



Display

&lt; 2 / 12 &gt;



Pages



Puzzles



Editions



Print



Download



Share



Search



Menu

ne Three  
nd 3 p.m.  
the Aiken  
brary, 314  
W. Seating  
rary can-  
e groups.  
ation, visit

Saturday. The museum fea-  
tures exhibits and resources  
related to the Savannah River  
Site and the Cold War. Ad-  
mission is free. For more in-  
formation, call 803-648-1437  
or visit [srsheritagemuseum.org](http://srsheritagemuseum.org).

#### THURSDAY

**Porkchop Productions will perform "The Totally Twisted Tale of the Three Little Pigs" at 2:30 p.m.** Thursday, July 17, at the Wagener Branch Library, 204 Park St. N.E. Seating is limited. The library cannot accommodate groups. For more information, email [jennieb@abbe-lib.org](mailto:jennieb@abbe-lib.org).

**4 Cats in the Doghouse play jazz from 7 to 9 p.m.** Thursdays at The Willcox, 100 Colleton Ave.

#### FRIDAY

**Porkchop Productions will perform "The Totally Twisted Tale of the Three Little Pigs" at 10:30 a.m.** Friday, July 18, at the Nancy Carson Library, 135 Edgefield Road, North Augusta. Seating is limited. The library cannot accommodate groups. For more information, email [reeneb@abbe-lib.org](mailto:reeneb@abbe-lib.org).

#### Departments

##### Publisher

Randy Mitchell, 803-644-2345,  
[rmitchell@aikenstandard.com](mailto:rmitchell@aikenstandard.com)

##### Multimedia Sales Manager

Maidi Thompson, 803-644-2369,  
[mthompson@aikenstandard.com](mailto:mthompson@aikenstandard.com)

##### Executive Editor

##### Circulation



#### Vacation Stops

Home delivery can be paused for vaca-  
tion. Please note, your digital access will  
remain active during your time away.

#### Payment

Payment should be made directly to the  
Aiken Standard to ensure proper credit to

neely, even with guidance,  
she said.

Vasquez said during the  
camp the kids learned about  
forestry, survival skills, wild-  
life, watersheds and storm  
drains. She said the campers  
also learned that whatever  
trash is put down the storm

five hours to complete both  
murals.

He said a group of 8- to  
10-year-olds worked on one  
mural while another group of  
campers, between the ages of  
10 to 12 years old, worked on  
another one.

He said Vasquez wanted

didn't know they needed to  
get away from how technol-  
ogy is so integrated into our  
lives now," she said.

Marcus Shock, assistant  
recreation director for Edge-  
field County Recreation  
Department, said the kids  
watched robot go down a

community as well," he said.

**Bianca Moorman** is a  
reporter for the Post and  
Courier North Augusta/  
The Star with a focus on  
community, public safety  
and more. Follow her on X  
[@biancarmooman](https://twitter.com/biancarmooman).

be augmented with aerobic  
exercises like walking or  
running — or even climb-  
ing stairs.

Let's let Dr. Rafael Escamilla, a biomechanist and physical therapist at Sacramento State University in California, and Dr. Michael Stone, a sports scientist at East Tennessee State University, walk us through the possibilities and their pluses and minuses, depending on your age, your motivation and your goals.

Both are internationally recognized experts, college professors and former competitive weightlifters who still work out almost daily. Both suggest a medical check if you're just starting out and the guidance of a trainer at the beginning. Most suggest strength training two or three times per week.

#### Dumbbells and barbells

We're talking primarily about dumbbells, barbells, kettlebells and medicine balls.

"If you're relatively healthy, free weights are the way to go," Stone told The Associated Press. "They have more carryover to daily life — to lifting things. It transfers better. In daily life you pick up your grandchildren, pick up the groceries."

Free weights are also more versatile, accommodating natural movements that a machine will not allow. Free

weights before, go into some body who knows something about it," Stone added.

#### Weight machines

This is probably the least intimidating option for the beginner. The machines offer stability and a fixed pattern of movement and they give beginners a chance to get familiar with the movements involved in strength training.

"Machines are a good way to start," Escamilla told The Associated Press. "They're safe and easy and you don't need a lot of technique or skill to do them."

Escamilla pointed out they also reduce the risk of injury, isolate muscles and help build confidence as you're starting out. The machines also are more time effective.

"Start here and then you can gravitate to free weights and other options," Escamilla said.

#### Resistance bands and tubes

These are the most portable options. They can help to build muscle, improve flexibility and balance, and avoid the need to sign up for gym membership. The bands or tubes are made of elastic and come in a variety of sizes and resistance levels — how far they stretch and how difficult it is to stretch them.

Bands also come in fabric models.

"They take up no room

## SRMC summer interns volunteer with local nonprofit



SUBMITTED ARTICLE  
[mystory@aikenstandard.com](mailto:mystory@aikenstandard.com)

More than 40 bags of trash were picked up by Savannah River Mission Completion summer interns as part of a community service opportunity to support Clean Up Aiken!

CUA is a nonprofit organization that works to remove, and put a stop to, litter on roads and beside waterways in Aiken County, S.C.

On June 13, SRMC interns and CUA worked together on the interns' day off from work to pick up trash along a four-mile stretch by one of the entrances to the Savannah River Site — a task that ended in 45 bags of trash collected and cleaned from the area.

This volunteer opportunity is a chance for summer interns give back to the community and environment, said Intern Program

Coordinator Allison Brinkley, SRMC Talent Acquisition projects/programs lead.

"Here at SRMC, we believe in giving time, talent, and treasure," Brinkley said. "This summer intern project gave the students a chance to learn about the company's culture directly by giving some of their time to a necessary cause. We're very pleased with their work to help the community."

SRMC summer intern David Igwe decided to volunteer because he wanted to play a part in taking care of his summer home.

"This opportunity allowed me to learn more about Aiken from people who are proud to call it their home," Igwe said. "I relocated to Aiken for my summer internship, and I thought the clean-up was a great way to get involved in my new community."

SRMC summer intern David Igwe joined other summer interns to support local nonprofit Clean Up Aiken! by picking up more than 40 bags of trash along one of the entrances to SRS.

SUBMITTED PHOTO



# WE TAKE PRIDE IN YOUR RIDE