Features/
"Getting back into the groove"
By NORIHIRO SASAKI Staff writer

What should Ohlone College students keep in mind to make better use of the fall semester?

The most important goal is to get back into school mode.

The long summer vacation, almost three months, is enough to change student habits.

Here are some tips from student leaders:

1. “You should be proactive,” said Marcus Tondre, vice president of the Associated Students of Ohlone College.
2. “It’s important to make a schedule for class, to make goals and to make friends in new classes.”
3. “There are a lot of cars every morning, so you may be caught in a traffic jam and sometimes you have to walk long distances after getting off a car.”
4. “Find a good place to eat. Students can eat good hot meals in the cafeteria located on the second floor of Building 5.”
5. “Get free tutoring if needed. Students can go to a tutoring center and get help out of a studying deadlock by going to http://www.ohlone.edu/registration/support.html#tutoring.

Ohlone’s Tai Chi team strikes gold

by MARRA-MARIE MAGASKY Features editor

Tai Chi is sometimes seen as a relaxing, easy exercise in which senior citizens do their spare time on a nice day at the park.

However, Ohlone College’s Tai Chi team exhibitied more than form and style as well as dedication and unity when they won gold and silver awards in the 4th Annual Tiger Claw competition in San Jose during June.

Team member Kevin Rabatan is in his second year of Tai Chi and has a background of Kung Fu said he thought that Tai Chi would be easy when he first started.

“Seeing the older people do it makes it look easy, but the more you put into it, the more difficult it gets,” said Rabatan. “Competition sets a goal, it makes you work harder and you have a reason to.”

“Real Tai Chi is like ballet,” said the Ohlone College Tai Chi Instructor Sifu May Chen. “The moves are repetitive, but it becomes a deeper meaning."

LeBeouf gives us his best acting skills playing the baby brother, Jason Clarke plays Howard, the middle brother, who is very outspoken and rather violent.

Forrest Bondurant, the legendary man played by Tom Hardy, is a man of very few words. He gives the occasional grunt, but most often a blank stare. Hardy really plays this character well and makes him intriguing, despite the little dialogue.

Maggie Beauford, a dancing city girl just looking for a quiet place to live, played by Jessica Chastain, has her eye on Forrest Bondurant. She soon finds out that Franklin Rakes is the man she was hoping for.

“Lawless” is a very entertaining, intense film with a lot of action to see. Hickeol did a fantastic job depicting the woes of the south back in the 1930s.

One could get the feel of how brutal and serious those days were with his vision of life and the set. The film angles are quite enjoyable for the bloody fight scenes as well as the talking scenes.

The combination of war, love and loss were all very powerful in the film, making it one for all to enjoy.

"Still rocking out with Sgt. Pepper"

By CAMERON LOPEZ Staff writer

It was 34 years ago today that the Beatles turned the music world upside down with “Sgt. Pepper’s Lonely Hearts Club Band.”

It spent a total of 27 weeks at number 1 in the United Kingdom and 15 weeks at No. 1 in America.

It is known all around the world for its iconic and controversial cover, winning Grammys in 1968 for Best Cover Art and Album of the Year.

When it comes to concept albums, “Sgt. Pepper” is the foreunner and even spawned the “bouncing down” method, a system that is used today by most artists today.

So much has been said about it, (and even more written) that it’s hard not to sound dull and monotonous when giving it any kind of praise.

Rolling Stone magazine calls it “the most important album of all time.”

Forrest Bondurant, the most difficult thing team, the most difficult thing was “the practice and doing the forms together,” said Chen.

She explained the Ying Yang of Tai Chi is that in letting go you get.

“If you mess up, you stand out,” said Rabatan.

“Tai Chi focuses on a lot of meditation. Team member Chloe Blancas with her second semester of Tai Chi said, “You mentally learn to be calm and regulate your thoughts.”

Rabatan agreed that Tai Chi helps him calm down especially with his retail job dealing with customers.

Ohlone College Tai Chi students have competed individually in the Tiger Claw competition since 2008. It wasn’t until Spring 2011 when Ohlone College formed a team to compete together.

The team goal is “to win and get the gold,” said Chen. "Competition brings our leadership qualities, willingness to put aside your ego, patience and cooperation.

The two major Bay Area competitions the Tai Chi team is looking forward to is the spring and Summer 2013 is UC Berkeley Martial Arts Tournament and San Jose Tai Chi Competition.

Chen is also thinking of other Qigong forms including the gold winning Five Form.

Tai Chi classes are open for students of all levels. Prospective 2013 team members Kyle Perez and Allan Hernandez, who both have some martial arts background and Andrea Ramirez, are currently taking the Tai Chi class.

“The class is easily modifiable for all levels,” said Chen.

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Things begin to go sour in the fall semester when the movie is played by Guy Pearce, shows up from Chicago. Rakes is a frightening, egotistic, hard-breathing man who is there to gain a portion of the money made from the three brothers.

He was willing to do whatever it took to get these profits, The Bondurant brothers, who have the idea that they are immortal, weren’t going to let that happen.

The youngest brother, Jack, played by Shia LaBeouf, is the quieter, less violent one of the three.

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