

TALKBACK

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Home appliances

Most appliances in homes now are not able to take more than 50 pounds of pressure. If you have more than 50 pounds coming into your home, you should use a regulator.

Free education?

Whatever happened to a free education? I'm sick of standing in lines to register my child for school and pay a \$65 fee while others pay nothing and drive cars far better than anything I've ever dreamed of and eat free lunch. It's time for equal justice. Parents should refuse to pay school fees.

School athletics

Yes, everyone in Aiken will be thrilled about how much money athletics generates for the schools. We are oblivious to how profitable this enterprise is.

If the athletic programs are making so much money, why does the school system fund them?

Lockerbie bomber

I am dismayed that the Lockerbie bomber is being let go by Scotland.

Teach texting

We should devote more time to finger painting and how to text while driving if we're going to cut out things students will never use like football. These are much more useful than math and science.

Why listen less?

I can't believe that someone said Congress needs to listen less. I am amazed by such an ignorant comment.

Get rid of trucks

This is in reference to an article on Mr. Willing's rights to his unsightly truck eyesore on Highway 1. He doesn't own the right-of-way where about 30 trucks are permanently located in front of the evergreen trees. Now that metal is more valuable and the County needs more tax income, these trucks should be removed by the County and sold. Or, since the County will most likely do nothing, Willing could help our non-responsive County by cleaning up the mess and selling his entire inventory for a real profit. This illegal parking is not only an eyesore but a menace to traffic.

Call our TalkBack hotline at (803) 644-2384 and leave your message, or e-mail it to us at editorial@aikenstandard.com. Readers' names are not necessary to make a comment and will not be published in the newspaper. Comments should be brief and to the point, and the Aiken Standard reserves the right to edit for space and content.

Internal medicine doctor set to open practice on Park Avenue

By SUZANNE R. STONE
Staff writer

Dr. Kate Mayes is about to open her internal medicine practice in Aiken.

Mayes is readying her office at 233 Park Ave. N.E. for business, and she will take her first patient on Sept. 1. She has been running ads for the new practice this past week and said she already has an initial patient base lined up.

"The calls are coming in — people are ready for me," Mayes said. "I noticed there weren't very many doctors in downtown Aiken and even fewer internal medicine doctors downtown. I saw this building and loved the bones of it, and the train depot is going up a block away, so downtown is spreading out this way."

As a specialist in internal medicine, Mayes serves as a primary care physician for adult patients.

"Basically, I'm the first stop if there's a problem," she said. "I'm also an expert in preventive medicine —



Staff photo by Suzanne Stone

Dr. Kate Mayes is opening a new practice on Park Avenue.

knowing which tests are appropriate for which age group or medical history."

A native of Augusta, Mayes graduated from Converse College in 1997 and from the Medical University of South Carolina in Charleston in 2002.

She completed a medical residency at MUSC in 2006 and had a private practice in Spartanburg from 2006 to 2009.

She has been readying the Park Avenue office for business since April.

"I have two babies, 13 months apart, and I underestimated the need for social support," Mayes said.

She is married to musician Matt Mayes, a founding member of the band Jupiter Coyote. Her mother lives in North Augusta, and she has extended family in the Augusta area.

"I'm told I have the second largest family in Augusta, the Barrett-Trotter-Inman family. Mom's family is from Jackson, where her dad was the mayor," she said.

Mayes said her practice will take all types of insurance and will work with uninsured patients on payment plans.

"I truly love my patients, and no matter what happens with this health care mess in Washington, I will be here doing my best for my patients. They can't stop me practicing, and the things I do won't be mandated. I'll take care of my patients no matter what," she said. "I think people are looking for a doctor who's not condescending, someone real. I think a doctor has to have two things: real compassion and common sense."

Mayes' full CV is online at www.katemayes.com. For more information about the practice or to schedule an appointment, call Dr. Mayes' office at 641-1270.

Contact Suzanne Stone at sstone@aikenstandard.com.

Program to help girls who are at-risk

By ROB NOVIT
Senior writer

Aiken Youth Empowerment — formerly Aiken Teen Pregnancy Prevention — will



soon start a new program living up to its new name by empowering young girls as they approach adolescence. Agency Program Director Sondra Thomas will meet weekly with small groups of North Aiken Elementary School fifth-grade girls and New Ellenton Middle School sixth-grade girls as part of a program called Girls Circle.

"This will be a very good program, especially with young girls in elementary and middle school," Thomas said. "We'll try to help them with their self-esteem with honest communication."

The program definitely will prove beneficial to her fifth-graders, said North Aiken Principal Rhonda Ray, as they prepare for middle school.

"Some students are exposed to aspects of life at an earlier age," Ray said. "This will help them with issues they may deal with. They can also learn about getting along with others through cooperation and building trust."

For several years, North Aiken's fifth-grade girls participated in a four-session program called Girls Against Bullying. Aiken High School female students presented the curriculum that helped the elementary students learn about dealing with bullying from other girls before entering middle or high school, Ray said.

"The school setting is a good and appropriate place to have someone else come in to talk with them," Ray said.

Girls Circle will function almost as a support group but will deal with specific topics, said agency Executive Director Susan Meehan. The girls will get advice on saying "no" when they feel pressure from guys. But the program is also intended to help them feel more connected with other girls.

"When you address girls in a girls' setting, you can help them talk through this in a different way about the attitudes that can lead to early sexual behavior," Meehan said.

Thomas piloted a Girls Circle project at the Freedman Center last spring.

"Some had come from bad relationships, and it was so powerful in the group," Thomas said. "When you work with young girls that are young parents, it's generational. In Girls Circle we talked about that cycle and how to break it."

Thomas hopes to reduce or prevent at-risk activities with the fifth- and sixth-grade girls by helping build self-sufficiency and letting them know they don't need someone else to validate them.

"This looks like a valuable program," said Area 1 Assistant Superintendent Peggy Trivelas.

WII ZONE



Submitted photo

Representatives from USC Aiken and Papa John's gathered to celebrate the grand opening of the Papa John's Wii Zone in the USCA Student Activities Center on Aug. 25.

SCHOLARSHIP WINNER



Submitted photo

Trombone player Tim McFall won the AAA Band Scholarship to Augusta State Band Camp.

Send in your photos

Do you have "A Day In The Life" photos that you want to share with the Aiken community? Send photos with brief descriptions to the Aiken Standard. Drop off or mail photos to Aiken Standard, 326 Rutland Drive, Aiken, SC 29801, or e-mail photos to editorial@aikenstandard.com.

HELPING HANDS



Submitted photo

Jamey McDonald of Jemco Buildings Plus Inc. and Helping Hands Executive Director Carmen Landy hold keys to a new storage building provided for Helping Hands in part by a donation from Jemco.

ABOUT YOUR AIKEN STANDARD

QUESTIONS ABOUT NEWS?

I've got a news tip. Who can I call? Call the newsroom at 644-2401. If no one answers, please leave a message. We're good about returning calls.
Can I submit something to the paper? Absolutely. Reader submissions are not only allowed but encouraged. If it's important to you, it's important to us. E-mail submissions to editorial@aikenstandard.com. Call Managing Editor Michael Gibbons at 644-2381 for more information.

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CITY OF CHARACTER
Aiken's character trait for the month of August is Faith.

S.C. LOTTERY
Thursday's winning numbers:
Pick 3 Midday: 6-8-1
Pick 4 Midday: 9-9-8-4
Pick 3 Evening: 8-2-8
Pick 4 Evening: 7-1-4-4
Palmetto Cash 5: 10-18-22-30-32
Multiplier: 2

GEORGIA LOTTERY
Thursday's winning numbers:
Cash 3 Midday: 2-8-2
Cash 4 Midday: 8-2-5-8
Cash 3 Evening: 5-1-2
Cash 4 Evening: 8-0-8-7
Fantasy 5: 24-20-22-33-31