

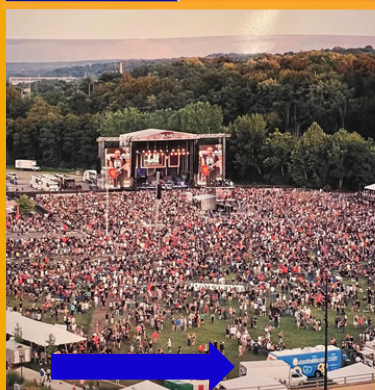
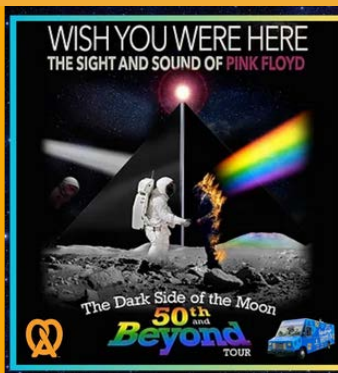
AUGUST 2023

THE DOUGH PRESS

VOLUME 4, ISSUE 43

GO ON TOUR WITH THE PRETZEL TRUCK!

Check out some of the awesome concerts we have attended this Summer!



THE DOUGH PRESS

AUGUST HOME OFFICE EMPLOYEE SPOTLIGHT

MEET GINA DIFRANCESCO RECRUITER



Gina joined the CLC family as a Recruiting Intern in March of 2022. She was a server at Inner Circle and finishing up her Communications/Marketing Degree at Youngstown State University. She was undecided on what career path she wanted to take and was very interested to do an internship with us in Recruiting. During her internship she quickly became a great asset to the team. She enjoyed recruiting and all that came with that. In September she was offered a FT position and the rest is history! Gina has grown in her role and it has been awesome to see her come into her own. She blends so well with the Home Office team and is very easy to talk to which is a great attribute for our CLC employees and all the external candidates she talks to each day. We appreciate her kindness and smiles each day when she comes to work. Thanks for all you do!

WRITTEN BY REBEKAH MARSTELLAR
DIRECTOR OF HUMAN RESOURCES

THE DOUGH PRESS

MEET GINA DIFRANCESCO

RECRUITER

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

I am a recruiter for the Chestnut and Company! I started out as an intern in March of 2022, then came on full time in September of 2022. I come from a big family, I am one of five children. I have two older brothers Alex and Dominic, and two sisters Erica and Rachael. Fun fact about my sisters and I, we are triplets. My two sisters are identical and I am the fraternal sister.

2. Take us through a workday in the life of Gina.

I handle all the assistant hiring's for all of Chestnut, and the promotions to become an assistant. At the beginning of the week I breakdown the openings we have and set a plan to reach out to all of our stores. Throughout the week I am reaching out to candidates that have applied to our positions to set up for interviews with our store managers. Towards the end of the week I start to gather all of the new hires from our managers, to call and offer the position to get our candidates started. After I do that I collect ID information to enter for their background check, and send out an offer letter to finalize. I am in constant communication with our store managers to make sure we are working on getting what they need to help their stores!

3. Can you share a funny moment you have experienced on a recruiting call?

I've had many interesting phone calls with candidates since I started here. One that stands out the most to me was actually fairly recent. A candidate picked up the phone we had been talking for a while, and in the middle of our conversation she tells me she needs to put me on mute for a minute or two. She unmutes the call and tells me that she needed to finish up going to the restroom.

4. If you could only watch 1 movie for the rest of your life, which one would you choose?

When it comes to movies or TV shows I am a big sap. So to pick a movie I would watch for the rest of my life would probably have to be the Notebook!

5. What is the most adventurous thing you have ever done?

I haven't done too many adventurous activities, but one that I love the most to do in the summer time is to go tubing and jet ski on the lake!

6. What is the most unusual or interesting item on your desk?

I received a gift when I first came on board here to put on my desk, it is an old Rise Pies glass bottle!

THE DOUGH PRESS

AUGUST FEATURED LOCATION

TIPPECANOE MALL



STORE. IN 114 – Store Manager Heather Swift
TIPPECANOE MALL.

Tippecanoe Mall, nestled in the heart of Lafayette, Indiana, is a bustling shopping haven that offers an unrivaled retail experience to locals and visitors alike. This vibrant shopping center boasts a vast selection of stores, ranging from popular fashion boutiques and trendy retailers to well-known department stores and specialty shops, catering to diverse tastes and preferences. Shoppers can delight in exploring the latest fashion trends, tech gadgets, home decor, and more, all under one roof. Beyond its impressive shopping offerings, the mall also features a variety of dining options to savor delicious cuisines and recharge during a shopping spree. With its friendly ambiance, extensive amenities, and a calendar of exciting events, Tippecanoe Mall continues to be a favorite destination for families, friends, and individuals seeking a memorable retail experience in Lafayette.

LAFAYETTE FUN FACT: Lafayette is the birthplace of the famous Colt revolver. Samuel Colt, the inventor, was born in the city in 1814. His invention revolutionized firearms and played a significant role in shaping American history.

THE DOUGH PRESS

AUGUST EMPLOYEE SPOTLIGHT



MEET HEATHER SWIFT

STORE MANAGER IN114



We are delighted to shine a well-deserved spotlight on Heather Swift, our Store Manager of IN114 Tippecanoe. Joining our team in February of this year, Heather brought with her an impressive background in management, having amassed several years of experience in both retail and quick-service industries. From the moment she stepped into her role, Heather's leadership and dedication have been nothing short of exceptional. Heather's passion for her work is evident in every aspect of her role. Thank you for your continued hard work and we are excited for your future with Chestnut Land!

WRITTEN BY JUSTIN VALLIA
OPERATIONS/LOSS PREVENTION SPECIALIST

THE DOUGH PRESS

AUGUST EMPLOYEE SPOTLIGHT

HEATHER SWIFT

1. What's the most unique or strange job you've ever had before joining this company?

I wouldn't necessarily say it was unique but I did work for AT&T as a sales consultant. This job taught me how to hear a smile in my voice which is very helpful in the food business.

2. Who is your favorite cartoon character and why?

Lucy from Peanuts. Because she's confident, strong and positive. She gives sound advice for just 5 cents.

3. What's the most exciting or memorable trip you've ever taken?

My favorite trips always involve the southern states. I love the mountains in Tennessee, Georgia, and Virginia.

4. If you could time travel, which era would you visit and why?

The 20s for the fashion and women's right to vote. No longer were women willing to be put in devices like the corset. Women wanted to dance, work, and vote!

5. If you could instantly learn a new skill, what would it be and why?

Write music. I think it's amazing how someone can make music that sounds good together. And then to put words to it! Incredible!

6. If you could have a conversation with any historical figure, who would it be and why?

Oprah Winfrey. Her rags to riches story. All of the celebrities she has interviewed. The books she has written, and all her business smarts. Multi-billionaire status as an African American woman!

7. What's your favorite "guilty pleasure" TV show or movie that you secretly enjoy?

I don't make it a secret but I think people are surprised that I enjoy Kid's Movies. Some of my favorites are Lion King, Finding Nemo and Monsters Inc.

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

Original Pretzel with salt and hot salsa cheese.

9. What's your favorite way to stay motivated at work?

My Work, Home balance. I learned this a long time ago that I have to have my family time to succeed at work.

10. What's your favorite app or tool that helps you stay organized or productive?

I am old School. I don't use an app. I'm a list maker. I use a pocket planner. I list work things, wish lists, things to do at home, meeting notes, etc., all on a foldable piece of paper with the schedule printed on the other side.

THE DOUGH PRESS

AROUND THE CHESTNUT "LAND"



Congratulations!

TO REGIONAL MANAGER JEN TARVER ON THE BIRTH OF HER BEAUTIFUL BABY BOY!

Henry William Tarver.

Born 7/17/23 - 6lbs 9oz

GIRL SCOUT FIELD TRIP AT IN114



FIELD TRIP AT IL131 - 25 KIDS!



MAMA JUNE, WHITNEY MACK (AM) & JESSICA (HONEY BOO BOO'S SISTER) AT FL197



FIELD TRIP AT FL150



THE DOUGH PRESS

TOP ONLINE STORES

JULY

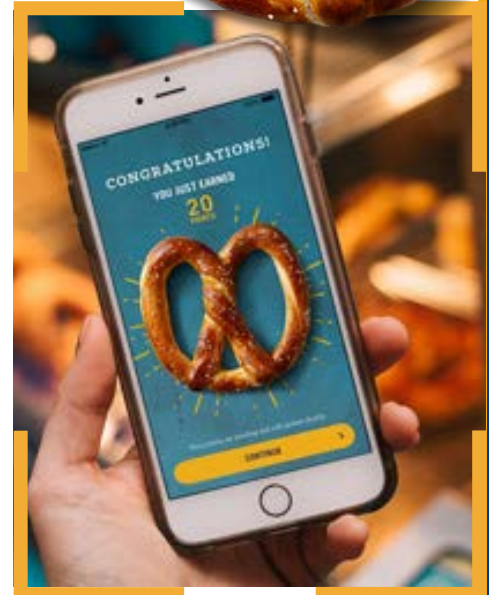
TOP 10

GRUBHUB

DOORDASH



1. OH147
2. GA116
3. GA130
4. FL143
5. MI112
6. OH111
7. OH124
8. IN109
9. IN107
10. GA106



Uber Eats

THE DOUGH PRESS

DTIQ AUDIT STREAKS
3 CONSECUTIVE 100% SCORES


**DOUBLE
DIGITS!**

GA130-10
FL276-7
FL177-6
FL144-4

**Great
Job!**

CONGRATULATIONS TO THESE 4 STORES!

Let's build this list and see more stores next month!

THE DOUGH PRESS

WORKING ON WELLNESS

TAKE A BREAK FOR STRENGTH

Whenever we hear stories of people who have overcome hardship, loss, illness, or violence, we may ask ourselves: how did they survive? How did they recover? How are they able to go on? As human beings, our ability to survive and even thrive in the face of great challenges and difficulties provides us with rich sources of admiration and inspiration. If we examine these stories, we can identify common threads to how people might find courage and resilience even in moments of great suffering. Those threads reveal strength in many forms: physical, mental, emotional and spiritual. These stories of strength have been researched for decades and provide us with guidance on how we can build reservoirs of strength that we can call upon in difficult times.

EXPERIENCE

Experience is a great support in difficult times because we can draw on our past ability to overcome challenges, survive loss and persist through suffering as a roadmap for how we can move forward. These experiences teach us lessons that inform our present response, even if it is not obvious to us. In addition to our own experience, our ability to reach out to others who can offer support and guidance through current hardships is an important aspect of human survival. We are always stronger together!

MEANING

Meaning and connection to something beyond ourselves help us maintain perspective during even the most traumatic moments. Those who survive great tragedies often build lives devoted to causes that connect meaning to their loss and suffering. Individuals going through challenges often find reservoirs of strength through faith, family, and love, all ideas that provide us with something bigger that can fortify and even unite us. For some people, sacrifice, and forgiveness, even after great loss, provide comfort, giving them the strength and the will to move beyond whatever has happened.

ATTITUDE

Attitude is a unique and sometimes messy lens to view strength because it can negatively affect our individual role in life's struggles. Often, we live on autopilot, reacting to things around us, which leaves us at the mercy of circumstances. If we can think of attitude not as a characteristic but more of a skill, like training a reflex, that helps us in a difficult situation. We can remove any stigma of fault and focus on empowering ourselves at critical and sometimes even desperate moments. Attitude as a skill helps us view situations as separate from us, allowing space for choice in thought, emotion, and ultimately in our actions.

Learning to ride the waves of highs and lows allows us to see our life as satisfying and meaningful. Here are some practical ways to build strength every day.

- Practice healthy habits that enable the body and mind to be strong and resilient: eat real food, move your body, manage stress, and get good sleep as if your life depends upon it.
- Eliminate substances and behaviors that might serve as a temporary crutch during difficult times, but in the long run cause more distress and suffering.
- Build strong connections that support you and your circle in good times and bad.
- Identify and nurture your connection to a higher purpose, allowing it to enrich your experience of life.
- Develop emotional regulation and self-discipline which help us build peace and contentment into our daily lives.

THE DOUGH PRESS

WORKING ON WELLNESS

CREATING A POSITIVE MORNING ROUTINE FOR A PRODUCTIVE DAY

A positive morning routine sets the tone for the rest of the day, influencing our mindset, productivity, and overall well-being. How we begin our mornings can greatly impact our energy levels, focus, and ability to tackle daily challenges. Let's explore the importance of establishing a positive morning routine and provide practical tips to help you kickstart your day with positivity and intention.

RISE AND SHINE. EMBRACE EARLY MORNINGS

Waking up early allows us to have some quiet and undisturbed time before the hustle and bustle of the day begins. Embrace the peacefulness of the early morning by setting your alarm a bit earlier than usual. Gradually adjust your sleep schedule to ensure you get adequate rest, and try to wake up at the same time each day to maintain a consistent routine.

START WITH GRATITUDE. CULTIVATING THANKFULNESS

As you wake up, take a moment to reflect on the things you are grateful for. Practicing gratitude can shift your mindset from one of lack to one of abundance, increasing feelings of positivity and contentment. You can keep a gratitude journal or simply make mental notes of the things you appreciate in your life.

HYDRATE AND NOURISH. BEGIN WITH A HEALTHY BREAKFAST

After a night of rest, our bodies are naturally dehydrated. Start your day by drinking a glass of water to rehydrate and kickstart your metabolism. Follow it up with a nutritious breakfast to provide your body with the energy it needs to fuel your morning activities.

MINDFULNESS AND MEDITATION. CENTERING YOURSELF

Incorporate mindfulness and meditation into your morning routine to clear your mind and reduce stress. Spend a few minutes in meditation or deep breathing exercises to ground yourself and set a positive tone for the day. Mindfulness can help you remain present and focused throughout your daily tasks.

MOVEMENT AND EXERCISE. ENERGIZE YOUR BODY

Physical activity in the morning not only boosts your energy levels but also releases endorphins, the "feel-good" hormones. Engage in light stretching, yoga, or a quick workout session to get your blood flowing and invigorate your body. Even a short walk outside can connect you with nature and provide an additional mood lift.

PLAN YOUR DAY. SET CLEAR INTENTIONS

Take a few moments to plan and prioritize your tasks for the day. This will help you stay organized and focused, reducing the likelihood of feeling overwhelmed later on. Write down your to-do list or use a productivity app to keep track of your goals and responsibilities.

LIMIT SCREEN TIME. MINIMIZE DISTRACTIONS

Avoid diving into your phone or computer immediately after waking up. Give yourself some screen-free time to avoid overwhelming your mind with information before you've had a chance to center yourself. This practice can promote mental clarity and a sense of calm.

CONNECT WITH LOVED ONES. FOSTER POSITIVE RELATIONSHIPS

If possible, spend quality time with your loved ones in the morning. This could be as simple as having breakfast together or engaging in a meaningful conversation. Strengthening your connections with family or friends can bring joy and a sense of belonging to your day.

Creating a positive morning routine is about starting your day with intention, mindfulness, and self-care. By incorporating practices like gratitude, mindfulness, exercise, and planning, you set yourself up for a productive and fulfilling day ahead. Remember, it may take some time to establish a new routine, so be patient with yourself and make adjustments as needed. Embrace each morning as an opportunity to cultivate positivity and set the stage for a successful and fulfilling day.

THE DOUGH PRESS

EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS AUGUST 1ST, 2023

1 YEAR - \$600

MELANIE SMITH MI123 FOR REFERRING COURTNEY PALMER MI123
DAWN BANNISTER OH111 FOR REFERRING TIFFANY HAMPTON OH111
THERESA ATKINSON FL132/180 FOR REFERRING JORDYN ATKINSON FL132

9 MONTHS - \$400

MELISSA SANDERS IL169 FOR REFERRING PENNY SEIFERT IL169

6 MONTHS - \$300

TRANEASHA WALKER MI120 FOR REFERRING WARDELL DEWALT MI120
SANDRA MCCLINTOCK MI105 FOR REFERRING RIVER ANTCLIFF MI105

3 MONTHS - \$200

OLIVIA DEAN OH175 FOR REFERRING JOSHUA RUSSELL OH190
REBECCA YOUNG MI141 FOR REFERRING EDWARD SHOUN MI141
KEYANA JOHNSON FL150 FOR REFERRING TAVEA SAUNDERS FL150
LUIS MENDEZ NH106 FOR REFERRING LUIS MENDEZ NH106
AMANDA ANDREWS TN126 FOR REFERRING NICHOLAS SCOTT TN126

REMEMBER A REFERRAL IS ANYONE YOU RECOMMEND TO WORK FOR CHESTNUT LAND COMPANY! THIS CAN BE A FRIEND, FAMILY MEMBER, FORMER COWORKER, MALL EMPLOYEE, FREQUENT CUSTOMER, FACEBOOK FRIEND OR NEIGHBOR.

THE DOUGH PRESS

AUGUST WORK ANNIVERSARIES

FERNANDO SUAREZ - FL154	22 Years
LEO HENRY - HOME OFFICE	19 Years
DAVID BEARD - GA110	17 Years
HOLLY LEWIS - MI123	13 Years
SANDRA MCCLINTOCK - MI105	12 Years
SHANNA HIRONS - MI115	12 Years
CRESCENT CHAPMAN - REG	12 Years
VIRGINIA KOLARIK - MI115	12 Years
TATIANA WILLIAMS - KY117	9 Years
AARON GERARD - IL131	8 Years
CLORISSA DEKUIPER - MI115	6 Years
DEBORAH HUIZENGA - MI116	5 Years
DANIELLE EATON - NH106	3 Years
SORAYA ESTEVES - FL158	3 Years
CAMERON MILLSAP - GA110	3 Years
SHAVON GOODE - NC131	3 Years
SAVANNAH GABBARD - OH163	3 Years
MELINDA WILLIAMS - IL169	2 Years
JESSICA WILSON - OH189	2 Years
CHRISTINA MOHR - WOODLAND JAMBA	2 Years
DANIEL HONIG - FL197	2 Years
DEANNA WESTBROOK - MI115	2 Years
ZIA JOHNSON - MS112	2 Years
ASHLEY LEMASTER - WV106	2 Years

MACKENZIE LANDERS - IL169	2 Years
SA'MON GROOBER - SC123	2 Years
STACEY CRAIG - FL149	2 Years
JORDYN ATKINSON - FL132	1 Year
KORRIN HECKSHER - FL132	1 Year
ANTHONY GUERRERO VARGAS - FL231	1 Year
HOPE RUSH MCDONALD - OH163	1 Year
RYAN PIROSKO - OH111	1 Year
ARIEL NUNEZ - FL230	1 Year
FIDEL MOSQUERA - FL154	1 Year
TREVER STANLEY - GA116	1 Year
ALEXIS GREGORY - FL121	1 Year
CODY WARNER - FL201	1 Year
LI XIA - GA116	1 Year
GABRIELLE NAVARRE - MI143	1 Year
ALEXIS VERGANZO - FL121	1 Year
SARAH ANDERSON - GA130	1 Year
LADAJAH WRIGHT - GA166	1 Year
STEPHANIE BERMUDEZ - FL177	1 Year
NOMAR GONZALEZ - FL121	1 Year
ASTRID CHIFFRA - FL177	1 Year
JONATHAN CRABTREE - OH183	1 Year
JAMES ROACH - NC114	1 Year

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

THE DOUGH PRESS

AUGUST BIRTHDAYS

DEVONTE COLEMAN - FL121	8/1
CARL JOHNSON - OH163	8/1
MOHAMED EL MESSARI - PREM OL CINNABON	8/1
GABRIELLA GREENFIELD - FL226	8/2
XAVION RICE - WOODLAND JAMBA	8/2
ERIKA CRENSHAW - FL197	8/3
CHARLOTTE MORLOCK - IL165	8/3
BRYANNA BARRADAS LOPEZ - IN114	8/3
ALLISON ZALLER - OH111	8/3
ALEXES DIXON - FL159	8/3
LITZY MOGAVERO - SC123	8/4
GRACE COURTNEY - OH163	8/4
CATHERINE ZOLLERS - FL221	8/4
ALEXANDER LAROCHE - FL276	8/4
MICHELLE BROWN - MI141	8/5
CHRISTINA CHARRON - MI115	8/5
CHRISTOPHER SAGO - IL163	8/5
LAUREN SWEENEY - PA254	8/6
CAEGAN BASS - FL177	8/6
KAMERON HOUSE - MS112	8/6
ALIANNA ESPINOSA BLANCO - FL154	8/6
THOMAS SOTO - GA128	8/7
KRISTEN MAYNARD - GA130	8/7
SANDRA MARTINO - FL150	8/7
KAYLEY WEATHERMAN - NC131	8/8
JOHN DALTON - FL182	8/8
LUCY CRUZ - NH106	8/8
CIERRA LELESCH - OH130	8/8
HOLLY LEWIS - MI123	8/9
KAREN CHAVEZ PLAZA - FL223	8/10

GRACE YOUNG - MI120	8/10
AUSTIN MILES - GA110	8/10
JANE DALE - FL222	8/10
CODY WARNER - FL201	8/11
WILLIE ROGERS - IN111	8/11
KRISTIN LEBEAU - FL182	8/11
MIKEL CUMMINGS - FL196	8/11
JEREMIAH BENDER - OH124	8/11
KANIJAH JAMES - OH183	8/12
RYAN PIROSKO - OH111	8/13
ARRIUS JOHNSON - OH147	8/13
TATIANA WILLIAMS - KY117	8/13
CONNOR MAILMAN - FL192	8/14
DESTINY DAVIS - GA110	8/17
BRANDON PAQUETTE - FL171	8/17
JESSICA WILSON - OH189	8/18
EYAD SALEH - PREM OL CINNABON	8/18
ALEXANDREA KELLY-KING - FL196	8/18
CAYLEY CASILLAS - FL111	8/18
EILEEN GRIFFIN - GA166	8/19
THAMER HAMID - GA128	8/19
KAMARIS PRINCE DUNLAP - FL143	8/19
ASHLEY LILLY - GA106	8/19
BALPHIA BANNISTER - OH111	8/19
CATALINA DEBNEY - FL196	8/20
DEANGELO RENE - PREM OL CINNABON	8/20
EDRICK SANABRIA - IN111	8/20
DAYLONA JACKSON - MI117	8/20
IYANA BEARD - IN114	8/22
SAVANNAH BOURNE - GA166	8/22

LISA SLAYTON - OH111	8/23
TIAUNNA GARLAND - FL260	8/24
JEREMIAH HERNANDEZ - FL177	8/24
NAYELI HERNANDEZ REYES - FL144	8/24
JAYLA BERRIOS - FL276	8/25
MELISSA ROSS - FL176	8/25
DAVANTE CONYERS - GA166	8/26
ROBERT WEAVER - BRIARWOOD CINNABON	8/26
DAVID BUTLER - MI135	8/26
THALIA DIOU - FL132	8/26
SARAH SPAHR - OH183	8/26
DARIUS BULLOCK - FL196	8/26
JACOB MACKIE - MS112	8/26
OSCAR DELA CRUZ - NH105	8/27
NICHOLAS SCOTT - TN126	8/28
TIFFANY HAMPTON - OH111	8/29
TERI RODIER - NH106	8/29
DAYANARA ALFARO - FL MALL CINNABON	8/30
AUSTIN YOUNG - MI120	8/30
KEJUAN SNOW - NC140	8/30
MICHAEL YOH - NC102	8/30
BRITTANY CZECH - IN114	8/30
OMARILYS TOSCANO RIOS - PREM OL CINNABON	8/30
CALEF SOTO MERCADO - FL143	8/31
BRIANNA KINNEY - FL182	8/31
CHANCE CHAPEL - GA128	8/31
BRADEN RESENDIZ - FL158	8/31
DEBORAH TILGHMAN - FL226	8/31

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