

# THE DOUGH PRESS

JANUARY 2022 | VOLUME 3, ISSUE 25

**HAPPY NEW YEAR  
TEAM CHESTNUT!  
2022 IS OUR YEAR!**



## IN THE PRESS

**EMPLOYEE SPOTLIGHT...PAGES 2-3**

**ANNE BEILER - FL171...PAGE 4**

**HR CORNER...PAGE 5**

**ALEX'S LEMONDADE CONTEST...PAGE 6**

**JANUARY CHALLENGE...PAGES 7-8**

**20-70 CLUB...PAGE 9**

**DTIQ AUDIT STREAKS...PAGE 10**

**EMPLOYEE PAYOUTS...PAGE 11**

**WORK ANNIVERSARIES...PAGES 12**

**BIRTHDAYS...PAGES 13**

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## JANUARY EMPLOYEE SPOTLIGHT



DAVID JOINED THE CHESTNUT LAND FAMILY IN AUGUST 2006 AS A CREW MEMBER AND PROMOTED TO SHIFT LEADER WHILE WORKING AT MALL OF GEORGIA. IN 2017, DAVID WAS PROMOTED TO ASSISTANT MANAGER AT CUMBERLAND MALL WHEN CHESTNUT LAND ACQUIRED THE STORE. HIS CAREER CONTINUED TO GROW WHEN HE WAS PROMOTED TO SINGLE STORE MANAGER AND THEN AREA MANAGER OVER BOTH LOCATIONS IN CUMBERLAND MALL IN 2019. STARTING THIS MONTH, DAVID WILL RETURN TO WHERE HE STARTED AT THE MALL OF GEORGIA TO BE THE AREA MANAGER.

CHESTNUT LAND COMPANY LOVES A GREAT CAREER GROWTH STORY LIKE DAVID'S! HIS KNOWLEDGE AND PASSION FOR THE BRAND IS PRICELESS! HE HAS BUILT AND GROWN TEAMS AT CUMBERLAND MALL AND WE CAN'T WAIT TO SEE HOW HE DOES BACK AT MALL OF GEORGIA! WITH DAVID'S MOVE, WE WERE ABLE TO GIVE RISE PIES EMPLOYEES OPPORTUNITY AT CUMBERLAND MALL! KEVIN PARHAM AND JOSH JONES FROM RISE PIES ARE NOW EACH A STORE MANAGER AT CUMBERLAND. CONGRATS TO DAVID AND BOTH KEVIN AND JOSH! THANKS FOR ALL FOR CHESTNUT LAND COMPANY!



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## EMPLOYEE SPOTLIGHT DAVID BEARD

**1. WHAT IS ONE VEGETABLE YOU COULD EAT EVERY DAY AND NOT GET SICK OF IT?**  
**BROCCOLI .**

**2. WHAT WOULD YOU BE SURE TO BRING ON A LONG ROAD TRIP?**  
**SOAP , DEODORANT, EXTRA PAIR OF CLOTHES**

**3. WHAT DO YOU LIKE ABOUT THE CITY YOU LIVE IN?**  
**VARIETY OF SELECTIONS OF DIFFERENT FOODS**

**4. WHAT IS A GREAT MEMORY YOU CAN SHARE FROM THE PAST YEAR?**  
**MAKING NEW MUSIC IN THE STUDIO**

**5. WHAT WOULD YOU LIKE TO INVENT?**  
**A TIME MACHINE**

**6. WHAT NEW ACTIVITY WOULD YOU LIKE TO TRY?**  
**PARACHUTING**

**7. WHAT AGE IS THE BEST AND WHY?**  
**I WOULD SAY 21 , BECAUSE THAT'S WHEN YOU'RE OFFICIALLY AN ADULT AND YOU'RE NOT TOO OLD OR TOO YOUNG.**

**8. WHAT IS YOUR FAVORITE PART OF YOUR WORK DAY?**  
**WHEN THE DAY IS FINALLY DONE AND WE GET TO SEE THAT WE MADE THE GOAL WE NEEDED TO MAKE FOR THE DAY AND CLEAN UP SHOP AND GO HOME.**

**9. TELL US A FUNNY JOKE...**  
**WHAT DID THE FISH SAY WHEN HE RAN INTO A WALL? - DAM**

**10. AS AN AREA MANAGER FOR CHESTNUT LAND, SUMMARIZE HOW YOU ENSURE QUALITY AND CONSISTENCY ACROSS YOUR STORES.**  
**MAKE SURE YOU HAVE THE RIGHT STAFF, MAKE SURE YOU FOLLOW THE AUNTIE ANNE'S WAY AND MOST IMPORTANTLY ALWAYS FOLLOW THE 3 FOLD PHILOSOPHY.**

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## ANNE BEILER VISITS FL171



### STORE MANAGER JENNIFER JOHNSON:

MEETING ANNE BEILER WAS AN AMAZING EXPERIENCE! SHE IS SUCH A BEAUTIFUL PERSON INSIDE AND OUT.

SHE SHARED WITH ME THE REASON WHY THE PRETZELS NEED TO BE A GOLDEN BROWN, TO GET THE UNIQUE TASTE THAT ONLY AUNTIE ANNE'S PRETZELS HAVE. IF UNDER COOKED OR OVERCOOKED IT'S JUST A SOFT PRETZEL. IF GOLDEN BROWN IT HAS THAT COMBINATION OF A LITTLE CRISPY ON THE OUTSIDE AND SOFT ON THE INSIDE AND WITH THE RIGHT AMOUNT OF BUTTER OOZING ON IT GIVES IT THAT SPECIAL FLAVOR.

AFTER MEETING ANNE AND HEARING HER STORY AND REASON AUNTIE ANNE'S EVEN WAS STARTED, HAS INSPIRED ME EVEN MORE MAKE SURE OUR CUSTOMERS GET THE BEST QUALITY PRETZEL AUNTIE ANNE'S CAN OFFER.



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## HR CORNER

### RESILIENCE

#### FIND YOUR PURPOSE.

IT CAN BE HARD TO NAVIGATE LIFE'S UNMAPPED JOURNEY. YOU WILL MOST LIKELY EXPERIENCE TWISTS AND TURNS ALONG THE WAY. FROM EVERYDAY CHALLENGES TO LIFE CRISES, EACH TURN CAN BE LIFE-ALTERING AND LAND YOU IN UNCHARTED TERRITORY.

JUST REMEMBER THAT EACH ROADBLOCK YOU EXPERIENCE ALONG THE WAY IS A CHANCE FOR YOU TO LEARN HOW TO ADAPT AND BECOME MORE RESILIENT.

### BUILDING RESILIENCE

YOU MIGHT BE WONDERING WHAT IT MEANS TO BE RESILIENT. WELL, RESILIENCE IS THE ABILITY TO HARNESS YOUR INNER STRENGTH AND REBOUND FROM SETBACKS. IT GIVES YOU THE STRENGTH TO OVERCOME STRESS OR LIFE CHALLENGES. OF COURSE, RESILIENCE CAN'T MAKE YOUR PROBLEMS DISAPPEAR, BUT IT CAN HELP YOU MOVE FORWARD. WITH PRACTICE, RESILIENCE CAN HELP YOU COPE WITH STRESSFUL SITUATIONS.

TRY THESE THREE TASKS:

#### FIND PURPOSE IN EACH DAY.

THIS MAY MOTIVATE YOU TO DEAL WITH YOUR STRESS. WHEN YOU WAKE UP IN THE MORNING, TELL YOURSELF THAT YOU ARE ENGAGED IN SOMETHING THAT MATTERS. FOSTER SELF-WORTH AND GARNER A SENSE OF PURPOSE THROUGH HELPING OTHERS.

#### BE KIND TO YOURSELF.

REMIND YOURSELF THAT YOUR JOURNEY DOES NOT STOP AT YOUR CURRENT ROADBLOCK, AND YOU ARE DOING WHATEVER YOU CAN TO FIND A DETOUR. IT MAY TAKE TIME, BUT YOU WILL FIND IT.

#### DEVELOP REALISTIC GOALS.

THIS ENABLES YOU TO MOVE FORWARD EVEN WHEN YOU FEEL LIKE GIVING UP. SET ONE TO TWO SMALL GOALS EACH DAY THAT YOU KNOW YOU CAN ACCOMPLISH, EVEN IT IS JUST MAKING YOUR BED AND BRUSHING YOUR TEETH.

LIFE DOESN'T HAVE TO HAVE A ROAD MAP, AND YOU CANNOT PREDICT WHEN NEGATIVE THINGS WILL HAPPEN. JUST REMEMBER THAT OVERCOMING TWISTS AND TURNS ALONG THE WAY IS A GREAT OPPORTUNITY FOR GROWTH. ONCE YOU FACE HARDSHIP, YOU CAN LEARN TO ADAPT AND EMERGE EVEN STRONGER THAN BEFORE.



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## ALEX'S LEMONADE STAND FOUNDATION ROUND-UP DONATION CONTEST

### CONGRATULATIONS

TO THE WINNING STORES AND THANK YOU ALL FOR YOUR HELP  
CONTRIBUTING TO SUCH A WONDERFUL CAUSE!



### TOP **3** STORES

	CUSTOMERS THAT ROUNDED UP	DOLLARS RAISED
<b>OH175</b>	<b>13,448</b>	<b>\$6,769.14</b>
<b>MI105</b>	<b>10,202</b>	<b>\$4,914.60</b>
<b>FL171</b>	<b>9,392</b>	<b>\$4,731.01</b>

**1ST: \$300 TO SPLIT**  
**2ND: \$200 TO SPLIT**  
**3RD: AUNTIE ANNE'S SWAG**



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## MONTHLY CHALLENGE

30

## DAY — MENTAL HEALTH CHALLENGE —

1. DO A BREATHING EXERCISE
2. TRY A 5-MINUTE MEDITATION
3. TRY A YOGA OR STRETCHING CLASS
4. GO FOR A MID-DAY WALK AT LUNCH
5. TAKE 10 MINUTES TO STRETCH DURING THE WORKDAY
6. DRINK MORE WATER
7. GO FOR A MINDFUL WALK
8. SPEND TIME ON A HOBBY
9. LISTEN TO YOUR FAVORITE MUSIC
10. GO TO BED 30 MINUTES EARLIER THAN USUAL
11. HAVE A PHONE-FREE NIGHT
12. START A GRATITUDE JOURNAL
13. GIVE A SHOUTOUT TO SOMEONE YOU VALUE
14. TAKE A REST DAY
15. PRACTICE SELF-CARE
16. HAVE A LAUGH
17. LEARN HOW TO TALK ABOUT MENTAL ILLNESS
18. READ ABOUT MENTAL WELLNESS TIPS
19. PAY IT FORWARD
20. GET OUTSIDE
21. VOLUNTEER FOR A LOCAL ORGANIZATION
22. GET CREATIVE
23. DANCE IT OUT
24. EAT SOME DARK CHOCOLATE
25. TAKE UP COLORING
26. EAT A NUTRITIOUS MEAL
27. TIDY UP YOUR SPACE
28. LEARN A NEW SKILL
29. PLANT SOMETHING
30. SING YOUR FAVORITE TUNE





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## WORKING ON WELLNESS



# 6

### WAYS TO MAKE EXERCISE A DAILY PRIORITY

#### MAKE EXERCISE AN APPOINTMENT

PUT IT IN YOUR CALENDAR. JUST LIKE YOU WOULD WITH A DOCTOR'S APPOINTMENT, SCHEDULE EXERCISE INTO YOUR DIARY AND IF SOMETHING COMES UP RESPOND WITH "SORRY I HAVE AN APPOINTMENT THEN". AFTER ALL, YOU EXERCISE TO ENSURE GOOD HEALTH, JUST LIKE YOU VISIT YOUR DOCTOR AS PART OF LOOKING AFTER YOUR HEALTH, SO WHY TREAT THESE "APPOINTMENTS" ANY DIFFERENTLY?

#### EXERCISE IN THE MORNING

START YOUR DAY BY RELEASING ENDORPHINS. BY GOING TO AN EARLY GYM CLASS OR ON A MORNING WALK, YOU'RE ENSURING YOU'VE ACCOMPLISHED YOUR DAILY DOSE OF PHYSICAL ACTIVITY BEFORE THE OTHER DAILY DEMANDS START TO TAKE UP YOUR TIME AND ENERGY.

#### CATER TO YOUR OWN LIKES & DISLIKES

MAKE SURE YOU ENJOY EXERCISING! IT'S EASY TO FIND EXCUSES TO NOT DO SOMETHING WE DON'T LIKE DOING; SO FIND SOMETHING YOU DO LIKE AND THAT FITS WITH YOUR LIFESTYLE, PERSONALITY AND TASTE. WHEN IT COMES TO EXERCISE WE ARE SPOILT FOR CHOICE. SO DON'T BE AFRAID TO EXPERIMENT WITH DIFFERENT ACTIVITIES UNTIL YOU FIND THE PERFECT EXERCISE SCHEDULE THAT IS ACHIEVABLE AND ENJOYABLE.

#### MAKE IT SOCIAL

INCORPORATE ACTIVE GET-TOGETHERS INTO SOCIAL CATCH UPS, OR INVITE A FRIEND OR FAMILY MEMBER TO EXERCISE WITH YOU. TAKE A DANCE CLASS TOGETHER, RIDE YOUR BIKES TO THE PARK, OR TAKE A WALK ALONG THE BEACH. YOU'LL KEEP YOUR FITNESS ROUTINE FROM GOING STALE, HOLD EACH OTHER ACCOUNTABLE AND DISCOVER WAYS TO BUILD REGULAR EXERCISE INTO YOUR RELATIONSHIPS.

#### WORK OUT EFFICIENTLY

CHOOSE A WORKOUT YOU CAN DO ANYWHERE, WITH LITTLE PREPARATION OR EQUIPMENT NEEDED. YOU WANT TO ACCOMPLISH AS MUCH AS POSSIBLE IN AS SHORT A TIME AS POSSIBLE. BODY WEIGHT EXERCISES AND INTERVAL STYLE SESSIONS WOULD BE EFFICIENT EXERCISE CHOICES THAT DON'T REQUIRE MUCH PREPARATION OR SPACE TIME - SO THERE'S NO EXCUSES!

#### SET A GOAL, TRACK YOUR PROGRESS AND REWARD YOURSELF

SETTING A GOAL IS KEY TO KEEPING YOUR EXERCISE ROUTINE ON TRACK. FOR EXAMPLE, COMPETING IN A FUN RUN WILL MOTIVATE YOU TO STAY ON TRACK AND ADD PURPOSE TO EVERY WORKOUT. ONCE YOU HAVE SET YOUR GOAL, PUT AN EXERCISE PLAN IN PLACE THAT WILL BUILD THE FITNESS AND STAMINA THE EVENT REQUIRES. DON'T FORGET TO REWARD YOURSELF FOR ACHIEVING YOUR GOAL. A WEEKEND GETAWAY IS THE PERFECT WAY TO DO SO!



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**20/70 CLUB**  
**DECEMBER**



## WHAT IS THE 20/70 CLUB?

THE 20/70 CLUB IS AN ELITE GROUP OF STORES WHO RECEIVE AT LEAST 20 POST MEAL SURVEYS AND ACHIEVE AT LEAST A 70% OSAT SCORE FOR THE MONTH.

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



**DOUBLE  
DIGITS!**

**FL231 - 12**

**FL150 - 7**

**FL221 - 6**

**MI141 - 6**

**FL230 - 5**

**FL201 - 4**



**TO THESE**

**6**

**STORES!**

**WE THANK YOU FOR YOUR ATTENTION TO DETAIL AND CONSISTENCY THROUGHOUT  
YOUR OPERATIONS! REMEMBER TO FOCUS ON BEING THE BEST WE CAN BE AND ALWAYS  
DO THE RIGHT THING WHEN NO ONE IS LOOKING!**

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## EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

DECEMBER 30TH, 2021

### 6 MONTHS - \$300

AMBER HOLDEN NC114 FOR REFERRING JOSLYN HOLDEN NC114  
DAVID BEARD FOR REFERRING DEDRICK JONES GA139  
JEYSON MALDONADO FL230/231 FOR REFERRING SASHA MIRANDA FL231  
ROSETTA FRANTZ MI115 FOR REFERRING MADISON NAVONI MI115

### 3 MONTHS - \$200

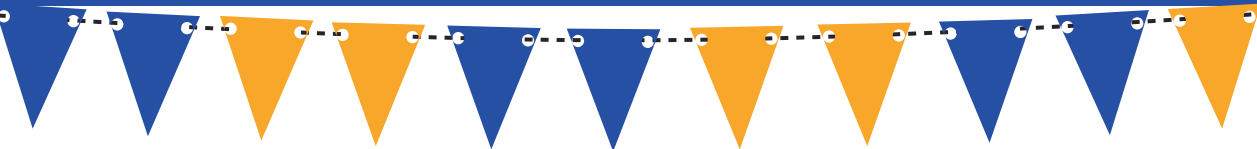
ISIS QUINONES FL121 FOR REFERRING JESUS ROMERO ACEVEDO 103628  
PROMOTION +\$250 (\$450 TOTAL)  
ALYSSA FRYE FL276 FOR REFERRING LUCIANO MUSITANO FL276  
CODY EASON IN128 FOR REFERRING SYDNEY LATHAM IN128





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## JANUARY WORK ANNIVERSARIES



JENNIFER JOHNSON - FL171	13 YEARS
CHRISTOPHER SAMMARTINO - HOME OFFICE	13 YEARS
REBEKAH MARSTELLAR - HOME OFFICE	8 YEARS
STEVEN MARTINEZ - FL150	5 YEARS
GUILLERMO NORIEGA - REG	4 YEARS
DYANA PICKARD - FL197	4 YEARS
THERESA ATKINSON - FL132	3 YEARS
JOYLYN FULLER - NC102	3 YEARS
HANNAH JOSLIN - OH183	3 YEARS
SHANNON HINKLE - FL132	2 YEARS
SHENISE THOMPSON - FL177	2 YEARS
SHAWN CLOW - NH105	2 YEARS
LAQUETTA WALKER - GA106	2 YEARS
QUINTAN BANE - FLORIDA MALL CINNABON	1 YEAR
ISABELLA LANGAN - MI117	1 YEAR
ZAHRA HARDIMAN - OH189	1 YEAR
KARMYNN GUTTENFELDER - FL121	1 YEAR

CONGRATULATIONS TO ALL OF YOU ON  
YOUR WORK ANNIVERSARY! THIS IS  
SOMETHING WE ARE VERY PROUD OF AND  
AS SHOULD YOU. LET'S CONTINUE TO GROW  
THIS LIST EACH AND EVERY MONTH. THANK  
YOU ALL FOR YOUR HARD WORK AND  
SERVICE OVER THE YEARS!

*Great Job!*



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## JANUARY BIRTHDAYS

*Happy Birthday*



SANDRA MCCLINTOCK - MI105	1/1	TREVELLE PRATER - TN126	1/12
FRANCISCO GARCIA - FL150	1/1	JENNIFER LOPEZ - FL221	1/14
ROBERT LARGAESPADA - FL187	1/1	CRYSTAL RIOUX - FL175	1/15
CHAZ GRAHAM - FL175	1/1	IESHA TROTTER - GA110	1/15
DEREK COOPER - TN126	1/2	MARISSA RAMOS - FL154	1/18
CALLIE LANDERS - IL169	1/3	JOHANA MORAN - FL231	1/21
ILLA JEAN SMITH - MI135	1/3	JILLIAN TOKISH - FL196	1/21
SAMANTHA AINSWORTH - FL158	1/3	NICHOLAS STAUBS - SC123	1/22
MIKAILA COLEMAN - MI117	1/3	DARLENE FERNALD - FL132	1/22
MATTHEW MARISON - NH105	1/4	TAKERO BURSE - FL154	1/23
TONI WILSON - MI122	1/4	CHRISTOPHER WOLFF - IL131	1/24
KEEGAN KNOX - GA130	1/5	MATTHEW WHITE - FL260	1/24
OSWALDO CARBAJAL DURAN - NC114	1/5	SKYLAR COLE - MS112	1/26
HAILY MCKEE - MI115	1/6	DAYLIN ANDRZEJEWSKI - FL171	1/26
JOSEPH SAFAREK - HOME OFFICE	1/6	MELISSA KOEBLER - OH111	1/26
SAMUEL SCHEMMER - IL169	1/7	ASHLEY HOLES - OH124	1/26
XAVIER FELICIANO - FL196	1/8	NICKOLA LAWTON - GA139	1/27
ADRIANA OSORIO FUNG - FL187	1/8	DEMETREZ WOODSON - IL165	1/27
MARY BARNES - FL226	1/8	SALEM VONKREIGHTON - MI117	1/27
ALEXEY LAHERA - FL154	1/8	DAIJA TROUPE - FL111	1/28
KAREN UBEDA - FL154	1/9	MICK RYAN - PA254	1/28
GRACIE MIRACLE-HEEB - FL276	1/9	TALICIA ANDERSON - FL144	1/28
MARK STEVENS - FL171	1/9	ROBERT WORMALD - FL231	1/28
JADA CARSWELL - GA116	1/9	RE'ANNE SHELBY - FL180	1/29
JORDAN BATTLESON - IL165	1/10	LILY CARRICK - FL196	1/30
DAVID BOWLES - GA110	1/10	ROGER GONZALEZ - FL187	1/30
AMITRA ALEXANDER - FL177	1/10	CHRISTINA PALAZZOLO - MI137	1/30
AJVAIRE HUFF - OH163	1/12	MELINDA WILLIAMS - IL169	1/31
NASHIKA HOWARD - NC115	1/12	LINDA BENSON - HOME OFFICE	1/31