

old town news

ROCK HILL, SC



onlyintown.com

January 2015

New Year, New You

By: Big Wayne's Gym & Fitness Center

Not a day will pass that you don't see or hear advertisements of the "greatest" and "newest" breakthroughs in making you healthier, younger, more energetic, or slimmer. We are inundated with infomercials that tell us if we spend 20 minutes a day doing a certain program at home that we will look ripped and shredded like the models we see in their ads. Or even better- take a magic pill and keep eating like you always have and the weight will magically disappear!

If it was that easy, we would all walk around looking like we just walked out of a fitness magazine. The truth is, becoming healthier, younger feeling and more energetic starts with a lifestyle change.

Small and consistent changes will lead you down the path to living a fit lifestyle.

At Big Wayne's gym in Rock Hill, our mission is to educate, encourage and give you the tools you need to make those changes. We feature the most up-to-date cardio and weight-bearing equipment available. In addition to having the best equipment around, the upbeat and supportive atmosphere is energizing and motivates you to work hard and be the best you can be. Sign up for our group classes starting in January that will help you burn fat and gain muscle at the same time.

Whether you are wanting to tone up and increase your energy, needing to increase your size or gain weight, interested in competitive sports such as bodybuilding or powerlifting, Big Wayne's Gym is the best gym in town to help you get there.

We welcome you to come by and see what makes us different from the chain and box gyms that are around.

Our knowledgeable staff can assist in individual development plans based on your goals and current fitness level.

If you are new to fitness, we can teach you. If you have tried on your own and stumbled or reached a plateau, we can get you to the next level.





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Happy New Year
2015



Dr. Lori Hicks—The Music of My Voice
January 17, 7:30pm

Soprano, Lori Hicks, on the music faculty at Clafin University in Orangeburg, SC, has found a way to embody the black experience in classical music through African American art songs, poetry and spirituals. For more information about Lori Hicks, visit her website loricelestehicks.com.

To purchase tickets, call 803-328-2787 or visit yorkcountyarts.org.

Library Events

138 E. Black Street * 803-981-5830
www.yclibrary.org * 803-981-5888

Eating Your “Weigh” to a Healthy Weight

January 15, 12:30pm to 1:30pm

Find out how to start the year right by jump starting your weight loss goals for 2015 with Dr. Richard Schaffer, MD of Infinite Wellness and Rejuvenation. A light lunch will be provided. Registration is required.

Quit Smoking the SMART Way

January 7, 21, 28, 6:30pm to 8pm

Join us for this three-session “QuitSmart” series, taught by Deb King, RN, who has more than 15 years of experience teaching smoking cessation. Upon completion of all three sessions, participants will receive The QuitSmart Kit, which includes the QuitSmart Book, a Better Quit Cigarette, and a self-hypnosis CD. Presented in partnership with the Heart2Heart Foundation. Limit 25

Winthrop Athletics

Winthrop Coliseum * 803-323-2345
www.winthropeagles.com * See online for ticket pricing

Winthrop Women’s Basketball

January 5, 7pm, \$5 general admission

Women’s basketball vs. Gardner-Webb

Winthrop General Basketball

January 7, 6pm, \$5 general admission

WU basketball vs. Basketball Coaches Show

Winthrop Women’s Basketball

January 8, 7pm, \$5 general admission

Women’s basketball vs. UNC Asheville

Winthrop Men’s Tennis

January 24, 1:00pm, \$5 general admission

Men’s Tennis vs. Clemson



Black & White Masquerade

ANNUAL FUNDRAISING GALA



SATURDAY, JANUARY 24, 2015 | 7:30 - 10:30 PM
CITY CLUB OF ROCK HILL

FOR SPONSOR & TICKET INFORMATION:

PHONE (803) 328-2787

YORKCOUNTYARTS.ORG

Support for this project is provided by the SC Arts Commission (which receives funding from the NEA), Rock Hill Accommodations Tax Grant Fund, York County Hospitality & Accommodations Tax & the ACYC Annual Campaign. For visitors information including lodging, contact the York County Visitors Center at 888-702-3320.

Courtroom at Gettys Musical Performances

January 16, Doors open 9pm; \$5 Cover
Columbia indie post-punk rockers, The Fishing Journal, show off their newest vinyl release, Feathers & Twine, at the Courtroom. Supporting acts include locals, Motel Glory, and Charlotte power garage rock band, Black Market.

January 30, Doors open 9pm; \$5 Cover
Amigo and Fernandina are two of the best country influenced rock in York County. On this momentous occasion these two bands are teaming up with The Long Canes from Greenville and Charlotte's Dust & Ashes. This will be one of the best Folk/Country/Rock line ups the Courtroom has seen in years.



Main Street Children's Museum Events

133 E. Main Street * 803-327-6400
www.chmuseums.org * 803-981-9182

Wee Wednesdays

Every Wednesday, 10:30am to 12pm

Kids ages three and younger, along with their caregivers, can enjoy music, movement, and a seasonal craft. On the third Wednesday of each month, a friend from the York County Library will be welcomed for Toddler Story Time. Free with museum admission.

Super Game Day

January 25, 1pm to 4pm

Wear your favorite team's colors and join us for game day!

Preschool games and activities will be located throughout the museum. Free with general admission. No registration required.

4-week Yoga Series

New to Yoga? Then this workshop series is for you! We provide a safe, comfortable, friendly, non-competitive environment for you to explore Yoga with Gayle Stefanelli.

This 4-week series covers the basics of Yoga. Gayle will break down poses (asanas) step-by-step, focus on learning how to create balance in the body, mind, and spirit, through strength, core awareness, and flexibility.

Basic Yoga terminology will be defined and broken down. Yoga breathing techniques for relaxation will be woven into every class that can be used in your every day busy life.

These classes are offered as a series of 4 classes for a special rate of \$49 on Saturdays, 12:15 pm-1:30 pm. Starting Saturday, January 24th -Saturday, February 14th in our Rock Hill studio located at 111 Caldwell St.

Limited space available. If space is available after the enrollment period ends, single drop-ins may be available for \$15/class per person.

Business Spotlight:

Little Giant Tax Service



Little Giant is family-owned and operated since 1994 and located at 373 East Black Street, Rock Hill, SC. They are committed to helping their customers with all of their tax questions. Little Giant is the only tax office in the area to receive Republic Bank's Responsible Refund Anticipation Loan 5-Star rating.

If you're looking for high quality and personal tax service, you've come to the right place. At Little Giant they'll give you the attention and personal service you'll come to expect and enjoy. Call 803-325-1444 and today to set up an appointment. You may find them online at www.littlegianttax.com.

Upcoming Events

Founders Federal Holiday Ice Rink

Open NOW through January 11, 2015

Ice skating makes a great way to celebrate birthday parties. Parties of 15 or more people receive a discount! Schedule your next party by calling Martin Lane at 803-326-3886. For more information on the ice rink visit onlyinoldtown.com/icerink.

Belle Et Bete & Lunch Money: Planet Hopping

February 7, 2pm

Using original live music and various puppetry techniques including marionettes and rod puppets, live video feed projections and sand drawing, Planet Hopping mixes elements of sci-fi and intergalactic rock & roll with real lessons about our solar system.

Managing Incomes and Expenses

February 26, 6:30pm to 8:00pm

Learn how to manage the flow of income and expenses by creating a budget and tracking your spending. Monitoring your progress will also be discussed. This session is part of the Journey to Financial Security series, led by Marc Morris, a retired financial professional with experience in investment management, financial planning, and taxes. Free workbooks and handouts for participants provided by Money Management International, a nonprofit, full-service credit counseling agency. Call 803-981-5845 to register beginning February 12.