



Media Tip Sheet

Experts for Holiday Stories

Holiday Retail



Tom Arnold

Finance professor **Tom Arnold** is a retail expert who can comment on retail trends, including whether businesses open on Thanksgiving. He's been quoted in *The Wall Street Journal*, *The New York Times*, *USA Today* and more. Recently, he provided context for a *The Washington Post* article about the impact of Toys-R-Us' bankruptcy on the holiday shopping season.

Holiday Stress



Lisa Jobe-Shields

Lisa Jobe-Shields, assistant professor of clinical studies in the Department of Psychology, can offer advice on managing stress this holiday season. To keep stress manageable, Jobe-Shields suggests a "both-and" approach, rather than an "either-or" approach. Enjoy indulgences, and also don't overindulge.

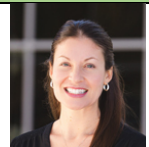
Holiday Job Hunting



Tonya Osmond

Career consultant **Tonya Osmond** says not to wait if your New Year's resolution is to find a new job. Osmond offers advice on how to best job hunt over the holidays, noting it is a great time to renew connections with former co-workers, supervisors and alumni from your alma mater.

Holiday Wellness



Heather Sadowski

Heather Sadowski, assistant director of wellness and certified wellness coach, can speak to meeting wellness goals despite holiday temptations. When it comes to food, she says to remember the three "M's" – moderation, mindfulness and move. Sadowski recommends eating a high protein snack shortly before attending a holiday party.

Holiday Fitness



Sarah Sheppard

Sarah Sheppard is the manager of health education and wellness, and says it is important to not take a holiday break with exercise routines. She can offer simple tips on how to keep moving during the holidays, such as checking out a gym near where you are visiting for a guest pass.

Holiday Cooking



Glenn Pruden

Executive Chef **M. Glenn Pruden** can offer cooking and food safety tips to help survive the holiday season. He says leftovers should not be kept longer than seven days. He also suggests buying an inexpensive bimetallic thermometer to make sure turkey or other main courses are cooked to a proper and safe temperature.

To reach an expert on this list, or for experts for other stories you are working on, please contact:

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