDASH



1. IN107
2. OH147
3. MI117
4. FL144
5. GA116
6. OH111
7. FL154
8. IL163
9. FL196
10. FL143



Uber Eats



# THE DOUGH PRESS

## **DTIQ** AUDIT STREAKS 3 CONSECUTIVE 100% SCORES



**MI116 - 9**  
**OH124 - 5**  
**FL231 - 4**  
**GA130 - 4**  
**CB 103628 - 4**

**CONGRATULATIONS TO THESE 5 STORES!**

Keep up the excellent work and attention to detail!

**LET'S GROW THIS LIST NEXT MONTH!**

# THE DOUGH PRESS

## WORKING ON WELLNESS

### FUEL YOUR WORKDAY: SIMPLE AND HEALTHY BREAKFAST IDEAS

Starting your day with a healthy breakfast can set the tone for a productive workday. However, with busy schedules, it can be tempting to skip breakfast or opt for something quick and unhealthy. Here are some simple and healthy breakfast ideas that can give you the energy and focus you need to tackle the day:

#### OVERNIGHT OATS

Mix rolled oats with milk or yogurt, add your favorite toppings like fruit, nuts, and seeds, and let it sit in the fridge overnight. In the morning, you have a nutritious and delicious breakfast ready to go.



#### SMOOTHIE

Blend fruits, veggies, and protein powder to make a quick and easy breakfast smoothie. You can even make it the night before and store it in the fridge for a grab-and-go breakfast.



#### AVOCADO TOAST

Toast a slice of whole-grain bread, spread mashed avocado on top, and sprinkle with salt, pepper, and any other toppings you like, such as eggs or smoked salmon.



#### GREEK YOGURT WITH FRUIT AND GRANOLA

Top plain Greek yogurt with fresh fruit and a sprinkle of granola for a protein-packed breakfast that will keep you full and focused.



By making healthy breakfast choices, you can start your day on the right foot and improve your overall wellness. Encourage your colleagues to try these breakfast ideas and see how it can positively impact their workday.

# THE DOUGH PRESS

## WORKING ON WELLNESS

### TAKE A BREAK FOR YOUR MENTAL HEALTH

Feelings of anxiety, worry, fear, uncertainty, and sadness can be indicators of mental health concerns that can be either momentary or may impact daily routine and overall sense of well-being for years. A 2021 study by the Kaiser Family Foundation showed that 41% of adults over the age of 25 suffered mental health issues that negatively impacted their physical and emotional well-being. The numbers had been on the rise even before the pandemic, but the lockdowns and disruption of daily life caused the statistics to skyrocket. Thankfully, research also shows that the trend has been on a slight decrease since then. The added research provided valuable information about how we can mitigate some of those adverse effects through changes in daily habits and routines. Here are just a few of the most important tools for managing the ups and downs of life.

#### SLEEP

Sleep often doesn't get the attention it should when distress and mental health issues arise. But the research is solid: quality sleep is a major factor in improving mental health and well-being. Studies have found that prioritizing sleep leads to better mood management, impulse control, decision-making, and relationships for people with a mental illness. Sleep has a major impact on the frontoparietal network and the thalamus, which are associated with attention and working memory. These areas of the brain are critical for our overall sense of resilience, which helps us successfully meet the challenges of work and daily life.

#### MOVEMENT

Movement rejuvenates the brain! In a 2006 article, 'Exercise for Mental Health' published in Primary Care, researchers shared that the benefits of physical activity, particularly jogging, swimming, cycling, walking, and dancing, have been shown to reduce anxiety and depression while improving overall mood significantly. The hypothesis is that it also impacts mental health due to distraction, self-efficacy, and increased social interaction related to the activities. Physical activity has proven to be an essential component of treatment for severe mental illnesses, including schizophrenia and obsessive-compulsive disorder. In particular, adults benefit from physical activity through improved neurochemistry, plasticity, and white and gray matter increases. All these benefits result in improved functioning both emotionally and intellectually.

#### THERAPY

Psychotherapy, or talk therapy, is shown to be an effective tool in managing mental health issues. However, in the United States, over 50% of mental health care takes place in a primary care setting which begins and ends with a prescription. While there are many benefits for using pharmaceuticals, on their own, they have shown to be only marginally effective at improving quality of life. The research is substantial that combining talk therapy with medication is extremely effective at managing anxiety, addiction, depression, eating disorders, post-traumatic stress disorder, and chronic pain. The advances in therapy, such as cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), coupled with tools like meditation and mindfulness, have helped so many people manage their condition and truly break free from suffering and live the life they dreamed about.

If you are struggling or know someone who is, many resources, services, and therapies are available today to help. Don't suffer in silence: reach out, take action, and see how you can transform your experience and life!

# THE DOUGH PRESS

## AROUND THE CHESTNUT "LAND"

**CONGRATULATIONS TO MELISSA ROSS FL176 ON THE BIRTH OF HER GRANDSON ELIJAH!**



**HUGE CATERING ORDER AT IL131 FOR NATIONAL PRETZEL DAY! GREAT JOB AARON GERARD & TEAM!**



**AWESOME FIELD TRIP AT OH175! GREAT JOB TAMMY SHOWMAN & TEAM!**





# THE DOUGH PRESS

## OVERALL SATISFACTION SURVEY CONTEST

### CONGRATULATIONS TO THE TEAM CHESTNUT WINNERS OF THE Q1 GUEST FOCUS CONTEST!

To qualify, stores had to have at least 30 surveys for the quarter, an average OSAT of 70% or above, and 0 escalated alerts.

Store:	# of Surveys	OSAT
<b>MI115</b>	<b>56</b>	<b>78.57</b>
<b>MI143</b>	<b>56</b>	<b>83.93</b>
<b>MI105</b>	<b>50</b>	<b>70.00</b>
<b>OH163</b>	<b>44</b>	<b>72.73</b>
<b>IN128</b>	<b>37</b>	<b>72.97</b>
<b>PA254</b>	<b>34</b>	<b>73.53</b>
<b>FL176</b>	<b>33</b>	<b>75.76</b>

**KEEP UP THE AWESOME WORK!**

# THE DOUGH PRESS

## EMPLOYEE REFERRAL PROGRAM

### EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS MAY 2ND, 2023

#### 9 MONTHS - \$400

THERESA ATKINSON FL132/180 FOR REFERRING IVAN RIVERA FL180

SAKCHHI RAI OH183 FOR REFERRING SWIKRITI RAI OH183

MELANIE SMITH MI123 FOR REFERRING COURTNEY PALMER MI123

DAWN BANNISTER OH111 FOR REFERRING TIFFANY HAMPTON OH111

TIFFANY HAMPTON OH111 FOR REFERRING KAYLEE THURLBY OH111

THERESA ATKINSON FL132/180 FOR REFERRING JORDYN ATKINSON FL132

SANDRA MCCLINTOCK MI105 FOR REFERRING MATHEW HOSLER MI105

#### 6 MONTHS - \$300

CHRISTOPHER CRUZ FL149 FOR REFERRING MARIA ANDRADE-MONTES FL149

MELISSA SANDERS IL169 FOR REFERRING PENNY SEIFERT IL169

MIKE PEZZETTI MI141 FOR REFERRING ALYSSA PEZZETTI MI141

#### 3 MONTHS - \$200

DAYLIN ANDRZEJEWSKI FL171 FOR REFERRING KARLIE GODWIN FL171

TRANEASHA WALKER MI120 FOR REFERRING WARDELL DEWALT MI120

SA'MON GROOBER SC123 FOR REFERRING TIFFANY MILLS SC123

SANDRA MCCLINTOCK MI105 FOR REFERRING RIVER ANTCLIFF MI105

ESMERELDA ROSAS IL136 FOR REFERRING OMAR ZEPEDA IL136

# THE DOUGH PRESS

## MAY BIRTHDAYS

MONA BURKETT - FL222	5/1	LUKE COPELAND - NC114	5/10	WCHRISTOPHER GOLDEN - FL177	5/22
MARTHA CRIOLLO CORREA - FL230	5/1	ROBYN RIPA - IL165	5/11	LUIS-MICHAEL RODRIGUEZ - FL175	5/22
DAMIAN WELLINGTON - FL177	5/1	JAMAR MOORE - MI116	5/11	ADDISON GALTIERI - NC131	5/22
ZIA JOHNSON - MS112	5/1	SAVANNAH GABBARD - OH163	5/11	KEIAIRAH ADKINS - WV106	5/23
ABIGAIL ALLEN - IL163	5/1	CHRISTIAN NEWSOM - FL180	5/12	SUNNY TACKETT - OH163	5/24
BARRY HILL - FL182	5/2	LONNIE SCHAUB - MI105	5/12	DAWSON GAWLIK - NH108	5/24
ARIAUNNAH TOLBERT - GA116	5/2	ALEENA CURRY - MI135	5/12	AMANDA ANDREWS - TN126	5/24
NICHA NA LAMPANG - FL223	5/3	JEFFREY JUDD - OH208	5/13	RYAN CANNON - NH105	5/25
PETER KEHINDE - OH111	5/3	LYMYA GRAVES - IL165	5/14	GABRIELLE STONE - FL201	5/25
BRYCE SAUNDERS - FL176	5/4	ANGELIKA LEGRAND GARCIA - FL144	5/14	DEBORAH HUIZENGA - MI116	5/26
ROBERT DALZIEL - WOODLAND JAMBA	5/5	AMARE FRAZIER - TN126	5/14	WISELAINE GUAY - FL121	5/27
KARI SANCHEZ - FL231	5/5	FATIMA ZOHRA OUASFI - FL192	5/15	PARIS PATTERSON - IN114	5/27
RACHEL STEWART - OH183	5/5	FRANCESCA CUPARO - FL175	5/16	CALVIN UKPAI - GA139	5/28
ANDREA REYES JARAMILLO - IL136	5/5	COURTNEY PALMER - MI123	5/16	KAYLA EVANS - NC115	5/28
NOAH DIXON - GA128	5/5	JANICE SHIVERS - FL143	5/18	STORI MILLER - FL144	5/29
MARY DOEPP - GA130	5/6	MACKENZIE LANDERS - IL169	5/19	ALYSSA MOORE - MS112	5/29
DAEJA SHIELDS - IL165	5/6	SAMANTHA MISKEVICH - NC115	5/20	HANNAH HAWKINS - OH175	5/30
JAMES ROACH - NC114	5/7	DARLENE POLITE - FL168	5/20	JALEN FIELDER - MI122	5/30
FERNANDO SUAREZ - FL154	5/8	DINA MCALISTER - KY117	5/21	SIERRA HAYES - GA116	5/31
HELEN STUPKA - OH175	5/8	DANIELA MARTE - FL176	5/21	KAREEM ELHEMALY - FL196	5/31
JENNIFER TARVER - REG	5/9	SVELTLANA BROWN - IN114	5/21	MARQUIS LEWIS - MI141	5/31
HAILEY TAYLOR - OH175	5/9				

**HAPPY BIRTHDAY TO ALL OF YOU!**  
**ENJOY YOUR SPECIAL DAY!**

# THE DOUGH PRESS

## MAY WORK ANNIVERSARIES

JOSEPH ZIERAN - GA130	12 Years	NAKYIAH KING - GA166	1 Year
CORDARRYL JOHNSON - GA110	7 Years	WHITNEY MACK - FL197	1 Year
REBECCA RITOUNI - PREM OUTLETS CINNABON	6 Years	WALTER ALONSO - FL168	1 Year
REBECCA GAGNER - FLORIDA MALL CINNABON	6 Years	NOARA PRADO - FL201	1 Year
HANNAH HAWKINS - OH175	6 Years	DAVID CASTELAN - FL175	1 Year
KEVIN MCDORMAND - NH105	6 Years	BERNARDO SERRANO - FL175	1 Year
JOHN DALTON - FL182	5 Years	CAYDEN GORDON - GA110	1 Year
MELISSA ROSS - FL176	5 Years	JUSTICE KING - IL131	1 Year
REBECCA HANLON - OH190	4 Years	ANA-CRISTINA CHAVARRIA - FL187	1 Year
AUSTIN SHERMAN - OH175	4 Years	TIFFANY CARROLL - OH147	1 Year
COURTNEY SMITH - NC140	2 Years	NICOLE HUTCHASON - OH175	1 Year
CHRISTOPHER CRUZ ANDUJAR - FL149	2 Years	ZACHARY ROBERTS - FL180	1 Year
DARLENE POLITE - FL168	2 Years	ELIJAH JOHNSON - GA116	1 Year
TIMOTHY ADKINS - FL171	2 Years	MACKENZIE ESKEW - IL169	1 Year
MARY DOEPP - GA130	2 Years	ZARIA GRESHAM - GA139	1 Year
TREVELLE PRATER - TN126	2 Years	LORNA COLLINS - FL111	1 Year
TIAUNNA GARLAND - FL260	2 Years	DEONDRE ABRAMS - MI141	1 Year
COURTNEY BRADLEY - FL111	1 Year	MATTHEW WHITE - FL260	1 Year
KAYLEE MCCARTNEY - MI137	1 Year	SKYLYNN MAYNARD - IL131	1 Year
TERESA MCLAWHORN - NC140	1 Year	LESLEY CASTRO - FL175	1 Year
KIMBERLY MCCRAY - FL197	1 Year		

**CONGRATULATIONS TO ALL OF YOU ON YOUR  
WORK ANNIVERSARY!**