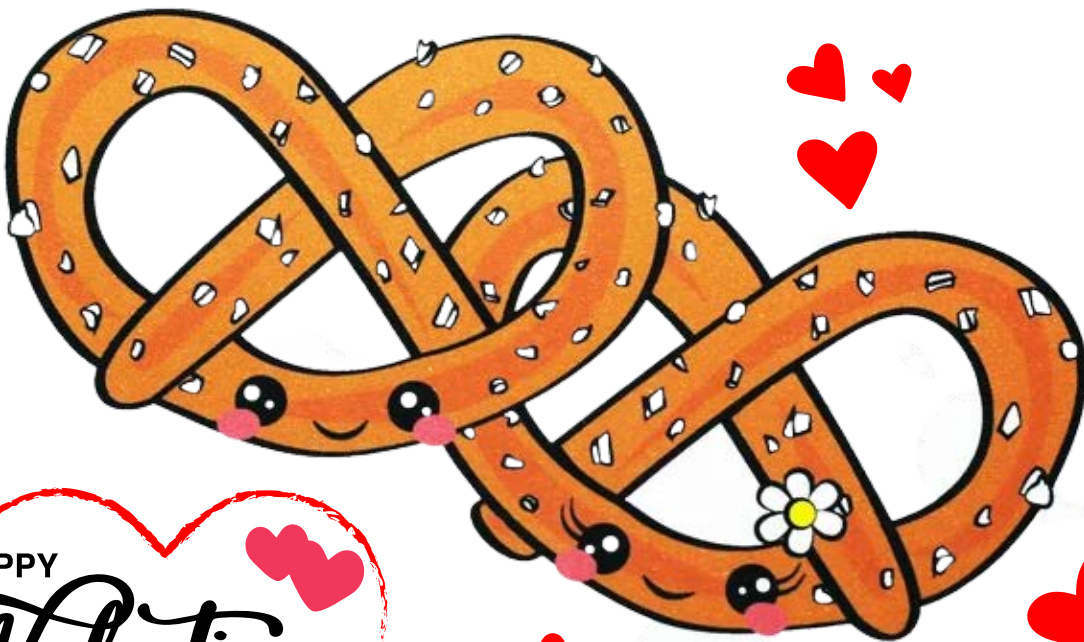


THE DOUGH PRESS

FEBRUARY 2022 | VOLUME 3, ISSUE 26

*Team Chestnut,
You tie my heart in knots!*



IN THE PRESS

EMPLOYEE SPOTLIGHTS...PAGES 2-5

COUCH TO 5K (FEB CHALLENGE)...PAGE 6

WORKING ON WELLNESS (WOW)...PAGE 7

20/70 CLUB...PAGE 8

DTIQ AUDIT STREAKS...PAGE 9

EMPLOYEE PAYOUTS...PAGE 10

WORK ANNIVERSARIES...PAGE 11

BIRTHDAYS...PAGE 12

THE DOUGH PRESS

FEBRUARY EMPLOYEE SPOTLIGHTS

CYNTHIA O'NEAL AND ART BOUVIER

WE HAVE WELCOMED CYNTHIA AND ART TO OUR CHESTNUT LAND FAMILY THESE PAST 6 MONTHS WITH MUCH EXCITEMENT!

CYNTHIA IS WILLING TO DO WHAT IS NEEDED ABOVE A MANAGER RESPONSIBILITIES. SHE IS ALWAYS WILLING TO HELP OUT AT OTHER STORES WHEN NEEDED. HER STAFF IS TRAINED TO BE ABLE TO RUN THE STORE WHILE SHE IS AWAY AND THEY DO NOT SKIP A BEAT. SHE TRULY IS ONE OF A KIND NOT ONLY AS A MANAGER BUT AS A WIFE AND A MOM!

ART, LIKE MANY OF YOU, HAS BEEN STRUGGLING TO FIND THE RIGHT PEOPLE TO BUILD HIS TEAM. EVEN THRU THAT STRUGGLE HE IS STILL HANGING ON STRONG AND WILL GO ABOVE AND BEYOND TO KEEP THE STORE OPEN AND IS GREAT WITH COMMUNICATION. HE NEVER GIVES UP AND STRIVES FOR GREATNESS EVERYDAY!



MEET CYNTHIA O'NEAL STORE MANAGER IN114



THE DOUGH PRESS

EMPLOYEE SPOTLIGHT CYNTHIA O'NEAL

- 1. DO YOU ENJOY PODCASTS? WHAT ARE YOUR FAVORITE**
I LIKE THE REAL-ESTATE PODCAST CALLED BIGGER POCKETS.
- 2. WHAT WAS YOUR FAVORITE SUBJECT IN HIGH SCHOOL?**
My FAVORITE SUBJECT IN HIGH SCHOOL WAS SCIENCE.
- 3. IF YOU COULD MEET ANYONE, DEAD OR ALIVE, WHO WOULD IT BE? WHY?**
LIAM NEESON. HE IS ONE OF MY FAVORITE ACTORS
- 4. HAVE YOU EVER MET ANYONE FAMOUS?**
I HAVE MET QUITE A FEW PEOPLE. FROM MUSICIANS, POLITICIANS AND A FEW AUTHORS.
- 5. WHAT WAS YOUR FAVORITE BAND 10 YEARS AGO?**
AEROSMITH
- 6. WHAT WAS THE FIRST THING YOU BOUGHT WITH YOUR OWN MONEY?**
I BOUGHT MY FIRST FIXER UPPER HOME BACK IN 2010
- 7. WHAT'S SOMETHING YOU WANT TO DO IN THE NEXT YEAR THAT YOU'VE NEVER DONE BEFORE?**
I WOULD LOVE TO TAKE A TRIP TO JAMAICA
- 8. HOW DO YOU LIKE YOUR EGGS?**
SCRAMBLED WITH CHEESE
- 9. WHAT IS SOMETHING YOU LOVE ABOUT YOUR JOB?**
I LOVE MY STAFF AND UPPER MANAGEMENT! IN THIS COMPANY, NO ONE IS TOO BIG OR TOO SMALL TO LEND A HAND WITH ANYTHING. FROM CORPORATE ,STAFF AND OTHER STORE MANAGERS.
- 10. WHAT ARE THE TOUGHEST CHALLENGES YOU'VE HAD AT WORK?**
I HAVE HAD QUITE A FEW CHALLENGES THIS YEAR. STAFFING WHILE COVID OUTBREAKS ARE HAPPENING HAS BEEN A MAJOR CHALLENGE BUT WE MANAGED.

THE DOUGH PRESS

FEBRUARY EMPLOYEE SPOTLIGHT

MEET ART BOUVIER STORE MANAGER IN107



THE DOUGH PRESS

EMPLOYEE SPOTLIGHT ART BOUVIER

1. HOW MANY DIFFERENT STATES HAVE YOU LIVED IN?

SIX: LOUISIANA, ILLINOIS, MICHIGAN, CALIFORNIA, TENNESSEE, AND INDIANA.

2. WHAT ANIMAL DO YOU THINK MOST CLOSELY MATCHES YOUR PERSONALITY?

MY CANARY MASTIFF, ROSSI. HE'S CHILL. HE MOSTLY HANGS OUT WHILE I LISTEN TO STEELY DAN.

3. WHAT'S YOUR FAVORITE SPORTS TEAM?

I'M FROM NEW ORLEANS, SO IT WILL ALWAYS BE THE SAINTS

4. IF YOU COULD CHANGE SOMETHING IN THE WORLD, WHAT WOULD IT BE?

OUR NEAR TOTAL RELIANCE ON TECHNOLOGY. I'D LIKE TO SEE US WITH OUR PHONES DOWN MORE. MYSELF INCLUDED.

5. WHAT DID YOU WANT TO BE WHEN YOU GREW UP WHEN YOU WERE IN ELEMENTARY SCHOOL?

I DID THEN, AND STILL DO, WANT TO GROW UP TO BE AN ELEPHANT TRAINER.

6. WHAT'S THE WEIRDEST THING A CUSTOMER HAS EVER DONE?

I USED TO HAVE A REPEAT CUSTOMER A FEW RESTAURANTS BACK WHO WOULD ONLY SIT AT "HIS" TABLE, AND THE FIRST THING HE WOULD DO WHEN HE SAT THERE... IS LICK THE TABLE. I GUESS IT WAS HIS WAY OF MARKING HIS TERRITORY.

7. WHAT MAKES A MANAGER GREAT?

BEING A LEADER RATHER THAN A BOSS.

8. WHAT PIECE OF ADVICE WOULD YOU GIVE TO YOURSELF AT THE BEGINNING OF YOUR CAREER?

STEP OUT OF YOUR COMFORT ZONE MORE OFTEN. STRETCH FOR THE NEXT GOAL.

9. WHAT TV SHOW(S) ARE YOU CURRENTLY WATCHING?

I JUST DISCOVERED THE KROLL SHOW, SO I'M WATCHING THAT. I'M A SUCKER FOR SKETCH COMEDY. PLUS I LIKE JOHN MULANEY.

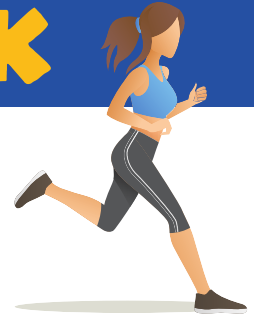
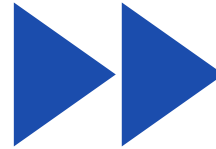
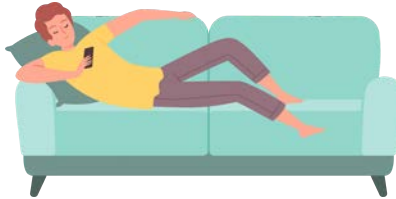
10. WHAT IS YOUR FAVORITE MATERIAL POSSESSION?

MY HAND PAINTED METALLIC BLUE SUZUKI BOULEVARD. SHE'S A WORKHORSE AND A BEAUTY. SHE'S GOTTEN ME TO THE ROCKY MOUNTAINS AND BACK. SHE'S MINE UNTIL EITHER SHE STOPS MOVING OR UNTIL I DO.

THE DOUGH PRESS

FEBRUARY

MONTHLY CHALLENGE COUCH TO 5K



ARE YOU INTERESTED IN RUNNING A 5K (3.1 MILES) RACE BUT DON'T KNOW WHERE TO START? HERE IS AN 8-WEEK COUCH TO 5K TRAINING PLAN DESIGNED FOR PEOPLE WHO DO NOT RUN!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	1 min running / 1.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
2	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	1.5 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
3	2 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	2.5 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
4	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	3 mins running / 2 mins walking, for 20 minutes	Rest or Cross-train	4 mins running / 2.5 mins walking, for 20 minutes	Rest or Cross-train	Rest Day
5	5 mins running / 3 mins walking (x 3)	Rest or Cross-train	8 mins running / 5 mins walking / 8 mins running	Rest or Cross-train	20 mins running	Rest or Cross-train	Rest Day
6	6 mins running / 3 mins walking (x 2)	Rest or Cross-train	10 mins running / 3 mins walking / 10 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
7	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	25 mins running	Rest or Cross-train	Rest Day
8	30 mins running	Rest or Cross-train	30 mins running	Rest or Cross-train	30 mins running	Rest Day	Run 5K!

THE DOUGH PRESS

WORKING ON WELLNESS



RELAXATION TECHNIQUES

RELAXATION TECHNIQUES CAN HELP YOU COPE WITH EVERYDAY STRESS AND STRESS-RELATED HEALTH PROBLEMS, SUCH AS HEART DISEASE. IT MAY SEEM DIFFICULT TO RELAX UNDER TODAY'S CIRCUMSTANCES, BUT YOU CAN TRY A FEW SMALL CHANGES THROUGHOUT YOUR DAY TO PROMOTE RELAXATION.

LAUGH MORE OFTEN

LAUGHTER CAN RELIEVE YOUR STRESS RESPONSE AND LEAVE YOU WITH A GOOD, RELAXED FEELING. MAKE IT A HABIT TO SHARE FUNNY JOKES OR STORIES WITH THOSE AROUND YOU. HANG UP SILLY PHOTOS IN YOUR HOME OR OFFICE FOR AN ADDED HUMOR BOOST.

BREATHE DEEPLY

DEEP BREATHING TRIGGERS YOUR BODY'S RELAXATION RESPONSE. TRY TO SCHEDULE DEEP BREATHING EXERCISES AT THE BEGINNING OF YOUR DAY OR BEFORE BEDTIME. CLOSE YOUR EYES AND TRY TO FOCUS ON FILLING YOUR BELLY WITH AIR. SLOWLY RELEASE YOUR AIR UNTIL YOUR HEART RATE AND MIND ARE AT EASE.

MEDITATE

MEDITATION CAN WIPE AWAY THE DAY'S STRESS AND BRING INNER PEACE. FOCUSING YOUR ATTENTION TAKES PRACTICE, ESPECIALLY IN A WORLD THAT'S FILLED WITH TEXT MESSAGES, SOCIAL MEDIA, AND OTHER DISTRACTIONS. START BY TAKING A FEW MINUTES EACH DAY TO UNPLUG AND ELIMINATE THE STREAM OF JUMBLED THOUGHTS THAT MAY BE CROWDING YOUR MIND.

GET ENOUGH SLEEP

GETTING ENOUGH SLEEP AT NIGHT ALLOWS YOUR MIND AND BODY TO REST SO YOU ARE MORE EQUIPPED TO HANDLE STRESS, LEAVING YOU MORE AT EASE DURING THE DAY. SLEEP EXPERTS SUGGEST AIMING FOR ABOUT 7 TO 9 HOURS OF SLEEP.



RELAXATION TECHNIQUES ARE GOOD FOR YOUR HEART, BUT DON'T FORGET THAT THESE PRACTICES ARE NOT REPLACEMENTS FOR PREVENTIVE EXAMS OR MEDICATION. BEFORE BEGINNING A NEW ACTIVITY PROGRAM, TALK WITH YOUR PRIMARY CARE PROVIDER FOR GUIDANCE ON KEEPING YOUR HEART HEALTHY.

THE DOUGH PRESS

20/70 CLUB

JANUARY

FL132
GA110
IN114
NH105
OH124

Welcome to
CLUB
20/70

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.

THE DOUGH PRESS

DTIQ AUDIT STREAKS
3 CONSECUTIVE 100% SCORES

Wow!

FL231- 15

MI141- 8

FL221-7

FL201- 6

FL121- 3

FL158-3

GA116-3

NH105-3

Congrats

TO THESE

8

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!

THE DOUGH PRESS

EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

FEBRUARY 1ST, 2022

6 MONTHS - \$300

CLORISSA DEKUIPER MI115 FOR REFERRING DONAVEN DEKUIPER MI115
ALEXIS VERGANZO FL121 FOR REFERRING NOMAR GONZALEZ FL121

3 MONTHS - \$200

QUINTAN BANE 103628 FOR REFERRING BRANDON ELAM 103628
REBECCA RITOUNI FL192 FOR REFERRING MIA OFARRILL FL192
HOLLY LEWIS MI123 FOR REFERRING NICHOLAS BEACH MI123
JAMIE MCMAHON GA106 FOR REFERRING CRYSTAL G STREET GA106
BETHANY THEISS MS112 FOR REFERRING JESSE THEISS OH183
JEYSON MALDONANDO FL230/231 FOR REFERRING KARI SANCHEZ FL231

PROMOTION - \$250

SANDY MCCLINTOCK MI105 FOR REFERRING BRIGET COX MI105



THE DOUGH PRESS

FEBRUARY WORK ANNIVERSARIES



SCOTT SINGER - OH163	5 YEARS
NAIA WILLIAMS - GA116	4 YEARS
CANDACE FOXWORTH - GA106	3 YEARS
DESTINIE LAVENDER - FL260	3 YEARS
KATRICE SINGLETON - FL150	3 YEARS
KYLE VESS - NC102	2 YEARS
ASHLEY FULLER - HOME OFFICE	1 YEAR
VICKIE BENNETT - IN111	1 YEAR
JAMIE MCMAHON - GA106	1 YEAR
SKYLER MARTIN - PA254	1 YEAR
SALEM VONKREIGHTON - MI117	1 YEAR
TAYLOR HARROD - FL226	1 YEAR
JAYSON FERNANDEZ - FL176	1 YEAR
MALLORY MCCARRON - IL165	1 YEAR
ANDREW WOLCOTT - FL260	1 YEAR
TRACY GILLETTE - HOME OFFICE	1 YEAR
NATHAN AGUILAR - FL143	1 YEAR
KRISTENE STATES - HOME OFFICE	1 YEAR
OLIVIA ERWIN - FL143	1 YEAR

Awesome!

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

FEBRUARY BIRTHDAYS

Happy Birthday

ARTURO BARRIENTOS - FL221 2/1
SAMANTHA MURRAY - IN130 2/1
CHRISTOPHER KIRKLIN - BRIARWOOD CINNABON 2/2
SHU LIU - FL181 2/2
JORGE DISCUA - FL230 2/2
LOUIS JARA - MI137 2/2
DANIELLE EATON - NH106 2/2
DARRON ANTOINE - FLORIDA MALL CINNABON 2/4
REBECCA GAGNER - FLORIDA MALL CINNABON 2/4
JAMIE RESPESS - NC140 2/4
DAVID BERRY - FL171 2/5
KEYON BRINKLEY - FL192 2/6
FRANKLIN ONEAL - IN114 2/6
ASHLEY PICKARD - FL197 2/7
ANISSA DAVIS - IN107 2/7
MARCUS PHILLIPS - MI117 2/7
ANDRE JAMES - MI145 2/7
JORDAN HERNANDEZ AGUILA - FL159 2/9
CHASITY SUMMERVILLE - HOME OFFICE 2/9
OLIVIA DURAND PALACIOS - FL175 2/10
IRASEMA GOMEZ ZAGADA - GA130 2/10
ASHLEY LEMASTER - WV106 2/10
ANTONIO FLORES - FL144 2/11
ADONIAS MEBREKU - GA110 2/11
ROSETTA FRANTZ - MI115 2/11
BRYAN HUDSON - MI117 2/11
DANIELLE PETERS - OH190 2/11
ALEXIS BENNETT - BRIARWOOD CINNABON 2/12
JOSHUA CUENDET - FL132 2/12
MIATA BAKER - GA116 2/12
NICOLE BLANCAS - FL154 2/13
JESSICA MOHAN - FL181 2/13
CATHERINE COLBY - NH105 2/13
JAKAYLA THOMAS - GA106 2/15
NICHOLAS BENSON - IN114 2/16

ISAIAS BRITO - FL144 2/17
CALEB LANGFORD - FL201 2/17
LEO HENRY - HOME OFFICE 2/17
KENDRA ORTEGA - OH163 2/17
DESTINY DALEY - FL171 2/18
DUSTYN STOUT - MI143 2/18
MARKEYVIA WHITEHEAD - MS112 2/18
ZHANE AUSTIN - FL182 2/19
MICHAEL BUCHANAN - GA139 2/19
TAYLER TOVTIN - OH124 2/19
AMBER KENNEDY - FL177 2/20
CAMELIA ROSARIO TORRES - FL177 2/20
STACIE SERATT - MI20 2/20
JOHN REMISH - PA254 2/20
ANGEL HICKMAN - SC123 2/20
JUSTICE ROSS - FL176 2/21
JOHN HAWKINS - GA110 2/21
TAMYA MARCHMAN - TN126 2/22
TIMOTHY ADKINS - FL171 2/23
FRANK PERROTTA - HOME OFFICE 2/23
LESLIE TURNER - MI145 2/23
JESSICA DUBE - NH106 2/23
ALEXUS SHOWMAN - OH190 2/23
MITCHELL FLANDERS - NH106 2/24
SORAYA ESTEVES - FL158 2/25
LANDON WALLACE - FL166 2/25
KYLE NARRING - FL197 2/25
ALEX EMMANS - FL177 2/26
CLAIRE WALLACE - GA128 2/26
TRACY GILLETTE - HOME OFFICE 2/26
SHANNA HIRONS - MI115 2/26
NAKITA JOYNER - NC140 2/27
CHRISTOPHER-MICHAEL SIEVERT - OH147 2/27
MICHAELA MATHENY - IL163 2/28
KAYLA ARTHUR - IN114 2/28