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Rec Services begins free week of exercise classes

BY AUDREY O’NEIL
News Reporter

Students at the University of Rhode Island are working toward a healthier lifestyle by participating in the Macal Field House’s Group Exercise “free week.” Macal sponsors a free week at the beginning of each semester which gives students a sample of the group exercise classes that are offered to students at the university throughout the semester. The free week for this semester is running from Sept. 9-15. Classes are held each day and start as early as 7 a.m. and end as late as 8:15 p.m. Some of the classes instructed during the free week include yoga, a.m. spin, sparring, kick, and zumba. The classes are held in both the Macal basketball court and Toottel dance studio to accommodate the large amount of students who attend.

Graduate student and senior pathology major Meaghan Falvo has been a fitness instructor at the Macal Fitness Center for five years.

“I was encouraged by my URI 101 mentor during my freshman year to start the classes and become involved at the gym,” Falvo said.” Once I realized how much I enjoyed attending the classes, I decided to become an instructor.” To become a fitness instructor, Falvo completed training and was required to become nationally certified. Falvo encourages all students to come and take advantage of the classes offered at the Macal Fitness Center.

“Free week is a fun great way to try out the classes that are offered and become involved,” Falvo said. “It allows you to exercise around your schedule and still get a great work out.”

Although she enjoys teaching all of the fitness classes, Falvo only instructs the “Hard Body” class this semester.

Senior medical lab major, Kelly Wiggin, has been attending the classes during free week since her freshman year.

“The classes are really fun and a great way to meet new people,” Wiggin said. “It gives you a new way to exercise instead of always doing the same routine at the gym.”

Although Wiggin would recommend attending the classes to new students, she also recommends getting there early.

“It gets especially crowded at the classes during free week and they only let a certain amount of students in,” Wiggin said. “So it is important to get there at least 15 minutes early to make sure you get in.”

Membership classes are offered throughout the semester, beginning on Sept. 16 and ending Dec. 14th. Students are able to purchase membership packages that work with their schedule. They are also able to purchase a class pass for $5.

The Rams, who hosted the University of Hartford women’s volleyball team won two of three matches at the Art Carmichael Invitational. The Rams, who hosted the event, defeated the University of Hartford and Canisius College before losing to Seton Hall University in the finale.

Rhody started the tournament off on the right note as they swept the University of Hartford, three sets to none (25-23, 26-24, 27-25). Senior Annie Nelson had 24 assists in the game, which put her in the 2,000-assist club, making her only the sixth Ram to do so in the team’s history.

“Everyone is looking for her [Nelson] to be the one,” head coach Bob Schaeck said. “So in senior center, we always stay consistent.”

Sophomore Catie Steffen led her team with 10 kills in the match. Junior Jill Anderson also pitched in with seven kills.

On Friday night, the Rams found themselves in an 0-2 hole against Canisius, as they dropped the first two sets 26-24 and 35-21. In the third set junior Britta Baarstad (11 kills) came off the bench and was the spark Rhody needed as the team went on to win three straight sets (25-20, 25-19, 15-9) to win the match.

Four Rhody players recorded double-digit kills in the victory. Sophomore Bailey Dowd posted a season-best 16 kills, Baarstad notched 11 and Anderson killed 10. Steffen got her third double-double of the season with career-high 22 kills and 13 digs.

Rhody was tested in an entertaining back-and-forth match in the finale against Seton Hall on Saturday. Seton Hall took the first set 25-17. Rhody rallied back won the second set 25-22. In the third it was Seton Hall again, this time 25-16. The fourth set was a win-by-two set as Rhody took it 27-25 to force the final set. A final set that the Rams dropped 15-11.

Baarstad and Steffen led the way for Rhody in the match. Baarstad had 10 kills, her second match in double figures. Steffen also had 10 kills making it six straight double-digit kill games for her.

Women’s volleyball takes two of three games in weekend tournament

BY JONATHAN SHIDELER
Sports Staff reporter

This past weekend, the University of Rhode Island women’s volleyball team won two of three matches at the Art Carmichael Invitational.

The URI student reflects on summer TV studio internship, shares experiences

BY JULIE DAWSON
Contributing News Reporter

Most internships don’t include visits from celebrities such as Cameron Diaz and Emma Stone, or public figures such as Michelle Obama, but for one University of Rhode Island student, it did.

For many people, it may seem a job that includes the aforementioned could only be envisioned in a dream, but for Jaime Giacomelli, a senior communication studies major, this dream-like job was just another day at her internship at “Live! With Kelly” (formerly known as “Live! With Regis and Kelly”) before her departure.

Giacomelli, who said she lives 20 minutes outside of New York City, wanted to work at “Live! With Kelly” because she knew several people that worked there and spoke highly of their respective jobs.

“Getting involved in a major corporation like that would boost my resume and help me get a job in the future,” Giacomelli said.

After being at her internship for six weeks, Giacomelli said she gained a new perspective on studio producing.

“I definitely learned a lot about production,” Giacomelli said. “I never really gave that a thought and it [was] actually very interesting.”

Giacomelli’s most memorable day at her internship was when the First Lady Michelle Obama was a guest on the show.

“IT was really great to see someone like [her] come into our studio. She was so down to earth and really nice,” Giacomelli said.

Continued on page 2

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Continued on page 2
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This scholarship is made available through the generosity of Shannon Chandler '83, Tom Shin '83, in memory of Paul H. Conway '34.
BY ALEX MCDEVITT
Contributing Entertainment Reporter

I don’t think I need to explain why AMC is one of the best, if not already the best network on cable television. I also don’t need to explain why Breaking Bad, Cranston, Aaron Paul and Anna Gunn are some of the best actors/actresses performing today. I don’t need to explain that four years ago as an idea that could have been taken as seriously as looking at the dad from “Malcolm In The Middle” selling drugs has now, in this writer’s opinion, spun away into one of the top-10 television shows of all time.

To tell the truth, I really wasn’t a huge Walter White fan. Neither was I in total support of the show when it first began to take over the airwaves back in 2008. In denial, I stuck to my old favorites such as “Lost,” “The Sopranos” and “The Wire.” This didn’t mean, however, that I wasn’t an early fan of smaller aspects of the show. I loved Bryan Cranston’s portrayal of the one-way teacher Walter White, Aaron Paul as a high school dropout junkie Jesse Pinkman and the always favorite-to-be-late wife Anna Gunn as Skyler White. Just a short while later, after the final shot of the season finale was up to complete interpretation, I can’t even imagine my life without a little more Walter White involved.

Flash forward to the present, and the first half of season five has just wrapped. The cards have been dealt, the players have been weaponized, and now everything is on the playing field. Right after we left off on season four, Walt and Jesse continue to figure out the fate of their cooking empire after taking out drug lord Gus from the pervious finale. We’re now eight episodes in, with only eight more before we find out the fate of the White family and everyone else involved. So with a thrilling train scene under our bell, provocative dinner table discussions, and perhaps one of the most intense scenes involving a prison environment in the bags, what is the ending result? We have the best season of “Breaking Bad” to date. Cinematically, performance wise, and in overall structure, this is TV at its finest.

What made the first half of season five (the other half premieres next year) so jarring is the finale itself. Where many fans might have loved episode seven, the most in the season, in the most, in the season that closure of one of the most interesting characters on the show in such a satisfying way, is how just subtle it is. Walt knows his career is growing back, Jesse knows his relationship with everyone around him is strained and Skyler knows that her husband has gone off the other end of sanity and that the safety of her family is slowly dwindling. Seeing past, present and future in the palm of his hands, Walt is finally beginning to get to the end of the trigger, or at the very center of the crosshairs. With his world of cocaine competition out of the way, and the feds seemingly never going to find him, Walt encounters his biggest threat of all his partners, his family, and even himself.

To many fans, seasons three and four with their action-packed hours of suspense showed just how much change “Breaking Bad” has gone through. You had shootouts, executions, assassinations and dramatic altercations that were in ways qualities form of TV for I found one to be a great stepping stone to the show needed to go to become more realistic and engrossing. Even the last shot of the final episode with a DEA agent asking us to envision the truth about our protagonist, just shows how brilliant this show has done. It’s a testament to the top of the top season six into awfully true scenes where a life of a once recognizable man has all but vanished from the naked eye. But come season five, where so many of the character’s fates are still in the balance of Walt’s crazed mindset, it’s the perfect “calm before the storm” effect that will ultimately lead Bryan Cranston and company to even higher stature of TV fame (and perhaps, award recognition.)

Where does “Bad” go by this point, with so much hard at, and with so much closed off from future predictions? Show creator Vince Gilligan ensures that the best intentions are going to be made to make these last eight episodes “Some of the most intense TV moments ever put on network air.” Will Walt quit the business, an empire that has essentially been carved out of murder and blackmail? Can Jesse, who has seemingly turned his life around, completely recover the very man only known as “Heisenberg” is really as close as a phone call away from becoming? Are perhaps the most intriguing, is Skyler finally coming to terms with her husband’s business, and that the man she loves and has devotedly loved for years essentially lost it? We shall find out. Season five part one didn’t answer everything fans wanted, nor did it start off the way fans had four had, but man does it set up the series finale up in the best possible way.

I continue to focus my attention on education after high school by attending community college. Two years later he entered the workforce as an employee of a Chicago gas company where he spent his days digging ditches. Eventually, Duncan quit this physically demanding job to move to California and pursue his passion for acting. At six-feet five-inches tall, Duncan first entered into the world of Hollywood entertainment as a bodyguard where he worked for actor Will Smith, rapper The Notorious B.I.G. and many others. Years later, after leaving his job in security, he began what would become a long lasting career as an actor. For many years he would be seen in TV shows, feature films and animated films. In 1998 the inexperienced actor landed a role in “Armageddon,” his first feature film that would end up being thestart to a brilliant career. The success of this film, paired with Duncan’s iconic role, began to propel him toward success.

Only a short year later, in 1999, Duncan received his career-defining role in “The Green Mile,” where he starred alongside Tom Hanks, who would become one of his close friends. Duncan’s portrayal of death-row-inmate John Coffey earned him an Academy Award nomination for best actor in a supporting role. Although he did not win the award, Duncan’s impactful acting in this role earned him respect in the acting community opening the door to future jobs.

In following years Duncan worked on a variety of films where he played roles like Manute in “Sin City” and Attar in “Planet of the Apes.” The television industry also featured Duncan in shows such as “The Finder.” He also spent time working as the voice to animated characters in many films such as “Kung Fu Panda,” “Green Lantern,” “Brother Bear” among others. All of his animated characters featured his deep, low voice.

Michael Clarke Duncan will always be remembered for the roles he played and his larger-than-life size. The roles he played made him an iconic figure, one that the movie industry will miss in years to come.

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Women's cross-country team runs into sixth place finish at Bryant Invitational

BY JAKE MARROCCO
Contributing Sports Writer

The University of Rhode Island women's cross-country team began the season in promising fashion Saturday morning with a sixth-place finish at the Bryant Invitational in Smithfield. While the Rams look to improve over the course of the next few weeks, the result of the team's first outing was a good start, according to head coach Laurie Feit-Melnick.

“I thought it was a good opener,” Feit-Melnick said. “We don’t have our entire team out there yet so for the women that did compete I thought it was a strong showing.”

Freshman Paige Ethier led the charge for the Rams with a sixth-place finish in the five-kilometer race posting a time of 18:24.6.

“[Ethier] did an outstanding job leading off the team,” Feit-Melnick said. “Being that this was her first collegiate race she ran great.”