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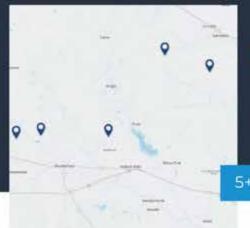
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Amber

Amber D. Browne WeatherfordNOW Editor amber@nowmagazines.com (817) 613-1533

EDITOR'S NOTE

Summer is here!

One of my favorite childhood summertime memories is an afternoon spent fishing with my father. Living in Southeast Texas, we would often take a quick afternoon drive to the coast to saltwater fish. On this particular cloudy afternoon, the breeze was hot and humid as I cast my line. Fishing can be a calming experience, but you have to have patience. After a short while, my line tugged. I had snagged a redfish.

My father encouraged me to reel in the catch of the day, and I did just that. It was a difficult task at times, but it was worth the effort to experience such pride from my father and the feeling of accomplishing what I had set out to do that day. If memory serves correctly, the redfish was seven pounds, and at the time, it was the largest fish I had ever caught. It was tasty, too.

On June 15, it will mark my second Father's Day without Daddy. I remember him fondly and am extremely grateful to have such fun

memories with him. Memories that can last a lifetime may be hard to come by, but if we make an effort to focus on the experience of the present moment, we might just enjoy life a little more.

This summer, I hope to create more lifelong memories with my own children. Whether it be fishing in the late afternoon sun on Lake Weatherford, hiking one of the Weatherford Mountain Bike Club trails in the area or simply enjoying time together at home, soaking up experiences spent with others is sure to create lasting memories.

Have fun out there!



June 2025 Volume 15, Issue 6

ON THE COVER



Aaron Garmon enjoys a morning ride along a Weatherford Mountain Bike Club trail.

Photo by

Zhanna Linscombe.

Publisher, Connie Poirier General Manager, Rick Hensley

EDITORIAL

Managing Editor, Becky Walker Weatherford Editor, Amber D. Browne Office Assistant, Kristin Bato Editors/Proofreaders, Rachel Rich Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla Artists, Kristin Bato . Martha Macias Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla Photographer, Zhanna Linscombe

ADVERTISING

Advertising Representatives, Kelsea Locke . Cherise Burnett Dustin Dauenhauer . Bryan Frye Linda Moffett . Linda Roberson Karen Schaefer . Jeremy Young

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— By Amber D. Browne

As the population grows and once open spaces for grazing cattle are taken over by structures, some in the local area are protecting hidden pockets of nature for recreation and solitude. Aaron Garmon, volunteer with the Weatherford Mountain Bike Club, has a passion for transforming these local gems into bikeable and walkable trails for all ages to enjoy. Aaron, a longtime Aledo resident, wants to preserve these spaces for future generations.

"I see how the area is changing." Aaron said. "I see an opportunity to hold onto a little bit of what I loved as a kid. I'd get on my bike, and I'd ride down the railroad tracks, and I'd go fish." He is working with other like-minded individuals to create sanctioned parks and trails across Parker County. "Kids can do what I got to do in a safe environment. I want to see that for my kids and for the community."

The Weatherford Mountain Bike Club maintains more than 26 miles of trails across Aledo, Mineral Wells, Weatherford and Willow Park. Larry Colvin founded the club in 2014. "He's the brainchild — the heart and soul of the whole operation. He's lived in Weatherford for more than 30 years. He's a civil engineer by trade, and he's a lifelong mountain biker," Aaron explained. "We owe him so much."

Just over a decade ago, Larry began attending city council meetings and planning and zoning meetings to discuss the possibilities. He lobbied for access to city property, which started with Quanah Hill at Lake Weatherford. With the help of volunteers, the club transformed the old shooting range into its first trail in 2016. They began searching for land in the local area that was not feasible for development. Hundreds of acres are restricted for development because of utilities or terrain, but it can be left native. "We want to connect all these little open spaces of land, so that on foot or on bike, you can go explore," Aaron shared.

The Weatherford Mountain Bike Club services Trinity Track in Willow Park, Western Heritage Park Trail in Mineral Wells and two trails in Aledo — The Pit in Downtown Aledo and Parks of Aledo Trails. Aaron shared that he loves to bike all the trails, but his home trail is Parks of Aledo. "It's an adventure," he said.

According to Aaron, the developer, who is a mountain biker, deeded the two parks in Aledo to the city. Parks of Aledo Trails, which is more than 12 miles over 136 acres, remained undeveloped because of the creek and cliff on the property. "Most people don't

realize there's that much land tucked in down there," he said. "All the trails loop, so a lot of times, you're only 30 or 40 feet from the other trail."

All of the trails include a sophisticated emergency system with points along the way to call emergency personnel, who can pinpoint the caller's exact location. Parks of Aledo Trails and Quanah Hill at Lake Weatherford are known for their views and technical riding with bridges and sometimes rocky terrain. The Pit in Aledo and Trinity Trail in Willow Park provide an afternoon in nature near shops and restaurants.

Aaron has been involved with Weatherford Mountain Bike Club since 2017, but he has always enjoyed cycling, "I've been riding bikes my whole life." He prefers trail riding over street cycling. To Aaron, trail riding is safer because he does not have to worry about motorists. But trail riding can be a dangerous sport due to the change in terrain. "It's not flat. It's hills, climbs and rocks, and you splash through creeks." Helmets are required for





all mountain bikers on the Weatherford Mountain Bike Club trails. "If you're worried about falling, you can get really comfortable elbow pads and knee pads, padded shorts. They have all kinds of stuff you can purchase that is protective." If walking, he suggests listening for others and being courteous. "We welcome walkers, trail runners. The only things that are not allowed on our trails are motorized vehicles and horses."

Volunteers maintain the trails by picking up trash, clearing brush and removing downed branches. They also help clear new pathways on certain weekends, but contractor Paul "Shadow" Johns with Shadow Trails Designs works on other days to carve new paths through the terrain. Aaron hopes the Weatherford Mountain Bike Club will continue to gain access to privately owned and city-owned property to create the East Parker County Trail, which could eventually provide park land connecting Aledo through Willow Park to Lake Weatherford.

"Our trails get visited by people from all over the world. They literally come here to ride our trails because they're really good, really fun and beautiful," Aaron shared. "These people come here, and they stay here. They put money back into the economy."

Weatherford Mountain Bike Club is a chapter of the International Mountain Bicycling Association, and often applies for grants — including through partner, REI. The club has about 150 members with a single annual membership of \$39. "It's a way for people who are into it to contribute to the community." The club hosted a mountain bike race at Quanah Hill earlier this year — its first in about seven years — to raise funds for the future. And Aaron's future is focused on planning more trails across Parker County. Until then, visitors can spend an afternoon biking and hiking along the current trails or picnicking at the trail heads.

When he's not teaching lessons at Aaron Garmon Piano and Guitar Studio in Aledo or volunteering on the trails, Aaron is riding them. He has traveled across the U.S. to ride other trails, with his most memorable ride being at Devil's Den State Park in Arkansas. Back at home, he takes lone rides at Parks of Aledo Trails or joins his wife, Lanie, and their two sons, Ben and Leo, on the paved trails. "It's good for your soul," he said. "You're obviously going to get good cardio, but you need to go be out in our parks and the closest thing we have to wild spaces."





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Zoomed In: Jeff Lightfoot

A new full-time athletic director is taking the reins at Weatherford College. Jeff Lightfoot, who has been the college's head baseball coach since 2002, will replace AD Bob McKinley, who will exclusively coach women's basketball. Lightfoot will hire a new head baseball coach at the end of the team's postseason.

"I will always love the game of baseball, and I'm grateful for my time spent on the diamond," Lightfoot said. "That being said, I have always had the desire to lead on a large scale. I'm blessed to get the opportunity to do that at Weatherford College."

Lightfoot's Weatherford College teams have won four conference championships. They have also earned one regional championship and a third-place finish at the 2023 NJCAA Division I World Series under his leadership.

Around Town



Fourth grade Bose Ikard Elementary student, Giselle Bermudez, is recognized for her first place win at the Weatherford ISD Spanish Spelling Bee and for representing the district at the Regional Competition.



Flavor on 51 and Seventy One Bar & Grill take home several awards at the 2025 Taste of Parker County.



The Class of 2025 is honored at the Aledo chapter of Young Men's Service League's Senior Recognition and Awards Banquet.

NOW



Michael McCarty takes first place, Becky Anthony takes second and Cindi Neverdousky third in the Weatherford Art Association's Artist of the Month May competition.

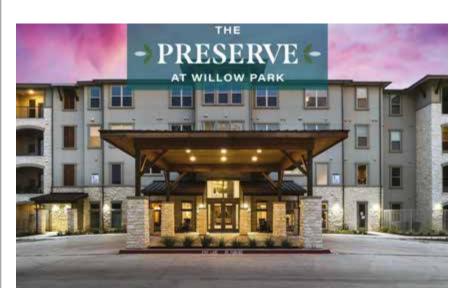


Weatherford College president Tod Allen Farmer recognizes Lawrence and Rita Jernigan, who established a new permanent scholarship endowment for music and cybersecurity students.



RooMarket, a Ready to Learn[™] inschool market in partnership with Tarrant Area Food Bank West and Weatherford ISD, opens at Ikard Elementary to help alleviate childhood hunger.





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BusinessNOW Manly Clinic

— By Amber D. Browne

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In the past, men's health was often neglected or went unnoticed. Today, more men are reaching out for assistance in their desire to lead healthier, more productive lives. Manly Clinic's owner and lead practitioner, Luke Dotson, MSN, APRN, FNP-BC noticed a need for men's general health services in the local area and opened Manly Clinic in Weatherford in October 2024.



Luke graduated from nursing school at Texas A&M-Corpus Christi in 2012 and worked as an ER nurse before continuing his education in health care. "I've always been fascinated by how God created everything to work, and I've always asked lots of questions to find out more." Luke obtained a Master of Science in Nursing and worked as a nurse practitioner in the ER and urgent care setting across the Dallas-Fort Worth Metroplex before establishing Manly Clinic to offer men's health services to area residents.

Testosterone replacement therapy (TRT) is one such service. "There used to be a stigma about testosterone replacement therapy," he shared. "More men are now seeking those types of treatments and men's health care in general." The benefits of TRT for those with low testosterone are numerous and include increased energy, mental clarity, physical endurance, muscle mass, metabolic function and reducing joint pain.

According to Luke, there is a large need for men to receive TRT. "If you look at the past 50 years, testosterone levels in men have dropped significantly, and there is no

end in sight," Luke explained. "People are eating more processed foods than whole foods. People have more sedentary lifestyles than active lifestyles. There are also many uncontrollable factors, such as exposure to environmental toxins."

Before providing any available treatment, Manly Clinic performs a comprehensive evaluation to get an overall picture of the patient's health. "We cater our services to make sure we are meeting the specific needs of each individual. We don't want to be a hammer in search of nails — we want to provide our patients with a complete overview of their health to enable them to optimize their health in all areas."

Another service offered at Manly Clinic is weight-loss treatment. Newer medications, such as semaglutide and tirzepatide, allow for improved weight-loss results. In addition to medication, patients receive an overview of basic exercise and eating plans. "The ideal situation with weight loss would be to motivate the person to make lifestyle changes that will aid their continued weight loss and maintenance of a healthy weight over their lifetime."

Manly Clinic also provides services for general men's health. This includes erectile disfunction, urinary issues, libido, infertility and other medical problems. Vasectomies and vasectomy reversals are not offered at the clinic.

Due to Manly Clinic's commitment to providing high-quality care at competitive prices, they do not accept insurance. "I've had many patients come to us from clinics that take insurance who have remarked on how much they are saving with us." New patients can schedule a free 15-minute phone consultation to determine health care needs, review pricing and schedule labs, which can be billed to insurance. Once bloodwork is complete, the patient will meet at the office to review the labs and determine a course of action.

"We make sure to take care of the person holistically. It's not a one-sizefits-all approach," Luke shared. "The goal of the clinic is to provide the highest quality of care that you can receive for men's health care, and that's where we want to exceed."



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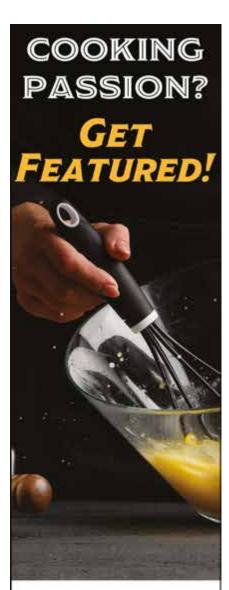


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CookingNOW IN THE KITCHEN WITH EUNMI KIM



— By Amber D. Browne

Eunmi Kim's love of cooking came later in life — in her early 40s. Her South Korean ethnicity and family heritage influence her style of cooking, and her dinner table might feature recipes inherited from her mother. Kim also invents new dishes to share with family. "Sometimes, I combine recipes" she shared "I like to see my family happy when they eat my food

Kim often shares her love of cooking with others by teaching them a few tips in the kitchen. She also recently opened a restaurant in Weatherford — Yohan's Food Court — and owns 5 AM Donuts in Willow Park. She credits her success in creating flavorful dishes to practice and hard work. In her free time, she enjoys baking Korean pastries. To Kim, cooking is a way to enjoy life.

Bulgogi

- $1 \ 1/2$ lbs. boneless rib eye steak
- 1/2 small pear, peeled and grated
- 1/4 cup reduced-sodium soy sauce
- 2 Tbsp. brown sugar
- 2 Tbsp. toasted sesame oil
- 3 garlic cloves, minced
- I Tbsp. ginger, freshly grated
- 1 Tbsp. gochujang (Korean red chili paste)
- 2 Tbsp. vegetable oil (divided use)
- 2 green onions, thinly sliced
- I tsp. toasted sesame seeds (optional)

I. Slice the steak across the grain into 1/4-inch pieces.

2. In a large bowl, combine the pear, soy sauce,

brown sugar and next 4 ingredients. Add the steak and the marinade to a one-gallon-size baggie. Marinate for at least two hours, turning occasionally. **3.** In a cast-iron skillet, heat 1 Tbsp. of the vegetable oil on medium-high heat. Add a single layer of the steak; cook about 2-3 minutes per side. Remove; set aside on a serving dish. Add the remaining vegetable oil to the skillet; cook the remaining steak pieces. Remove; add to the serving dish.

4. Garnish with green onions and sesame seeds, if desired. Serve immediately.

LA Galbi

5 lbs. beef flanken ribs 1 small apple, chopped I medium yellow onion, chopped
3 stalks green onion, chopped
10 garlic cloves, chopped
1 inch ginger, peeled and chopped
2 cups water (divided use)
2 cups soy sauce
1 1/2 cups brown sugar
1/2 cup red wine or Mirim
1/2 tsp. black pepper
1/3 cup sesame oil
Pineapple slices (optional)

I. Wash the beef flanken ribs in cold water several times to remove the bone powder. Add the meat to a large, sealable container.

2. In a blender, add the apple, yellow onion, green onion, garlic, ginger and 1 cup of water; blend until smooth.

3. In a large bowl, add the remaining 1 cup of water, soy sauce, brown sugar and the next 3 ingredients; mix well. Add the marinades to the meat. Refrigerate for at least 24 hours.

4. After the meat has marinated, cook it on a grill or in a pan on medium heat, about 5 minutes on each side. Serve with pineapple, if desired.

Mandoo (Dumplings)

- I lb. ground meat of your choice
- I cup mungbean sprouts, cooked and chopped
- 1/2 pack tofu, excess water removed
- $1/2\ \text{medium}$ onion, finely diced
- 1 Tbsp. minced garlic
- 1/4 cup green onion, chopped
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 60 dumpling wrappers
- 4 Tbsp. water (divided use)
- 2-3 Tbsp. vegetable oil

I. In a large bowl, add the ground meat, mungbean sprouts and the next 6 ingredients; mix well. Scoop the filling into the dumpling wrappers. Do not overstuff. Fold over; add water to the edges. Pinch together to seal.

2. Add the oil to a skillet on medium-high heat. Add the dumplings; cook for 2-3 minutes on each side to brown. Lower the heat to medium-low. Add about 2 Tbsp. of water to the pan; cover and cook another 2-3 minutes.







Sherry Williams won the \$50 Cash Prize from NOW Magazines.





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| 37 | | + | \vdash | \vdash | | | 38 | | + | - |

| Acr | 055 | Down | | | | | |
|-----|--------------------------------|------|------------------------|----|---|--|--|
| 1 | Doe's beau | 22 | Smack | 1 | | | |
| 5 | 5 Draconian | | Hate | | healing | | |
| 10 | Prolonged unconsciousne | 29 | Prefix with West | 2 | Pith sun helmet | | |
| | 55 | 30 | Address | 3 | Plentiful | | |
| 11 | "It Started in Naples" star | | beginning "http://" | 4 | "Has Anybody Seen My ?" | | |
| | Loren | 31 | Narrow beam | | (1920s song) | | |
| 12 | Distorted caps | | of light | 5 | Hoodwink | | |
| | trap oil for cosmetician's | 35 | Jakarta is its | 6 | Disposed | | |
| | pencils | | capital | 7 | Island | | |
| 14 | Air, Los | | Sell to end | | Sound | | |
| | Angeles | | users | 8 | Seductively | | |
| | "Friends" actress | 36 | "Marching war" | | beautiful woman | | |
| | Courteney | 37 | Board flaws | 9 | Is lacking | | |
| 16 | Lair | 38 | Intend | 11 | Cruel dons | | |
| 17 | "Peekaboo, I | | | | whipped a dirty dog | | |
| 19 | Coin | | | 13 | Clickable image | | |
| 20 | Hidden | | | 18 | "Somewhere Over the Rainbow" lyricist Harburg | | |

- 19 Old-style computer screen
 - 21 Long fish
 - 22 Self-satisfied
- smile ody - 2 23 Fabric woven
 - from flax
 - 24 Embellish
 - 26 Rub out
 - 27 Christmas guy 28 "Iron Mike" ----
 - 30 "Les États- --- " - that's us to a
 - Quebecerl
 - 33 Cereal grain
- 34 "--- a Rock" dirty (Simon & Garfunkel hit)

- re

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Sudoku Puzzle

| Easy | | | | | | | | | 1 | Mediu | m | | | | | | |
|------|---|---|---|---|---|---|---|---|---|-------|---|---|---|---|---|---|---|
| | | | 4 | | | 8 | | | | 2 | | 1 | 5 | | | | |
| | 9 | | | 6 | | 1 | 5 | | | 3 | | 5 | 9 | | | 6 | |
| | 5 | 4 | | 8 | | | | | | | | 6 | | 3 | | 8 | |
| | | 1 | 5 | | | 2 | | | | | | | 8 | | 7 | | 2 |
| | | | | | | 9 | | 7 | | | | | | | | 4 | 7 |
| | | | 3 | | 9 | | | | | | | | | 6 | | | |
| | | 3 | | | 1 | | | | | 5 | | | | | | | |
| 5 | 6 | | | | 8 | | 7 | | | 9 | 1 | | | 4 | 5 | | 3 |
| | 4 | | 7 | | | 3 | 8 | | | | | 3 | 1 | 8 | | | |

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Aledo Children's AdvoCats

This charitable organization, established in 2002, raises funds to help meet the needs of children and their families living in communities within Aledo ISD. Efforts include medical, dental and vision expenses, clothing, living expenses and more. aledoadvocats.com, president@aledoadvocats.com.

Love Weatherford

Love Weatherford is on a mission to clean up and beautify the city. Volunteers are encouraged to pick up and dispose of trash in their neighborhoods each month or join the nonprofit's monthly cleanup events. www.loveweatherford.com, (605) 906-4322.

Operation Texas Strong

Operation Texas Strong collects donated RVs to get homeless veterans off the streets. The nonprofit's Resale Store & Warehouse in Weatherford also benefits homeless veterans. operationtexasstrong.com, (940) 452-6052.

Tarrant Area Food Bank West

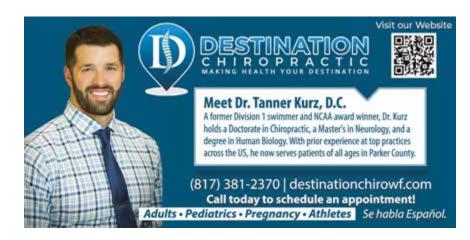
Serving Parker County and six other area counties, TAFB West offers a Community Market for locals to shop for food items at no charge. Fresh produce that is grown and harvested at the TAFB West Garden is available at the market and for use in recipes at the Community Kitchen. tafb.org/west, (682) 368-3002.

The Hope Chest

All proceeds from this upscale resale shop go to the Parker County Center of Hope to support programs to help local families living in poverty. The Hope Chest also offers six months of job training to qualifying community members. thehopechestresale.com, (817) 757-4410.



westsideantiquemarketplace.com • Mon.-Sat.: 10AM-6PM • Sun.: 12-5PM 12301 Camp Bowie W. Blvd., Aledo, TX 76008 (Take the Walsh Ranch Pkwy. Exit)









6/1

Memorial Butterfly Release: The public is invited to attend this event to honor the memory of loved ones. Proceeds benefit Parker County Committee on Aging. 1:00-2:30 p.m. or 2:30-4:00 p.m., Chandor Gardens, 711 W. Lee Ave. Reservation is required at galbreaithpickard.com/events.

6/4, 6/11, 6/18, 6/25, 7/2

Yoga in the Vineyard: Participate in a 60-minute therapeutic asana practice. Drop-in cost: \$20. 10:00-11:00 a.m., Dove Ridge Vineyard, 6000 Tucker Dr. RSVP at (713) 858-8595, conscioushealingnow.com/yoga.

6/7

PCSP Frontier Days PRCA Rodeo Week Kick-Off:

Bringin' In The Herd Cattle Drive begins at Heritage Society Log Cabins, 208 Fannin St., Millsap, and proceeds to the PCSP Grounds via Greenwood Rd. Free breakfast: 6:30 a.m.; cattle drive begins: 8:00 a.m.; the Frontier Days Street Dance Vendors: Noon-10:00 p.m.; opening band: 5:00 p.m.; Rodeo Parade: 6:30 p.m., Downtown Weatherford. parkercountysheriffsposse.com.

Pancake Breakfast Fly-In/ Drive-In: Enjoy classic airplanes, live music, children's activities and more. Breakfast tickets: \$8 for adults and children over 8; \$4 for children under 8. 8:00-11:00 a.m., Mid-Way Regional Airport, 131 Airport Dr, Midlothian. (972) 923-0080.

4th Annual Secret Gardens of Parker County Tour:

Enjoy a self-guided tour of unique gardens. Tickets: \$15 in advance; \$20 day of event. 10:00 a.m.-4:00 p.m., various locations. chandorgardensfoundation.org.

Willow Park Palooza:

Join this free event for food trucks, vendors, face painting and more. 10:00 a.m.-5:00 p.m., The Shops at Willow Park parking lot, 210 Shops Blvd., Willow Park. theshopsatwillowpark.com.

6/10

Safe Sitter Class: Youth ages 11 to 14 will learn safety skills in caring for young children and the basics of first aid and CPR. S60. 9:00 a.m.-3:00 p.m., Parker County Extension Office, 604 N. Main St., Ste. 200. Register at (817) 598-6198.

6/10-6/14

Frontier Days PRCA Rodeo: Enjoy rodeo events and bands. 7:30-11:55 p.m. nightly, Parker County Sheriff's Posse Grounds, 2251 Mineral Wells Hwy. Find tickets at parkercountysheriffsposse.com.

6/12

Food Preservation Workshop-Preserving the Harvest Pressure Canning and Waterbath Canning: Learn about the canning process. \$30. 9:00 a.m.-noon. Couts United Methodist Church, 802 N. Elm St. Register at (817) 598-6198.

6/12-6/15

King Lear: Enjoy this free performance, a tragedy by William Shakespeare directed by James Brownlee. 6/12-6/14: 7:00 p.m.; 6/15: 2:00 p.m., Alkek Fine Arts Theatre, 225 College Park Dr. wc.edu.

6/24-6/25

Kids Cooking Camp: Ages 5-10 learn cooking tips. \$30. 9:30 a.m.-noon, Parker County Extension Office, 604 N. Main St., Ste. 200. Register at (817) 598-6198.

6/27-6/29

Weatherford First Monday Trade Days:

Event held early this month due to July 4 event. Browse vendors offering unique gifts, antiques, pet supplies, tools and more, plus enjoy great festival food. 9:00 a.m.-4:00 p.m., First Monday Trade Days Grounds, 317 Santa Fe Dr. experienceweatherford.com.

Fourth Mondays

Weatherford Art Association Meeting: Join for an artist demonstration and more. 6:00-7:45 p.m., 60+ Senior Center, 1225 Holland Lake Dr. weatherfordart.com.

Tuesdays and Thursdays

Storytime at the Library: Toddlers enjoy books and activities on Tuesdays and preschoolers on Thursdays. 10:30 a.m., Weatherford Public Library, 1014 Charles St. weatherfordtx.gov/142/library.

Second Fridays

Parker County Women's and Newcomers' Club:

Social hour: 9:30 a.m.; meeting: 10:30 a.m.; lunch: noon, Weatherford College Emerging Technologies and Workforce Solutions Building, 225 College Park Dr. pcwnc.org/monthly-meeting.

Submissions are welcome and published as space allows. Send your current event details to amber@nowmagazines.com.

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