

Manhattan Beach Sun



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Weekend Weather Forecast

Friday

Cloudy

80°



Saturday

Cloudy

85°



Sunday

Cloudy

83°



Mustangs' 2008-09 Year in Review



The Mustangs went 10-4 and reached the CIF title game for the first time since 1997

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New Eagle Scouts Reflect on Their Experiences

By Evan Ortega

Three new Eagle Scouts from Boy Scout Troop 849 were presented with commendations by the Manhattan Beach City Council for attaining the youth organization's highest advancement rank. Mayor Portia Cohen told John Gunderman, Ryan Hadley and Andrew Vandenberg that their accomplishment was extraordinary considering how very few Boy Scouts become Eagle Scouts. According to the Boy Scouts of America (BSA), just five percent of scouts will earn the rank.

Councilmember and Eagle Scout Wayne Powell recently attended the troop's Eagle Court of Honor, where the scouts were presented with their awards. "It was an outstanding event," Powell said. "The scoutmasters, the parents, and everybody involved did a fantastic job, and it couldn't be to a nicer and more intelligent group of new Eagle Scouts."

Long Road

John Gunderman noted that when he first joined Troop 849, he never planned on becoming an Eagle Scout. "I was just there to have fun, and over time I started advancing through the ranks," he said. "And over time, it's strange because it gets closer and closer and you start thinking about it."

Gunderman eventually decided he wanted to be an Eagle Scout, which he recently earned just in time for his 18th birthday--the deadline for a scout to be eligible for the award. "Getting Eagle was like the final step; it was the defining point of my scouting career," he said.

Ryan Hadley explained that as a younger scout, he saw the award as a way to strive for excellence. "I wanted that for myself because I wanted to be perceived as one of those high achieving boys," he said. "Now I see it's really in my character that I was able to achieve this."

Hadley added that he was glad to see all of his hard work pay off. "I see now how much work and perseverance it takes," he said. "I feel like I stand out from a lot of other people in that I achieved something

that most people will never achieve."

Andrew Vandenberg likened becoming an Eagle Scout to the end of a long journey. "I think I really learned patience and commitment because you can't get eagle in a month," Vandenberg said. "Five years ago I didn't think this was possible."

Leadership and the Outdoors

The scouts first joined Troop 849 in 2002, attending meetings at the Scout House in Live Oak Park. They began to slowly advance in rank and earn merit badges as they developed outdoor and group skills. "One of the important things you learn is leadership," Gunderman said. "People have to be able to assess a situation and handle it effectively. If you can get that training, then that's always good."

All three scouts held leadership positions in

the troop, helping other boys learn scouting skills and leading them on trips. They learned leadership from talking to adult leaders and observing older scouts lead meetings. "Over time, through observing whoever was leading at the time, you would sort of catch on," Gunderman said. "It's not necessarily taking charge all the time, but making sure a task gets done."

Gunderman pointed out that scouts learned skills like tying knots and orienteering, which allowed them to go on trips across California. "One of the things I really enjoy about being a boy scout, at least with 849, is that there are a lot of outdoor activities," he said. "There is a lot of backpacking and rock climbing."

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CERT on the Move with New Board, CPR Class

By Karen Russo

The Manhattan Beach Badminton Club just purchased an automated external defibrillator (AED) and needed to know how to use it. The recent Community Emergency Response Team (CERT) graduates needed a refresher on cardiac pulmonary resuscitation (CPR). Thus CERT sponsored another CPR class, spanning four hours, as designed by the American Heart Association, with an explanation of the use of the AED. It took place at the Manhattan Beach's police and fire station with Official Paramedic Instructor and Engineer Brian Yount.

As Yount explained, CPR is given to a person who has stopped breathing and

who has no pulse. CPR alone will not result in saving a life. It is meant to keep the blood and oxygen going to the brain until professional emergency help, or someone with a defibrillator arrives. The brain stores only four to six minutes of oxygen. If it takes an additional 10 minutes or more for emergency help to get there, applying CPR could make the difference in whether someone lives or dies. Once there, the paramedics have 30 drugs on hand.

For those who have taken CPR, as I did long ago and have forgotten the specifics, here is the drill, referred to as ABC and 30-2. If you have not taken a

See CERT, page 6