

*Our Yard*

SUN SHIPBUILDING AND  
DRY DOCK COMPANY  
CHESTER, PA.

*July 1957*

# **FREEDOM HAS MORAL RESTRAINTS**

## **And an Obligation to Participate In Its Preservation**

There was when every boy looked forward to the day he got out of bed in the crack of dawn to set off torpedoes and fire crackers. Everybody wakes with a start—and by the time little girls were waving the fairy-like wands, sparking every man, most people had reflected on the reason for it all—the Fourth of July.

"Free and Independent States" had been proclaimed by the Continental Congress in 1776 with the signing of our Declaration of Independence. Liberty for everyone, for which fifty-six colonial patriots affirmed: "And for the support of this Declaration, with a firm reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor."

**Question:** Independence from what?

**Answer:** From a tyrannical government for removal—one in which they had no representation.

**Question:** By what right did they take this rebellious step?

**Answer:** "All men . . . are endowed by their Creator with certain unalienable Rights . . . when a long train of abuses and usurpations . . . evinces a design to reduce them under absolute Despotism, it is their right, it is their duty to throw off such Government."

Yes, they were accused of treason, and even hunted like criminals, despite the fact that the source of their right to take this action was Almighty God. The signers gave evidence of this by "appealing to the Supreme Judge of the world for the rectitude of" their intentions, and placing "a firm reliance on the Protection of Divine Providence."

There are the fireworks and torpedoes, in the name of safety—and unfortunately, gone too is that universal patriotic enthusiasm. Changes are that on this July Fourth speeches will praise, worldwide, indiscriminate heartache, misplaced foreign aid and concentration of power is necessary. Do you think they might learn about the hands for American Independence and pledge those Divinely-inspired, Constitutional principles upon which our Freedom rest? I do.

I think the flag waving of old is still the best Fourth of July. No amount of hunting can portray the meaning as well as our flag. The success of communist brain-washing of American prisoners of war clearly revealed that we have fallen down on honoring a real love of Country—and explaining the real meaning of Independence.

Reading about the Declaration of Independence at the family dinner table on July Fourth, might be a good first step in reaffirming Freedom under God in America.



**SUN HULL 600**  
**U. S. N. S.**  
**SHOSHONE**

ON A  
 BUILDER'S  
 TRIAL  
 TRIP  
 IN  
 ROUGH  
 ATLANTIC  
 WATERS

SHOSHONE'S TRIAL TRIP WAS A SUCCESSFUL ONE, AS REPORTED BY CAPTAIN W. H. "BOB" HARRIS, COMMANDER OF THE SHIP, WHO IS NOW ON HIS WAY TO NEW YORK TO ASSIST IN THE REPAIRS OF THE SHIP AFTER THE TRIAL TRIP.

THE SHOSHONE'S TRIAL TRIP WAS MADE UNDER THE BEST OF CONDITIONS. THE SHIP WAS LAUNCHED IN THE MIDDLE OF THE TRIAL TRIP AND WAS UNDERWAY IN THE MIDDLE OF THE TRIAL TRIP. THE SHIP WAS UNDERWAY IN THE MIDDLE OF THE TRIAL TRIP AND WAS UNDERWAY IN THE MIDDLE OF THE TRIAL TRIP.



**OLD YARD CAFETERIA DOWN - #1 SHIPWAY EXTENDS**



FROM LEFT TO RIGHT: CAPTAIN W. H. "BOB" HARRIS, COMMANDER OF THE SHIP, WHO IS NOW ON HIS WAY TO NEW YORK TO ASSIST IN THE REPAIRS OF THE SHIP AFTER THE TRIAL TRIP.

Continuing the program of cleanup, the old steel plant is now being re-erected on the site of the old steel plant. The new steel plant is being re-erected on the site of the old steel plant. The new steel plant is being re-erected on the site of the old steel plant.



Plans for steel plant are being discussed. The steel plant is being re-erected on the site of the old steel plant.

**"TAKE YOUR PLACE IN LINE"**

The steel plant is being re-erected on the site of the old steel plant. The steel plant is being re-erected on the site of the old steel plant. The steel plant is being re-erected on the site of the old steel plant.

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## PILE DRIVING PROCEEDS

### ESTABLISHING TWO SHIPWAYS TO 5,000-TON CAPACITY

Along the Astoria, Oregon, waterfront, workers installed the piles for the second shipway. The first shipway, built in 1972, is now being replaced by a second shipway to provide a total of two shipways, each capable of accommodating two 5,000-ton barges.



The second shipway is being built at the Astoria waterfront. The first shipway, built in 1972, is now being replaced by a second shipway to provide a total of two shipways, each capable of accommodating two 5,000-ton barges.



as well as a complete pile-driving rig. It is being used to drive a large pile instead of being used to drive the second shipway.

The shipway structure is being built on a barge. The barge is being used to transport the pile-driving rig. The rig is being used to drive a large pile into the ground. The pile is being driven into the ground by a pile-driving rig. The rig is being used to drive a large pile into the ground.

The pile-driving rig is being used to drive a large pile into the ground. The rig is being used to drive a large pile into the ground. The rig is being used to drive a large pile into the ground. The rig is being used to drive a large pile into the ground. The rig is being used to drive a large pile into the ground.

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## How To Work Without Straining

The average worker spends a large part of his day in a crouching or stooping position. This is true of the farmer, the construction worker, the factory worker, and the office worker. The result is a strain on the back and neck, which can lead to chronic pain and disability. The following are some of the most common causes of back strain:

- 1. **Improper lifting technique:** Lifting a heavy object from the floor by bending over and reaching down with the back is a sure way to strain the back. The correct technique is to bend the knees and lift with the legs.
- 2. **Repetitive motions:** Repeating the same motion over and over again, such as lifting boxes, can lead to back strain.
- 3. **Carrying heavy loads:** Carrying a heavy load on the back for a long period of time can lead to back strain.
- 4. **Awkward postures:** Working in an awkward posture, such as crouching or stooping, can lead to back strain.
- 5. **Overexertion:** Pushing or pulling a heavy object with too much force can lead to back strain.

There are several ways to avoid back strain:

- 1. **Use proper lifting technique:** Bend the knees and lift with the legs.
- 2. **Take breaks:** Take short breaks every 30 minutes to stretch and rest.
- 3. **Use proper posture:** Stand with the feet shoulder-width apart and the back straight.
- 4. **Use proper carrying technique:** Carry heavy loads on the front or back, not on the side.
- 5. **Use proper pushing and pulling technique:** Push or pull with the arms, not the back.



By following these guidelines, workers can avoid the most common causes of back strain and keep their backs healthy. It is important to remember that back strain is a preventable condition, and workers should take the time to learn and use proper lifting and carrying techniques. If a worker experiences back pain, it is important to stop work immediately and seek medical attention. Back strain can be a serious condition, and it is better to be safe than sorry.



When lifting or carrying heavy loads, it is important to use proper technique to avoid back strain. One of the most common mistakes is to lift a box by bending over and reaching down with the back. This puts a great deal of stress on the lower back. A safer way to lift a box is to bend the knees and lift with the legs. This keeps the back in a more neutral position and reduces the risk of injury.

### SAFE LIFTING METHODS

There are several key principles to follow when lifting or carrying heavy loads:

- 1. **Keep the back straight:** The back should be in a neutral position, with the head, neck, and spine in a straight line.
- 2. **Bend the knees:** When lifting a box, bend the knees and lift with the legs. This keeps the back in a more neutral position.
- 3. **Use the arms:** Push or pull with the arms, not the back.
- 4. **Take breaks:** Take short breaks every 30 minutes to stretch and rest.
- 5. **Use proper carrying technique:** Carry heavy loads on the front or back, not on the side.

By following these guidelines, workers can avoid the most common causes of back strain and keep their backs healthy. It is important to remember that back strain is a preventable condition, and workers should take the time to learn and use proper lifting and carrying techniques. If a worker experiences back pain, it is important to stop work immediately and seek medical attention. Back strain can be a serious condition, and it is better to be safe than sorry.



# SUN SHIP Junior Members



From left to right: *[Names are illegible]* and *[Names are illegible]* are the two members of the Sun Ship Junior Club who are pictured in this photograph. At Center: *[Name is illegible]*, a member.



*[Names are illegible]* and *[Name is illegible]* are the two members of the Sun Ship Junior Club who are pictured in this photograph.



From left to right: *[Names are illegible]* and *[Name is illegible]* are the two members of the Sun Ship Junior Club who are pictured in this photograph.



*[Name is illegible]* is the only member of the Sun Ship Junior Club who is pictured in this photograph.



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Mr. Raymond J. Dwyer, Executive Director of the American Red Cross, presented the 1957 May Award to Mr. J. J. [Name] and Mr. [Name] for their outstanding service to the community.

Mr. [Name], of the [Name] Company, presented the 1957 May Award to Mr. [Name] and Mr. [Name] for their outstanding service to the community.

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**May Awards  
1957**



**Service—Loyalty**  
50 Years

The [Name] Company, Chicago, Illinois  
1907-1957





**Sen. Dny. MURPHY and MURPHY (Seated, Second from Right) with 2016 Annual Donors**

PHOTO COURTESY OF SEN. MURPHY



**Sen. Dny. MURPHY (Seated, Second from Right) with 2016 Annual Donors**



**Sen. Dny. MURPHY (Seated, Second from Right) with 2016 Annual Donors**



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## 1966-67 SUN SHIP BOWLING WINNERS



WOMEN'S LEAGUE



WOMEN'S LEAGUE



WOMEN'S LEAGUE



WOMEN'S LEAGUE



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# OUR YARD



**59 & 60**  
**YOUTH CENTER**

**Dr. J. "Mack" Brady**

Dr. J. "Mack" Brady, a prominent figure in the community, is shown in a portrait. He is wearing a dark cap with a circular emblem and a dark jacket over a white shirt. The portrait is a black and white photograph, capturing him from the chest up, looking slightly to the right of the camera.



Portrait of a young man, likely a member of the youth center, wearing a dark cap and jacket.

The youth center provides a safe and supportive environment for young people. It offers various programs and activities that help them develop their skills and interests. The center is staffed by dedicated professionals who are committed to the well-being of the youth. Through these programs, young people can gain valuable experience and build self-confidence. The center also serves as a place where young people can find a sense of community and belonging. It is a place where they can learn, grow, and thrive.

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# SPORTS WETHER!!

By Eddie Brown

There is a lot of talk about sports these days. It is a very popular subject and one that everyone seems to have an opinion on. Some people think it is a waste of time, while others think it is a necessary part of a well-rounded education. In my opinion, sports are a very important part of life and should be encouraged in schools.

One of the main reasons why sports are important is that they help to build character. Through sports, students learn to work as a team, to follow rules, and to handle both victory and defeat with grace. These are all valuable life lessons that can be learned through sports.

Another reason why sports are important is that they provide a healthy outlet for energy. In today's world, many children are sitting at desks all day long, and this can be very tiring. Sports allow them to get their energy out and to have fun. This is especially true for children who are very active and who love to move.

Finally, sports are important because they help to build self-esteem. When a student participates in a sport and does well, it gives them a sense of accomplishment and pride. This can be very motivating and can help them to become more confident in themselves.



Miss Mary Brown

She is a very nice girl and she is very smart. She is a member of the school choir and she sings very well. She is also a member of the school sports team and she plays very well.

She is a very hard worker and she always does her best. She is a very kind and helpful person and she is always willing to help others. She is a very popular girl and everyone likes to be around her.

There are many different types of sports and everyone has their own favorite. Some people like to play team sports like football or basketball, while others like to play individual sports like tennis or golf. No matter what sport you like, it is important to remember that the most important part of sports is to have fun and to stay healthy.

So, if you are looking for a way to stay healthy and have fun, sports are a great choice. They are a fun and exciting way to spend your free time and they can help you to become a better person. So, go out there and play!



He is a very nice boy and he is very smart. He is a member of the school chess team and he plays very well. He is also a member of the school sports team and he plays very well.

He is a very hard worker and he always does his best. He is a very kind and helpful person and he is always willing to help others. He is a very popular boy and everyone likes to be around him.



Mr. Brown and Mr. Smith are both very nice men. They are both very smart and they are both very kind and helpful people. They are both very popular men and everyone likes to be around them.



**WATERBURY STRIPED BASS** - *Illustration by*

**JOINT**

A fish's skeleton is made of cartilage, which is a soft substance that is stronger than bone. It is made of a substance called chondrin. The fish's skeleton is made of cartilage, which is a soft substance that is stronger than bone. It is made of a substance called chondrin. The fish's skeleton is made of cartilage, which is a soft substance that is stronger than bone. It is made of a substance called chondrin.

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**TRY FOR THE TYPE**

1. Buy your fish and examine it closely for the following reasons.
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5. Buy your fish and examine it closely for the following reasons.



**LET'S HONOR**

It is the fishermen's duty to honor the fish and the sea. It is the fishermen's duty to honor the fish and the sea. It is the fishermen's duty to honor the fish and the sea. It is the fishermen's duty to honor the fish and the sea. It is the fishermen's duty to honor the fish and the sea.



**WATERBURY STRIPED BASS** - *Illustration by*

*Red and Gun Notes . . . . . by Miss Knott*



**DEERBACK** *Common Cymatid*

This fish is found in the waters of the Atlantic coast. It is a common fish and is found in the waters of the Atlantic coast. It is a common fish and is found in the waters of the Atlantic coast. It is a common fish and is found in the waters of the Atlantic coast. It is a common fish and is found in the waters of the Atlantic coast.



**GREEN PICKEREL** *Sea Yellowtail*

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# SUMMER DISHES - OUTDOORS

BY ERNEST HORNBEAK

**SUMMER BIRD DISHES**  
**CARAMEL FRUIT SOUP**  
**SOUP WITH CORN AND BAKED**  
**SPECIAL HORSERADISH SOUP**  
**SOUP WITH BEAN**  
**SOUPING OUR WAY**

**SOUPED MEAT SOUP**  
**POULD SOUP**  
**SOUP**  
**SOUP WITH BAKED**  
**AND SAVE THE**  
**WARRIOR**

**SOUPING OUR WAY** is a series of recipes for soups that are easy to make and delicious to eat.

**SOUP WITH CORN AND BAKED** is a simple soup that is perfect for a hot day. It is made with corn, beans, and a little bit of meat.

**SPECIAL HORSERADISH SOUP** is a spicy soup that is perfect for a hot day. It is made with horseradish, beef, and a little bit of meat.

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**FROM [OM] 000**



The people of the [OM] 000 are a brave and noble people. They are known for their strength and courage. They are a people who live in harmony with nature.



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## Fiscal Conduct Of Your Government At A Glance

Previous government spending is not approaching the high point of World War II spending of over 100 billion dollars. "Contingencies for Defense" and a "defense mobilization" plan are credits that have followed the last world war with the addition of support for scientific research abroad. They have been added since the Korean War.

Normally the administration receives more responsibility for the nation's future and the kind of government that represents the future. There is hope for the full people's participation in the decision-making process in the long-range program of our nation.

There will continue to be an opportunity for government action to benefit people in a variety of ways from an increased budget.

## What A Family Can't Do Government Does

What a family can't do, government can do. Government can provide a safety net for the unemployed, the elderly, the disabled, and the poor. It can provide a system of public education, a system of public health care, and a system of public housing. It can provide a system of public transportation, a system of public utilities, and a system of public parks and recreation. It can provide a system of public defense, a system of public justice, and a system of public culture.

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