# How to live free

**By Chaplain Allen Vaughan**

This Monday is the Fourth of July, and we will mark the 235th birthday of the United States of America.

On this day, perhaps more than any other day of the year, we will be celebrating freedom. There may be speeches, ceremonies, patriotic programs on TV, or articles written in the base newspaper about what it means to be free.

I don't intend to repeat those same messages in this article. So, instead of the topic of civil freedom, or public freedom, I want to talk about how we live our freedom on a very personal and even private level every day.

When it comes to living out or practicing our personal freedoms, there are two pathways from which we have to choose. The first pathway is a self-serving freedom, and the second is an other-serving freedom.

Now, at first glance, the self-serving freedom seems to be what real freedom is all about. On the playground as a child, I heard an example of this repeated often: "It's a free country. I can do what I want." As we grow older, we might hear from our teenagers: "Don't tell me what to do." We even celebrate this kind of self-serving freedom as adults when we pursue wealth, power or position because, "I'll have more freedom to do what I want" or "I'll be happier when I'm free!"

The cruel irony is that, the more we practice self-serving freedom, the more we become slaves to the very things we think will make us free, and slavery is the exact opposite of freedom. We can become slaves to our jobs that bring us more wealth, power and position. We can become slaves to our selfish needs and desires, because nothing is ever enough and someone else always has more of what we want.

On the other hand, other-serving freedom seems, at first glance, to be more like slavery and servitude. If I always have to think of other people's feelings before my own, it appears to be the very opposite of freedom. Other-serving freedom means that you may very likely have to give up some of your own desires in order to serve another. Sacrifice is a building block characteristic of other-serving freedom.

Though, on the surface, this may seem like a limitation of freedom, or even outright slavery, other-serving freedom is actually the path to true freedom. So, how does one do it? How does one truly live free?

• Make and keep your covenants, or agreements, with others. To put it simply: Keep your word! Make and keep a covenant with your family, with your spouse, with others, and with God. If you cannot keep your covenant with others, then you will be a slave to inconsistency and a slave to whims.

• Be honest with yourself and with others. Tell the truth! Once a lie is told, or a secret hidden, it takes a multitude of additional lies and secrets to hold up the first one. If you cannot tell the truth, then you will become a slave to lies and to the things you are trying desperately to keep hidden from others.

• Be humble. If you become a slave to pride, and never humbly admit that you could be wrong nor honestly assess your weaknesses, then that is when you are most vulnerable to falling from a great height. Military leaders know intuitively that overconfidence, complacency, and a blindness to your vulnerabilities is the quickest way to lose a battle.

• Be thankful. An attitude of gratitude prevents you from becoming a slave to entitlement. Many good people end up doing very bad things, because they feel a sense of entitlement. They might say: "I ought to be this… " or "I really deserve that… " When we become slaves to entitlement, we can quickly justify selfish, immoral or even illegal behavior, because we feel so strongly that we deserve more that what we have or what we are getting from others.

This Fourth of July, I hope you have a wonderful celebration of freedom. But, please remember that the freedoms so many people have fought and die for on our behalf over the last 235 years, are not only the public freedoms guaranteed in the Constitution.

The freedom we celebrate every day is also very personal. It is the freedom to serve others. God bless!

# CFAY installs new traffic signs

**Story and photo by MC2(SW/AW) John Smolinski, CFAY Public Affairs**

Commander Fleet Activities, Yokosuka (CFAY) Traffic Safety Division is installing new traffic signs in the vicinity of Sullivans Elementary School, Yokosuka Middle School, Nile C. Kinnick High School and other areas in an effort to clearly define school zone designations and increase safety here.

**Drivers will encounter one of the new stop signs installed at the intersection of 3rd Avenue and 4th Avenue near Sullivans Elementary School.**

In addition to installing all new school zone and stop signs, the speed limit throughout the base will also be adjusted in some areas.

All speed limits that were marked at 15 kilometers per hour (kph), including those within school zones, will go up to 20 kph. All speed limits that were marked 25 kph will go up to 30 kph.

For drivers who are more accustomed to miles per hour (mph), 15 kph is equal to 9.3 mph, and 20 kph is equal to 12.4 mph.

"The main reason for the speed limit change is to bring it up-to-date with the Department of Transportation's manual on uniform traffic control and device," said Mike Kretschmer, CFAY traffic safety officer. "The speed limit increase is not to let people speed, but to better accommodate the driver's ability to see the actual speed they are traveling at… cars that operate in kilometers per hour are marked on even increments like 10, 20, 30, 40."

The changes being made to the school zone signs are designed to help clearly mark the beginning and the end of school zones.

"We are also changing the big yellow school crossing signs that most American drivers are familiar with to the blue school crossing signs that are used here in Japan," he said.

Also, a new 3-way stop has been installed at two different locations. One located at the intersection of Duncan Street and 1st Avenue near the commissary and Sullivans Elementary School, and the other located at 3rd and 4th Avenues, near Yokosuka Middle School.

These updates are not limited to just the main base at Yokosuka. The CFAY housing detachments at Negishi and Ikego will also have their speed limit and school zone signs updated.

The work for these changes is projected to be completed by the end of July.

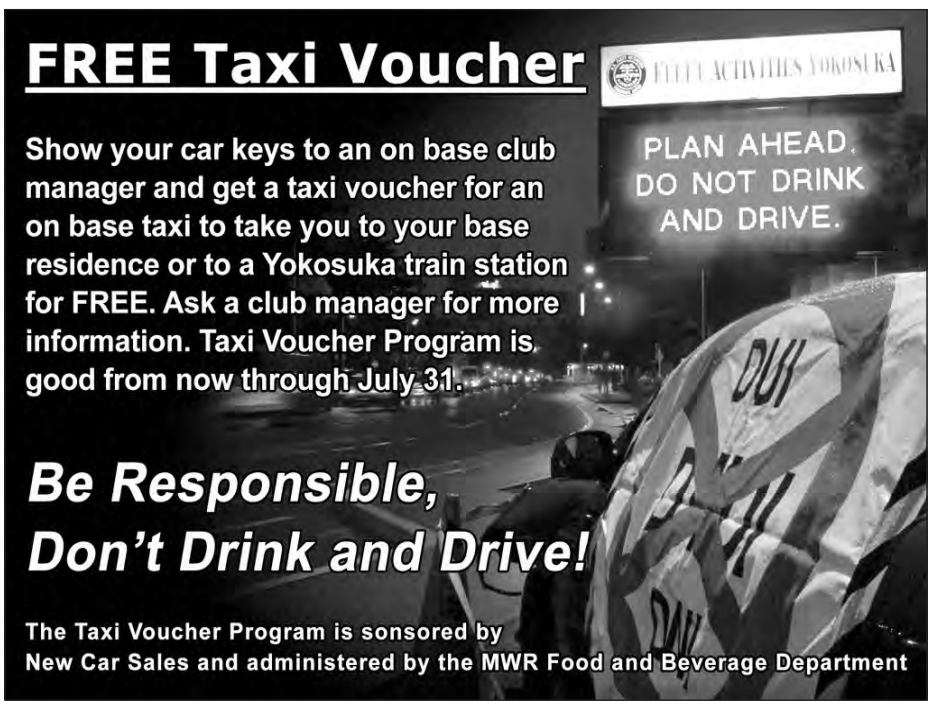
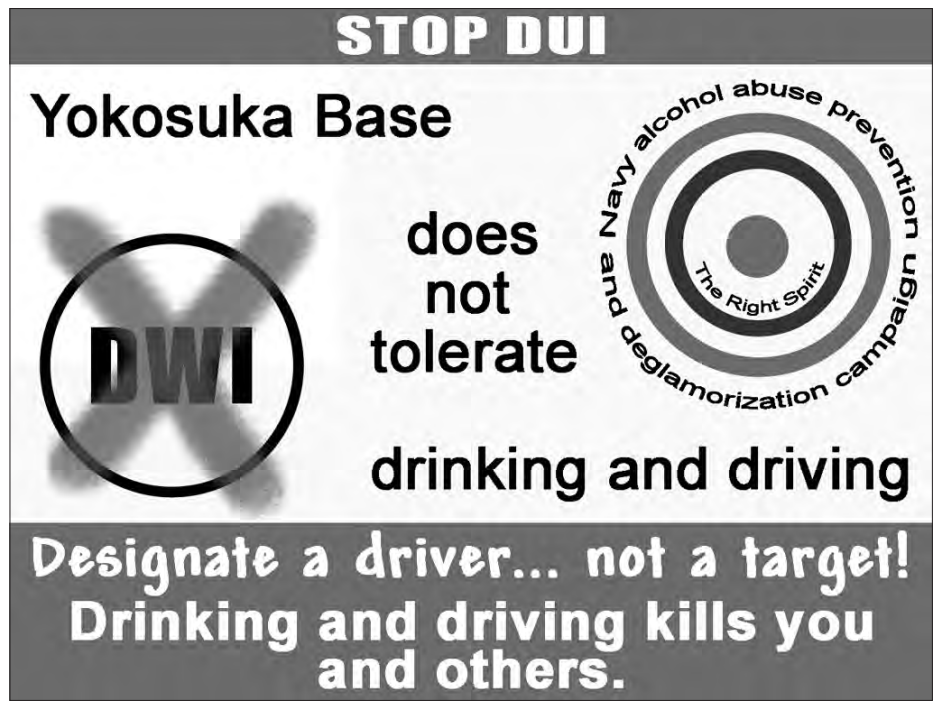
"Keep in mind that safety is important and that driving is a full-time responsibility," Kretschmer said. "Look for these changes to be coming soon and adjust accordingly."

# The editor asks:

***Did you know***, Presidents John Adams and Thomas Jefferson, both died, July 4, 1826, on the 50th anniversary of the adoption of the document that gave birth to the United Sates of America?

Adams last words were "Jefferson still survives," not knowing Jefferson had passed away earlier in the day.

However, Adams had lived long enough to see his son, John Quincy Adams, become America's sixth president.

Though they were friends, Adams and Jefferson were opponents in quite a few political issues, however both were proponents of the Declaration of Independence, which was written by Jefferson and defended by Adams.

Additionally, in 1850, James Monroe, the 5th President of the United States, also died on the July 4.