

THE DOUGH PRESS

AUGUST 2022 | VOLUME 3, ISSUE 32

**LET'S PLAY:
WHERE ARE THE
PRETZEL TRUCKS!**



**STERLING HEIGHTS ART & MUSIC FESTIVAL
STERLING HEIGHTS, MICHIGAN**



**LUKE BRYAN CONCERT
YOUNGSTOWN, OHIO**

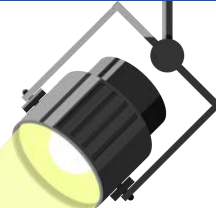


**THE LAKE CLUB MEN'S GUEST INVITATIONAL
POLAND, OHIO**

THE DOUGH PRESS

August

EMPLOYEE SPOTLIGHT



MEET BEKAH MARSTELLAR DIRECTOR OF HUMAN RESOURCES



TEAM MARSTELLAR



LEFT TO RIGHT:
LEO HENRY, BEKAH MARSTELLAR, CHRIS SAMMARTINO

BEKAH MARSTELLAR HAS BEEN WITH US FOR 8 YEARS. IN THAT TIME AS DIRECTOR OF HR, SHE HAS BEEN ONE OF OUR LEADERS AND SOMEONE I DEPEND ON DAILY FOR ADVICE, GUIDANCE AND LEADERSHIP. WHEN I HIRED BEKAH, WE WERE NOT ONLY GETTING SOMEONE THAT HAD GREAT HUMAN RESOURCES KNOWLEDGE AND UNDERSTANDING BUT SOMEONE THAT HAD A STRONG OPERATIONS BACKGROUND. IN HER POSITION THIS IS SO UNUSUAL AND HAS BEEN A HUGE BENEFIT TO OUR SUCCESS AND GROWTH. WHEN WE DISCUSS GROWTH, DAILY OPERATIONS AND POLICIES AND PROCEDURES, BEKAH SEES IT FROM BOTH SIDES AND UNDERSTANDS IT'S A GIVE AND TAKE AND THERE IS A WAY TO MAKE EVERYONE HAPPY, COMPROMISE AND DO WHAT'S BEST FOR EVERYONE IN THE COMPANY SO WE CAN BE THE BEST OF THE BEST. HER STRONG DESIRE TO SUCCEED, WORK ETHIC AND DEDICATION HAVE MADE HER AN IMPORTANT PERSON WITHIN OUR LEADERSHIP TEAM. BEKAH IS A TEAM PLAYER AND WILL DO WHAT IT TAKES TO HELP ANYONE DAY OR NIGHT AND I COMMEND HER FOR HER CONTINUED FOCUS AND OUTSIDE OF THE BOX THINKING WHEN IT COMES TO HER POSITION.

WRITTEN BY:
CHRIS SAMMARTINO
CHIEF OPERATING OFFICER

THE DOUGH PRESS

BEKAH MARSTELLAR

1. HI BEKAH, CAN YOU PLEASE SHARE A LITTLE ABOUT YOURSELF AND YOUR POSITION AT CHESTNUT LAND?

I HAVE BEEN IN HUMAN RESOURCES (HR) SINCE 2005. IF YOU ASKED ME AT 18 IF MY CAREER CHOICE WOULD BE HR, IT WOULD HAVE BEEN, "HR? WHAT'S THAT?". MY COLLEGE PATH TOOK ME TO A BACHELOR'S DEGREE IN EDUCATION. BUT I FOUND MY PASSION IN HR! I WAS LUCKY ENOUGH TO SPEAK UP WHEN THE OPPORTUNITY PRESENTED ITSELF AND PROMOTE FROM STORE MANAGER, AT PIZZA HUT, TO HR ASSISTANT AT THE CORPORATE OFFICE OF THE FRANCHISEE I WORKED FOR WHILE I WAS IN COLLEGE. MY OPERATIONAL BACKGROUND AS A DELIVERY DRIVER, AND THEN EACH LEVEL OF MANAGEMENT TO STORE MANAGER, REALLY SET ME UP FOR SUCCESS IN THE HR WORLD. I JOINED THE CHESTNUT LAND FAMILY IN JANUARY 2014. OUR INTERNAL CUSTOMERS, OUR MANAGERS AND CREW, ARE THE REASON I GET TO WORK FOR CHESTNUT LAND IN HR. I ENJOY BEING HERE TO HELP THEM IN ALL WAYS I CAN, AND BE A STRATEGIC PARTNER TO HELP MAKE CHESTNUT LAND THE BEST PLACE TO WORK.

I AM ALSO A MOM TO 6 KIDS, ALYSSA (26), LAURYN (23), TYLER (22), LARRY (22), HALLIE (16), AND AVA (13). I AM YOUR TYPICAL SPORTS MOM AND ATTENDED MANY BASEBALL, FOOTBALL, BASKETBALL, AND SOCCER GAMES, AS WELL AS DANCE AND ALL-STAR CHEER COMPETITIONS. I AM MY CHILDREN'S BIGGEST CHEERLEADER; WE EVEN CALL OURSELVES "TEAM MARSTELLAR". TIME IS MOVING SO FAST SO I MAKE IT A POINT TO SLOW DOWN AS MUCH AS I CAN TO ENJOY EACH DAY WITH THEM.

2. WOULD YOU RATHER GO A DAY WITHOUT WATER OR A DAY WITHOUT YOUR CELL PHONE?

WOW! SO WITHOUT EITHER I FEEL I COULDN'T GET THROUGH THE DAY. LOL WE NEED WATER TO LIVE BUT I COULD NOT LIVE WITHOUT MY PHONE.

3. WOULD YOU RATHER GO ON AN ALASKAN OR CARIBBEAN CRUISE?

BOTH WOULD BE AMAZING. I LEAN TOWARDS THE CARIBBEAN. THERE'S NOTHING LIKE THE BEACH AND THE OCEAN. NOT TO BE CLICHÉ, BUT THE SOUND OF THE WAVES HITTING THE BEACH WITH A BOOK IN MY HAND IS MY SERENITY!

4. FAVORITE PRETZEL/DIP COMBO AT AUNTIE ANNE'S?

MY ABSOLUTE FAVORITE IS THE ALMOND PRETZEL, NO DIP NEEDED! THAT PRETZEL IS THE BOMB! MY 2ND LOVE IS MINI DOGS WITH SWEET MUSTARD DIP.

5. WHO IS A MENTOR IN YOUR LIFE NOW OR IN THE PAST THAT HAS HELPED GUIDE YOU?

MY MENTOR WAS SAM KIBLER. HE WAS MY VP OF HR WHEN I WORKED FOR PIZZA HUT. HE BELIEVED IN ME AS A STORE MANAGER AND PROMOTED ME INTO HR. HE TAUGHT ME ALL I KNOW THRU HANDS ON EXPERIENCES. I DID GET MY MASTER'S DEGREE IN HR MANAGEMENT, BUT I BELIEVE THE HANDS ON EXPERIENCES AND HIS MENTORSHIP MADE ME WHO I AM TODAY AS AN HR LEADER.

6. WHAT WAS THE FIRST JOB YOU EVER HAD AND HOW OLD WERE YOU WHEN YOU STARTED?

MCDONALDS'; I WAS 16 YEARS OLD. IT WAS A GREAT JOB! I WORKED THERE FOR 4 YEARS AND PROMOTED INTO MANAGEMENT! THAT JOB TAUGHT ME MANY LIFE SKILLS AND HELPED START MY CAREER.

7. TELL US 3 THINGS YOU LOVE ABOUT WORKING AT CHESTNUT LAND?

1 - WE ARE FAMILY! STARTING WITH OUR CEO, MR. MURANSKY, TO OUR HOME OFFICE STAFF, TO OUR EMPLOYEES IN THE FIELD. I WOULD NOT HAVE MY POSITION TODAY WITHOUT ALL THE EMPLOYEES WORKING HARD IN THE STORES EACH DAY.

2 - I AM CHALLENGED AND TRUSTED AS THE DIRECTOR OF HR! AND THAT MAKES ME LOVE DRIVING TO WORK!

3 - EACH DAY IS DIFFERENT. MY PERSONALITY THRIVES ON BEING BUSY AND CHALLENGED!

8. DO YOU HAVE ANY STRESS COPING TOOLS THAT YOU UTILIZE?

I LOVE TO DIAMOND PAINT. I FOUND THIS CRAFT IN MARCH 2020. IF YOU HAVEN'T HEARD OF IT, GOOGLE IT! SO FUN! I LIKE TO PLAY BRAIN CHALLENGE GAMES ON MY PHONE. I ALSO REMIND MYSELF TO TAKE THINGS DAY-BY-DAY, MAKE TIME TO RECHARGE BY HANGING WITH MY CHILDREN AND FRIENDS, AND I MAKE TO DO LISTS. IT IS THE BEST FEELING WHEN I CAN CROSS OFF AN ITEM ON THE LIST - MAKES ME FEEL ACCOMPLISHED!

9. WHAT ADVICE WOULD YOU GIVE TO A NEW EMPLOYEE BEGINNING THEIR CAREER WITH CHESTNUT LAND?

FIRST AND FOREMOST, BE EXCITED! IT IS A NEW JOURNEY. BE OPEN MINDED. EACH COMPANY IS DIFFERENT IN THEIR CULTURE, PROCESSES, AND POLICIES. BE POSITIVE, HELPFUL, AND DON'T GIVE UP! IT TAKES TIME TO GET ACCLIMATED TO A NEW JOB/COMPANY. YOU WON'T KNOW IF YOU REALLY LOVE IT UNLESS YOU GIVE IT A GOOD RUN! ASK LOTS OF QUESTIONS! AND NEVER THINK YOU ARE 100% TRAINED; EVERYONE CAN LEARN SOMETHING NEW EACH DAY! EVEN BEING IN HR FOR ALMOST 20 YEARS, I LEARN SOMETHING NEW ALL THE TIME!

10. WHAT TV SHOW ARE YOU CURRENTLY WATCHING?

I STARTED STRANGER THINGS. I HEARD IT WAS A GREAT SHOW SO I HAD TO GET STARTED! I AM ANTICIPATING THE RELEASE OF SEASON 5 OF THE HANDMAID'S TALE NEXT MONTH!

THE DOUGH PRESS

August

EMPLOYEE SPOTLIGHT

MEET LEO HENRY DIRECTOR OF OPERATIONS



LEO HENRY HAS BEEN WITH US FOR OVER 18 YEARS. WHEN I CAME ON IN 2009, WE MADE HIM OUR DIRECTOR OF OPERATIONS AND HE HAS STEPPED UP FROM DAY ONE. HIS UNDERSTANDING OF LABOR, COST OF GOODS AND ALL ASPECTS OF OPERATIONS IS SECOND TO NONE. HIS DESIRE TO BE THE BEST SHOWS IN EVERYTHING HE DOES ON A DAILY BASIS AND HE IS ALWAYS AVAILABLE DAY OR NIGHT 365 DAYS A YEAR. LEO HAS A WORK ETHIC THAT COMES FROM HIS EARLY DAYS IN THE MILLS WHERE THE MENTALITY WAS TO DO WHAT IT TAKES NO MATTER WHAT THE CIRCUMSTANCES AND GIVE IT 120% EACH AND EVERY DAY. LEO IS MANY TIMES THE FIRST TO GET HERE AND THE LAST TO LEAVE AND IT DOESN'T STOP WHEN HE GETS HOME WHERE HE CONTINUES TO WORK THROUGH THE NIGHT. WHILE BEKAH IS MY LEFT HAND LEO IS MY RIGHT. HE IS ALWAYS WILLING TO DO WHAT IT TAKES AND SPEND THE TIME FIGURING OUT HOW CAN WE GET BETTER, HOW CAN WE MAKE THINGS EASIER AND HOW CAN WE CONTINUE TO BE NUMBER ONE AND THE MOST WELL RESPECTED FRANCHISEE IN THE SYSTEM. LEO'S KNOWLEDGE OF LABOR AND COST OF GOODS HAVE MADE HIM SOMEONE THAT IS SOUGHT OUT AT MEETINGS FOR ADVICE AND EVEN FROM PEOPLE AT AUNTIE ANNE'S CORPORATE TEAM. HIS COMPASSION FOR OTHERS ESPECIALLY OUR PEOPLE IN THE FIELD ON THE STORE LEVEL MAKE HIM NOT ONLY A GREAT LEADER BUT SOMEONE THAT CARES FOR OTHERS AND WANTS THEM TO SUCCEED. I COMMEND LEO AS WELL FOR HIS DEDICATION TO CHESTNUT LAND AND HIS STRONG WORK ETHIC AND FAMILY VALUES THAT ALL REFLECT IN OUR CONTINUED GROWTH AND SUCCESS.

WRITTEN BY:
CHRIS SAMMARTINO
CHIEF OPERATING OFFICER

THE DOUGH PRESS

LEO HENRY

1. HI LEO, CAN YOU PLEASE SHARE A LITTLE ABOUT YOURSELF AND YOUR POSITION AT CHESTNUT LAND?

I'M MARRIED 41 YEARS TO MY WIFE SUE. WE HAVE 2 CHILDREN, NICHOLAS AND REBECCA. WE HAVE A GRANDDAUGHTER NATALIE WHO WILL BE 2 YEARS OLD IN OCTOBER. MY JOURNEY STARTED OVER 17 YEARS AGO WORKING OH124 AND OH 130. DURING THE EARLY YEARS I MOVED INTO THE HOME OFFICE TO HELP CHESTNUT LAND GROW WITH MORE LOCATIONS. CURRENTLY I AM THE DIRECTOR OF OPERATIONS. MY DAILY TASK IS TO HELP THE MANAGERS TO BE SUCCESSFUL IN ALL AREAS OF OPERATION OF THEIR STORES.

2. WOULD YOU RATHER GO A DAY WITHOUT WATER OR A DAY WITHOUT YOUR CELL PHONE? CELL PHONE

3. WOULD YOU RATHER GO ON AN ALASKAN OR CARIBBEAN CRUISE? ALASKAN

4. FAVORITE PRETZEL/DIP COMBO AT AUNTIE ANNE'S? ORIGINAL PRETZEL WITH CHEESE DIP

5. WHO IS A MENTOR IN YOUR LIFE NOW OR IN THE PAST THAT HAS HELPED GUIDE YOU? GOING FROM MANUFACTURING TO RETAIL TO HOME OFFICE I HAD SEVERAL MENTORS THAT GUIDED ME WITH MY CAREER. IN EVERY JOB THAT I HAD I ALWAYS SURROUNDED MYSELF WITH SUCCESSFUL PEOPLE. SO THEREFORE THAT HELPED ME BE SUCCESSFUL.

6. WHAT WAS THE FIRST JOB YOU EVER HAD AND HOW OLD WERE YOU WHEN YOU STARTED? PAPER BOY AND 12 YEARS OLD

7. TELL US 3 THINGS YOU LOVE ABOUT WORKING AT CHESTNUT LAND.

1. WATCHING MANAGERS BECOME SUCCESSFUL.
2. THE VALUES THAT ARE EXPECTED.
3. MY HOME OFFICE STAFF

8. DO YOU HAVE ANY STRESS COPING TOOLS THAT YOU UTILIZE?

I DON'T NEED TO ANSWER THIS I THINK MOST OF THE MANAGERS KNOW WHAT IT IS.



9. WHAT ADVICE WOULD YOU GIVE TO A NEW EMPLOYEE BEGINNING THEIR CAREER WITH CHESTNUT LAND?

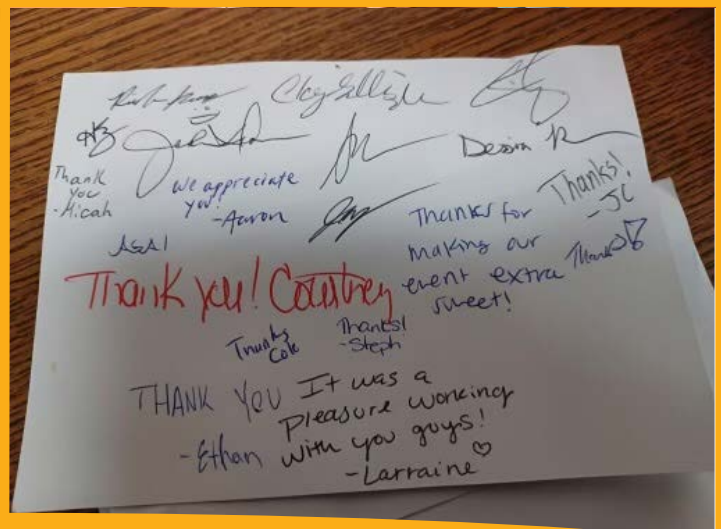
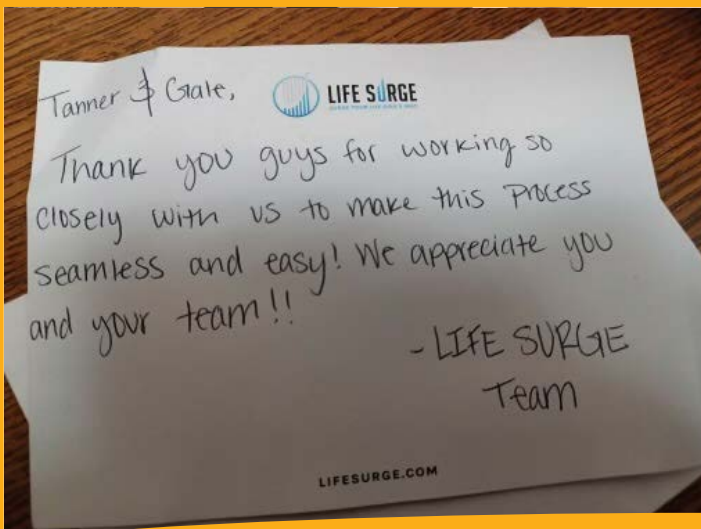
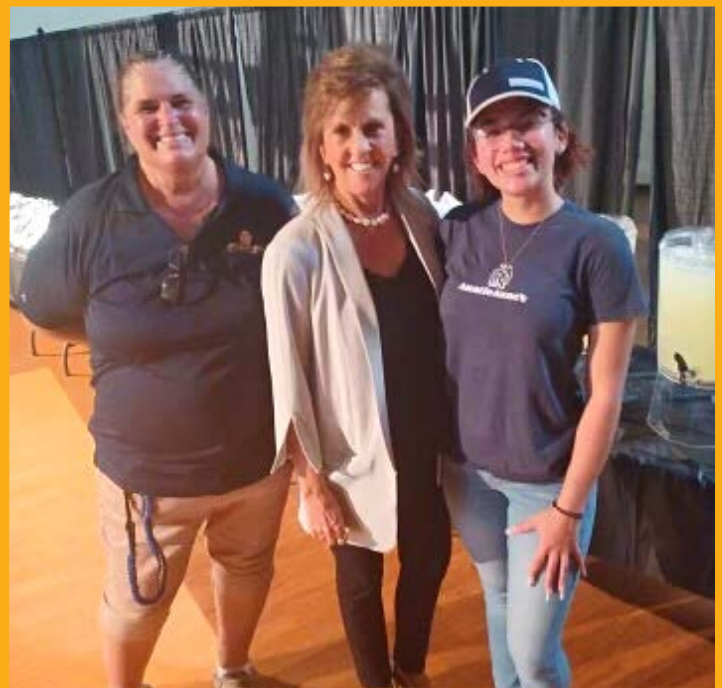
YOU ARE ONLY GOING TO BE AS GOOD AS THE PEOPLE YOU SURROUND YOURSELF WITH. BE BRAVE ENOUGH TO LET GO OF THOSE WHO KEEP WEIGHING YOU DOWN.

10. WHAT TV SHOW ARE YOU CURRENTLY WATCHING? CHICAGO PD

THE DOUGH PRESS

FL150 CATERING ORDER

FL150 DID AN INCREDIBLE JOB ON A CATERING ORDER FOR AN EVENT WITH LIFE SURGE WHERE ANN BEILER WAS THE KEYNOTE SPEAKER!
GREAT JOB GALE MARTINO, TANNER AVNET AND ALL INVOLVED!



THE DOUGH PRESS



DOUGH DAYS OF Summer

THROUGH 4 WEEKS
TEAM CHESTNUT HAS 7 OF THE TOP 10 STORES!

BELOW ARE THE TOP 10 STORES FROM THE FIRST 3 WEEKS EXCEEDING THEIR LOYALTY ACQUISITION GOALS:

1. TN126, HAMILTON PLACE MALL, CHESTNUT LAND COMPANY
2. FL166, ST. JOHN'S TOWN CENTER, CHESTNUT LAND COMPANY
3. MI105, GRAND TRAVERSE MALL, CHESTNUT LAND COMPANY
4. GA130, TANGER OUTLETS SAVANNAH, CHESTNUT LAND COMPANY
5. FL185, THE AVENUES 2, CHESTNUT LAND COMPANY
6. SC128, WESTGATE MALL, SE COBRAND
7. KY123, ELIZABETHTOWN, KY FOOD TRUCK, SAMANTHA HARDESTY
8. OH181, LIBERTY CENTER, KEN DIXON
9. MI122, TWELVE OAKS MALL, CHESTNUT LAND COMPANY
10. MI143, WOODLAND MALL 2, CHESTNUT LAND COMPANY

*Keep Up The
Great Work!*



THE EASIEST WAY TO GET SIGN UPS IS TO GREET THE CUSTOMER AND ASK IF THEY WOULD LIKE A FREE PRETZEL TODAY. THEN WE PROCEED TO EXPLAIN THEY MUST DOWNLOAD THE APP TO GET IT.

- AMANDA ANDREWS, TN126

FIRST YOU HAVE TO GET YOUR TEAM EXCITED ABOUT GETTING PEOPLE TO SIGN UP FOR THE APP AND YOU HAVE TO PUT THE RIGHT PEOPLE ON THE REGISTER. IF THE CREW IS EXCITED ABOUT THE APP IT'S EASIER TO GET GUESTS EXCITED ABOUT IT ALSO. WE JUST LET GUESTS KNOW THAT IF THEY DOWNLOAD THE APP THEY CAN START EARNING FREE PRETZELS AFTER THEIR FIRST \$1 SPENT. SINCE WE DON'T HAVE ANYTHING ON OUR MENU LESS THAN \$1 IT'S AN EASY SELL. IT ALSO TAKES TELLING EVERY GUEST ABOUT THE APP UNLESS THEY ALREADY HAVE IT.

- SANDY MCCLINTOCK, MI105

WE DON'T JUST ASK IF THEY HAVE THE APP. WE MAKE SURE THEY KNOW THEY RECEIVE A FREE PRETZEL ITEM AFTER SCANNING THE 1ST RECEIPT AND RECEIVE COUPONS MONTHLY.

- CANDACE FOXWORTH, FL143/FL185

THE DOUGH PRESS

WORKING ON WELLNESS



FINANCIAL WELLNESS



WOW

ABOUT HALF OF AMERICANS LIVE PAYCHECK TO PAYCHECK, NO LEAVING MUCH ROOM TO PLAN FOR EMERGENCIES. THIS MAKES IT HARD TO BE PREPARED FOR THE UNEXPECTED, LIKE WHEN YOU DRIVE TO WORK BUT YOUR MUFFLER STAYS AT HOME. IT'S IMPORTANT TO BE FINANCIALLY PREPARED FOR EMERGENCIES, BUT YOUR FINANCIAL WELLNESS CAN ALSO HAVE AN IMPACT ON YOUR OVERALL HEALTH.

ACCORDING TO THE AMERICAN PSYCHOLOGICAL ASSOCIATION'S 2020 STRESS IN AMERICA SURVEY, APPROXIMATELY 64% OF AMERICANS REPORT FEELING STRESSED ABOUT MONEY. FINANCIAL STRESS MAY LEAD TO ANXIETY, INSOMNIA, DEPRESSION, AND OTHER HARMFUL CONDITIONS. PEOPLE WITH HIGH FINANCIAL STRESS ARE ALSO MORE LIKELY TO USE UNHEALTHY BEHAVIORS TO COPE. CREATING A FINANCIAL PLAN THAT WORKS WITH YOUR LIFESTYLE CAN HELP SET YOU ON THE RIGHT PATH.

TIPS TO SET A BUDGET AND MAKE A SPENDING PLAN:

- ASSESS HOW MUCH MONEY IS COMING IN EACH MONTH AND PRIORITIZE THE BILLS THAT NEED TO BE PAID.
- FOCUS ON MORTGAGE OR RENT, UTILITIES, AND GROCERIES. IDENTIFY THE THINGS YOU NEED TO PAY FOR AND THE THINGS YOU SIMPLY WANT TO PAY FOR.
- REMIND YOURSELF TO SAVE MORE AND SPEND LESS.
- EVEN THOUGH YOU ENJOY STREAMING YOUR FAVORITE SHOWS OR EATING OUT EVERY DAY FOR LUNCH, THESE ARE WAYS YOU CAN SAVE YOUR MONEY TO REDUCE FINANCIAL STRESS.
 - INSTEAD OF PAYING FOR MULTIPLE STREAMING SERVICES, TREAT YOURSELF TO ONE THAT FITS IN YOUR BUDGET.
 - PLAN YOUR MEALS AHEAD OF TIME TO REFRAIN FROM EATING FAST FOOD. IT CAN BE GOOD FOR YOUR NUTRITION AND YOUR WALLET!
 - THERE ARE ALSO COUPONS, SALES, AND OTHER WAYS TO DECREASE THE AMOUNT YOU SPEND ON GROCERIES EACH WEEK.

IT TAKES SOME PRACTICE, BUT IT IS POSSIBLE TO CUT BACK ON SPENDING TO REDUCE YOUR STRESS WHEN YOU FACE EMERGENCIES, LIKE THAT PESKY MUFFLER.

THE DOUGH PRESS



HEALTH IS WEALTH

WALK EVERY DAY TO CUT YOUR RISK OF HEART DISEASE

WALKING IS A POWERFUL TOOL FOR BOTH OUR PHYSICAL AND MENTAL HEALTH — PERHAPS EVEN MORE POWERFUL THAN WE THINK.

WALKING AN ESTIMATED 21 MINUTES A DAY CAN REDUCE YOUR RISK OF HEART DISEASE BY 30%, ACCORDING TO A HARVARD HEALTH SPECIAL REPORT PUBLISHED IN 2017 THAT HAS BEEN USED OFTEN TO UNDERSCORE THE IMPORTANCE OF GOING FOR A WALK. THE REPORT ALSO SUGGESTS THAT WALKING HAS BEEN “SHOWN TO REDUCE THE RISK OF DIABETES AND CANCER, LOWER BLOOD PRESSURE AND CHOLESTEROL, AND KEEP YOU MENTALLY SHARP.”

IN OTHER WORDS, WALKING HAS SERIOUS HEALTH BENEFITS, ALONG WITH BEING A FREE WORKOUT THAT DOESN'T REQUIRE ANY EQUIPMENT OR MUCH PLANNING. IF THAT INFORMATION ALONE DOESN'T CONVINCE YOU TO HIT THE PAVEMENT, HERE ARE A FEW OTHER REASONS TO EMBRACE WALKING AND SOME ADVICE ON HOW TO INCORPORATE MORE OF IT INTO YOUR DAY.

NO MATTER YOUR AGE OR HEALTH HISTORY, WALKING IS BENEFICIAL.

“WALKING CONSISTENTLY IS A GREAT FORM OF EXERCISE THAT REDUCES CARDIOVASCULAR MORTALITY ... AND OFTEN CORRELATES TO OTHER HEALTHY HABITS AND BEHAVIORS,” SAID DR. TAMANNA SINGH, CO-DIRECTOR OF THE SPORTS CARDIOLOGY CENTER AT CLEVELAND CLINIC.

AND, WHILE WALKING ISN'T ASSOCIATED WITH THE SAME KIND OF ENERGY EXERTION AS SPIN CLASSES OR INTERVAL RUNS, IT'S JUST AS VALUABLE AND CAN HELP PEOPLE OF ALL AGES AND HEALTH BACKGROUNDS BETTER THEIR HEALTH OUTCOMES.

“ANYONE CAN BENEFIT FROM WALKING,” SINGH SAID. PEOPLE WHO HAVE MINIMAL OR NO CARDIOVASCULAR RISK CAN PREVENT DISEASE, WHILE THOSE WHO DEAL WITH THINGS LIKE HIGH BLOOD PRESSURE, HIGH CHOLESTEROL, DIABETES OR OBESITY CAN USE WALKING TO REACH THEIR HEALTH GOALS AND PREVENT FUTURE STROKES OR HEART ATTACKS, SHE ADDED. IN FACT, WALKING IS SO GOOD FOR SO MANY DIFFERENT THINGS, THE HARVARD HEALTH REPORT STATED THAT “THE NEXT TIME YOU HAVE A MEDICAL CHECK-UP, DON'T BE SURPRISED IF YOUR DOCTOR HANDS YOU A PRESCRIPTION TO WALK.”

WALKING KEEPS YOU FROM PROLONGED SITTING.

MANY OF US ARE SITTING MORE THAN EVER BECAUSE OF THE CURRENT WORK-FROM-HOME LIFESTYLE, AND SITTING ALL DAY CAN AFFECT OUR BODIES OVER TIME. “IT'S NOT SO MUCH THAT CHAIRS ARE EVIL AND SITTING IS REALLY BAD FOR YOU,” HARVARD EVOLUTIONARY BIOLOGY PROFESSOR DAN LIEBERMAN PREVIOUSLY TOLD HUFFPOST. “IT'S THAT SITTING TOO MUCH IS BAD FOR YOU IF YOU DON'T ALSO EXERCISE.”

IF YOU NEED MOTIVATION, TRY WALKING WITH A FRIEND.

THINK ABOUT IT: YOU'RE MORE LIKELY TO LACE UP YOUR SNEAKERS IF YOUR FRIEND IS HEADING OVER TO MEET YOU FOR A WALK YOU AGREED TO EARLIER IN THE WEEK. “YOU'LL EACH HOLD EACH OTHER ACCOUNTABLE TO DEVELOPING A WALKING HABIT AND STICKING TO IT,” SINGH SAID. AND YOU DON'T HAVE TO TASK YOUR FRIEND GROUP WITH HIGH-STRESS, QUICK-PACED WALKS. AS LONG AS YOU GET OUT THERE, YOU'RE BENEFITING YOUR BODY. PLUS, IF YOU'RE SOMEONE WHO LIKES TO WALK AND TALK, YOU'LL GET SOME ENJOYABLE CONVERSATION AND LAUGHTER OUT OF A WALK WITH A FRIEND, SINGH NOTED.

IF YOU CAN'T FIT IN THE FULL 21 MINUTES A DAY, THAT'S OK.

BETWEEN WORK, ERRANDS, FAMILY OBLIGATIONS AND HOUSEHOLD CHORES, LIFE IS BUSY. TAKING TIME FOR YOURSELF MAY NOT BE FEASIBLE RIGHT NOW AND THAT'S OK. IF YOU CAN'T FIT IN THE RECOMMENDED 21 MINUTES OF WALKING A DAY, START SMALL.

“EVEN A QUICK ONE-MINUTE JAUNT PAYS OFF,” ACCORDING TO THE REPORT BY HARVARD HEALTH. THE REPORT NOTED THAT A 2014 STUDY FROM THE UNIVERSITY OF UTAH FOUND THAT “FOR EVERY MINUTE OF BRISK WALKING THAT WOMEN DID THROUGHOUT THE DAY, THEY LOWERED THEIR RISK OF OBESITY BY 5%.”

SO START SMALL. TASK YOURSELF WITH A MINUTE-LONG WALK DOWN YOUR DRIVEWAY THIS AFTERNOON, OR TAKE THAT 10-MINUTE WORK CHECK-IN CALL AS YOU WALK AROUND YOUR BLOCK. NO AMOUNT OF TIME IS TOO SHORT.

THE DOUGH PRESS

EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

AUGUST 1ST, 2022

1 YEAR - \$600

CLORISSA DEKUIPER MI115 FOR REFERRING DONAVEN DEKUIPER MI115

9 MONTHS - \$400

REBECCA ALSALEMI FL192 FOR REFERRING MIA OFARRILL FL192

6 MONTHS - \$300

FERNANDO SUAREZ FOR REFERRING HECTOR RIVERA FL154

3 MONTHS - \$200

JESSICA MARRERO FOR REFERRING AZMINE VALLEJO FL159

ROSE TAYLOR FOR REFERRING ANTHONY ANZALONE FL185

DONNA IVERS KY117 FOR REFERRING ROBBIE PURVIS KY117

JENNIFER HADLEY IN128 FOR REFERRING TINA GRAUE IN128

DYANA LATTA FL197 FOR REFERRING HOLLY FUSS FL276

DAVID BEARD GA110/128 FOR REFERRING KEYANA MONTGOMERY GA128

BEN CASINGER NC115 FOR REFERRING MARY FAULKNER NC115



**REFER A
FRIEND**

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DTIQ AUDIT STREAKS 3 CONSECUTIVE 100% SCORES

FL158 - 8

FL185 - 8

FL177 - 5

FL276 - 4

MI123 - 4

MI141 - 4

NC115 - 4

OH190 - 4

NH105 - 3



CONGRATULATIONS TO THESE 9 STORES!

**WE ADMIRE YOUR CONSISTENCY AND ATTENTION TO
DETAIL! KEEP UP THE GREAT WORK!**

THE DOUGH PRESS

August

WORK ANNIVERSARIES

FERNANDO SUAREZ - FL230
LEO HENRY - HOME OFFICE
DAVID BEARD - GA110
HOLLY LEWIS - MI123
SANDRA MCCLINTOCK - MI105
SHANNA HIRONS - MI115
CRESCENT CHAPMAN - REG
VIRGINIA KOLARIK - MI115
TATIANA WILLIAMS - KY117
AARON GERARD - IL131
DIVINIA SAMANTHER - FL196
CLORISSA DEKUIPER - MI115
DEBORAH HUIZENGA - MI116
QYNN BURLEY - OH124
DANIELLE EATON - NH106
SORAYA ESTEVES - FL158
CAMERON MILLSAP - GA110
SHAVON SELF - NC131
YAMELIS MADDEN HERNANDEZ - FL MALL CINNABON
SAVANNAH GABBARD - OH163
JASMINE LOCKE - FL162

21 YEARS
18 YEARS
16 YEARS
12 YEARS
11 YEARS
11 YEARS
11 YEARS
11 YEARS
8 YEARS
7 YEARS
6 YEARS
5 YEARS
4 YEARS
4 YEARS
2 YEARS
2 YEARS
2 YEARS
2 YEARS
2 YEARS
2 YEARS
1 YEAR

Thank you!



BRYNN BORAH - IL169 1 YEAR
MELINDA WILLIAMS - IL169 1 YEAR
JESSICA WILSON - OH189 1 YEAR
CHRISTINA MOHR - WOODLAND JAMBA 1 YEAR
DANIEL HONIG - FL197 1 YEAR
JACOB HOPP - MI141 1 YEAR
ASHLEY HOLES - OH124 1 YEAR
J'RONNIE MCGRAW - OH183 1 YEAR
DEANNA WESTBROOK - MI115 1 YEAR
ZIA JOHNSON - MS112 1 YEAR
ASHLEY LEMASTER - WV106 1 YEAR
BILLY ELIAS - FL149 1 YEAR
MACKENZIE LANDERS - IL169 1 YEAR
SHANNON BURON - OH130 1 YEAR
SA'MON GROOBER - SC123 1 YEAR
ADRIAN COLON-MELENDEZ - IL163 1 YEAR
TERRANCE GULLENS - FL121 1 YEAR
STACEY CRAIG - FL149 1 YEAR
ADRIANA PERNAS GUERRA - FL176 1 YEAR
RIXON CAMPBELL - FL MALL CINNABON 1 YEAR

THE DOUGH PRESS

August

BIRTHDAYS

DEVONTE COLEMAN - FL121	8/1
LOGAN FATE - OH175	8/1
MILANA ROBINSON - FL181	8/1
SARAH SHICKS - OH175	8/2
GABRIELLA GREENFIELD - FL226	8/2
TALIA DANIELS - GA130	8/2
JADAYAH MCNEIL - FL192	8/2
DESMEIR CRAWFORD - FL260	8/3
LITZY MOGAVERO - SC123	8/4
LISA HALL - OH147	8/4
GRACE COURTNEY - OH163	8/4
CATHERINE ZOLLERS - FL168	8/4
MICHELLE BROWN - MI141	8/5
AARON PARRISH - IN109	8/5
CHRISTINA CHARRON - MI115	8/5
MAURICIO DECICCO - FL171	8/5
ASHLEY REYNOLDS - OH163	8/5
JOSHUA JONES - GA139	8/6
ALIANNA ESPINOSA BLANCO - FL154	8/6
RYAN HOLMES - OH183	8/7
QYNN BURLEY - OH124	8/7
KRISTEN MAYNARD - GA130	8/7
SANDRA MARTINO - FL150	8/7
KAYLEY WEATHERMAN - NC131	8/8
JOHN DALTON - FL182	8/8
SARAH HORTON - OH124	8/8
TERTIAN JONES - OH175	8/9
HOLLY LEWIS - MI123	8/9
LAKYIA WATKINS - OH189	8/10
ANDREW GEMMELL - OH124	8/11
EMILY STERK - MI137	8/11
MIKEL CUMMINGS - FL196	8/11
PAMELA THOMAS - MI135	8/12

CHRISTOPHER SALLIE - MI122	8/12
SAVANNAH STEWART - IN109	8/12
TATIANA WILLIAMS - KY117	8/13
ISAIAH CALAMITO - FL221	8/16
CATHERIN ALAMOS - FL182	8/17
DUSTIN PATE - MI116	8/17
JESSICA WILSON - OH189	8/18
CAYLEY CASILLAS - FL111	8/18
BALPHIA BANNISTER - OH111	8/19
CATALINA DEBNEY - FL196	8/20
KAREN BAILEY - NC131	8/21
HAILEY SAUNDERS - GA116	8/22
JANESSA JONES - OH124	8/23
MONTRELL SCOTT - TN126	8/23
NAYELI HERNANDEZ REYES - FL144	8/24
TRESHAI MILES - FL182	8/24
TIAUNNA GARLAND - FL260	8/24
MELISSA ROSS - FL176	8/25
JACOB HOPP - MI141	8/26
ISAAC HUSKINS - NC102	8/26
SARAH SPAHR - OH183	8/26
DARIUS BULLOCK - FL196	8/26
NOEL ALDANA - FL230	8/27
GIANNA MICHAUD - FL197	8/27
ANTHONY ANZALONE - FL185	8/28
BRANDY LISTRUD - KY117	8/29
TIFFANY HAMPTON - OH111	8/29
KAYLEE SLINKARD - IN109	8/29
TOMMY IRIZARRY - FL221	8/29
DAYANARA ALFARO - FL MALL CINNABON	8/30
CALEF SOTO MERCADO - FL143	8/31
DEBORAH TILGHMAN - FL182	8/31