

FEBRUARY NEWSLETTER

INSIDE THIS ISSUE

1. FF Employees of the Month/Manager of the Month
2. Note from President
3. February Birthdays
4. Spotlight Employee
5. Employees of the Month
6. Contest sale items
7. EAP
8. Mission Statement
9. Articles
10. Heart Health
11. Heart Health
12. Valentine's Day History
13. Valentine's Day cont'd
14. Valentine's Day cont'd

100 for 100

#2308 Janie Davis, Jamarion Yvette
Linen and Dominique Johnson \$100



Employees of the Month

FAST FOOD EMPLOYEE OF THE MONTH

Dominique Johnson's Area:

Full-time: Khadejah Allen – Pee Dee Subway

- Great customer service

Part-time: Alana Cochran – Pee Dee Subway

- Very dependable

Crystal Church's Area:

Part-time: Maliya Jackson – Boiling Springs Subway

- Outstanding worker, great customer service

Employee Recognition

Marquanz Wofford #2010

DECEMBER MANAGERS OF THE MONTH

Name	Division	Location	Award
Hazel Rice	Div I	Cross Anchor 6004	December 2025
Lindsey Ferqueron	Div II	Templeton Rd 2043	December 2025
Sherike Collum	Div III	Eutawville 1607	December 2025
Wendy Pitts	Div IV	Arch Street 8001	December 2025
Margaret Lipsey	Fast Food Division	Walnut Grove Subway 2305	December 2025

From the President's Desk



February is typically thought of as the bridge between winter and spring. This is especially relevant this year as we start the month after facing two major winter storms in recent weeks. I want to commend the store and support employees who braved the elements and kept the stores, Hardees & Subways running during both storms. In addition, shout out to the drivers who drove in poor conditions, and did an outstanding job delivering fuel. Our Hotspot employees are the best! Thank you! As we move through February we will now transition to spring and look forward to warmer weather. The Gossett Rd Hottie's Kitchen is now open, and the construction of the Sylva location will pick up now that the storms are done. Tentative opening date is in June.



Fast, friendly & clean!

Thank you for your efforts every day!
Harvey Hicks

FEBRUARY BIRTHDAYS

Cori	Angel	5002
Daniel	Blessel	2013
Heather	Boyles	4005
David	Brewer	2306
Jacqueline	Bruner	6007
Tara	Burnett	5002
Cassidy	Campbell	6005
Amber	Cantrell	2303
Jurnee	Carter	2028
Carrie	Chalk	6007
Jedidiah	Collins	2995
Sherike	Collum	1607
Jennifer	Corey	2988
Hailey	Curran	2032
Rebecca	Delaney	2008
Dawn	DeLong	2024
Carolann	Deyoung	6002
Demarco	Dudley	6005
Ashley	Dunagin	3005
Mary	Dunn	1608
Todd	Eacock	2018
Lindsay	Ferqueron	2043
Jamarion	Frasier	2308
Lisa	Furtick	4002
Laura	Gilbert	1601
Ashley	Gillespie	1201
Aiyana	Grady	6004
Shawaynesha	Grice	2304
Jonathan	Hargro	2025
Tyrell	Harrison	5002
Jill	Hennett	6005
Margaret	Hicks	2017
Shannon	Hughes	2017

Della	Johnson	1609
Caitlyn	Jones	2009
James Brian	Jones	2990
Lezlie	Julian	2003
Igor	Kolesnik	2995
Tina	Landis	2019
Nikay	Maharjan	2013
Mordecai	Martin	2011
Cherie	Mcdonald	1601
Kenneth	Mercer	2995
Pamela	Miller	2025
Elva	Norred	2021
Joshua	Painter	2017
Lana	Phillips	2042
Regina	Porter	5004
Joe	Price	2305
Emily	Ramos	2303
Alexis	Rice	6004
Ny'asia	Robinson	3003
Sherese	Rogers	2013
Luis	Rojas Jimenez	2024
Trenton	Scoggins	2035
Desiree	Simmons	2042
Sarah	Smith	6005
Majesty	Spencer	1601
Michelle	Taylor	2032
Scot	Thomas	2019
Bonnie	Turner	2008
Ashley	Waggener	1601
Gayle	Walcott	4004
Zyreia	Ward	2303
Brandy	Wright	2011

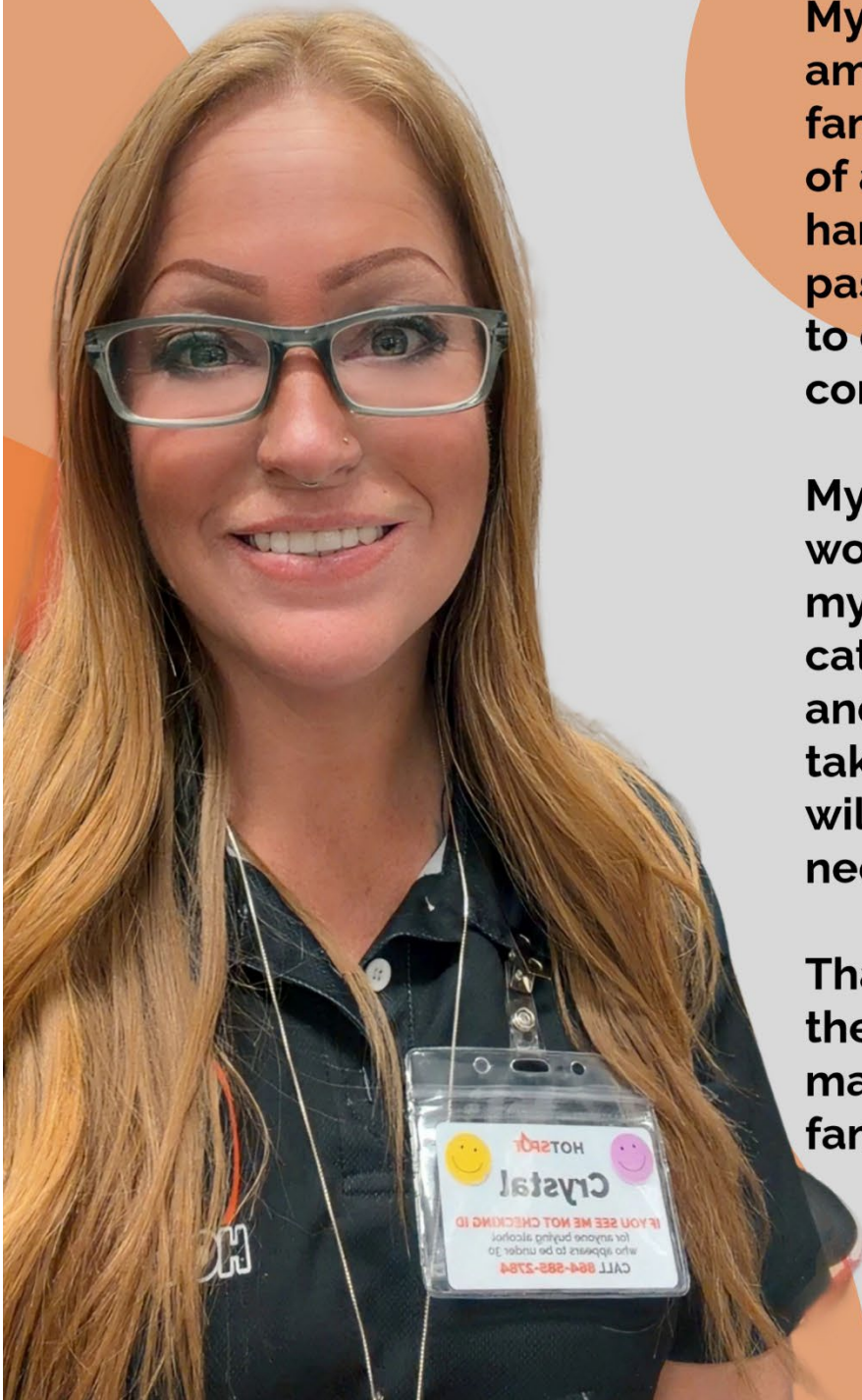
EMPLOYEE SPOTLIGHT

Crystal Huitt

My name is Crystal Huitt, I am new to the Hot Spot family. I enjoy being a part of a winning team. I am a hard worker and I'm very passionate when it comes to customers and the company.

My interest outside of work, is spending time with my daughter and rescuing cats. I give them the care and love they deserve. I take care of two colonies, I will always help a stray in need.

Thank you for giving me the opportunity and making me part of the family.



Employees of the Month



Andy's Area

2003 Sam Smith
2011 Rebecca Lermaniaux
2013 Jennifer Pack
2018 Arubianna Espitia
2035 James Boivin
3005 William Mooney
4005 William Lewis
5003 Sherita Clontz
6002 Robert Ackerman

Amanda's Area

1102 Nick Polson
2008 Bonnie Turner
2025 Jeff Forster
2032 Jody Coffey
5001 Breann Sweatman
5002 Tiffany Ingham
5004 Craig Forster

Jennifer's Area

1103 Michael McDaniel
1601 Brittory Marihugh
1607 Dawn Wilfong
1608 Baylan Cruber
2021 Candice Wilber
2024 Kirby Madyson
2027 Linda Harris
2028 Bobby Watson

Debbie's Area

2005 William Curry
2010 Shelby Herscha
2017 Candace Aste
2019 Wanda Shockley
2042 Jackie Hernandez
2043 Katrina Fowler
6004 Tosha Tucker
6007 Whitney Tucker

Michelle's Area

1201 Michelle Vieira
2009 Cammie Vevanco-
Hernandez
2022 Marsha Wernet
3004 Keisha Gibbs
4004 Jacob Sherf

January/February Sales Contest Items

Mars Wrigley (Share Size) 2 for \$6.50

Mars Wrigley (Regular Size) 2 for \$4.75

Old Trapper \$16.99

Rocking Protein 2 for \$8.00



1 Cashier Winner for each of the 4 Divisions \$500.00 per item.

1 Store Manager Winner for each of the 4 Divisions \$250.00 per item.

1 overall District Manager Winner for each contest \$250.00 per item

The Hartford Employee Assistance Program (EAP) –For All Employees & Family Members

Are personal problems affecting your focus and performance at work? You are not alone. The EAP offers services to help you deal with personal problems you may be facing.

What does the EAP cover?

- Substance abuse
- Stress management
- Financial problems
- Divorce/marital problems
- Crisis intervention
- Legal problems

EAPs offer education, awareness and counseling services to help you with your problems. And your participation in the program is strictly confidential and free. Contact your HR department for more information.

To start getting help today call: 1-800-964-3577

www.guidanceresources.com

First time users click register

Organization Web ID: HLF902



Know Your Company's Values

Are you aware of your employer's core values? Values shape a work culture, wow customers, help an organization compete, and may influence the world at large. Some of your most well-respected peers likely reflect the employer's core values. Value statements typically apply to everything a company does but understanding how they apply to your job may elevate your position and advance your career. And taking them to heart can help you be more engaged or even influence promotions.

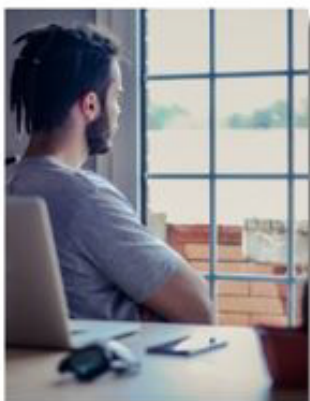


THE COMPANY'S MISSION STATEMENT

The goal of RL Jordan Oil Company, Hot Spot stores, and our restaurants is to provide our customers with excellent and convenient service, a clean, safe and pleasant environment and quality products at competitive prices for the purpose of building a profitable business. Furthermore, it is the Company's intention to strive to provide satisfying and rewarding employment believing that satisfied employees will result in satisfied customer.

End Your Day with a Transition Ritual

If you have struggled with work-life balance, try creating a “transition ritual”—a symbolic approach to ending your day that prompts a mental shift from your professional responsibilities to your personal life and responsibilities at home. For example, at each day’s end, routinely turn off lights, straighten your desk, close the laptop, write tomorrow’s to-do list, and/or take a short walk. You may soon experience a faster and healthier mental separation between work and leisure so you gain the full benefits of your time off.



Slips and Falls in White-collar Workplaces

In 2020, 42,114 people died from falls at home and at work. That’s more than the average number of fatalities from motor vehicle crashes, which is about 38,000 per year. The most common contributing factors to slips and falls in the workplace, especially white-collar workplaces, include slippery floors, uneven surfaces like mats and loose rugs, poor lighting, cluttered walkways, open drawers, loose cords, and footwear. Regarding footwear, the most common fall accidents involve high heels, clogs, and sandals, so use caution with these types of shoes. One of the most common causes of falling has nothing to do with your feet—it’s rushing to get something done. Learn more from the National Floor Safety Institute at nfsi.org.



“Do It Now” Revisited

Procrastination would be a thing of the past if “do it now” were as easy as it sounds.

To overcome procrastination, use baby steps. For example, need to finish a report? Step one might be to turn on your computer. Even better, walk into your office with step two being to turn it on. 2) Look at the

clock and promise one minute of dedication to the task. The idea is that one minute will turn into two, and before long you are done. 3) Promise a reward. (“If I finish this task, I am taking myself to a movie!”) This is called a “pull strategy.” 4) Get an accountability partner—ask a person to check in with you to see if you have completed the task. This is a powerful tactic, but avoid choosing those with whom you have strong emotional ties such as a spouse, another family member, or a close friend. Ironically, your relationship can reduce the urgency needed to complete the task if you don’t fear their disappointment or reaction to your failure to follow through. The do-it-now mentality is a stepping stone to something even more powerful—a proactive mindset—which can significantly boost productivity and your ability to take immediate action. Experiment with strategies that work for you. Make it your goal to adopt a proactive mindset that instills an ability to take immediate action.



Supporting a Loved One Who Has Cancer

Upon learning that a loved one has received a cancer diagnosis, you may find it challenging to determine the most supportive and comforting words to express or the best way to offer your support. 1) Be positive and encouraging. Don’t

allow fear of unintentionally causing distress to keep you from this role. 2) “Being there”—meaning listening—is your most crucial role. 3) Discard the notion that you must produce a “right” answer or “solution” to what the person is experiencing. 4) Don’t back away or be avoidant, but make visits and contacts purposeful. 5) Don’t say, “If you need me for anything, just ask.” Instead, offer what you can do to lessen a burden. Use the EAP for help in navigating your emotions about the diagnosis and you’ll feel more empowered to be supportive during this critical time.



Numbers Linked to Ideal Heart Health

How well are you protecting yourself against heart disease, the nation's leading cause of death? A check of five important numbers can give you a good idea: blood pressure, blood sugar, LDL cholesterol and triglyceride levels, and waist circumference. Those values provide a picture of a person's overall health and, more specifically, what factors they may need to address to lower their chance of a heart attack or stroke.

Below are the ideal values for each measurement, along with why they're important and targeted advice for improving them. Universal suggestions for improving all five measurements appear at the very end.

Blood Pressure

Less than 120/80 mm Hg

Blood pressure readings tell you the force of blood pushing against your arteries when your heart contracts (systolic blood pressure, the first number) and relaxes (diastolic blood pressure, the second number). Your blood pressure reflects how hard your heart is working (when you're resting or exercising, for example) and the condition of your blood vessels. Narrowed, inflexible arteries cause blood pressure to rise.

Why it matters to heart health: High blood pressure accelerates damage to blood vessels, encouraging a buildup of fatty plaque (atherosclerosis). This sets the stage for a heart attack. High blood pressure forces the heart's main pumping chamber to enlarge, which can lead to heart failure. Finally, high blood pressure raises the risk of strokes due to a blocked or burst blood vessel in the brain.

What helps: A diet rich in potassium (found in many vegetables, fruits, and beans) and low in sodium (found in excess in many processed and restaurant foods); minimizing alcohol.

LDL cholesterol

Less than 70 mg/dL

A cholesterol test (or lipid profile) shows many numbers. Doctors are usually most concerned about low-density lipoprotein (LDL) cholesterol, particles that make up about two-thirds of the cholesterol in the blood.

Why it matters to heart health: Excess LDL particles lodge inside artery walls. Once there, they are engulfed by white blood cells, forming fat-laden foam cells that make up atherosclerosis.

What helps: Limiting saturated fat (found in meat, dairy, and eggs) and replacing those lost calories with unsaturated fat (found in nuts, seeds, and vegetable oils).

Triglycerides

Less than 150 mg/dL

Perhaps less well-known than cholesterol, triglycerides are the most common form of fat in the bloodstream. Derived from food, these molecules provide energy for your body. But excess calories, alcohol, and sugar the body can't use are turned into triglycerides and stored in fat cells.

Why it matters to heart health: Like high LDL cholesterol, elevated triglyceride values have been linked to a higher risk of heart attack and stroke.

What helps: Limiting foods that are high in unhealthy fats, sugar, or both; eating foods rich in omega-3 fatty acids (such as fish); avoiding alcohol.

Blood Sugar

Less than 100 mg/dL (fasting)

High blood sugar defines the diagnosis of diabetes. Type 2 diabetes is most common. It occurs when the body develops insulin resistance (insulin enables cells to take in sugar) and does not produce enough insulin to overcome the resistance.

Why it matters to heart health: High blood sugar levels damage blood vessel walls and cause sugar (glucose) to attach to LDL. This makes LDL more likely to oxidize – another factor that promotes atherosclerosis. Excess sugar in the blood also makes cell fragments called platelets stickier so they're more likely to form clots, which can trigger a heart attack or stroke.

What helps: Avoiding sugary beverages and foods high in sugar; eating whole, unprocessed grains instead of foods made with refined grains (white flour, white rice).

Waist circumference

Whichever number is lower:

Less than half your height in inches OR

Women: Less than 35 inches

Men: Less than 40 inches

Measure your waist around your bare abdomen just above your navel (belly button). A big belly – what doctors call abdominal or visceral obesity – usually means fat surrounding internal organs.

Why it matters to heart health: Visceral fat secretes hormones and other factors that encourage inflammation, which triggers the release of white blood cells involved in atherosclerosis.

What helps: Consuming fewer calories, especially those from highly processed foods full of sugar, salt, and unhealthy types of fat.

February and the heart: More than Valentine's Day

February is Heart Month, and with it, I hope many people make a commitment to getting heart healthy. As a cardiologist, many well-intentioned people will come to my office seeking guidance, especially about weight loss. While January sees an uptick in gym memberships, by the time February rolls around, dedication to working out becomes challenging. Exercise is, of course, heart healthy and everyone should make an effort to stay physically active. But few people can lose weight with exercise alone, and for weight loss, this dreaded phrase still rings true: count your calories.



After a decade of devising many approaches to help motivate my patients, it turns out that perhaps the simplest plan has been our most successful. Sharing is caring, as my father-in-law used to say, so here

we go.

Three simple steps toward weight loss and a healthier heart

1. Picture a plate as a peace sign (or Mercedes sign if you prefer), with three equal sections. If you have trouble picturing thirds, then I recommend buying a set of sectional plates for the house. They work for those under the age of 10 as well, should you have picky eaters (also known as children). Now, place a different food group or item in each section. I am friendly with many of my patients, so the smart alecks will sometimes ask: does splitting a burger into thirds count? (It doesn't.)

2. No seconds. It's really that simple. Mindful eating is an exciting method that is catching on, generally with people who already are into a healthy lifestyle. I took a class in it. While it is fun in the moment ... it is very hard to teach others. However, if family and friends are partaking in "seconds" while you are at the table ... slowing down your pace and enjoying your food is your only defense. "No seconds" breeds mindful eaters.

3. Have three bites of anything yummy and delicious. Whether you have a sweet tooth or it's the savory items that excite you, three bites are the limit. The first bite is because you want it. Enjoy it. The second bite is an act of defiance. Revel in it. The third bite is the last and should be savored the most. It is the last one because you respect yourself and have a laudable goal that you will achieve. Some people have asked whether we could stretch that out to five bites. A few thoughts. In five bites, I could finish a large slice of pumpkin pie (*and this is in fact a diet*). We don't like calling it this, but in essence we are curbing calories. So, no. Three bites it is.

Finding your plan for a healthy weight and a healthy heart

This plan may not work for everyone. For those who can afford dieting systems with prepared foods, or are facile with calorie-counting apps, those may be better. But for the average person, who just wants to see some progress in his or her weight loss, this might be for you. Some people hear this and think it will be easy until they start. Others are concerned that it seems too restrictive, but the process is easier than they thought. Most people are able to stick with it long enough to see some small gains (actually, losses), which is sometimes all the motivation you need to dedicate yourself to the plan for a bit longer. Whatever your plan, make it approachable, stick with it, and forgive yourself if you stray – but get back on board quickly.

Happy Valentine's Day to all, and here's to a healthy
and well-moderated New Year.

Valentine's Day History



Who Is St. Valentine?

It is believed that St. Valentine served as a priest in third century Rome. At that time, Emperor Claudius II had a standing decree that young single men were not to marry. The emperor thought that marriage and children were a distraction to men of fighting age who were needed to serve as soldiers (with their full allegiance given to Rome).

It was perhaps similar thinking that led Claudius to persecute Christians. The emperor (rightly) believed that Christians devoted their strongest allegiance to something and someone other than Rome.

St. Valentine, believing that Claudius was interfering with matters of the Church and of God, is said to have married young lovers in secret. Tradition holds that he also assisted many Christian martyrs, helping some to escape the harsh Roman prisons.

For one or both of these reasons, Valentine himself was imprisoned. Yet, difficult conditions did not hinder his very evident commitment to the Lord.

He preached his faith to his prison guard Asterius, who was converted and baptized along with his whole family. And, it is said that St. Valentine restored sight to the blind, adopted daughter of Asterius, with whom he fell in love (remember, priests were allowed to marry before the fourth century).

When word of these events reached Claudius, he ordered that if Valentine would not immediately deny his faith, he should be beaten and afterwards beheaded. Far from being intimidated by Claudius' command, Valentine apparently tried to convert the emperor — an action which secured his fate.

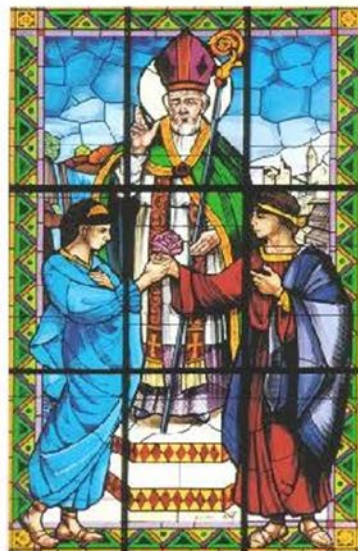
Just before his death on February 14, around 270 A.D., Valentine is said to have penned a tender farewell letter to the daughter of Asterius, who had visited him regularly during his confinement. He signed the letter, "From Your Valentine."

How Did St. Valentine's Day Begin?

In 496 A.D., Pope Gelasius officially set aside February 14 to honor St. Valentine. It is believed that Christians came to associate Valentine's Day with romantic love because they were trying to supplant a popular pagan Roman festival called Lupercalia, celebrated on February 15.

For the Lupercalia celebration, Roman boys would choose a partner by drawing the name of a girl from a box or urn; the couple would then exchange gifts. The partnership would sometimes last until the next Lupercalia celebration, or it may even result in marriage.

Christian leaders tried to replace this custom by encouraging believers to draw saints' names from a box. The saint would then be your patron saint for the year. But this tradition never quite caught on. Rather, Christians chose to celebrate the virtue of love, particularly romantic love, on St. Valentine's Day. By all accounts, St. Valentine's life modeled this virtue (in the pure and selfless way described in 1 Corinthians 13: 4-8 of the Bible). It seems fitting that the day set aside to remember him would be a day to celebrate love!



Here's the story behind Black History Month — and why it's celebrated in February



At the March on Washington on Aug. 28, 1963, African Americans carry placards demanding equal rights, integrated schools, decent housing and an end to bias.

Warren K Leffler/Universal History Archive/Getty Images

Every February, the U.S. honors the contributions and sacrifices of African Americans who have helped shape the nation. Black History Month celebrates the rich cultural heritage, triumphs and adversities that are an indelible part of our country's history.

There is no American history without African American history," said Sara Clarke Kaplan, executive director of the Antiracist Research & Policy Center at American University in Washington, D.C. The Black experience, she said, is embedded in "everything we think of as 'American history.' "

First, there was Negro History Week

Critics have long argued that Black history should be taught and celebrated year-round, not just during one month each year.

It was Carter G. Woodson, the "father of Black history," who first set out in 1926 to designate a time to promote and educate people about Black history and culture, according to W. Marvin Dulaney. He is a historian and the president of the Association for the Study of African American Life and History (ASALH).

Woodson envisioned a weeklong celebration to encourage the coordinated teaching of Black history in public schools. He designated the second week of February as Negro History Week and galvanized fellow historians through the Association for the Study of Negro Life and History, which he founded in 1915. (ASNLH later became ASALH.)

The idea wasn't to place limitations but really to focus and broaden the nation's consciousness.

Carter G. Woodson (1875-1950) was an American historian, a scholar and the founder of the Association for the Study of Negro Life and History. Woodson was instrumental in launching Negro History Week in 1926.

"Woodson's goal from the very beginning was to make the celebration of Black history in the field of history a 'serious area of study,' " said Albert Broussard, a professor of Afro-American history at Texas A&M University.



The idea eventually grew in acceptance, and by the late 1960s, Negro History Week had evolved into what is now known as Black History Month. Protests around racial injustice, inequality and anti-imperialism that were occurring in many parts of the U.S. were pivotal to the change.

Colleges and universities also began to hold commemorations, with Kent State University being one of the first, according to Kaplan.

Fifty years after the first celebrations, President Gerald R. Ford officially recognized Black History Month during the country's 1976 bicentennial. Ford called upon Americans to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history," History.com reports.

Why February was chosen as Black History Month

February was chosen primarily because the second week of the month coincides with the birthdays of both Abraham Lincoln and Frederick Douglass. Lincoln was influential in the emancipation of slaves, and Douglass, a former slave, was a prominent leader in the abolitionist movement, which fought to end slavery.

Lincoln and Douglass were each born in the second week of February, so it was traditionally a time when African Americans would hold celebrations in honor of emancipation, Kaplan said. (Douglass' exact date of birth wasn't recorded, but he came to celebrate it on Feb. 14.)

Thus, Woodson created Negro History Week around the two birthdays as a way of "commemorating the black past," according to ASALH.

Forty years after Ford formally recognized Black History Month, it was Barack Obama, the nation's first Black president, who delivered a message of his own from the White House, a place built by slaves.

"Black History Month shouldn't be treated as though it is somehow separate from our collective American history or somehow just boiled down to a compilation of greatest hits from the March on Washington or from some of our sports heroes," Obama said.

"It's about the lived, shared experience of all African Americans, high and low, famous and obscure, and how those experiences have shaped and challenged and ultimately strengthened America," he continued.

(Canada also commemorates Black History Month in February, while the U.K. and Ireland celebrate it in October.)