

THE DOUGH PRESS

VOLUME 5

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ISSUE 50

When he whispers in your ear:
“I ordered us Original & Cinnamon Sugar Pretzels
for later”



FEBRUARY 24

CHESTNUT LAND COMPANY

PAGE 1

THE DOUGH PRESS

MILLION DOLLAR WATCHES

Congratulations!

Congratulations to each of these managers for their stores reaching \$1 Million or more in sales for the first time in 2023! Chestnut Land Company is proud to present these first time MILLION DOLLAR managers with new, beautiful watches for reaching this incredible milestone!



MARIA SOLE - FL154

GUILLERMO NORIEGA - REGIONAL MANAGER

JAMES ROACH - NC114

FRANK PERROTA - OPERATIONS/LOSS PREVENTION SPECIALIST



MICHELLE BROWN - MI120

CRESCENT CHAPMAN - REGIONAL MANAGER



THE DOUGH PRESS

FEBRUARY EMPLOYEE SPOTLIGHT

meet LILLIAN COMERFORD
STORE MANAGER FL135 / CINNABON 6568



Lily joined our Chestnut Land Family when we acquired FL135 Altamonte Mall in November 2023. My first meeting with Lily was met with excitement and kindness. She truly cares about her location and her staff. She was open to learning the Chestnut Land way with procedures and policies. We look forward to her continued success!

Written by Bekah Marsteller
Director of Human Resources

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FEBRUARY EMPLOYEE SPOTLIGHT

meet LILLIAN COMERFORD STORE MANAGER FL135 / CINNABON 6568

1. Hi Lillian, welcome to the Chestnut Land Family! Can you please share a little about yourself?

Hi! My name is Lillian, but I go by Lily. I grew up in Brooklyn NY in the 90's. My mom was an art designer, and my dad was an editor, they met working at the same publishing company. I went to art HS and a little bit of Art College, worked in retail in Manhattan and Queens, and I moved to Florida in 2021.

2. What's the most unusual talent you possess that not many people know about?

Besides going to Art school, I have also played the violin since I was 6 and the viola I picked up in HS. I also taught myself Saxophone and clarinet, and when I was in an orchestra, I played at Carnegie Hall, Lincoln Center and Symphony Space.

3. If you could have dinner with any fictional character, who would it be and why?

That's a tough question! I'm thinking who would have the best meal to share... and that would definitely be Goku from Dragon Ball Z. He eats like a mountain of sushi, ribs, bao, noodles, drumsticks, and just about all the good foods. I would have to eat quick, or he would eat it all, but I do eat pretty fast, so I think I could manage.

4. What's the most interesting place you've ever visited, and what made it memorable?

I really enjoyed the trip I took to Paris with my mom. It was a surprise trip for my birthday one year, and I didn't find out that our true destination was Paris until the plane landed. I thought we were going to California, and I managed to sleep most of the flight. I was a little suspicious when I woke up at one point and saw that little plane map showed us over nothing but water, but my mom told me it was one of the great lakes. It was the ocean. The Eifel tower sparkles at night, and we went to as many art museums and castles as we could.

5. What do you enjoy doing when you are not working?

I am still working on finishing my art degree online, and I also enjoy drawing and cooking. I used to paint but it can be very messy, now I work with copic markers, which are an alcohol based art marker. I also have a dog child named Caleb that I love to hang out with. He also goes by Bubba, Bub, Poop, Poop Dupe, and Poop Dupins Attorney at Law.

6. Favorite Cinnabon menu item?

Caramel Pecan Bon

7. Can you share any advice that you like to provide to your team members to help them stay focused?

I often talk about communication at work, and how it can make any situation better. This is also true when we are actively working. If we go silent, we start to break down as a team. So I try to help the team communicate well, when someone needs a break, when a product is low, when a big online order comes in, we come together.

8. What was the last show that you binged watched?

I'm still currently getting through the X-Files. It's pretty funny sometimes, unintentionally. Molder ditches Skully almost every episode so far.

9. Do you like to read books? Anything you would recommend?

I'm not big on reading books anymore, but I read all of the Harry Potter books, and I liked this one series by the duo Preston and Child. They were very sci-fi, supernatural mystery murder-y, and they involved a brilliant FBI agent who didn't do things by the book named agent Pendergast. It's a fun series, I just found out its up to 23 novels now, I'm quite behind!

10. What strategies do you use to stay motivated and productive during busy or challenging times at work?

I make sure everyone is staying hydrated, communication again, and we all check in on each other to make sure we are helping where we need to (almost the whole team can step into any roll *badum bum*, so we can trade off if someone is getting worn out) I also try to joke around and we have as much fun with it as we can. Keeping positive and being silly at the right times can make a big difference on the flow of the day.

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FEBRUARY FEATURED LOCATION

ALTAMONTE MALL



STORE:

Auntie Anne's FL135 / Cinnabon 6568

Store Manager: Lillian Comerford

ALTAMONTE MALL:

Nestled in the heart of Altamonte Springs, Florida, Altamonte Mall stands as a premier shopping destination, offering an unparalleled retail and entertainment experience. Boasting over 150 diverse retailers, the mall caters to every taste with a curated selection of top fashion brands, unique boutiques, and specialty stores. Beyond shopping, Altamonte Mall presents a culinary delight with a variety of dining options, making it a gastronomic haven for visitors. This vibrant community hub goes beyond retail therapy, featuring family-friendly amenities, a state-of-the-art cinema, and a calendar full of exciting events throughout the year. Altamonte Mall is not merely a shopping center; it's a dynamic and engaging destination where style, entertainment, and enjoyment come together to create lasting memories.

CHESTNUT LAND ALTAMONTE MALL:

Chestnut Land Company acquired this co-brand location in November of 2023. We are very excited for what the future holds for this store and great staff!

ALTAMONTE SPRINGS FUN FACT:

Lake Monster Legends: Some local legends tell of mysterious creatures residing in the lakes around Altamonte Springs. While these tales are more folklore than fact, they add a touch of mystery to the city's waterways.

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TOP online STORES

JANUARY

TOP 10

1	FL260	6	GA116
2	FL196	7	GA106
3	OH147	8	OH111
4	IN107	9	FL154
5	FL132	10	GA130



GRUBHUB

Uber **Eats**



DOORDASH

THE DOUGH PRESS

DTIQ AUDIT STREAKS

3 consecutive 100% SCORES

**WOW
WOW
WOW**

22

GA130

8

FL176

7

FL159

4

FL226

3

FL177

3

FL276

3

MI123

KEEP UP THE AWESOME WORK!

THE DOUGH PRESS

2024 WELLNESS INITIATIVE PROGRAM

2024 WELLNESS INITIATIVE PROGRAM

The 2024 Wellness Initiative Program is here! This applies to active staff enrolled in the HSA Medical Plan.

PARTICIPATING CAN EARN YOU UP TO \$1,000 ANNUALLY - JUST BY STAYING HEALTHY!

Payments will be made quarterly to your HSA account in March, June, September and December. Payments cannot exceed \$1,000 annually. Included wellness activities are listed below, there are two categories.

CATEGORY 1

Performing the activities in this category could earn you \$100 each. Payments for this category are made one time per year, depending on which quarter you submit your forms. You must complete a form for each activity and submit to Jack Wilkins, Wellness Coordinator, to receive credit.

1. Physical Exam Screening Annual physical or assessment; Annual Screening-Exam Form completed and signed by doctor; can only submit one time
2. Preventive Medical Exam Screening Appropriate preventive screening to include: mammogram, colonoscopy, prostate exam, cervical cancer/PAP exam, bone density exam or skin cancer exam; Annual Screening-Exam Form completed and signed by doctor; can only submit one time
3. Dental Exams Dental cleanings twice a year; Annual Screening-Exam Form completed and signed by dentist; can only submit one time, once both cleanings are complete
4. Vision Exam Annual vision exam; Annual Screening-Exam Form completed and signed by ophthalmologist or optometrist; can only submit one time
5. Annual Vaccine Proof of annual vaccination, to include one of the following: influenza, Covid booster, pneumonia or shingles vaccine; Annual Screening-Exam Form completed and signed by doctor; can only submit one time
6. Community Service 48 total hours of volunteer service with any local community organization; Community Service Recording Sheet completed and signed by the organization's supervisor; can only submit one time, once all hours are complete
7. Tobacco Cessation Tobacco cessation program (available free for MMO members); Completed program affidavit signed; can only submit one time

CATEGORY 2

Performing the activities in this category could earn you \$100 each, paid quarterly, which could total up to \$400 annually for each activity. You must complete activities monthly and submit verification prior to the quarterly deadlines. Deadlines to submit are the 1st of each month.

1. Physical Activity Tracking to include:
 - 10 Wellness Center visits per month; Physical Activity Attendance Tracking Sheet completed ...OR...
 - Tracking of 200,000 steps per month; verified through an appropriate device ...OR...
 - 10 gym visits (outside of the Wellness Center) per month; Physical Activity Attendance Tracking Sheet completed
2. Nutritional Wellbeing Tracking to include:
 - Record a monthly Food Journal AND one of the following:
 - Weight Management Program membership (ex: Weight Watchers, which MMO offers staff discounts on) ...OR...
 - Meet with Jack or a registered dietician monthly (available free for all MMO members)
3. Emotional Wellbeing Tracking to include:
 - Record a monthly Mindfulness Journal; journal needs to include the tracking of 10 minutes of mindfulness activities at least 20 days per month
 - Examples of mindfulness activities include meditation, reading, reflections on your day, general journaling, gratitude lists, etc.

Deadlines to submit are on the 1st of each month.

Remember, payments will be made quarterly to your HSA account in March, June, September and December.

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WORKING ON WELLNESS

RECLAIMING LIFE: YOUR ULTIMATE GUIDE TO A SUCCESSFUL DIGITAL DETOX

In today's fast-paced, technology-driven world, the constant barrage of notifications, emails, and social media updates can leave us feeling overwhelmed and stressed. It's no wonder that more people are seeking a digital detox—a conscious effort to unplug and reclaim a sense of balance in their lives. Let's explore practical tips to help you embark on a successful digital detox journey.

Assess Your Digital Diet: Before diving into a digital detox, take stock of your current digital habits. Identify the apps, websites, and activities that consume most of your screen time. This awareness will serve as a foundation for creating a targeted and effective detox plan.

Set Clear Goals: Define your objectives for the digital detox. Whether it's reducing overall screen time, minimizing social media use, or establishing tech-free zones, having clear goals will keep you focused and motivated throughout the process.

Create a Technology-Free Sanctuary: Designate specific areas in your home as technology-free zones. This could include your bedroom, dining area, or a cozy reading nook. Having spaces where screens are off-limits allows you to fully engage with your surroundings and the people around you.

Establish Tech-Free Time Blocks: Schedule dedicated time blocks throughout the day when you will be entirely unplugged. This could be during meals, in the morning or evening, or even an entire day during the weekend. Use this time to engage in offline activities, connect with loved ones, or pursue hobbies.

Reconnect with Nature: Nature offers a perfect antidote to the digital world. Spend time outdoors, whether it's a walk in the park, a hike, or simply sitting in your backyard. Disconnecting from screens and reconnecting with the natural world can have profound effects on your well-being.

Practice Mindful Activities: Incorporate mindfulness into your digital detox by engaging in activities that promote present-moment awareness. This could include meditation, yoga, or even activities like painting or journaling. Mindful practices help reduce stress and increase overall life satisfaction.

Inform Your Inner Circle: Let your friends, family, and colleagues know about your digital detox plans. This ensures they're aware of your reduced online presence and can support your efforts. Encourage them to join you or respect your tech-free times.

Unsubscribe and Unfollow: Declutter your digital life by unsubscribing from newsletters and unfollowing accounts that don't align with your goals or bring value to your life. This will streamline your digital experience and reduce the temptation to mindlessly scroll.

Explore Offline Hobbies: Rediscover the joy of hobbies that don't involve screens. Whether it's reading a physical book, learning a musical instrument, or engaging in a craft, finding offline activities you love will make the digital detox more enjoyable.

Reflect and Adjust: Periodically assess your progress and adjust your digital detox plan as needed. Celebrate your successes, no matter how small, and be open to refining your approach to better suit your evolving needs.

Embarking on a digital detox is a powerful step toward reclaiming control over your time and improving your overall well-being. By implementing these practical tips, you can create a sustainable and rewarding digital detox experience that leaves you feeling more present, refreshed, and connected to the world around you. Embrace the journey of unplugging, and discover the joy of a life lived beyond the screen.

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WORKING ON WELLNESS

TAKE A BREAK FOR YOUR HEART!

Our experience of love is centered around the heart, the engine for our existence. Metaphorically we use the heart to describe so many emotions; when we experience grief, we say we are “broken hearted”; when we are happy, our “hearts are bursting with joy”; when we are worried, we are “heart sick”; when we have hope, we know something “in our heart.” If only we treated our actual hearts with the same love and attention. Cardiovascular disease remains the number one cause of death in the United States. Every 34 seconds, someone in the U.S. dies from heart disease. There is no way to sugarcoat it. As a society, we neglect our heart health, and the cost in dollars and misery is astonishing - \$219 billion annually and more than 650,000 lives lost yearly.

Cardiovascular disease includes hereditary conditions, damage caused by accident or illness, and lifestyle damage. Heart attacks are the most prominent of all heart conditions and the deadliest (12% are fatal within 24 hours of the attack and almost 35% five years later). Call 911 immediately if you or someone you are with have any warning signs of possible heart attack:

- 1** Chest pain, tightness, or discomfort (more common for men)
- 2** Pain or discomfort in the jaw, arms, neck, shoulders, or between the shoulder blades (more common for women)
- 3** Shortness of breath
- 4** Lightheadedness, dizziness, nausea, vomiting, and cold sweats

Risk factors that make heart disease or heart attack more likely to occur are:

- High blood pressure
- High blood cholesterol
- Tobacco use
- Obesity
- Poor diet
- Lack of exercise
- Stress
- Excessive alcohol consumption

Prevention is crucial to minimizing risks. So, be sure to have a trusted healthcare professional, know your family history, and stay up to date on your appropriate screenings. Detecting problems early allows you to take control and create a healthier future. It is possible to reduce your risk and live a longer, healthier life with behavior changes.

Schedule your annual checkup, complete necessary screenings, and follow up

Talk to your doctor about vitamin D and magnesium levels, and if taking a lowdose aspirin or niacin is right for you

Move your body throughout the day – focus on strength, cardio & walk 10,000 steps daily

Eliminate tobacco, processed foods, and excess sodium, and reduce alcohol consumption

Eat a Mediterranean diet rich in vegetables, fruits, whole grains, fiber, and healthy fats

Follow healthcare practitioners' advice for any risk factors

Make quality sleep a priority: 7-10 hours a night

Get outside for fresh air and sunlight – improves vitamin D and sleep

Brush and floss your teeth daily – see your dentist twice a year

Stay connected to family, friends, and your community – helps reduce stress

Taking care of your heart improves every aspect of your health and well-being. Following the above advice not only minimizes your future heart disease but can also reverse current risk factors. Start today by loving your heart and committing to a lifetime of heart-healthy behavior!

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EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

JANUARY 30TH, 2024

9 MONTHS - \$400

Illa Smith MI122/135 for referring Julie Seabridge MI135

6 MONTHS - \$300

Tayona Moore FL149 for referring Shatavia Moore FL149
Kalie McDermitt FL143 for referring Elizabeth Swires FL143

3 MONTHS - \$200

Jamilah Bonds IN107 for referring Ian Shaw IN107
Jen Tarver for referring Aabrianna Oates FL175
Karen Chavez FL223 for referring Kevin Ramirez FL223
Tiaunna Garland FL260 for referring Angelina Mosley FL260
Dan Honig FL197 for referring Sarah Zabriskie FL197

GREAT JOB!

We rolled out the referral program in 2021, we honored it in 2022, we continued to honor it in 2023. The decision has been made to pause the current program as it is written today effective 2/1/24. Good news is, if you submitted a referral prior to 2/1/24 it will still be paid. This program helped you all during a time of poor applicant quality and quantity. We have seen a shift in that over the last year and look forward to more positive changes in applicant flow.

Our team at the home office continues to look at ways to incentivize retention and will circle back with new ideas in 2024.

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FEBRUARY BIRTHDAYS

HAPPY BIRTHDAY!

Arturo Barrientos - FL221	2/1	✓	Sierra Link - FL196	2/14
Kourtney White - PA254	2/1	✓	Aaniyah Rhea - IN107	2/14
Danielle Eaton - NH106	2/2	✓	Tiffany Phillips - FL192	2/15
Christopher Kirklin - Briarwood Cinnabon	2/2	✓	Susan Orlando - FL276	2/15
Jose Silvestre Maldonado - FL223	2/2	✓	Kevin Ramirez Monsalve - FL223	2/15
Nicole Hutchason - OH175	2/3	✓	Crystal Tidwell - IN130	2/15
Antonio Pagan - FL168	2/3	✓	Violet Gerard - IL131	2/16
Rebecca Gagner - Florida Mall Cinnabon	2/4	✓	Leo Henry - Home Office	2/17
Darron Antoine - Florida Mall Cinnabon	2/4	✓	Katherine Patino - IL136	2/18
Chandler Sparks - GA128	2/4	✓	Jason Harrell - NC114	2/19
Paula Ramirez Monsalve - FL223	2/5	✓	Bailey Harrison - GA166	2/19
Ana Fuentes Alfonzo - FL134	2/5	✓	Cody Bodwin - FL197	2/20
Samira Washington - SC123	2/6	✓	Gina DiFrancesco - Home Office	2/21
Ashley Pickard - FL276	2/7	✓	Andrew Guenther - KY117	2/21
Alonzo Pollock - FL180	2/7	✓	Justice Ross - FL175	2/21
Zachary Thompson - OH183	2/7	✓	Frank Perrotta - Home Office	2/23
Jenny Sulapas - GA116	2/7	✓	Alexus Showman - OH190	2/23
Erica Conner - IN114	2/8	✓	Mariah Marovich - OH124	2/23
Caleb Keiper - OH111	2/8	✓	Ariessa Abella - MI137	2/24
Daishianna Jones - KY117	2/8	✓	Soraya Esteves - FL158	2/25
Jasmine Eklund - MI115	2/9	✓	John Schembri - FL158	2/25
Kathy Willoughby - FL159	2/9	✓	Marriyah Brown - IN114	2/25
Ashley Lemaster - WV106	2/10	✓	Shanna Hirons - MI115	2/26
Rosetta Frantz - MI115	2/11	✓	Tracy Gillette - Home Office	2/26
Zha'Nyla Montgomery - FL149	2/11	✓	Shakria Norfleet - NC115	2/26
Fanny Vargas Sanchez - FL231	2/12	✓	Salma Ruiz - GA106	2/26
Bella Park - FL201	2/12	✓	Christopher-Michael Sievert - OH147	2/27
Joshua Workman - WV106	2/13	✓	Emmanuel Valentin - FL158	2/27
Jayden Alvarez - FL176	2/13	✓	Quanesha Giles - FL132	2/28
Obie Escobar Pena - NH108	2/14	✓	Anna Martinez - NC140	2/28
Rachel Simms - FL180	2/14	✓		

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FEBRUARY WORK ANNIVERSARIES

HAPPY ANNIVERSARY!

Scott Singer - OH163	7 Years
Candace Foxworth - FL222	4 Years
Ashley Fuller - Home Office	3 Years
Jayson Fernandez - FL176	3 Years
Tracy Gillette - Home Office	3 Years
Kristene States - Home Office	3 Years
Olivia Erwin - FL185	3 Years
Megan Lange - NH105	2 Years
Leiah Vega-Aponte - FL149	2 Years
Kayley Weatherman - NC131	2 Years
Balphia Bannister - OH111	2 Years
Jackie Hadley - IN128	2 Years
Helen Stupka - OH175	1 Year
Kari Sanchez - FL231	1 Year
Logan Hall - FL222	1 Year
Gabrielle Robinson Homan - MI105	1 Year
Lanay Mayle - IN109	1 Year
Michael Hendrix - MI143	1 Year
Jaylen Wilson-Lucas - MI135	1 Year
Jose Silvestre Maldonado - FL223	1 Year
Leah Rodriguez Cabrera - FL166	1 Year
Bryanna Barradas Lopez - IN114	1 Year
Cassandra Young - TN126	1 Year
Carlos Gutierrez Viera - FL187	1 Year
Viviana Rodriguez - Florida Mall Cinnabon	1 Year
Zha'Nyla Montgomery - FL149	1 Year
Jean-Pierre Maqueo - Prem Outlets Cinnabon	1 Year
Violet Gerard - IL131	1 Year
Mallory Kish - OH190	1 Year
Heather Swift - IN114	1 Year
Brooklyn Dow - OH208	1 Year