

# THE DOUGH PRESS

THE OFFICIAL CHESTNUT LAND COMPANY NEWSLETTER

## LET'S GET FROSTY



**THE SWEETEST SUMMER EVER!!**



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# THE DOUGH PRESS

## EMPLOYEE SPOTLIGHT

### MEET

### AUSTIN SHERMAN

ASSISTANT MANAGER - OH175



**I HAVE KNOWN AUSTIN FOR ABOUT 2 YEARS. HE HAS WORKED AT OH 175 FOR ALMOST A YEAR. HE HAS ALWAYS BEEN AN AMAZING TEAM PLAYER, HE DOES EVERYTHING I ASK OF HIM, WITH A SMILE. HE ALWAYS TRIES TO ALLEVIATE MY WORKLOAD BY TRYING TO BE ONE STEP AHEAD OF ME. HE IS A GREAT MANAGER TO HAVE ON MY TEAM AND I LOOK FORWARD TO THE DAY HE HAS HIS OWN STORE!!!**

**WRITTEN BY:**

**TAMMY SHOWMAN  
STORE MANAGER OH175**

# THE DOUGH PRESS

## EMPLOYEE SPOTLIGHT AUSTIN SHERMAN

**1. IF YOU COULD WRITE A BOOK ABOUT YOUR LIFE, WHAT WOULD THE TITLE BE?**  
THE EXPERIENCE, ME

**2. WHEN YOU WERE A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?**  
FLIGHT ATTENDANT

**3. IF YOU WERE A WRESTLER WHAT WOULD BE YOUR ENTRANCE THEME SONG?**  
SUPER FREAK

**4. IF YOU COULD ONLY HAVE ONE APP ON YOUR PHONE, WHICH WOULD YOU PICK?**  
SNAPCHAT

**5. WHAT DO YOU ENJOY ABOUT YOUR JOB?**  
THE PEOPLE I WORK WITH, THE PEOPLE WHO HAVE HELPED ME IN STORE OR VIA EMAIL, AND OF COURSE ROLLING ALL THE PRETZELS OUT.

**6. HAVE YOU EVER MET A CELEBRITY? IF SO, WHO?**  
I HAVE NOT

**7. WHO HAS INSPIRED YOUR CAREER PATH MOST IN YOUR LIFE?**  
MY BROTHER, WHO WAS A STORE MANAGER OF THE 3RD BEST SONIC IN THE COUNTRY, AND MY CURRENT BOSS, TAMMY SHOWMAN WHO IS THE MOST AMAZING PERSON I'VE EVER KNOWN AND GREATEST BOSS :)

**8. WHAT'S YOUR FAVORITE DESSERT?**  
ANYTHING WITH CHOCOLATE OF COURSE!! :)

**9. WHAT MOVIE CAN YOU WATCH OVER AND OVER?**  
I REALLY DON'T HAVE MUCH TIME FOR MOVIES

**10. IF YOU COULD MEET ANY HISTORICAL FIGURE, WHO WOULD IT BE AND WHY?**  
FDR, TO BE THE FIRST AND ONLY PRESIDENT TO BE ELECTED 4 TIMES AND GET A COUNTRY THROUGH THE GREAT DEPRESSION AND HAVE POLIO. THE WISDOM HE MUST'VE HAD, I WOULD LOVE TO HAVE SOME OF IT.

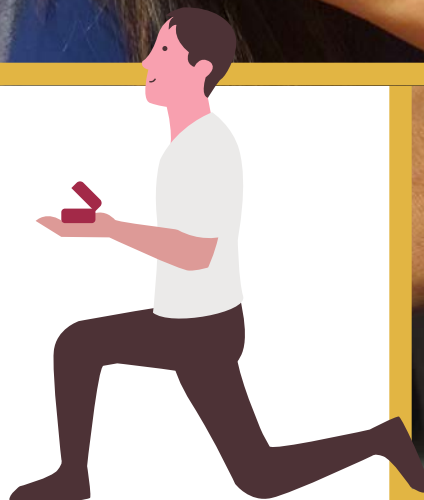
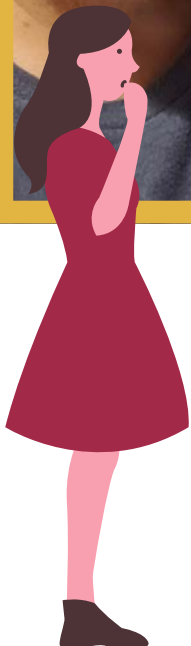


# THE DOUGH PRESS

*She Said Yes!!*



**CONGRATULATIONS TO  
KEVIN MCDORMAND (SM  
NH106) AND HIS FIANCE  
ROXANNE ON THEIR  
RECENT ENGAGEMENT!**





# THE DOUGH PRESS

## MI 120 MAKING IT HAPPEN!

**AWESOME TEAMWORK!**

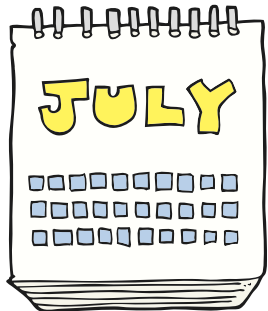


LEFT TO RIGHT: KACINDA-CREW ON BUTTER STATION, BRIAN-GM DIPPING, AKIVA (AJ)-GM ROLLING, KENDRA-AGM ON REGISTER, REBECCA-AGM ON DRINKS/DOUGH

WE WOULD LOVE TO SHARE YOUR WORKPLACE PICTURES! LET'S SEE ALL OF THE CREWS WORKING HARD AND HAVING FUN WHILE MAKING THE GREATEST HANDHELD SNACKS IN THE WORLD!

PLEASE SUBMIT YOUR PICTURES TO [JSFAREK@MURANSKYCO.COM](mailto:JSFAREK@MURANSKYCO.COM)

# THE DOUGH PRESS



## MONTHLY CHALLENGE

### 5 THINGS TO DO WHEN YOU DON'T FEEL LIKE EXERCISING

WE'VE ALL BEEN THERE — YOU JUST DON'T FEEL LIKE EXERCISING TODAY. YOU KNOW YOU SHOULD, YOU KNOW IT'S IN YOUR BEST INTEREST, BUT YOUR HEAD'S JUST NOT IN THE GAME. MAYBE YOU'RE STRESSED OR YOUR BODY IS TELLING YOU IT'S NOT UP TO THE TASK. WHATEVER IT IS, YOU'RE JUST NOT INTO GETTING YOUR EXERCISE TODAY.

WITH THAT BEING SAID, YOU CAN IMPROVE YOURSELF EVEN WITHOUT FOLLOWING THROUGH ON YOUR SCHEDULED EXERCISE ROUTINE. TODAY, I'LL BE TALKING TO YOU ABOUT THINGS YOU CAN DO ON DAYS WHEN YOU DON'T FEEL LIKE WORKING OUT THAT WILL HELP MAKE YOU THE BEST "YOU" THAT YOU CAN BE.

#### 1. GO FOR A LONG WALK OR HIKE

WALKING AND HIKING ARE NOT ONLY GREAT FOR THE BODY, BUT THEY'RE ALSO ONE OF THE BEST FORMS OF MOVING MEDITATION. WHEN YOUR MIND IS BUSY, A GOOD LONG WALK CAN HELP TO KEEP IT CALM AND ALLOW IT TO THINK FREELY IN NEW WAYS.

#### 2. PLAY A SPORT OR PARTICIPATE IN AN ACTIVITY

SPORTS AND OUTDOOR ACTIVITIES ARE A GREAT WAY TO GET IN A WORKOUT WITHOUT BEING STUCK IN YOUR SCHEDULED ROUTINE. GETTING TOGETHER WITH FRIENDS OR FAMILY AND PLAYING A GAME OF SOCCER, BASKETBALL, BASEBALL, OR WHATEVER YOU ENJOY IS ONE GREAT OPTION. IF YOU'RE NOT THE SPORTS KIND OF PERSON, AN ACTIVITY LIKE ROCK CLIMBING, PADDLE BOARDING, OR BIKING MIGHT BE MORE YOUR STYLE.

#### 3. MEDITATE

MEDIATION CAN HELP REDUCE STRESS, IMPROVE COGNITIVE FUNCTION, EASE ANXIETY, AND MUCH MORE. IT'S AS IMPORTANT TO TRAIN YOUR MIND AS IT IS YOUR BODY. IN MY OPINION, MOST PEOPLE SHOULD BE PRACTICING SOME FORM OF MEDIATION ON A DAILY BASIS TO HELP IMPROVE THEIR OVERALL WELL-BEING.

#### 4. SELF-MASSAGE

MASSAGES HAVE TON OF BENEFITS RANGING FROM REDUCING STRESS, IMPROVING MUSCLE FUNCTION, INCREASED MOBILITY, AND AIDING IN RECOVERY. ALL YOU NEED TO GET STARTED IS A FOAM ROLLER OR PVC PIPE, LACROSSE OR TENNIS BALL, AND ENOUGH FLOOR SPACE TO LAY DOWN. USING THOSE TOOLS TO ROLL OUT YOUR MUSCLES, WORK OUT TENSION, AND BREAK DOWN KNOTS IN YOUR TISSUES IS A WONDERFUL ADDITION TO YOUR TRAINING ROUTINE. SELF-MASSAGE WILL SHOW YOUR BODY SOME MUCH NEEDED LOVE, AND IT SHOULD BE A PART OF EVERYONE'S TRAINING ROUTINE.

#### 5. EXERCISE ANYWAY

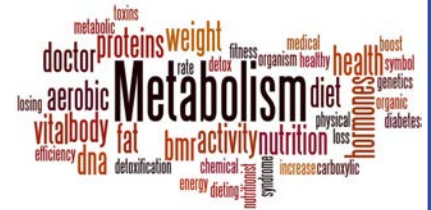
SOMETIMES WHAT YOU NEED IS A WORKOUT TO HELP BOOST YOUR MORALE AND MAKE YOURSELF A LITTLE STRONGER — INSIDE AND OUT. REMEMBER, YOU'RE ALWAYS GOING TO HAVE DAYS WHEN YOU DON'T FEEL LIKE TRAINING. THE KEY IS TO KNOW WHAT TO DO ON THOSE DAYS. LISTEN TO YOUR BODY: KNOW WHEN IT'S TIME TO STEP BACK AND TAKE IT EASY.



# THE DOUGH PRESS

## Workplace Wellness

### HOW YOUR METABOLISM WORKS



**YOUR BODY RUNS NON-STOP EVERY-DAY WHETHER YOU ARE AWAKE OR SLEEPING—IT IS ALWAYS WORKING AND USING ENERGY! THIS ENERGY COMES FROM WHAT YOU EAT AND DRINK, AND YOUR METABOLISM CONTROLS HOW MUCH OF THAT ENERGY YOUR BODY USES OR STORES. METABOLISM IS CLINICALLY DEFINED AS THE CHEMICAL REACTIONS THAT OCCUR WITHIN EACH CELL OF A LIVING ORGANISM TO MAINTAIN LIFE. IT CONSISTS OF TWO PROCESSES: ANABOLISM AND CATABOLISM.**

**ANABOLISM CENTERS AROUND GROWTH AND BUILDING. IT IS WHAT HAPPENS YOUR BODY STORES ENERGY, CREATES NEW CELLS AND BUILDS OR MAINTAINS BODY TISSUE. CATABOLISM IS THE OPPOSITE—BREAKING DOWN ENERGY TO MOVE, HEAT AND ENERGIZE YOUR BODY.**

**YOU MIGHT HEAR PEOPLE TALK ABOUT METABOLISM WHEN DISCUSSING THEIR HEALTH, WEIGHT AND NUTRITION. IT CAN BE LOW, HIGH, SLOW OR FAST. YOU'VE PROBABLY HEARD SOMEONE SAY, "MY METABOLISM HAS REALLY SLOWED DOWN SINCE I TURNED (ENTER AGE HERE), AND I'VE STARTED TO GAIN WEIGHT."**

**IT'S EASY TO BLAME PROBLEMS WITH WEIGHT GAIN ON YOUR METABOLISM BUT MAINTAINING YOUR WEIGHT IS MUCH MORE COMPLICATED THAN THAT.**

**OTHER FACTORS THAT AFFECT BODY COMPOSITION INCLUDE GENETICS, HORMONES, SLEEP QUALITY, LIFESTYLE AND STRESS (BOTH MENTAL AND PHYSICAL).**

**DIET IS, OF COURSE, A BIG FACTOR. WHAT'S IMPORTANT TO CONSIDER IS THE TYPE OF FOOD YOU EAT AND THE AMOUNT OF FOOD YOU EAT, WHETHER IT BE A REDUCTION OR AN INCREASE, DEPENDING ON YOUR INDIVIDUAL ENERGY NEEDS.**

**THIS ALLOWS YOUR METABOLISM TO PROCESS THE FUEL YOU EAT MORE EFFICIENTLY AND ALSO ALLOWS YOUR BODY TO UTILIZE IT MORE EFFICIENTLY.**

**ACTIVITY IS ANOTHER IMPORTANT PIECE. MOVING YOUR BODY USES THE MOST ENERGY AND BURNS CALORIES. REGULARLY MOVING, EVEN ON A SHORT, BRISK WALK, BOOSTS YOUR METABOLISM TO HELP YOU USE EXCESS ENERGY, BURN FAT AND IMPROVE HEART HEALTH.**

**MUSCLE-STRENGTHENING EXERCISES ARE ALSO IMPORTANT TO MAKE SURE YOU HAVE A HEALTHY AMOUNT OF MUSCLE.**

**EATING HEALTHY AND EXERCISING HAS MANY POSITIVE BENEFITS:**

- **EATING WELL-BALANCED QUALITY FOODS HELPS YOUR BODY MAINTAIN BLOOD SUGAR BALANCE, CONTROL THE RELEASE OF INSULIN AND REDUCE FAT STORAGE.**
- **WHEN YOU START EXERCISING, YOUR BODY BEGINS TO BUILD MUSCLE AND BURN FAT.**
- **EXERCISING HELPS CHANGE YOUR BODY COMPOSITION AND YOU'LL UTILIZE MORE CALORIES WHILE AT REST.**
- **AN EXERCISE ROUTINE AND A HEALTHY DIET CAN IMPROVE ENERGY AND HELP YOU SLEEP BETTER.**
- **YOUR BODY WILL HAVE BETTER HORMONAL CONTROL, LOWER BODY FAT AND A BETTER WELLNESS PROFILE WITH IMPROVED LAB VALUES FROM BETTER NUTRITION, MORE ACTIVITY AND BETTER SLEEP.**

**WHEN A SEDENTARY INDIVIDUAL OVEREATS, THAT ENERGY IS PROCESSED AND HAS NOWHERE TO GO. YOUR METABOLISM IS STILL CREATING ENERGY, BUT YOUR BODY IS NOT USING IT—SO IT STORES IT AS FAT.**

**THE SAME CAN HAPPEN IF YOU BRING IN TOO LITTLE ENERGY. YOUR BODY PROCESSES SLOW DOWN TO MEET THE INTAKE YOUR METABOLISM IS PROCESSING.**

**THE LOWER ACTIVITY LOWERS THERMOGENESIS (BURNING OF FAT AND CALORIES) AND CAUSES FAT STORAGE, CREATING A NEGATIVE EFFECT.**

**YOU CAN'T CHANGE YOUR ROUTINE FOR A FEW DAYS AND EXPECT MAJOR CHANGES. A BALANCE OF GOOD HABITS WILL HELP YOUR METABOLISM RECOGNIZE A NEW IDEAL WEIGHT.**

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## DTIQ AUDIT STREAKS

**3 CONSECUTIVE 100% SCORES**

**FL176- 11**

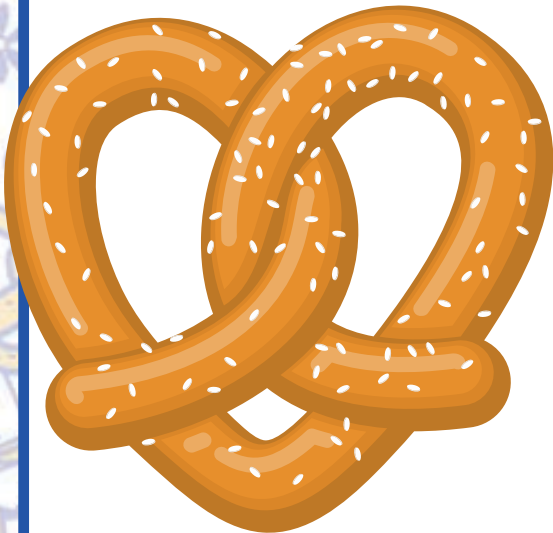
**CINNABON 103628- 10**

*Double  
Digits!*

**GA110- 7**

**FL230- 3**

**MI116- 3**



***Congratulations***

**TO THESE 5 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!**





**CHESTNUT LAND COMPANY**  
EST. 1992

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## 2021 EMPLOYEE REFERRAL PROGRAM

**EFFECTIVE NOW!**

**\*PAYOUT AMOUNTS HAVE BEEN INCREASED!\***  
**\*STORE MANAGERS ARE NOW ELIGIBLE!\***

**3 MONTHS OF EMPLOYMENT**

**\$200 CASH**

**6 MONTHS OF EMPLOYMENT**

**\$300 CASH**

**9 MONTHS OF EMPLOYMENT**

**\$400 CASH**

**1 YEAR OF EMPLOYMENT**

**\$600 CASH**

**IF REFERRAL GETS PROMOTED**

**\$250 CASH**

**IF YOUR REFERRAL MAKES IT A YEAR & GETS PROMOTED, YOU CAN EARN**

**\$1,750 CASH**

**HOW TO GET PAID:** EMAIL KASIE MACHINGO [KMACHINGO@MURANSKYCO.COM](mailto:KMACHINGO@MURANSKYCO.COM) TO LET HER KNOW ABOUT THE REFERRAL. TWICE A MONTH AN EMAIL WILL BE SENT LISTING WHO IS ELIGIBLE FOR PAYOUT.

**WHO IS A REFERRAL:** ANYONE YOU RECOMMEND TO WORK AT AUNTIE ANNE'S! THIS CAN BE A FRIEND, FAMILY MEMBER, FORMER COWORKER, MALL EMPLOYEE, FREQUENT CUSTOMER, FACEBOOK FRIEND OR NEIGHBOR.  
\*EMPLOYEE MUST AVERAGE 20 HOURS PER MONTH\*

# THE DOUGH PRESS

## EMPLOYEE REFERRAL PROGRAM

*Congratulations!*

**EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS**

JULY 15TH, 2021

**1 YEAR - \$200**

**TYTIANNA MARSHALL - FL181 FOR REFERRING SAMANTHA WILLIG - FL181**

**KEITH RAMKISSOON - 103628 FOR REFERRING STEFAN BASDEO - 103628**

**3 MONTHS - \$100**

**REBECCA HANLON - OH190 FOR REFERRING EMERY REICHELDERFER - OH011**

**SAMANTHA WILLIG - FL181 FOR REFERRING NAOMIEE MATTHEWS - FL181**





# THE DOUGH PRESS

## JULY WORK ANNIVERSARIES



*Happy*  
*Anniversary!*



REBECCA DAVIS - OH130	15 YEARS
NICHOLAS STAUBS - SC114	6 YEARS
JOHANA MORAN - FL231	3 YEARS
JOE SAFAREK - HOME OFFICE	3 YEARS
AMANDA ANDREWS - TN126	3 YEARS
TAYLOR SHIPMAN - NC131	3 YEARS
CRYSTAL CLARK - GA106	2 YEARS
INDIA FRANCIS - FL182	2 YEARS
CALEB BLACKBURN - MS112	2 YEARS
CATERA PRYOR - MS112	2 YEARS
EMMA WILSON - MS112	2 YEARS
JESSICA YOUNG - IL136	1 YEAR
MICHAEL BUCHANAN - GA139	1 YEAR
CHLOE SHAVER - FL181	1 YEAR

MACKENZIE POWELL - FL162	1 YEAR
SAMANTHA WILLIG - FL181	1 YEAR
STEFAN BASDEO - FLORIDA MALL CINNABON	1 YEAR
CYNTHIA BICKHAM - FL185	1 YEAR
SUZANNE DUGGER - FL226	1 YEAR
KINA HOGETERP - MI117	1 YEAR
GRACE SILVERSTEIN - FL182	1 YEAR
TAFFREY PETERMAN - FL180	1 YEAR
JADA WASHINGTON - MI143	1 YEAR
KODY REAUME - MI143	1 YEAR
DONTAVIA ROBERTS - FL180	1 YEAR
WHITNEY CHAPMAN - WV106	1 YEAR
ZEBRIANA LEE - MS112	1 YEAR
JANE GARY - MI116	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!

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DAVID BEARD - GA116  
 WENDY DIXON - MI116  
 MIA BUTLER - FL182  
 DONTAVIA ROBERTS - FL180  
 ABRAHAM LEDESMA RODRIGUEZ - FL149  
 SHAVON SELF - NC131  
 CARLOS LOPEZ - IL136  
 TRACI LONG - MI137  
 LAURA ARNOLD - FL192  
 KEVIN MCDORMAND - NH106  
 ELENA GRIEWAHN - MI143  
 ZAVIER PERRY - GA128  
 BRIAN STRICKLAND - MI120  
 ASHLEE HENDERSON - IN109  
 DJENICA NOSTRUM - FL168  
 IMANI STURDIVANT-GARNER - OH111  
 MALIK JOHNSON - FLORIDA MALL CINNABON  
 JAYLAN RILEY - FL180  
 ARIANNA MCCLISH - IN111  
 MAKAILI JOSEPH - OH130  
 KATHRYN KELLEY - TN126  
 OLIVIA ERWIN - FL143  
 REESE VORE - NC114  
 DONAVEN DEKUIPER - MI115  
 KAILY ROCKWELL - IL131  
 SHAWN CLOW - NH105  
 CHRISTOPHER ERNO - FL171  
 NATALIA POLAND - FL201  
 KYLE VESS - NC102  
 LALIQUE MAXEY - GA139  
 QUINTON WILDER - OH183  
 JUSTIN STOLLE - NC114

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JUDE PUSHKAR - MI143  
 JANE GARY - MI116  
 JOHANNA TRANA - FL187  
 CYDNEY DAUTZENBERG - GA110  
 AMANDA JARA - MI137  
 MELANIE OTT - OH163  
 ESTHER CORONA - FL150  
 CYNTHIA BICKHAM - FL185  
 PAULINE ROMERO - FLORIDA MALL CINNABON  
 DARRYL WALLACE - NC140  
 LAWRENCE DEJONG - MI115  
 AMANDA STOUT - MI117  
 YAMELIS MADDEN HERNANDEZ - FL121  
 SHALANA PRESLEY - IN107  
 ANTHONY MILLER - FL144  
 ANIBAL VELAZQUEZ - FL196  
 NYKIRA WALKER - GA116  
 ALEXANDER SWEDOCK - FL197  
 TREASIA FRANKLIN - MS112  
 MADELAINE COY - MI116  
 SHELBY ELMORE - FL221  
 AMBER HOLDEN - NC114  
 CYNTHIA O'NEAL - IN114  
 JESSICA OSUMAH - GA110  
 TELFFY POLONIA - FL121  
 HANNAH SIMPSON - OH130  
 JOSEPH ZIERAN - GA130  
 DANIELLE HITS - OH147  
 JOSHUA ELLIS - WV106  
 JAMIE WALKER - FL166  
 KEYLA MARTINEZ - WOODLAND JAMBA  
 ADRIANNA GEBHART - OH175

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**HAPPY BIRTHDAY TO EVERYONE ON THIS LIST! WE HOPE YOU ENJOY YOUR SPECIAL DAY THIS MONTH AND ALSO PLEASE FEEL FREE TO REACH OUT TO YOUR COLLEAGUES ON THEIR DAY!**