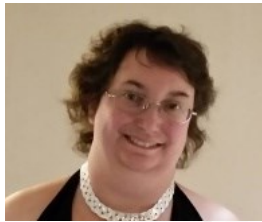




# President's Message



**Greetings!**

This time of year, Merced College recognizes those who have reached milestones in their service to the college as well as those who are retiring. I would like to extend my appreciation to Chue Lee, Guy Near, Charlene Reed, Guillermo Trejo, Richard Vitato, and Karen Wallace for their years of service and wish them the best of

luck in the next phase of their lives. I would also like to congratulate all those reaching milestones this year. I appreciate all you do to make the College great!

I hope you all have a relaxing break and take the time to do something special just for you. See you all in 2017!

## Office of Student Equity & Success:

The Merced College Student Equity Plan is a framework of principles, targeted goals and efforts, activities, and also embodies a commitment to maintaining equitable programs and services. Ensuring access and success for all students is the crux of this plan and is integrated in the College's mission, policy, and strategic objectives.

The Office of Student Equity & Success works closely with the special populations, such as Foster Youth, EOPS, DSP&S, and Low income. The office will focus on Access, Course Completion, ESL & Basic Skills Completion and Transfer.

**Our goal is to assure student access and success.**

### Inside this issue

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### Classified Senate Information

**Merced College Classified Senate Officers**  
President: Andrea Hall-Cuccia  
Vice President: Gabriela Garcia  
Secretary/Treasurer: Jeanne Bernardi

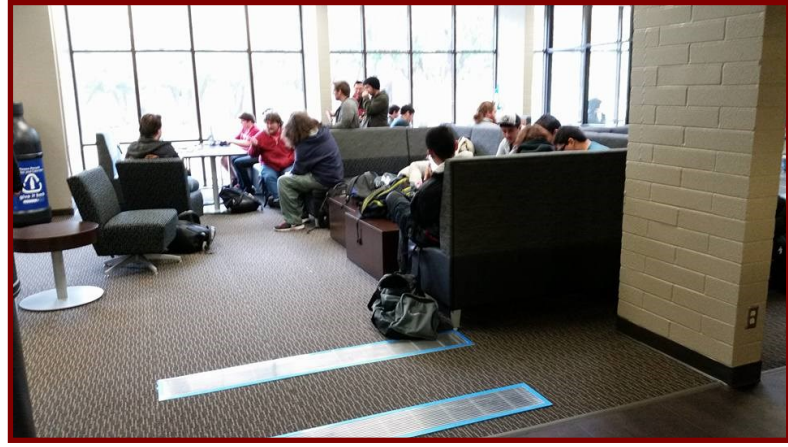
**News Letter:**  
Rosa Hernandez  
LaDenta Smith

**Meetings**  
Third Thursday of every month from 2-3 pm in the Administrative Conference Room unless otherwise specified. Video Conferencing for Los Banos available upon request.

**Website:**  
<https://mc4me.mccd.edu/organizations/class-senate/default.aspx>



# Around Campus:



The cafeteria and Tutorial Center  
have been remodeled!  
Check them out!



## Employee Spotlight:

**Chris Minor**

**Job Title: Instructional Support Technician III**

**Department: Career Technical Education**

**Years with College: 27**

Chris provides instructional support and lab set up for CTE programs of Automotive, Auto body, Cisco, Drafting, Electronics, HVAC, and Welding.

Chris has served on many hiring committees for classified and management positions.

Chris has Associate's degrees in Building Construction, Liberal Arts, and Industrial Arts, a Bachelor's in Psychology, and a Master's in Educational Counseling.

Chris is a Merced Native. He is a past coach of Merced Youth Baseball and an assistant soccer coach. He enjoys camping, fishing, hiking, and fixing things.

**Say hello to Chris next time you see him!**



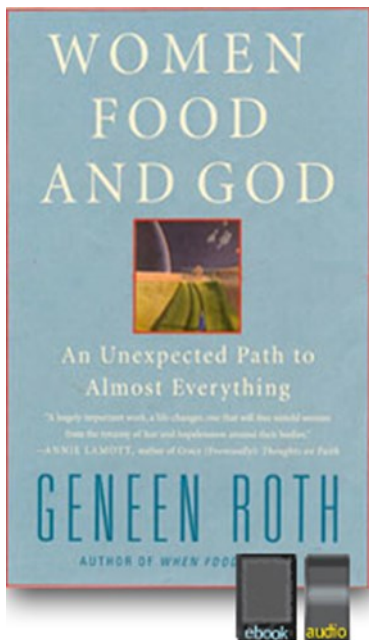
Written By: Melinda Cornwell

The term "foodie"—not snobbish like a gourmet, but certainly not a glutton—was coined in the early 1980s. Credit is usually given to food writer Gael Greene.

Typical foodie interests include the food industry, wine tasting, beer sampling, food science, restaurants, celebrity chefs, cookbooks, chef biographies, food distribution, food fads, cooking classes, culinary tours, and restaurant management. Oh, and I forgot: posting pictures of one's meals on social media. Americans can be described as a nation of foodies.

But while foodism can and should be fun, 1 in 5 American women struggle with an eating disorder or occasionally disordered eating. Eating disorders affect up to 24 million Americans and 70 million individuals worldwide. They can be fatal or at least make life miserable and shorten the lifespan.

This is where author, counselor and blogger Geneen Roth comes in. her supportive and practical books are addressed to those who are obsessed with food, who want a healthier relationship to it. The core of her teaching is mindfulness: giving yourself permission to eat what you really want, being aware of your body's signals that it has had enough, and truly enjoying your food. This is how many foodies eat: with delight in the experience of food. Ms. Roth can help you get there. For serious medical problems, of course always consult a physician.



An infographic titled 'Are YOU eating mindfully?' in green text. Below the title, it states: 'A survey of 2000 people showed that the average person spends just 23 minutes a day eating. Of those surveyed, 73% suffered from digestive difficulties.' The infographic is divided into six sections, each with an icon and a title: 1. 'SIT DOWN!' with a chair icon, text: 'even if it's only for 10 minutes, take proper time for your eat.' 2. 'TURN IT OFF!' with a TV icon, text: 'Switch off the TV, shut down the laptop, put your smartphone away and give eating your full attention.' 3. 'RECLAIM MEALTIME' with a plate and fork icon, text: 'Eat properly at meals and avoid snacking on the go.' 4. 'TURN YOUR SENSES ON' with an eye icon, text: 'Enjoy the taste, smell, texture and look of each bite.' 5. 'RETRAIN YOUR CHEWING' with a leaf icon, text: 'Consider chewing D'Mix after every meal, to help kick-start healthy chewing habits.' 6. 'RECLAIM MEALTIME' (repeated) with a plate and fork icon, text: 'Eat properly at meals and avoid snacking on the go.'





# New President of Merced College



*"I am honored and humbled to serve as the next Superintendent/President of Merced College," Vitelli said. "I want to thank the Board of Trustees for their faith and confidence in me to lead this District."*

**The Merced Community College District Board of Trustees has announced the selection of Mr. Chris Vitelli as the college's seventh Superintendent/President. The Board of Trustees announced the selection by unanimous vote during its meeting on December 13.**

Vitelli, currently Vice President of Student Services at Merced College, has more than 12 years' experience in management and administration, including senior administration-level experience serving in various capacities, including Chief Student Services Officer (CSSO), Chief Instructional Officer (CIO), and Accreditation Liaison Officer (ALO).

Vitelli has also served as Dean of Instruction and interim Vice President of Student Services at Columbia College in Sonora, California. Other professional experiences include Director of Student Services for the College of Agricultural and Life Sciences at the University of Florida and Director of Business, Industry, and Community Services at Merced College.