

Golden Opportunities

JULY 2021

Summer. Is. Here!! With the lagging of winter (who planted flowers after Mother's Day and surrendered them to the final frost?!?!?) the earth is warming again. The birds are singing, cicadas are out in full swing, and long days are here. There is something about the sunshine that makes me smile! The same could be said about our new applicants. Can you say successful hiring days in May and June?? This is because of YOUR diligence and persistence to staff our stores. Kudo's to you and your teams for shining the light in our communities so that SFM is a place where people want to work! Your positive attitudes, smiles and compassion are putting us light years ahead of our competition. NICE WORK!

Dads... we didn't forget about you. I know this newsletter won't come out until July, but we appreciate you all so much and just had to let you know. You are providers, and hero's. You love to play ball, fish and watch movies. Those 'little eyes' are watching you. *"My father didn't tell me how to live. He lived and let me watch him do it."* Clarence Budington Kelland.

Finally, since I know you all love tidbits of information (okay, I'm putting words in your mouth), this newsletter is going to be a hodge-podge of things, so buckle your seatbelt and join me for a fun (and maybe useless) ride!

Things to remember that I have heard along the way:

Your smile might be the only one someone sees today... shine bright!

Anything that costs you your peace is too expensive... Let it go.

Get out and slay the day- YOU are worth it!

- Cindy Frantz
Community Relations/
Recruitment Manager



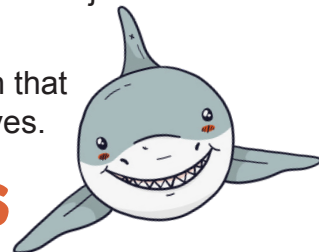
DID YOU KNOW?



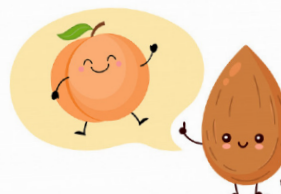
There are **293** ways to make change for a dollar.

You would have to jog **23 MINUTES** on a treadmill to burn off just four Oreo's.

A shark is the only fish that can blink with both eyes.



There are more **CHICKENS** than people in the world.
(maybe not after our crispy sales!)

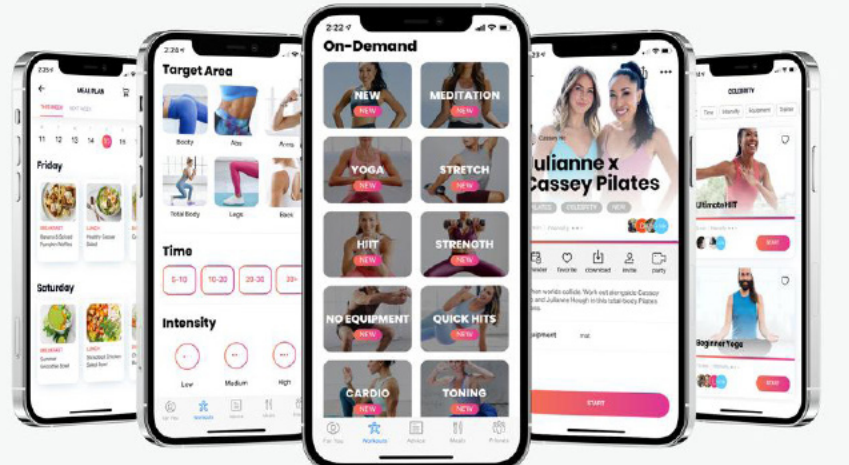


Almonds are a part of the peach family.

It is impossible to sneeze with your eyes open.
(put the pepper away... I know you are trying it.)



Have you ever heard of the FitOn app? There are workouts from 5 minutes up to 30. Yoga, meditation, dance, cardio, spin and kickboxing are just a few workouts customizable to what you like. NO MORE EXCUSES! You can spare at least 5 minutes a day on yourself.



FITON


Not only can you customize your workouts to what you like, you also have access to hundreds of workouts for FREE! With most workouts only requiring a mat, you can do a quick workout anytime, anywhere. Stream your workouts to any device - your phone, tablet, computer, or TV!

The app also includes meal plans, healthy eating guides, advice recommended based on your own personal fitness goals, weekly & monthly challenges, and the ability to add your friends and cheer them on through their journey!

With workouts lead by celebrity trainers, FitOn meets all of your needs in the comfort of your own home.

Download the “FitOn” app today and find out why it has over 5 million active users - including some of our own SFM staff who LOVE it!!





Did you know we have a HSA (Health Savings Account)? HSA’s help to reduce taxable income and help you to save for unforeseeable circumstances in the future. Funds roll over from year-to-year (It’s not a use it or lose it program) and are transferrable wherever life takes you.

If you have any questions or are interested in setting one up, please contact Daret Spradley at Park National Bank’s Piqua West location: daret.spradley@parknationalbank.

PORTOBELLO PIZZAS

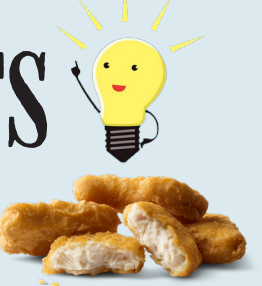
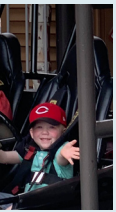
Equipment:
Grill or oven

Ingredients:
6 portobello mushroom caps, stems removed, washed and dried
2 tablespoons extra virgin olive oil
2 teaspoons minced garlic
6 teaspoons Italian seasoning (or dried oregano & basil leaf blend)
3/4 cup pizza sauce
1 1/2 cups reduced-fat shredded mozzarella cheese (or pizza cheese blend)
30 miniature-sized pepperonis
6 cherry or grape tomatoes, sliced thinly
Salt and pepper, to taste

Directions:
Preheat oven to broil / grill settings on high heat.
Combine the oil, garlic and 4 teaspoons of the seasoning together in a small bowl. Brush the bottoms of each mushroom with the garlic oil mixture and place each mushroom, oil side down, on a lightly greased baking sheet / tray.
Fill each mushroom with 2 tablespoons of the pizza sauce per cap, 1/4 cup of mozzarella cheese, 6 pepperoni miniatures and tomato slices. Broil / grill until cheese has melted and is golden in color (about 8 minutes).
To serve, sprinkle with the remaining Italian seasoning (or mixed herbs), and season with salt and pepper to taste.



McNUGGETS OF WISDOM

We asked Warren Davidson, General Manager of our Greenville North Store what he loves about being a father to his son Gage, and here’s what he had to say!

What is your favorite part about being a dad?
If I had to pick, it is having a sidekick everyday - no matter what I’m doing. If I am home, he is with me. Learning and growing. Now he comes to McDonald’s with me so he can “work” - typing and telling everyone he is busy.



CREW REFERRAL BREAK DOWN:

After 30 days, you get a **\$25 Visa Gift Card!**
After 90 days, you get a **\$50 Visa Gift Card!**

We also do a bi-monthly drawing of \$500! Even if we don’t hire your referral, you still get your name entered in the drawing! If we DO hire your referral, you get your name entered four times (1 for the referral, 1 upon hire, and 1 each for 30 and 90 days) for the \$500 given out by none other than Benny Scott himself!
How cool is that??

MANAGER REFERRAL BREAK DOWN:

(Swings and above)

\$100 upon being hired
\$750 at 30 days
\$750 at 90 days

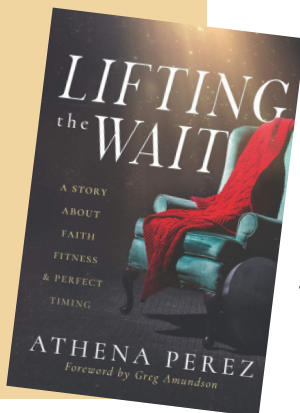
What has been your favorite family vacation?
We go to the same place every year: Ocean Isle. That makes our trip more fun because we are so comfortable. Gage loves a restaurant called Sharky’s. At night, we go crabbing - catching little crabs on the beach. Last year, we got to see a turtle nest!

What are your 3 best accomplishments since becoming a father?
Standing next to Rachel - my wife for 40+ hours during labor and delivery of our boy. It wasn’t easy for her and I was determined not to make it harder. Balancing home and work. When I am home, I am home. I want to always be emotionally and physically accessible when I’m home. And raising a better version of myself. We all have things in our families that we don’t want to pass on.



Personal Development

Do you like to read autobiographies? I just finished the most amazing book by Athena Perez called ***Lifting the Wait***. In short, it is a story of perseverance through adversity. Very descriptive of her abusive life. Great read- highly recommended for anyone who has encountered tough times (my hand is up!) and how she was able to get through it.



DATES TO REMEMBER



July 7th - Blood Drive
Dayton Dragon's Day!

July 9th - CORS Job Fair @
Greenville North

July 14th - Hiring Day - Cruella
Themed

July 27th - Company Meeting
*more details to come

Celebrating Milestones

10+ years at SFM!

2020

Managers & Office

Jess Carpenter - 15 years
Karen Pennybacker - 10 years
Jason Tumbusch - 22 years
Sidney Mercer - 10 years
Warren Davidson - 12 years
Ella Hunt - 30 years

2021

Managers & Office

Cindy Westfall - 18 years
Ariel Combs - 13 years
Ron Perry - 35 years
Jamey Petry - 10 years
Becky Swisher - 15 years
Bill Stiltner - 17 years
Tony Plantz - 25 years
Dave Mizek - 35 years

2021

Eric Brandenburg - 14 years
Kayanalee Kreitzer - 14 years
Michael Hopkins - 14 years
Kimberly Mosher - 13 years
Jamey Begley - 11 years
Karen Roberts - 11 years
Deborah Hodges - 10 years
Tammy Arnold - 26 years
Lori Terrel - 15 years
Teresa Nichols - 13 years
Judy Clevenger - 13 years
Kori Ritchie - 10 years
Deon Vinson - 12 years
David Bockrath - 30 years
Lori Hinkle - 14 years
Amanda Steenrod - 13 years
Cindy Werts - 17 years
Mary Webb - 31 years
Christina Clark - 14 years
Sidney Mercer - 13 years
Ila Millhouse - 12 years
Tammy Heffner - 32 years
Marita Cornell - 14 years
William Drake Sr. - 14 years

Frank McClain - 14 years
Gwen Underwood - 14 years
Jennifer Mahoney - 10 years
James Criner - 14 years
Darlene Seibert - 14 years
Teresa Weglage - 14 years
John Re - 13 years
Bonnie Westfall - 21 years
Jenny Ganger - 21 years
Becky Swisher - 16 years
Nickie Parsons - 15 years
Star Ahrens - 12 years
April Paine - 11 years
Debbie Westfall - 44 years
Pattie Saylor - 13 years
Juanita Unger - 31 years
Mary Harleman - 26 years
Carol Flory - 22 years
Beth Ganger - 20 years
Matt Ostendorf-Kloeker - 22 years
Tori Strait - 19 years
Craig Long - 13 years
Bobby Ostendorf-Kloeker - 10 years