

THE DOUGH PRESS

THE OFFICIAL CHESTNUT LAND COMPANY NEWSLETTER



*Summer
Sippin'!*

IN THE PRESS

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THE DOUGH PRESS

EMPLOYEE SPOTLIGHTS

MEET

MIKEL CUMMINGS

ASSISTANT MANAGER - FL196



MEET

ANIBAL VELAZQUEZ

ASSISTANT MANAGER - FL196



I HAVE BEEN SO BLESSED TO WORK WITH ANIBAL AND MIKEL SINCE DAY ONE. I REMEMBER THE FIRST DAY HOW SHY AND CONFUSED THEY WERE RIGHT ON DOWN TO THIS BEING THEIR FIRST EXPERIENCE IN THE JOB FIELD. IT HAS BEEN QUITE A PLEASURE WATCHING THEM GROW OUT OF THERE SHELLS AND MOVE ON UP AND TO NOW BOTH MY ASSISTANTS :) WE HAVE HAD A ROUGH YEAR AND ROUGH TIMES BUT I REMEMBER EVERY INCIDENT OR ANYTHING THROWN AT US THEY HAVE HANDLED IT WITH SUCH GRACE. THEY HAVE WORKED THEMSELVES DRY WITHOUT COMPLAINING AND HAVE BECOME SUCH STRONG LEADERS THAT LEAD BY EXAMPLE . I'M SO PROUD TO HAVE THEM ON MY TEAM !

WRITTEN BY:

DIVINIA SAMANTHER

STORE MANAGER FL196

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EMPLOYEE SPOTLIGHT MIKEL CUMMINGS

1. WHAT MOTIVATES YOU TO WORK HARD?

I ALWAYS TAKE PRIDE IN MY WORK.

2. WHAT IS YOUR FAVORITE THING ABOUT YOUR CAREER?

MEETING INTERESTING PEOPLE EVERY DAY.

3. WHAT WAS THE LAST BOOK THAT YOU READ?

THE FIFTH VITAL

4. HAVE YOU EVER HAD A NICKNAME? WHAT IS IT?

NO

5. WHAT IS THE WORST GIFT YOU HAVE RECEIVED?

THE WORST GIFT I EVER RECEIVE WAS SOCKS.

6. WHAT THREE ITEMS WOULD YOU TAKE WITH YOU ON A DESERTED ISLAND?

I'LL TAKE A LIGHTER, KNIFE, AND SOME ANTIBIOTICS.

7. WHAT CELEBRITY WOULD YOU LIKE TO HAVE COFFEE WITH?

ADAM SANDLER

8. IF YOU COULD GO BACK IN TIME, WHAT YEAR WOULD YOU TRAVEL TO AND WHY?

I'LL GO BACK IN TIME FIVE YEARS FROM NOW JUST WON THE LOTTERY.

9. FAVORITE AUNTIE ANNE'S MENU ITEM?

MY FAVORITE AA MENU ITEM IS THE PEPPERONI NUGGETS .

10. WHO IS SOMEONE YOU ADMIRE AND WHY?

I REALLY ADMIRE FLOYD MAYWEATHER FOR HIS LEGACY HE HAD IN BOXING.

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EMPLOYEE SPOTLIGHT ANIBAL VELAZQUEZ

1. WHAT IS YOUR FAVORITE THING ABOUT YOUR JOB?

I VERY MUCH APPRECIATE THE STABILITY THIS JOB PROVIDES AS WELL AS IT'S FLEXIBLE HOURS.

2. IF YOU WERE A SUPER-HERO, WHAT POWERS WOULD YOU HAVE?

SUPERSPEED

3. WHAT'S YOUR FAVORITE ZOO ANIMAL?

CHIMPANZEES

4. WHAT WAS YOUR FIRST JOB?

AUNTIE ANNE'S WAS ACTUALLY MY FIRST JOB

5. IF YOU COULD CREATE A NEW INVENTION, WHAT WOULD YOU CREATE?

CANCER VACCINE

6. WHAT COULD YOU GIVE A 30-MINUTE PRESENTATION ABOUT WITH NO ADVANCE PREPARATION?

I COULD PROBABLY DO A 30 MINUTE PRESENTATION ON EUROPEAN HISTORY IF ASKED

7. WHAT MOVIE CAN YOU WATCH OVER AND OVER AGAIN?

GLADIATOR

8. FAVORITE AUNTIE ANNE'S DIPPING SAUCE?

CARAMEL SAUCE

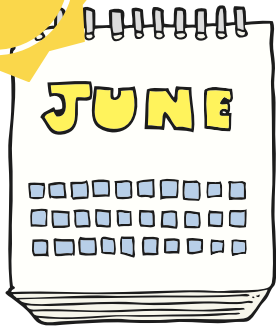
9. IF YOU COULD TAKE A MONTH TO TRAVEL ANYWHERE, WHERE WOULD YOU GO?

ITALY

10. WHERE WERE YOU BORN? WHAT IS AN INTERESTING FACT ABOUT YOUR HOMETOWN?

I WAS BORN IN GUAYNABO, PUERTO RICO. HOWEVER, I DON'T KNOW MUCH ABOUT THE TOWN ITSELF. I MOVED AWAY WHEN I WAS AN INFANT, AND MY EXTENDED FAMILY THAT'S STILL LIVES IN PUERTO RICO DOESN'T CURRENTLY LIVE THERE ANYMORE, SO I HAVEN'T BEEN BACK IN QUITE SOME TIME.

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MONTHLY CHALLENGE

Motivation to get Moving!

ANYONE CAN EXERCISE AND EVERYONE, INCLUDING YOU, CAN GET BIG HEALTH BENEFITS, TOO — LIKE A HEALTHY HEART AND WEIGHT. THE HARD PART IS STARTING A PROGRAM AND STICKING WITH IT.

TIPS TO GET MOVING

START SLOW

EASING INTO AN EXERCISE PROGRAM WILL MAKE IT LESS OVERWHELMING. IT CAN HELP YOU AVOID INJURY, TOO.

SET GOALS

TRY TO LOWER YOUR CHOLESTEROL. OR WORK OFF THOSE LAST 10 POUNDS FOR YOUR REUNION. WHEN YOU LOOK AT YOUR PROGRESS, YOU'LL LIKE SEEING HOW FAR YOU'VE COME.

MAKE IT FUN

MIX UP YOUR WORKOUTS. PICK ACTIVITIES YOU ENJOY. AND WORK OUT WITH A BUDDY IF YOU CAN. IT'LL HELP YOU STICK WITH IT.

WARM UP

A QUICK, BRISK WALK OR SOME STRETCHING KEEPS YOUR BLOOD FLOWING AND YOUR BODY FLEXIBLE. PUT IT ON THE CALENDAR. SCHEDULING EXERCISE TIME IS A GREAT WAY TO FIT IN FITNESS AND "ME TIME."



VARY YOUR WORKOUTS

DIFFERENT TYPES OF EXERCISE BENEFIT YOUR BODY IN DIFFERENT WAYS. FOR THE BEST HEALTH RESULTS, INCORPORATE ALL OF THEM INTO A WORKOUT ROUTINE

CARDIOVASCULAR ENDURANCE

BY WORKING YOUR HEART AND LUNGS, YOU INCREASE THE SUPPLY OF OXYGEN AND ENERGY IN YOUR BODY. IT'S AN IMPORTANT PART OF AN EXERCISE PROGRAM. YOU CAN WALK, BIKE, SWIM, STAIR CLIMB OR USE AN ELLIPTICAL MACHINE TO GET THIS TYPE OF BENEFIT.

STRENGTH

THIS IS WHEN YOU PUT MORE STRAIN THAN USUAL ON YOUR MUSCLES AND BONES TO MAKE THEM STRONGER. TO WORK ON STRENGTH, TRY FREE WEIGHTS OR WEIGHT MACHINES. OR EVEN USE YOUR OWN BODY WEIGHT — CHIN-UPS OR PUSH-UPS, FOR INSTANCE.

MUSCLE ENDURANCE

HERE, YOU HELP YOUR MUSCLES CONTINUE TO WORK HARD WITHOUT REST. AND YOU BUILD WHAT'S CALLED "STAMINA." THINK OF A BASEBALL PITCHER WHO THROWS THE BALL HARD, OVER AND OVER. OR A SWIMMER WHO GOES FOR MILES AT A TIME.

FLEXIBILITY

THIS IS WHEN YOU HELP YOUR MUSCLES AND JOINTS GET A FULL RANGE OF MOTION. IN TURN, THIS HELPS YOU AVOID INJURY AND EVEN FEEL MORE COMFORTABLE AFTER EXERCISING. STRETCHING EXERCISES AND YOGA ARE TWO WAYS TO IMPROVE FLEXIBILITY

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DTIQ AUDIT STREAKS

3 CONSECUTIVE 100% SCORES

FL176 – 11

FL196 – 8

CINNABON 103628 – 7

GA110 – 7



Congratulations

TO THESE 4 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

Congratulations!

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

JUNE 15TH, 2021

6 MONTHS - \$100

**KARIANNE REYNOLDS - MI137 FOR REFERRING - EMILY STERK
CATERA PRYOR - MS112 FOR REFERRING QUENTRAVIYA MCFARLING - MS112**

3 MONTHS - \$100

**AMANDA ANDREWS - TN126 FOR REFERRING SKYLER MARTIN - PA254
AMAYA ZERQUERA - GA130 FOR REFERRING TRUASIA BANKS - GA130**

**WHAT IS STOPPING
YOU FROM
REFERRING
SOMEONE?!**

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JUNE WORK ANNIVERSARIES

Happy

Anniversary!



JENNIFER MORRISON - FL159	15 YEARS
SANDRA MARTINO - FL150	12 YEARS
TANNER AVNET - HOME OFFICE	6 YEARS
BETHANY THEISS - MS112	6 YEARS
TAMMY SHOWMAN - OH175	5 YEARS
KASIE MACHINGO - HOME OFFICE	5 YEARS
CHRISTINA CHARRON - MI115	5 YEARS
NATALIE FUSSELL - GA128	4 YEARS
MICAH GRAHAM - GA128	3 YEARS
DYSHAUNDA HARRIS - FL111	3 YEARS
CARLA MACIAS - IL165	2 YEARS
NICHOLAS ZIEMBA - FL276	2 YEARS

MICHAELA MATHENY - IL163	2 YEARS
AVERY ZERBY - OH175	2 YEARS
JUSTIN STOLLE - NC114	1 YEAR
JOHN BRIDGES - MI117	1 YEAR
JALYN LOVELADY - WOODLAND JAMBA	1 YEAR
NANDY COLON - FL111	1 YEAR
ASHLEY HIGGINS - FL197	1 YEAR
KIMBERLY HELD - IN128	1 YEAR
DARRON ANTOINE - FL. MALL CINNABON	1 YEAR
KEITH RAMKISSOON - FL. MALL CINNABON	1 YEAR
SKY IRLMEIER - FL. MALL CINNABON	1 YEAR
LAUREN BOND - MS112	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!

THE DOUGH PRESS

HAPPY
BIRTHDAY

JUNE BIRTHDAYS

ALEXIS HARRIS - FL276	6/1	BETHANY THEISS - MS112	6/16
JUSTIN LUGO - FL159	6/1	STACEY SCOTT - IL136	6/17
KINA HOGETERP - MI117	6/1	SAMUEL GIBBS - FL162	6/17
HOLDEN BAILEY - NC102	6/2	BRIANNE HURLEY - NH105	6/17
AMELIA HEADLEY - BRIARWOOD CINNABON	6/2	NATALIA ORTEGA - FL149	6/19
KAIDEN FITZPATRICK - FL182	6/2	CAITLIN URBINA - FL230	6/19
JOYLYN FULLER - NC102	6/3	CINDY PHAM - FL144	6/19
REBECCA ALSALEMI - FL192	6/4	MANUEL MUNOZ - NC131	6/22
NOMELYNE REYES - FL187	6/6	BRIANNA EBERSOLE - OH190	6/22
JORDAN SCARPITTI - GA130	6/6	JODI BROOKS - OH189	6/23
HANNAH SCHWYN - IN128	6/6	DALLAS STYNER - IL131	6/23
SYDNEY WADDELL - OH183	6/7	COLLIN RANDLEMAN - IL163	6/24
ALIVIA BURLINGAME - BRIARWOOD CINNABON	6/7	CALEB HERNANDEZ COLLAZO - FL162	6/25
SYLVIE SKONECKI - MI116	6/7	MYCALAH SALAZAR - MI115	6/26
DAKOTA SHOWMAN - OH190	6/7	KYMIECA MCGEORGE - GA116	6/26
ELAINE GUO - SC123	6/7	SAGE OWEN - FL260	6/26
DYSHAUNDA HARRIS - FL111	6/7	HAMIR RAMOS - FL159	6/26
ALEXIS PHILLIPS - WOODLAND JAMBA	6/8	ZACHARY LANGLOIS - NC131	6/27
NAMARE'IA SWANSON - FL180	6/8	JAYSON FERNANDEZ - FL176	6/27
XAVIER VINSON - NC140	6/8	STACY BROWN - FL181	6/27
CRYSTAL CLARK - GA106	6/9	MORGAN MCKAY - PA254	6/28
BLAKE TIFFANY - IN128	6/9	JOSEPH MACIEJEWSKI - FL168	6/29
JADA STARKS - NC114	6/9	DANIEL CARRANZA - MI105	6/30
ALYSSIA MCDONALD - FL175	6/10	WIODALIS GONZALEZ MELENDEZ - FL. MALL CINNABON	6/30
JAILYN FAULKNER - IN128	6/11	EMMA HAWKINS - OH190	6/30
MARCOS QUINONES GONZALEZ - FL121	6/14		

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!