Up with God!

By Chaplain Norbert Karava

Of all the standards under which humanity has trod the path of its history, probably none has been more problematic and controversial than religion, which has survived every attempt of eradication by even the most violent and systematic of juggernauts.

The Marxist philosophers with whom I chatted into the wee hours of early morning on the clickity-clack trains of communist Poland saw the withering of religion into historical irrelevancy within 30 years as more certain than the setting of the sun.

The most perfect of all atheist regimes, Albania, under Enver Hoxha, in which not a single church, synagogue, mosque or temple was open and baptism was punishable by death, has passed and the faithful have returned to their sacred places with their prayers on their lips.

The church has survived even the likes of the indomitable Jesse "The Body" Ventura, who proclaimed that "religion is for the weak-minded."

In the meantime, religion, whether we quibble over the epithet "fundamentalist" or not, has reasserted itself blatantly, to the embarrassment of its critics. Pray tell, oh secular oracles of man not-in-the-image of God!

What is it about man, since emerging from the mists of his own unclear past, inspires him to reach, not only beyond his mere self, but causes him to pine for the uncreated and divine?

The wonders of nature, the glorious risings and settings of the sun, the mountains, the seas, our relationships, friendships, romances, empires, victories, pyramids, trophies, trinkets, republics and all our various other baubles notwithstanding, there it is, the protest of the heart that brings about the most radical of all postures of the spirit, otherwise known as "religion."

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The new commander then took time to speak and thanked Weed for all he has done for the community.

"He has turned over to me a most excellent command; he has done an outstanding job here." said Owen. "Its been about 10 years since I was here and just by walking through the gate you can see all the improvements and that is a testament to his hard work."

CFAY Commanding Officer Capt. David A. Owen and Capt. Daniel L. Weed cut the ceremonial cake together during the reception following the CFAY Change of Command June 25.

Photo by Yuji Kawabe

Owen, like Weed, also stressed the importance of the U.S. – Japan alliance.

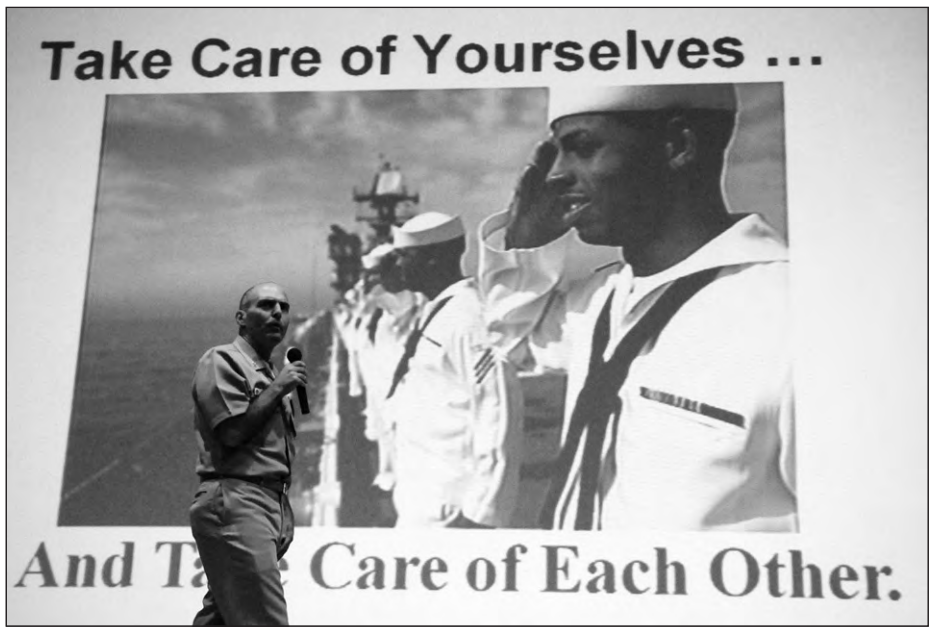
"I knew more than 10 years ago when I served here and I believe it today, that it is the most important alliance we have and the strongest one," said Owen. "There is no doubt in my mind that no matter what happens, as our team comes together, that we can work through anything and I look forward to those challenges when they come."

Owen comes to CFAY from Afloat Training Group Atlantic, Norfolk, Va. This will be Owen's third tour of duty in Japan; he previously served on *USS Independence* (CV 62) and was assigned to the Combat Plans Directorate as an action officer in the joint staff of United States Forces, Japan located at Yokota Air Base.

Off duty safety of Sailors, family members, key concern for Navy

By Naval District Washington Public Affairs

Every day in the United States, 55 people die and another 58,000 people are injured as a result of an accident in the home, according to statistics released by the Home Safety Council. Common fatal or injury incidents include falls, fire, carbon monoxide (CO) poisoning and drowning.



Naval Safety Center Command Master Chief Dominick Torchia gives a safety presentation to Sailors at Commander Fleet Activities Yokosuka June 21. Torchia and Rear Adm. Arthur Johnson, commander Naval Safety Center visited Japan to educate Sailors about potential dangers both on and off duty.

U.S. Navy photo by MC3 Andrew Ryan Smith

Falls are the leading cause of emergency room visits among children and are also the leading cause of injury and deaths at home for older adults. Tips for preventing falls include installing grab bars in the shower and bathroom and placing bright lights over stairs, steps and landings. Other safety measures include handrails on both sides of stairs and using baby gates at the top and bottom of stairs if infants are in the home.

One out of four people die from poisoning at home every year, so it is important to ensure that poisons are locked, away from children, avoid mixing chemicals and read all instructions on medicine.

CO is the number one cause of poisoning deaths in the United States. According to the Journal of the American Medical Association, there are approximately 2,100 unintentional deaths and 10,000 injuries from CO every year in the U.S. The use of CO alarms could potentially prevent many of these fatalities and injuries.

Safety tips include installing alarms that have been tested by an independent testing laboratory inside the home and calling the local fire department's non-emergency telephone number to find out the correct number to call if the alarm sounds.

In addition to working carbon monoxide alarms, it is also important to install smoke alarms which can cut the risk of dying in the home by nearly half.

Tips to prevent death or injury from fire include staying by the stove when cooking, blowing out candles if you leave the room and placing space heaters away from anything that can burn.

Another significant safety problem is choking. According to the Home Safety Council, half of the number of children who die before age one die from choking or suffocation.

Items that can fit through a toilet paper tube can cause a child to choke. The council also insists that parents should not put pillows, comforters or toys in a baby's crib.

Water safety is a key concern for the Navy's safety center. The Navy experienced eight deaths in 2009 as a result of off-duty drowning.

Measures to protect a persons residence from being the site of a water related injury or death include erecting a fence around the entire pool and ensuring that children are supervised at all times.