

THE HAWK

THE OFFICIAL STUDENT NEWSPAPER OF BRISTOL COMMUNITY COLLEGE

BRISTOL BASKETBALL TEAM OVERCOMES SEASON'S CHALLENGES

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The Bayhawks basketball team at Sophomore Night.
Photographed by: Megan Holden

REORGANIZATION PLAN *Designed to Support Students*

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To better support Bristol students, Student Services and Enrollment Management is going through a division-wide reorganization, according to their Vice President Edmund T. Cabellon.

After Cabellon shared the plan in December, the process began and will be ongoing. The goal is for everything to be finished by the summer. Cabellon stated that they can't move into the new structure until he gets staff hired, which he is looking at with more full-time employees, because it's "better for the students to have that consistent support."

"I don't have a crystal ball as to when exactly cause all depends on when these positions are hired. But to me, we have to go into the summer into the new organizational structure to best serve students who are getting ready to come here for the fall," Cabellon said.

Cabellon understands that it will take time, and there will be growing pains. "Not like I can flip a switch, and everything just turns on. It has to be sequenced in a way that helps students, but also helps our staff get into their new roles efficiently."

He goes on saying if things don't work out, they will get back to the drawing board and try again. "I'm sure there's things we're missing right now, but we'll figure it out. But our intentions are pure," Cabellon said.

This spring the staff will be going through cross-training, while sharing strategies for programs and services that will help students succeed. Depending on the need and importance, some departments will be prioritized over others.

When Cabellon arrived in June of 2017, he realized that the college hadn't reached "its full potential" and needed to change with the times. His focus went straight to the students, who have expressed their dissatisfaction with some of the services that Bristol offers.

"While Bristol has a great reputation, some students were frustrated with the process because it was difficult to understand," said Cabellon.

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PRINTING: TCI Press

Publication Information

The HAWK is the official student-run newspaper of Bristol Community College c/o Bristol Community College, 777 Elsbree Street, Fall River, MA 02720, 508.678.2811, ext. 2677.

The newspaper serves the Bristol Fall River, New Bedford, Attleboro, Taunton and Davol Street campuses. All expressed opinions do not necessarily represent those of The HAWK, its staff, its advertisers or the college. The HAWK's office is located in room G116 on Elsbree Street; phone number 508-678-2811, ext. 2677; email: thehawk@bristolcc.edu. website: <http://www.bristolcc.edu/studentlife/activities/thehawkstudentnewspaper/>.

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The HAWK staff will make every effort to ensure that publication deadlines are met, but are not responsible for delays due to technical and/or printing problems. For more information, or to place an ad in The HAWK, please call 508.678.2811, ext. 2677. Tear sheets and invoices will be mailed after first ad insertion is published.

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Letter from the Editor

Brian Casey | Managing Editor | bcasey13@bristolcc.edu

Hello students and staff of Bristol,

A lot has happened to us since coming into the new year at Bristol. We have made our new office a home away from home, and have filled it with the company of four new staff members. Also, we will be launching our new website soon. This is all exciting, but the most important news we have to announce is finding our new Editor-in-Chief. We have promoted our staff writer Megan Holden to fill the position.

First, I would like to thank the staff for all the help that they supplied me in my role as Acting-Editor-in-Chief. The advice I would give Holden is to be patient and to take the help that is given to you. I am looking forward to your guidance and mentoring as we bring the newspaper into the future. Also, you can always count on me to be there for you.

In this issue, we cover a variety of topics from school news to the outside world. We discuss the government shut down, the safety of online dating, the men's basketball team and more. We will love to hear your thoughts on the paper on our Facebook account, fb.me/TheBristolHawk. I hope you all enjoy this issue.

With great appreciation,
Brian Casey,
Managing Editor



Brian Casey, managing editor.
Photographed by: Megan Holden

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THE IMPACT OF THE GOVERNMENT SHUTDOWN

Styles Vazquez | Staff Writer | svazquez13@bristolcc.edu

The longest government shutdown in the history of the United States started on December 22, 2018 and lasted for 35 days. On January 25, the Trump administration compromised and agreed to reopen the government temporarily.

The president tweeted, "I wish people would read or listen to my words on the Border Wall. This was in no way a concession. It was taking care of millions of people who were getting badly hurt by the Shutdown with the understanding that in 21 days, if no deal is done, it's off to the races!"

The fight is still far from over. Politicians are still disputing the funding of the border wall since the government has re-opened.

So, who exactly was affected by the shutdown?

According to CNN, during the government shutdown, 800,000 workers were out of work without pay, and 420,000 of the workers were required to work without pay. In addition, thousands of people who worked for federal contractors were also affected.

The "New York Times" published a timeline of events that reflect how the government shutdown rippled throughout the lives of many Americans. Listed below is a portion of the events that were included:

December 22 - The Food and Drug Administration had stopped routine inspections and did not accept approval applications for new drugs. Meat and poultry were still being inspected, but those workers are unpaid.

December 28 - The Environmental Protection Agency ran out of funds leaving 95 percent of the employees out of work.

December 30 - The National Park Service suspended services that included, trash collection, road maintenance. The parks lost an estimated \$400,000 a day in fees.

January 1 - The National Science Foundation suspended the reviews for grant proposals, which can affect both schools and students.

January 4 - The Smithsonian museums and National Zoo closed.

January 3 - The National Gallery of Art closed, and the Federal Communications Commission's suspended most operations.

January 4 - The Department of Housing and Urban Development sent letters to 1500 landlords requesting them to not evict their tenants in housing assistance programs.

Imagine not receiving a paycheck for over a month. According to a report conducted by CareerBuilder, 78 percent of full-time workers live paycheck to paycheck. This affected many American families, including Bristol students who may already struggle to balance their finances this semester.

If you stopped receiving food stamps, you may want to check out the Bristol Mobile Market. Bristol Community College began working with the Greater Boston Food Bank and brought the mobile market to the Fall River campus. The Mobile Market provides free fruits, vegetable, and dairy items to students, faculty, and staff.

The mobile food market is held under the solar panels in lot ten on the Fall River campus. If the weather is not ideal, it is moved into H-building. The next mobile food market is on May 9.

Have you been affected by this shutdown? Do you have any concerns? Tell us about it on Facebook at fb.me/TheBristolHawk.

Update: According to [usatoday.com](https://www.usatoday.com), a spending bill was passed by Congress on Feb. 14 to avoid another shutdown, and President Trump has signed it. The bill will provide 1.375 billion dollars for a physical barrier along the border, which is lower than the 5.7 billion dollars President Trump is asking for.

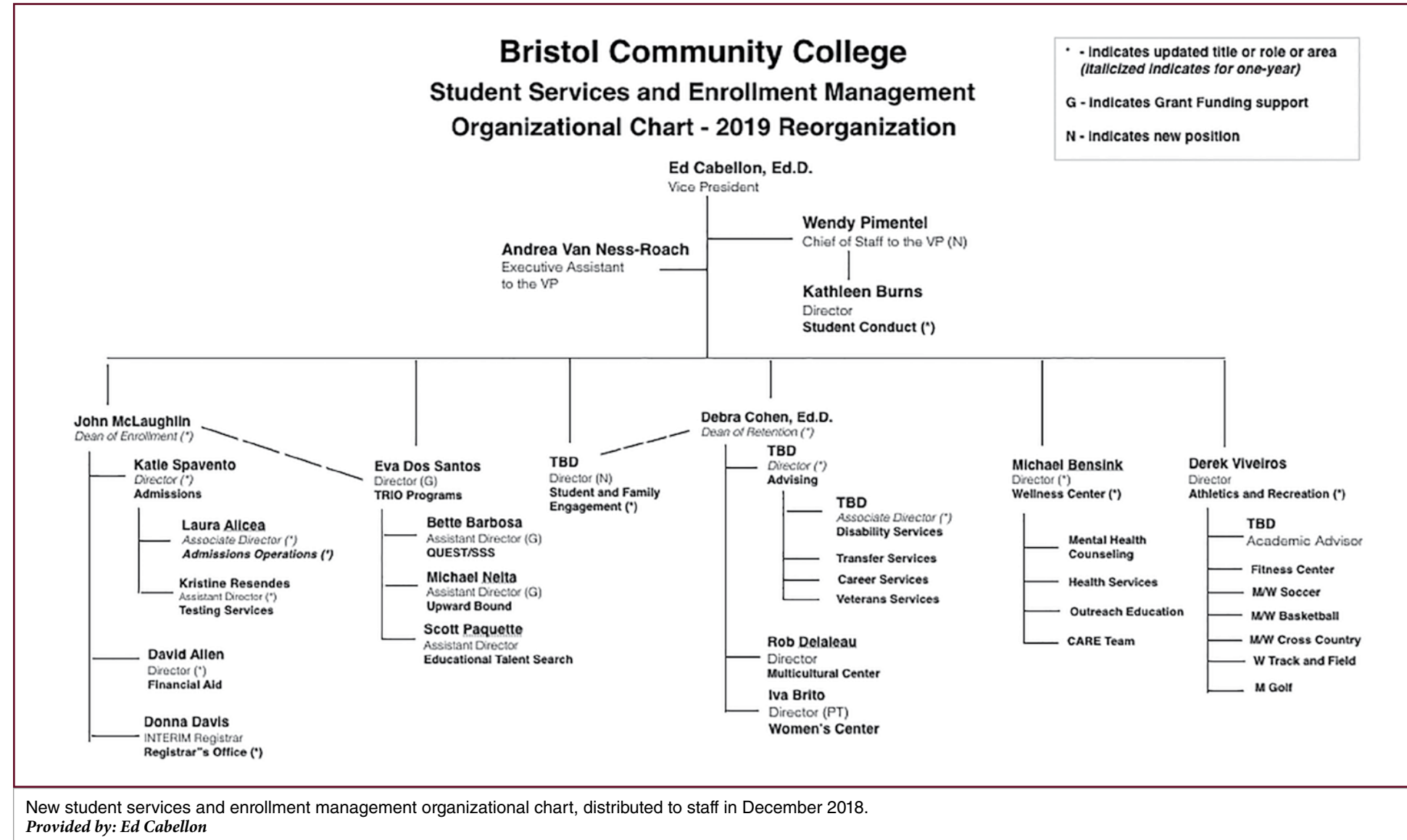
President Trump has also announced he will declare a national emergency to get the extra funding for a border wall. According to [npr.org](https://www.npr.org), the House of Representatives and Senate had approved a resolution that "would terminate President Trump's declaration of a national emergency." Although on Mar. 15, President Trump used his first veto of his presidency. Congress will try to override it, but likely won't have enough votes, according to [CNBC.com](https://www.cnn.com).



The White House.
Photographed by thehill.com

Reorganization Plan Continued...

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New student services and enrollment management organizational chart, distributed to staff in December 2018.
 Provided by: Ed Cabellon

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The first task Cabellon took on was to see how the staff was organized. Cabellon knows it is his job to put the right people in the right position. "What I've observed so far of this place, is that a lot of talented people, people who care deeply about students, were not put in the right spot, not put in the right position to succeed. It's my job to do that." >>

With a collection of data from "the best practices across the country," and input from staff and students, he created the reorganization plan. His plan will allow Bristol to combine and create new positions to generate a bigger support group that will better serve the need of students.

"To be successful in school, you not only have to have great teachers and great faculty, but you have to have great support services. I call it an inescapable support," Cabellon said. "As a student, we want you to feel that no matter where you turn, someone's looking out for you."

Cabellon looks to do this by looking for more efficient ways to use technology, like improving the mobile app and access Bristol, to keep consistent communication with "a team of people." This way, students are not lost. If one person is not there, students will still receive the same quality of help, instead of having to come back another time.

Cabellon stated that Bristol is also looking into purchasing what is called a CRM which stands for customer relations management tool. By using this technology, the students will have the process done at once from filling out the application to receiving admission status. Students will apply, upload, and then get a response, instead of submitting extra paperwork.

"Think of every business, the demands of what people expect when they're paying for a service. They want it quick, they want it to be easy to understand and they want to know who to call or talk to in case I have a question," Cabellon said.

Although with changes comes risk.

"Whenever there's any kind of change, people get nervous, but overall we're looking at positive changes," says Renata Garcia, the clerk for student life. "Whatever changes are being proposed have all been well, looked at, researched, vetted through everybody involved and they are all changes that should help the student body."

Cabellon says the feedback for staff have been like a "mixed bag." He says that change and lack of control "causes anxiety for some people, and I understand that all I can do is reassure them that we're doing this because it's going to benefit students."

Feedback from the students is what is most important. It is how staff can get a feel for what's working and what's not.

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For more information contact us at thehawk@bristolcc.edu.

Bayhawks Overcoming Challenges Continued...

Megan Holden | Editor-in-Chief | mholden16@bristolcc.edu

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When other teams called it a night, the Bristol Bayhawks were just getting started. At the end of this regular season, the Bristol men's basketball team tied for the best record at 26-3. The players and the coach believed this team was different.

For being the only team without their own practice facility and limited resources, they had their own strengths----their bonds and their perseverance.

Head coach of Bristol Bayhawks captured their biggest strengths, "What makes this team different than the other teams is, I think there's a genuine bond and you could see it," says Coach Robert Delaleu.

"I feel like we're a lot closer than we were last year as a team. We hang out more off the court, so I think that's been really big for us and helped us on the court this year," says Zecaree Veiga, of the team's starting guards.

Overcoming numerous challenges over the season made the bond stronger and made the team better. "We've been through a lot of adversity, but I think that that made us grow as a team going through everything," says Veiga.

Delaleu says that controlling emotions was one of the team's biggest challenges. "Sometimes a play doesn't go right or call is not made correctly by a referee, and we get a little bit overworked and a little bit over emotional, and it takes me a long period of time to get them to get refocused."

One of the main challenges for the team was the lack of depth. The problem was prompted when they lost a couple of "big impact players" for personal reasons back in January. "We lost a lot of people that were key to our team. So that was probably the biggest downfall that we had to get back together," says starting guard Marcus McCarthy.

The lack of depth forced everyone to step up and take on more minutes, which brought more fatigue. "We only have like eight guys. So it's like we're playing with no subs. We get really tired and, and we got to battle through that," says Veiga.

Add that to a rough schedule in the second half of the season with a lot of road games, plus not being able to practice until Bishop Connolly

has finished. "Remember, they're not only players, but also college students who are required to do good academically, in order to play," says Delaleu.

"Blood, sweat, and tears. It's real," says Delaleu.

After some players left, the younger guys had to step up to their new roles, and they raised up to the challenge. Although there were still some growing pains, Delaleu says he was impressed with how much the four incoming freshmen have stepped up and contributed to the team, calling them a "key" to their team.

They overcome their challenges with talent by using their athleticism and ability to run the floor. They lead the league in points and their defense ranked third for least points against, according to NJCAA region XXI. Almost every player on the team had a 20 point game.

"Our ball moves so well that it's hard to defend a moving basketball... if you want to stop there and then we're going to go there, and we're completely okay with it. And when you have a team of guys that like each other, that's when good things happen like that," Delaleu says.

This team prided itself on going against the odds, while still managing to be one of the best teams in the region. "I might be biased, but I tell my guys you're the best in this league. You're the best in the country," Delaleu says.

One game away from the championship, Bayhawks lost to Bunker-Hill, 91-74 in the semi-finals. Although, just like the have all season, they didn't go without a fight. They lost one of their biggest talents in center, Joshua Winbush after he was suspended for receiving too many technicals (4) for the regular season. In addition to that, the team was away on the road facing a team that had them beat in height and depth.

Although it was a lot to overcome, they still managed to come back in the second half to bring the game within two possessions, after trailing as much as 17. The Bayhawks didn't go all the way, but they overcame all their challenges, broke records, and did it all while growing together.

BRISTOL BAYHAWK BASKETBALL

THREE MAJOR PLAYERS ON THE TEAM



Marcus McCarthy.
Photographed by: Megan Holden



Left to Right: Coach Robert Delaleu, Zecaree Veiga, Joshua Winbush, and Derek Viveiros.
Photographed by: Mike Thomas, "The Herald News"

MARCUS MCCARTHY

Grade: Sophomore

Position: Starting Guard

League Statistics:

- #1 in assist per game with 8.4
- #2 in field goal (fg) percentage (pct) at 58.9
- #2 in steals per game with 3
- #3 in total points with 546

ZECAREE VEIGA

Grade: Sophomore

Position: Starting Guard/Forward

League Statistics:

- #4 in three-point fg pct at 44.1
- #7 in total points with 497
- #9 in points per game with 17.8

JOSHUA WINBUSH

Grade: Sophomore

Position: Starting Center/Forward

League Statistics:

- #1 in total rebounds with 284
- #1 in fg pct at 65.1.
- #1 in blocks with 3.6 per game

“Us three on the court at the same time, I think we're unstoppable.”

—Zecaree Veiga

HEALTH

THE BRISTOL GYM: GET FIT FOR WHAT FITS FOR YOU.

Yolanda Gonzalez | Contributing Student Writer | ygonzalez12@bristolcc.edu



Bristol students Mitchell Gauvin and Heather Parker using Bristol fitness center.
Photographed by: Megan Holden

Multiple studies have shown that exercise has helped with focus and memory which leads to better grade point averages. Mood and energy are also increased leading to more productivity in our days. This is a good way to meet new people and develop healthier habits for a lifetime. You can add all these benefits to your life by including the gym, in your schedule for FREE!

"It actually changed my entire life, to be honest," says sophomore Bristol student, Heather Parker, who has been going to the gym consistently for the last four months. "Since coming to

the gym, I've noticed different things with my academics. At home I feel like I'm more organized. I feel better about myself, my confidence. I can wear more clothes." She says by sticking with the regimen they suggested for her, she has already lost 20 pounds.

So, what is recommended for students that want to live this positive, healthier lifestyle?

In "Physical Activity and Public Health: Updated Recommendations for Adults," the American College of Sports Medicine and American Heart Association recommended that adults do moderate-intensity cardio

or aerobic exercise for at least 30 minutes on five or more days a week, or vigorous-intensity cardio or aerobic for at least 20 minutes on three or more days a week.

To get people to do that, the campus gym had a raffle for students that worked out in their facility called the Student Fitness Challenge. It took place from Feb. 4 through Mar. 2, and every time a student worked out for at least 30 minutes they got their name entered in the raffle for a chance to win a steel travel mug. Now only one of the students who did that three times a week had a chance to win the

grand prize, a Fitbit Charge 3.

The campus gym has various other ways to get students involved with a little something for everybody.

Diane Hamel, director of fitness for 24 years, welcomes the students to really explore the two-floor facility. "Students just walk by the open area look down the stairs and only see the first floor of equipment, which doesn't give you a good view of everything. Look at our basement floor where all the equipment is. Come on in and look and get a feel for what we offer. We can show you around."

The cardio equipment at our campus offers treadmills, ellipticals, arc trainers, recumbent bikes, and rowers. This is perfect for getting the heart rate going and muscles warmed up. The strength training equipment includes machines like the chest and leg press, free weights up to eighty-five pounds, and cable systems for stabilized exercises.

If you're unsure what to do, don't worry the instructor will help guide you. "If there's ever anything that I'm unsure about, she will literally stop whatever she's doing and come and show me how to do it and what's the best way to do it," says Parker. They also offer a variety of different classes that teach different exercises.

The group class times stay consistent throughout the year, but the class types vary depending on the instructors. >>

BRISTOL GYM CONTINUED...

Instructors are personal training certified with many years of experience. They teach multi-level classes, so all levels of fitness are taught. Yoga, dance, high-intensity interval training, Zumba, and karate classes are a few of the classes offered in G-building. Meditation is taught in the calm setting of the art gallery in H building to help "decompress, clear your mind of cobwebs and clutter" says Hamel.

"I did the yoga one and I did the all muscles ones. Those ones are really good," says Parker. "During that class, I learned workouts that I never knew...I like that you don't stop, whereas if I'm doing this myself and I get tired, I'm going to stop. But you're in a class, you ain't gonna stop because there's a bunch of people like, 'hey' cheering you on to do it."

To find out more about the classes offered, please visit the school website. It is recommended to make an appointment with one of the instructors to answer questions about one's fitness goals.

Located in the lower level of G-building at the Fall River campus, the gym is open to faculty, students and alumni with a campus ID. Proper dress is required, which is no jeans, boots, and shirts must always be kept on. Lockers are provided, so please bring a lock. For more information, you can call (774) 357-2296 or email Diane.Hamel@bristolcc.edu.

"Our philosophy is wellness. You won't see huge bars and people throwing weights. We only preach healthy," says Hamel.

Tell us how going to the gym impacted your lifestyle, and maybe how it can help others on Facebook at fb.me/TheBristolHawk.

WOMEN'S TRACK IS NOW AT BRISTOL

Andrew Carey | Staff Writer | acarey13@bristolcc.edu

Bristol Fall River - New semester, new clubs, new students. Students can now get involved with the new women's track and field team, which has just started practicing. The first track meet is on March 30, according to Director of Bristol Athletics Derek Viveiros.

John Sousa, coach of the women's soccer team, has been selected to be the coach of the new women's track team. Sousa has "experience as a head coach at Wareham High School for four years and has helped that program tremendously," says Viveiros.

Qualifications for the new track and field club are "to meet the NBCA standards, have an open mind, and be a full-time student," says Viveiros. "I would encourage female students to reach out to my email and to go on the BCC website."

Viveiros reflected how they came up with the women's track club because Bristol did not have a women's sports club and the regional opponents did. Viveiros also says the school now has the funding and a facility they could use to support the team. For now, the club will only be offered in the spring but might have practice in the offseason.

Viveiros is always excited to expand on new clubs and sports. So, if you are interested in joining the team or if you have any suggestions, contact him by email at Derek.Viveiros@bristolcc.edu.



Director of Bristol Athletics Derek Viveiros.
Photographed by: Andrew Carey

LOOKING FOR LOVE ONLINE Can Get You Killed.

Brian Casey | Managing Editor | bcasey13@bristolcc.edu

Love is hard to find. With today's technology, people trust their phones to help find locations, answers, and now love. Why not? Some people look at their phones more than they look at other people. Is finding someone to date online really the way to go? Although there are many benefits of finding true love online, many are unaware of the risk that may be involved.

Yes, it is an easier way to meet new people. A person goes online and enters some information on an online dating website, and then not too long after, they're connected with someone who is believed to have similar interests.

Do we really know the type of person we are meeting? Do we really take the dangers of online dating seriously, or does the chance of love cloud our thinking?

According to Detroit Free Press (DFP), 53-year-old women named Ranee Mckelvey decided to try her luck on a dating site, called Plenty of Fish after being divorced twice. Through the site, Renee met a 47-year-old man named David Reed. Less than a year later, they moved in together.

On February 11, 2018, Mckelvey was found dead in her home from suffocation. Also, the natural gas line was turned on with several candles lit. Three days later, Reed was charged for murder and attempted arson for Mckelvey's death.

DFP states, Reed was an ex-con that served 10-years in prison before being released and put on parole in August 2017. His record included "two counts of aggravated stalking, two counts to do great bodily harm, and illegal weapon possession. -details he left out of his dating profile."

This goes to show that you can't always trust what someone tells you. Even with unfortunate incidents like this happening, online dating continues to gain users.

According to DFP, "Online dating apps have exploded in popularity. A study by the Pew Research Center found that nearly 30% of people ages 18-24 used online dating sites. And it isn't just the younger crowd: 12% of 55- to 64-year-olds used the services in 2015."

Yes, online dating is here to stay. Although, as the popularity grows for these sites, so does the risk. Some people do find love, others find trouble.

According to DFP, in 2017, a pair of serial rapists were convicted. They were believed to be responsible for 28 reported rapes. They would lure the woman to meet them from online dating sites.

So, if you're going to use a dating website, be cautious. When you get a match online, it's important to do your homework!

Here are some tips:

- **Be cautious** of what information you put out there. Don't give up your specific workplace, or address.
- **Skype!** Don't always trust pictures that are given to you.
- **Ask questions** that they can't look up and shows who they truly are.
- **Test** their answer by asking the same question later in a different way and see if you get a similar answer.
- Watch for **red flags**. If you get any bad vibes and they avoid or hesitate to answer your questions, then walk away.
- Try to find or ask for their **social media accounts** to see pictures and more information about them.
- Do a **background check**. If someone has ever been convicted of a crime, it's public record. To find that reliable information, you can visit the clerk's office and use their database to search for convicted felons.
- If you do go out with someone online, **meet in a public place. Tell someone** where you two are meeting and have that person contact you in a half hour to see if everything is okay.

The internet can be a useful tool to help someone find love if used correctly. Just don't let your desire for love outweigh your safety.

"It's really a coin toss," says Bristol student and former online dating user Cameron Medeiros. "Most of the time you don't know that person."

Let us know your feelings or tips about online dating on Facebook at fb.me/TheBristolHawk.

Students' Opinions:



Naz Ellakas, Bristol engineering major.
Photographed by: Brian Casey

Ellakas has never used online dating, but says, "I feel like there is a lot of things that can go wrong with it because everyone is just hidden behind the screen." He also says if he did do online dating, he would do a background check and meet in a public place to be safe.



Kennedy Callahan, Bristol student, general studies major.
Photographed by: Brian Casey

Kennedy who has never done online dating says, "You definitely need to be cautious. I think there's a dangerous aspect to it, but it also could be a really good thing." She believes it's different "person-to-person," and the internet is a great way to meet people, but definitely meet in public and let friends know.



Paul Franco from athletics.
Photographed by: Brian Casey

"Why would you want to meet in a private place? There is no purpose, when you don't know them," Franco says. Franco has been working for Bristol fitness center for 29 years and has never done online dating. Although he says if he wasn't married, he would be open to it. "It's a good avenue to meet people...you see what they like, what they don't like," Franco says.

ART GALLERY



Holocaust victim Anne Frank.
Photographed by: Styles Vazques

HOLOCAUST PORTRAITS UNVEILED

Two portraits of Holocaust victims Anne Frank and Stephan Ross hang in the H-building's main lobby. The organizers selected Frank because she is the most recognizable victim and Ross because of his connection with Bristol as a speaker in 2011. South Coast schools and organizations collected nearly 600,000 garment buttons to create the two portraits. The Holocaust Center's goal is to collect 1.5 million buttons to represent the number of Jewish children who died during the Holocaust.



Left side artist Gabriella Rodrigues. Right side artist Michael Boulanger.
Photographed by: Styles Vazques



Holocaust victim Stephan Ross.
Photographed by: Styles Vazques