THE DOUGH PRESS

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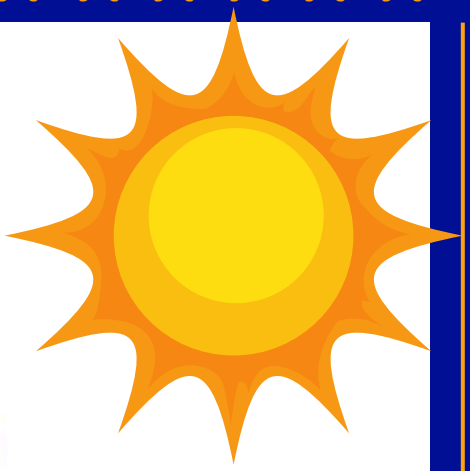

BEFORE SPRING BREAK

AFTER SPRING BREAK

THE DOUGH PRESS

April Employee Spotlight

Meet Johnnie Mello
Area Manager MI120 / MI141

Johnnie came to us in May of 2024 looking for a new opportunity. She'd been traveling to different states running food service with the renaissance festival, and she has 20+ years' experience as a paramedic!

Johnnie was hired as the GM at MI120. When an opening for GM became available across the mall at MI 141 earlier this year, Johnnie accepted the offer to become Area Manager over both locations! Johnnie is hard working and compassionate and her team members appreciate these qualities as well as knowing they can trust and respect her as their leader.

I'm blessed to have Johnnie on the Michigan team, she's fun to work with and I value her hard work and dedication to making both Great Lakes Crossings stores successful!

Written by Regional Manager: Crescent Chapman

April Employee Spotlight

Meet Johnnie Mello
Area Manager MI120 / MI141

1. Hi Johnnie, please share a little bit about yourself.
I am the Area Manager for MI120 & MI 141 and excited to be part of the Chestnut Family! I'm happily married with 3 kids, 2 grandchildren & 2 spoiled fur babies.

2. Are you a morning person or a night owl?
I'm definitely a morning person, but would stay in bed all day if I could.

3. What do you love about your job?
I love having all the kids watch us make pretzels & showing them how we twist them, it always puts a smile on their faces. I also love and appreciate my teams. Im thankful for all the dedication and support they give me 💛

4. When was the last time you did something for the first time?
My husband & I recently booked a trip to Germany this summer.

5. If you were famous, what would you be famous for?
Being famous for something is hard. I think I'd be famous for my party planning and cooking skills.

6. What are some of your favorite Spring outdoor activities?
My favorite spring activity would be our backyard fires. I cant wait to sit in our backyard by a warm fire, roasting marshmallows and just relaxing with my family and friends.

7. What was the last movie you watched? Give us your review!
The last movie I watched was Electric state on Netflix. This was a super cute family movie that I would recommend watching with your kids.

8. Would you rather have a private jet or a yacht?
I would definitely want a yacht! I love the water and cruising all over the Caribbean.

9. What's one thing you're looking forward to this upcoming Summer?
What I'm looking forward to the most, is our vacation at the end of the summer in Germany, the birthplace of the Pretzel!

April Featured Location

Great Lakes Crossing Outlets

Auntie Anne's

Stores:

Auntie Anne's M1120
Area Manager: Johnnie Mello

Auntie Anne's M1141
Area Manager: Johnnie Mello

Great Lakes Crossing

Discover the ultimate shopping destination at Great Lakes Crossing Outlets in Auburn Hills, Michigan! As the largest fully enclosed outlet center in the state, this premier shopping and entertainment hub features over 185 stores, including top brands like Nike, Coach, and The North Face—all at unbeatable outlet prices. Enjoy a full day of shopping, dining, and fun with attractions like SEA LIFE Michigan Aquarium, LEGOLAND® Discovery Center, and a variety of family-friendly restaurants. Whether you're hunting for deals, indulging in delicious cuisine, or exploring exciting experiences, Great Lakes Crossing Outlets is your go-to destination for an unforgettable shopping adventure!

Auburn Hills Fun Facts:

- **World-Class Auto Test Tracks** - Some of the most advanced vehicle test tracks in the country are in Auburn Hills, where auto manufacturers develop and test cutting-edge technology.
- **A Hub for Global Companies** - Over 40 international corporations have their North American headquarters in Auburn Hills, making it a diverse and globally connected business community.

Upcoming Campaign

NEW! OREO TOPPED NUGGETS

Unsalted Pretzel Nuggets topped with a cookies and creme sauce and Oreo crumbles

LAUNCHING APRIL 7TH

Home Office Visits FL222

Candace Foxworth - SM

Pier Park - Panama City, Florida

Home Office Visits GA166 / 103630

Amy Clarke - SM

Oglethorpe Mall - Savannah, Georgia

Team Dinner - Jacksonville

Crystal Cobb, Leo Henry, Kalie McDermott, Jessica True, Cody Warner, Rebekah Marstellar

Congratulations!

To Deanna Andrzejewski - AM FL171

Nova Rose Dean
Born March 5th

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March Top Online Stores

Top 10

1. OH147
2. FL166
3. MI123
4. OH124
5. IN107
6. GA106
7. IN114
8. MI117
9. FL196
10. GA116

March OSAT Scores

Above brand standard of 58.5%
Minimum of 8 records

Store	# of Records	Overall Satisfaction
FL182	14	85.71%
GA106	12	83.33%
OH147	10	70.00%
NC115	10	80.00%
MI115	9	88.89%
FL166	9	77.78%
TN126	8	62.50%
NC131	8	75.00%
IL169	8	62.50%
IL131	8	37.50%
FL134	8	75.00%
FL132	8	62.50%
FL111	8	87.50%

Spring Clean Your Diet

As the flowers bloom and the days grow longer, April is the perfect time to refresh not just your home but also your diet. Just like we declutter our living spaces in the spring, our bodies can benefit from a clean and wholesome reset. That's why we're inviting you to participate in the Spring Clean Your Diet Challenge this April!

What is the Spring Clean Your Diet Challenge?
This challenge focuses on eliminating processed foods and incorporating more whole, nutrient-dense options into your daily meals. By cutting out added sugars, artificial ingredients, and unhealthy fats, you'll nourish your body with fresh, natural foods.

Why Join?
A cleaner diet can lead to:

- Increased energy
- Improved digestion
- Healthier skin
- Weight management
- Reduced cravings
- Overall well-being

How to Participate

1. Cut Out Processed Foods
Swap pre-packaged meals for fresh, homemade alternatives.

2. Focus on Whole Foods
Fill your plate with whole grains, lean proteins, and fresh fruits and veggies.

3. Ditch Added Sugars
Watch for hidden sugars in sauces, cereals, and drinks. Opt for natural sweeteners in moderation.

4. Hydrate Better
Replace sugary sodas and juices with water, herbal teas, or infused water.

5. Meal Prep for Success
Planning meals in advance makes healthy eating easier.

6. Try New Recipes
Experiment with seasonal produce and nutritious meals to keep things exciting.

Ready to refresh your diet? Take the Spring Clean Your Diet Challenge and commit to healthier choices this April. Share your progress and inspire others!
Let's embrace the season of renewal with clean, wholesome foods. Happy Spring Cleaning!

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Working on Wellness

Change Your Relationship with Stress

A Path to Greater Well-Being

Stress is a natural part of life, but how we respond to it can make all the difference. Instead of viewing stress as an enemy, shifting our perspective can help us use it as a tool for growth and resilience. By changing our relationship with stress, we can transform challenges into opportunities and cultivate a more balanced, healthier life.

Understanding Stress: Friend or Foe?

Stress often gets a bad reputation, but it serves an important purpose. It can help us stay alert, motivated, and ready to respond to challenges. However, chronic stress can negatively impact our physical and mental health. The key is learning how to manage it effectively.

Reframing Stress: A New Perspective

Rather than seeing stress as harmful, try viewing it as a natural response that can enhance focus and performance. Studies suggest that embracing stress as a challenge rather than a threat can reduce its negative effects on the body.

Strategies to Shift Your Relationship with Stress

1. Practice Mindfulness and Breathing Techniques

Engage in mindfulness practices such as deep breathing, meditation, or guided relaxation to calm the nervous system and improve emotional regulation.

2. Reframe Your Thoughts

When faced with a stressful situation, ask yourself: "How can this help me grow?" Shifting from a victim mindset to an empowered one can change how stress affects you.

3. Prioritize Self-Care

Engage in activities that replenish your energy, such as exercise, healthy eating, and quality sleep. Taking care of your body strengthens your ability to handle stress effectively.

4. Build a Strong Support System

Connecting with friends, family, or support groups provides perspective and emotional relief, making stress more manageable.

5. Take Breaks and Set Boundaries

Avoid burnout by scheduling downtime, setting realistic expectations, and knowing when to say no.

Embrace Stress as a Teacher

Instead of fearing stress, see it as an opportunity to learn about yourself and build resilience. By shifting your mindset and adopting healthy coping strategies, you can develop a positive relationship with stress and improve your overall well-being.

April Birthdays

Happy Birthday!

Sidney Diehl - OH175	4/1
Aaron Gerard - IL131	4/2
Lauren Bliss - PA254	4/2
Jordan Sugianto - NH105	4/3
Cristian Lockett - GA139	4/5
Mector Diaz - FL111	4/6
Aiyana McNair - FL135	4/6
Kevin Borrelli - NH106	4/7
Kristen Geraghty - NH106	4/7
Talei Turaga - FL181	4/8
Jennifer Gonzalez Lavori - FL150	4/8
Stella Church - OH175	4/9
Rodney Howard - FL181	4/9
Hannah Gibson - FL168	4/11
Laniya Joyner - GA116	4/11
Taniya Postlewaite - IL165	4/12
Megan Lange - NH105	4/12
Ayleen De la cruz - FL276	4/13
Taleaha Williams - FL181	4/13
Ezra Claudio - FL121	4/13
Zavier Arim - MI137	4/14
Alexza Aquino - FL197	4/15
Zoey Gerard - IL131	4/18
Ashlyn Alexander - TN126	4/18
Walter Alonso - FL168	4/18
Donteria Hill - FL226	4/18
Alexus Stillwell - GA139	4/19
Trinity Goodman - FL201	4/19
Ayoub Ritouni - FL121	4/19
Elizabeth Damrel - MI123	4/20
Tanner Avnet - Home Office	4/20
Kamilian Jefferson - GA106	4/21
Tristan Mills - OH189	4/21
Dina Plasencia Ibanez - FL230	4/21
Raelyn Kalna - OH124	4/21
Danay Ibanez Abreu - FL230	4/21
Brent Lanthorn - OH163	4/22
Jackson Payton - OH183	4/22
Landon Rodenberg - MI143	4/23
Laurie Hodgdon - FL181	4/24
Korrin Hecksher - FL132	4/24
La'Nya Lewis - MI135	4/24
Gabriel Anderssen - TN126	4/25
Cristian Labrador Millan - FL159	4/25
Robert Dean - FL171	4/26
Samee Cox - OH130	4/27
Carmen Brenes - FL230	4/27
Branden Potts - GA110	4/27
Jessica Young - IL136	4/28
Sarah Thompson Melo - FL Mall Cinnabon	4/29
Vanessa Hobbs - OH163	4/30
Peyton White - IN107	4/30

April Work Anniversaries

Happy Anniversary!

Elizabeth Damrel - MI123	11 Years
Christopher-Michael Sievert - OH147	10 Years
Melanie Ott - OH163	9 Years
Giuliana Rivas - FL154	9 Years
Susana Chea - FL182	8 Years
Zoey Gerard - IL131	7 Years
Holden Bailey - NC131	6 Years
Catherine Wolverton - FL171	4 Years
William Wainwright - NC140	3 Years
Jeremiah Hernandez - FL177	2 Years
Sidney Diehl - OH175	2 Years
Dyontora Douthit - NC115	2 Years
Fernando Da Silva Polanco - FL111	2 Years
Julie Seabridge - MI122	2 Years
Kiara Palas Bonilla - FL223	1 Year
Sunaaya Martin - FL222	1 Year
William Scott Bey - MI117	1 Year
Clayton Bell - IL169	1 Year
Andrew Ernst - OH183	1 Year
Chloe McKee - MI115	1 Year
Gabriel Anderssen - TN126	1 Year
Ashland Sparks - IL165	1 Year
Shenea Hanniford - FL201	1 Year
Carlos Herrera Cintron - FL143	1 Year
Larodney Bennett - FL150	1 Year
Isael Noguera-Santiago - FL192	1 Year
Miah Taylor - FL166	1 Year
Emily Rummel - FL134	1 Year
Joshua Deyton - FL166	1 Year
Marissa Touchton - FL171	1 Year
Keyla Velazquez Aceituno - GA116	1 Year
David Gilbert - GA116	1 Year
Rosa Vega - TN126	1 Year
Alnerlis Cruz Garcia - FL176	1 Year
Mairelis Luz Falcon - FL185	1 Year
Keymarion Turner - Prem Outlets Cinnabon	1 Year
Taimu Kamara - FL134	1 Year
Zoie Hobson - FL222	1 Year
Ayleen De la cruz - FL276	1 Year
Bailee Robinson - FL158	1 Year