

THE DOUGH PRESS

JUNE 2022 | VOLUME 3, ISSUE 30

HAPPY
FATHER'S
DAY

TO ALL THE
CHESTNUT LAND
DADS!



THE DOUGH PRESS

JUNE

EMPLOYEE SPOTLIGHTS



MEET BEN CASINGER STORE MANAGER NC115



BEN HAS DONE A TREMENDOUS JOB BUILDING A SOLID TEAM BEHIND HIM. HIS POSITIVE ENERGY AND COMMUNICATION SKILLS HAVE CREATED A GREAT ATMOSPHERE FOR CUSTOMERS AND EMPLOYEES. WE ARE EXCITED TO HAVE BEN AS PART OF OUR TEAM.!

THE DOUGH PRESS

BEN CASINGER

1. WHAT FICTIONAL WORLD OR PLACE WOULD YOU LIKE TO VISIT?

EITHER THE SHIRE FROM LORD OF THE RINGS OR GALLIFREY FROM DOCTOR WHO.

2. HOW DO YOU PREFER TO START YOUR DAY?

I LISTEN TO 'DAYBREAK' BY MICHAEL HAGGINS, AND I MAKE MYSELF A CUP OF TEA.

3. WHAT HAS LED YOU TO THIS CAREER?

THE CHANCE TO PUT MY SKILLS OF MANAGEMENT AND PROBLEM SOLVING TO GOOD USE. I LIKE KNOWING THAT THROUGH MY HARD WORK, I CAN MAKE OTHER PEOPLES' DAY A LITTLE BIT MORE RAD.

4. WHAT ENERGIZES YOU AT WORK?

I KEEP A REALLY FUN CREW. THEY'RE ALWAYS GOOD FOR A LAUGH. A GOOD JOKE AND A GOOD LAUGH WITH THE CREW KEEPS ME GOING.

5. WHAT'S ONE THING MOST PEOPLE DON'T KNOW ABOUT YOU?

I HAVE COLLECTED DECKS OF PLAYING CARDS FOR OVER A DECADE. I HAVE OVER 150 DIFFERENT DECKS OF CARDS.

6. WHAT'S YOUR FAVORITE WAY TO UNWIND AFTER A BUSY DAY?

ONCE THE DAY IS DONE, I'LL GO HOME AND PUT ON EITHER A FLAMING LIPS RECORD OR I'LL WATCH DOCTOR WHO.

7. WHAT'S YOUR MOST HATED HOUSEHOLD CHORE?

MY HOUSE IS ON A HILL SO TAKING OUT THE TRASH IS A BIT OF A PILL. AT NIGHT I'LL ADMIT, IT'S A LITTLE SPOOKY.

8. FAVORITE AUNTIE ANNE'S MENU ITEM?

OUR NEW LIMITED TIME ONLY DRAGONFRUIT MANGO LEMONADE MIXER TASTES LIKE PURE HAPPINESS IN YOUR MOUTH. I'D PUT IT IN MY VEINS IF I COULD.

9. WOULD YOU RATHER STAR IN A STAR WARS OR A MARVEL FILM?

I'M A HUGE FAN OF BOTH FRANCHISES. BUT THE ADVANTAGE HAS TO GO TO MARVEL BECAUSE I FIRMLY BELIEVE I COULD PLAY A REALLY GOOD WOLVERINE.

10. IF YOU COULD HANG OUT WITH ANY CARTOON CHARACTER, WHO WOULD YOU CHOOSE AND WHY?

OPTIMUS PRIME. HE WOULD BESTOW SO MUCH WISDOM UPON ME AND WOULD SHOW ME WHAT IT REALLY MEANS TO BE A LEADER. THEN I WOULD MAKE HIM SAY "AUTOBOTS, ROLL OUT!" BECAUSE WHY WOULDN'T YOU?

THE DOUGH PRESS

JUNE

EMPLOYEE SPOTLIGHTS



MEET WILLIAM WAINWRIGHT STORE MANAGER NC140



WILLIAM HAS BROUGHT GREAT MANAGEMENT EXPERIENCE AND ORGANIZATIONAL SKILLS TO THE STORE. HE HAS DONE EXCEEDINGLY WELL WITH SALES AS WELL AS LEADING THE STORE IN THE RIGHT DIRECTION. WILLIAM IS A GREAT ASSET TO THE CHESTNUT TEAM AND WE ARE GLAD TO HAVE HIM!

THE DOUGH PRESS

WILLIAM WAINWRIGHT

1. WHAT'S ONE THING THAT SURPRISED YOU ABOUT WORKING FOR CHESTNUT LAND COMPANY?

THE AMOUNT OF WASTE THAT IS EXPECTED SURPRISED ME. I HAVE ALWAYS BEEN TAUGHT NOT TO WASTE AND TO SAVE WHEN POSSIBLE, I WAS QUICK TO REALIZE THE REASON... QUALITY.

2. WHAT'S A WORK-RELATED ACCOMPLISHMENT THAT YOU'RE REALLY PROUD OF?

STILL BEING FAIRLY NEW, I'D SAY CLEANLINESS AND HAVING AN INCREASE IN SALES SINCE I'VE STARTED.

3. WHAT'S YOUR BIGGEST WORK PET PEEVE?

CELL PHONES ARE MY BIGGEST PET PEEVE. TRYING TO KEEP STAFF FOCUSED AND NOT SCROLLING THROUGH SOCIAL MEDIA.

4. IF YOU COULD SNAP YOUR FINGERS AND BECOME AN EXPERT IN SOMETHING, WHAT WOULD IT BE?

I'D BECOME AN EXPERT IN HEDGE FUND MANAGEMENT.

5. WHAT'S ONE THING MOST PEOPLE DON'T KNOW ABOUT YOU?

THAT I'D LIKE TO RETIRE IN AMSTERDAM AND LIVE ON A HOUSE BOAT.

6. WHAT'S SOMETHING YOU'VE DONE, BUT WILL NEVER DO AGAIN?

UM...I'LL KEEP THAT ONE TO MYSELF.

7. WHEN YOU WERE A KID, WHAT DID YOU WANT TO BE WHEN YOU GREW UP?

GROWING UP IT CHANGED EVERY WEEK. ASTRONAUT, PILOT, DOCTOR, LAWYER. IT WAS NOT UNTIL I WAS 15YRS OLD AND I GOT MY FIRST SERVER JOB THAT I KNEW I WANTED TO BE IN HOSPITALITY.

8. DO YOU HAVE ANY PHOBIAS?

AGORAPHOBIA- FEAR OF BEING KIDNAPPED. GUESS THAT'S WHY I'VE ALWAYS BEEN SUSPECT OF PEOPLE DRIVING VANS.

9. DO YOU LIKE ROLLER COASTERS?

I LOVE RIDING ROLLER COASTERS, JUST HATE STANDING IN LONG LINES TO GET ON THEM.

10. FAVORITE AUNTIE ANNE'S MENU ITEM?

MY FAVORITE ITEM ARE THE PEPPERONI NUGGETS AND ADDING THE GARLIC PARMESAN TOPPING TO THEM

THE DOUGH PRESS

JUNE

NATIONAL MEN'S HEALTH MONTH

JUNE IS MEN'S HEALTH MONTH AND THE GOAL IS TO ENCOURAGE MEN TO TAKE CHARGE OF THEIR OVERALL HEALTH BY EATING RIGHT, EXERCISING AND WORKING TO PREVENT DISEASE.

THE PURPOSE OF THIS MONTH IS TO HEIGHTEN THE AWARENESS OF PREVENTABLE HEALTH PROBLEMS AND ENCOURAGE EARLY DETECTION AND TREATMENT OF DISEASES INCLUDING HEART DISEASE, CANCER AND CHRONIC LOWER RESPIRATORY DISEASE.

HEART DISEASE. THE TERM HEART DISEASE REFERS TO SEVERAL TYPES OF HEART CONDITIONS, INCLUDING CORONARY ARTERY DISEASE AND HEART ATTACK. IT IS THE LEADING CAUSE OF DEATH FOR MEN IN THE UNITED STATES, WHICH IS APPROXIMATELY 1 IN EVERY 4 MALE DEATHS.

EVEN MORE CONCERNING IS HALF OF THE MEN WHO DIE SUDDENLY FROM CORONARY HEART DISEASE HAD NO PREVIOUS SYMPTOMS.

THIS IS WHY REGULAR CHECKUPS, ANNUAL PHYSICALS AND BLOOD WORK ARE SUCH AN IMPORTANT PART IN TRACKING HEALTH BECAUSE EVEN IF YOU HAVE NO SYMPTOMS, YOU MAY STILL BE AT RISK.

CANCER. CANCER IS THE SECOND LEADING CAUSE OF DEATH IN THE U.S. IN 2020, THERE WERE OVER 600,000 CANCER DEATHS—317,731 AMONG MALES.

LUNG, COLORECTAL AND PANCREATIC ARE THE THREE MAIN CANCERS RELATED TO THOSE DEATHS. PROSTATE CANCER IS THE MOST COM-MON CANCER AMONG MEN, BUT LUNG CANCER LEADS TO MORE DEATHS.

PHYSICALS AND SCREENINGS ARE VERY IMPORTANT. MANY CANCERS DON'T HAVE EARLY SIGNS OR SYMPTOMS BUT WHEN THEY ARE CAUGHT EARLY AND TREATMENT STARTS EARLY, SURVIVAL RATES ARE MUCH HIGHER. THOUGH CANCERS CANNOT BE COMPLETELY PREVENTED, STEPS CAN BE TAKEN TO HELP REDUCE RISKS.

CHRONIC LOWER RESPIRATORY DISEASE. ACCORDING TO THE CDC, AN ESTIMATED 70,000 MEN DIE EACH YEAR FROM CHRONIC LOWER RESPIRATORY DISEASE.

CHRONIC LOWER RESPIRATORY DISEASE IS A GROUP OF CONDITIONS THAT AFFECT THE LUNGS. IT ENCOMPASSES COPD—WHICH INCLUDES EMPHYSEMA AND CHRONIC BRONCHITIS—AS WELL AS ASTHMA, PULMONARY HYPERTENSION AND OCCUPATIONAL LUNG DISEASES.

THESE CONDITIONS ARE MOST COMMON AMONG SMOKERS, ACCOUNTING FOR ABOUT 80% OF CASES, BUT EXPOSURE TO AIR POLLUTANTS AND RESPIRATORY INFECTIONS CAN ALSO PLAY A ROLE.

MEN'S HEALTH MONTH IS A GREAT OPPORTUNITY TO TWEAK YOUR DIET AND CHANGE THE WAY YOU EAT. FOCUS ON MAKING IMPROVEMENTS THAT WILL KEEP YOU ENERGIZED AND HELP PROTECT YOUR HEART. MONITOR SODIUM, STAY HYDRATED AND AVOID FRIED AND PROCESSED FOODS.

CUT BACK ON ALCOHOL THIS MONTH, AND IF YOU HAVE TROUBLE WITH ALCOHOL INTAKE, SEEK HELP AND AVOID SITUATIONS THAT COULD CAUSE YOU TO FEEL PRESSURED TO DRINK.

SET SOME GOALS—DO YOU WANT TO LOSE WEIGHT? GAIN MUSCLE? ADD MORE FRUITS AND VEGETABLES TO YOUR DIET? SET SMALL, ACHIEVABLE GOALS AND WORK TO MAKE THEM A REALITY.

FINALLY, BE MORE ACTIVE AND GET OUTDOORS. ADDING JUST 30 MINUTES OF MODERATE EXERCISE A DAY WILL PRODUCE TREMENDOUS HEALTH BENEFITS. ENGAGE IN AN EXERCISE PROGRAM, HIKE A TRAIL OR TAKE A WALK. DURING MEN'S HEALTH MONTH, REMIND THE MEN IN YOUR LIFE THEY CAN HELP IMPROVE THEIR HEALTH BY GETTING REGULAR CHECKUPS, SEEKING MEDICAL ADVICE AS NEEDED, AND TAKING OTHER IMPORTANT STEPS SUCH AS MAKING HEALTHY FOOD CHOICES, STAYING ACTIVE, QUITTING SMOKING AND TAKING CARE OF THEIR MENTAL HEALTH.

[HTTPS://NATIONALTODAY.COM/NATIONAL-MENS-HEALTH-MONTH/#:~:TEXT=U.S.,AND%20WORKING%20TO%20PREVENT%20DISEASE.](https://nationaltoday.com/national-mens-health-month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.https://www.cdc.gov/heartdisease/men.htm)
[HTTPS://WWW.CDC.GOV/HEARTDISEASE/MEN.HTM](https://www.cdc.gov/heartdisease/men.htm)

[HTTPS://WWW.CDC.GOV/CANCER/DCPC/RESEARCH/UPDATE-ON-CANCER-DEATHS/INDEX.HTM](https://www.cdc.gov/cancer/dcpc/research/update-on-cancer-deaths/index.htm)
[HTTPS://WWW.VERYWELLHEALTH.COM/WHAT-IS-CHRONIC-LOWER-RESPIRATORY-DISEASE-2224212](https://www.verywellhealth.com/what-is-chronic-lower-respiratory-disease-2224212)

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WORKING ON WELLNESS



BRAIN HEALTH

A HEALTHY LIFESTYLE NOW MAY HELP IN THE FUTURE

FUTURE OUR LIFE CHOICES CREATE PATTERNS THAT HELP OUR BRAINS CODE OUR THOUGHTS AND MEMORIES. THE CHOICES WE MAKE NOW HAVE SHORT-TERM AND LONG-TERM EFFECTS ON OUR BRAIN HEALTH. GROWING EVIDENCE SUGGESTS THAT ADOPTING KEY LIFESTYLE HABITS MAY REDUCE THE RISK OF MENTAL DECLINE THAT IS COMMON WITH ALZHEIMER'S DISEASE.

ALZHEIMER'S DISEASE IS A BRAIN DISORDER THAT SLOWLY IMPAIRS MEMORY AND THINKING SKILLS. EARLY SIGNS INCLUDE SEVERE MEMORY LOSS, MUDDLED THOUGHTS, AND PERSONALITY CHANGES. CARRYING OUT EVERYDAY TASKS BECOMES DIFFICULT FOR VICTIMS. THERE ISN'T A CLEAR WAY TO PREVENT IT, BUT THERE ARE GOOD HABITS THAT CAN HELP KEEP YOUR MEMORY SHARP AND YOUR BRAIN HEALTHY.

IT'S ALL ABOUT FINDING THE RIGHT BALANCE OF HEALTHY HABITS THAT WORK FOR YOU. YOUR MENTAL AND SOCIAL HEALTH PLAY AN IMPORTANT ROLE IN BRAIN FUNCTION. LEAVING THIS PILLAR OF HEALTH BY THE WAYSIDE CAN LEAD TO STRESS, WHICH IS OFTEN LINKED TO MEMORY LOSS.

SOCIALIZING. BE GOOD TO YOUR BRAIN BY CONNECTING WITH LOVED ONES. TALKING WITH OTHERS AND STAYING INVOLVED WITH SOCIAL EVENTS KEEPS YOUR MIND ACTIVE.

EATING. YOU SHOULD ALSO LOOK AT HOW OFTEN YOU MOVE AND WHAT YOU ARE EATING. IF YOU EAT SMART, YOU MAY THINK BETTER. FOOD RICH IN ANTIOXIDANTS CAN HELP YOUR BRAIN.

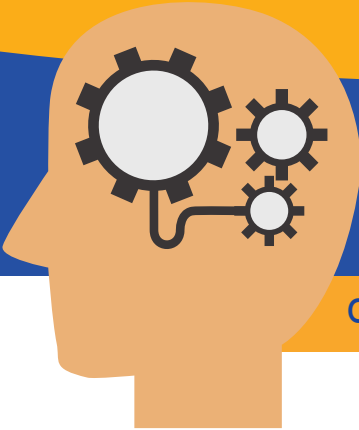
PHYSICAL EXERCISE. IF YOU AREN'T PHYSICALLY ACTIVE, TRY TO ADD A SHORT WALK TO YOUR DAY. JUST AS YOU EXERCISE YOUR BODY, YOU SHOULD ALSO EXERCISE YOUR MIND.

MENTAL EXERCISE. ENGAGING IN CHALLENGING ACTIVITIES LIKE SOLVING PUZZLES OR LEARNING NEW SKILLS IS GOOD FOR YOUR BRAIN.

PEOPLE WITH MEMORY CONCERNS SHOULD TALK TO A HEALTHCARE PROVIDER TO FIND OUT WHAT MAY BE CAUSING THEIR SYMPTOMS. IN THE MEANTIME, YOU CAN BOOST BRAIN HEALTH BY LIVING A HEALTHY LIFESTYLE. ACTIONS TAKEN TODAY AFFECT YOUR BODY TOMORROW.

SOURCE: ALZ.ORG, MAYOCLINIC.ORG, NIA.NIH.GOV, HEALTHYBRAINS.ORG, CLEVELANDCLINIC.ORG

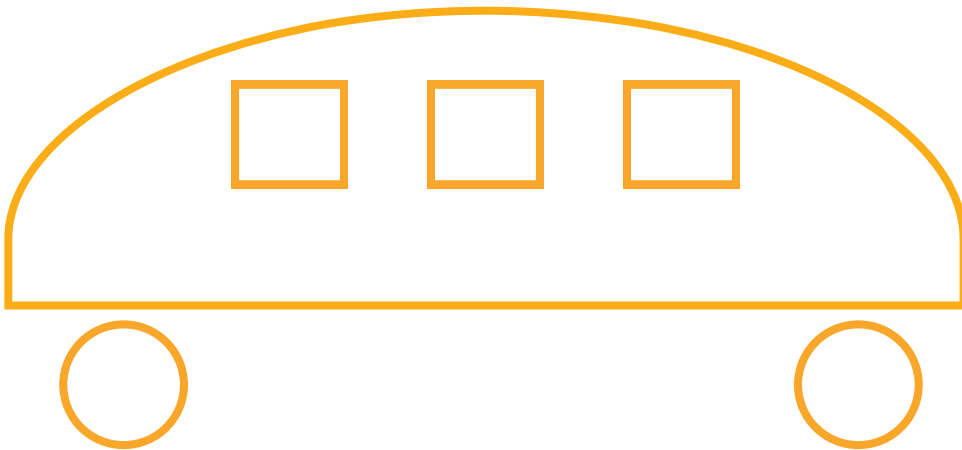
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BRAIN CHALLENGE

CHALLENGE YOUR BRAIN WITH THIS VISUAL LOGIC BRAIN TEASER

WHICH DIRECTION IS THE BUS PICTURED BELOW TRAVELING?



DO YOU KNOW THE ANSWER?
THE ONLY POSSIBLE ANSWERS ARE “LEFT” OR “RIGHT.”
STILL DON’T KNOW?
SCROLL TO THE NEXT PAGE!

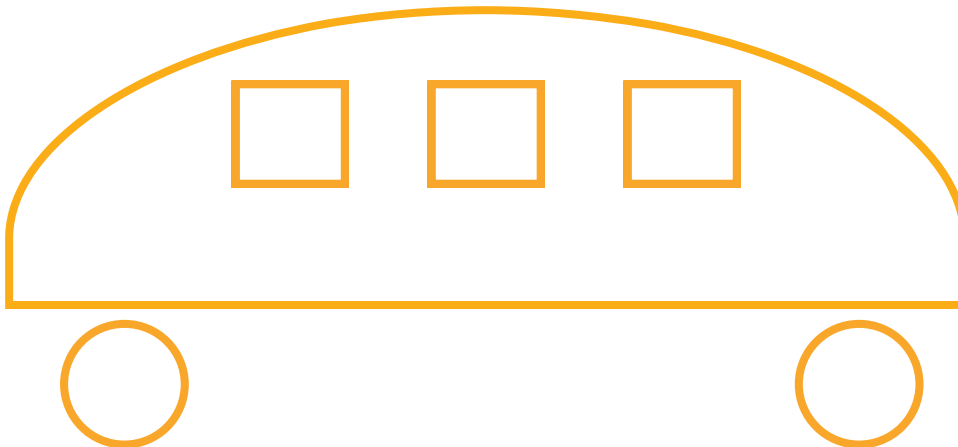
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BRAIN CHALLENGE

CHALLENGE YOUR BRAIN WITH THIS VISUAL LOGIC BRAIN TEASER

WHICH DIRECTION IS THE BUS PICTURED BELOW TRAVELING?



LEFT!



WHEN PRE-SCHOOL CHILDREN IN THE US ARE SHOWN THIS BRAIN TEASER, THEY OFTEN ANSWER "LEFT."

WHY? "BECAUSE YOU CAN'T SEE THE DOOR."

(THIS WORKS IN COUNTRIES WHERE YOU DRIVE ON THE RIGHT SIDE OF THE ROAD, LIKE THE US AND CONTINENTAL EUROPE; IT WOULD BE THE REVERSE IN COUNTRIES WHERE YOU DRIVE ON THE LEFT SIDE, SUCH AS THE UK)

THIS TEASER ILLUSTRATES A GOOD CONCEPT ABOUT HOW OUR MEMORY WORKS (AND ALSO OUR COGNITIVE FLEXIBILITY). IMAGINE IF OUR MEMORIES WERE ABSOLUTELY PERFECT. ON THE ONE HAND, YOU MIGHT HAVE BEEN ABLE TO ANSWER THIS PUZZLE CORRECTLY, SINCE YOU COULD COMPARE THIS IMAGE TO ALL THE SCHOOL BUS IMAGES YOU HAVE IN YOUR MIND, AND ONLY THE ONES GOING LEFT WOULD MATCH.

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EMPLOYEE REFERRAL PROGRAM

EMPLOYEES WHO EARNED CASH FOR EMPLOYEE REFERRALS

JUNE 1ST, 2022



REFER
FRIEND

1 YEAR - \$600

NICK BRUNER FL149/177 FOR REFERRING CHRISTOPHER CRUZ FL149
ASHLEY PICKARD FL276 FOR REFERRING AIDAN COSGROVE FL276

9 MONTHS - \$400

AMANDA JARA MI137 FOR REFERRING SHANNON MEYER MI137
TIFFANI BROWN FL121 FOR REFERRING TERRANCE GULLENS FL121
ASHLEY HOLES OH124 FOR REFERRING AZAHRYA JONES OH124

6 MONTHS - \$300

MELINDA WILLIAMS IL169 FOR REFERRING RONICA ESKEW IL169
GABBIE HOTALEN NC115 FOR REFERRING TYLER MENDIOLA NC115
DEB HUIZENGA MI116 FOR REFERRING AMY EDMONDS MI116

3 MONTHS - \$200

AMBER HOLDEN NC114 FOR REFERRING LORI STEELE NC114
CARLOS HERRERA FL143 FOR REFERRING CALEF MERCADO FL143

LET'S GROW
THIS LIST!

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DTIQ AUDIT STREAKS 3 CONSECUTIVE 100% SCORES



☆☆☆
PERFECT!

FL230 - 7

GA130 -5

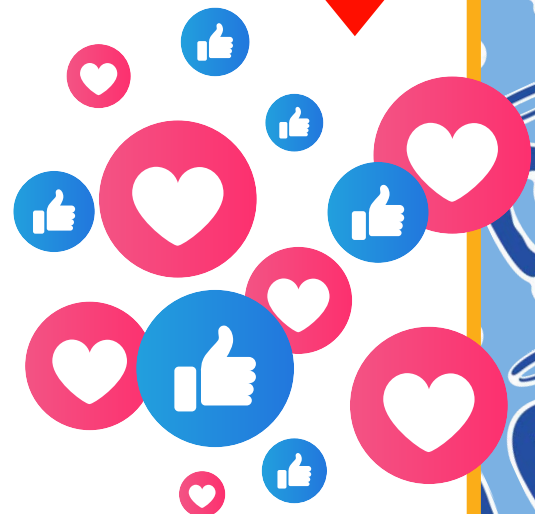
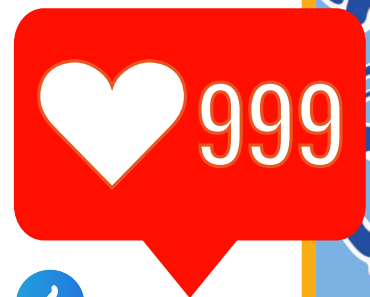
FL158 -4

FL185 - 4

NC115 -4

FL177 - 3

IN111 -3



CONGRATULATIONS TO THESE 7 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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JUNE WORK ANNIVERSARIES

JENNIFER TARVER - REG - SOUTH FLORIDA	16 YEARS
SANDRA MARTINO - FL150	13 YEARS
TANNER AVNET - HOME OFFICE	7 YEARS
BETHANY THEISS - MS112	7 YEARS
TAMMY SHOWMAN - OH175	6 YEARS
KASIE MACHINGO - HOME OFFICE	6 YEARS
CHRISTINA CHARRON - MI115	6 YEARS
NATALIE FUSSELL - GA128	5 YEARS
MICHAELA MATHENY - IL163	3 YEARS
CAYDEN POMEROY - OH190	1 YEAR
HAILY MCKEE - MI115	1 YEAR
KENDRA MORRIS - MI120	1 YEAR
NAKITA RICHARDSON - FL181	1 YEAR
GENESIS HUGHES - MS112	1 YEAR
JOSLYN HOLDEN - NC114	1 YEAR
RICHARD BANIK - PA254	1 YEAR
MIA BUTLER - FL182	1 YEAR
CYNTHIA O'NEAL - IN114	1 YEAR
GABRIELLE HOTALEN - NC115	1 YEAR
CARLOS LOPEZ - IL136	1 YEAR
DONNA IVERS - KY117	1 YEAR

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BIRTHDAYS

JAYLYN BAXTER - BW CINNABON	6/1
JABRIYA MASON - GA166	6/1
AMELIA HEADLEY - BW CINNABON	6/2
CARLOS HERRERA CINTRON - FL143	6/2
HOLDEN BAILEY - NC131	6/2
KENNIDY BARNICOAT - OH111	6/2
MICAH QUINN - OH189	6/2
JOYLYN FULLER - NC102	6/3
REBECCA RITOUNI - FL192	6/4
WHITNEY MACK - FL197	6/4
JAMAL THOMAS - FL144	6/5
ALEXZANDREA WHITEHOUSE - MI120	6/5
REBECCA YOUNG - MI141	6/5
CHRISTINE GALLUP - FL175	6/6
MADISON KAUFMAN - OH124	6/6
BRANDON TIFFANY - FL175	6/7
MARKAS GAUDRON - FL177	6/7
STEDMAN GILLESPIE - MI116	6/7
SANTIAGO SERNA - MI120	6/7
JAMYA CHENAULT - OH189	6/8
CRYSTAL CLARK - GA106	6/9
CONNOR DEATON - IN128	6/11
FELICIA MARTINEZ - MI135	6/11
KATLYN WINTERS - FL111	6/12

JENNIFER HADLEY - IN128	6/13
AANIYAH WRIGHT - FL226	6/16
OLIVIA HARTSELL - IN109	6/16
BETHANY THEISS - MS112	6/16
MATTHEW ABBASI - GA110	6/17
STACEY SCOTT - IL136	6/17
MARTHA HENDRIX - MI143	6/17
CINDY PHAM - FL144	6/19
JAZMINE VALLEJO - FL159	6/19
DEVON RHODES - GA166	6/19
NIVEA DANIELS - FL166	6/21
BRIANNA SMITH - OH175	6/22
SKYLA ROBINSON - GA110	6/24
CALEB HERNANDEZ COLLAZO - FL162	6/25
AARO SHAVERS - FL166	6/25
LAURANA CARSON - MI141	6/26
JAYSON FERNANDEZ - FL176	6/27
STACY BROWN - FL181	6/27
JULIE ROSENHAGEN - IN111	6/27
MORGAN MCKAY - PA254	6/28
RAVEN WEAVER - BW CINNABON	6/29
JOSEPH MACIEJEWSKI - FL158	6/29
MIRANDA MADURO - NC131	6/29

