

IN THE *scene*

WEEKLY *recipe*



Sweet Potato Chorizo Mole

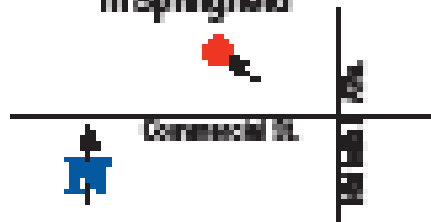
INGREDIENTS

2 teaspoons vegetable oil
4 ounces (about 2 links) chorizo sausage
1/2 small onion, cut into 1/4-inch dice (about 1/2 cup)
2 cloves garlic, minced (about 1 tablespoon)
2 teaspoons chopped fresh oregano leaves, or 1 teaspoon dried
1 28-ounce can whole peeled tomatoes, juices strained and reserved, tomatoes chopped
1 1/2 teaspoons ground cumin
1 tablespoon ancho chile powder
1 ounce bittersweet chocolate, chopped (about 2 tablespoons)
1 cup fresh or frozen corn, or 1 11-ounce can, drained
1 1/2 cups dried black beans, cooked, or 1 15-ounce can, drained and rinsed
2/3 cup water
Kosher salt and freshly ground black pepper
1 1/2 pounds yellow or orange sweet potatoes, peeled and cut lengthwise into 1/8-inch slices, or in disks
8 ounces Cheddar cheese, shredded
1 avocado, sliced, for garnish
2 limes, cut into wedges, for garnish
Cilantro sprigs for garnish

DIRECTIONS

reheat the oven to 375 F. Brush a 9 by 13-inch baking dish lightly with oil. To prepare the tomato mixture, heat the oil in a large skillet over medium-high heat. Slice the surface of the sausages lengthwise to remove the meat from the casings. Crumble the meat into the hot pan and sauté for about 5 minutes, breaking it up further as it cooks and begins to brown. Add the onion and sauté for 2 minutes. Add the garlic and oregano and cook for 30 seconds more. Pour the reserved tomato juices into the pan to deglaze, scraping the bits from the bottom. Add the chopped tomatoes, cumin, chile powder, and chocolate. Stir to combine while the chocolate melts. Add the corn and black beans, reduce the heat to medium, and allow the mixture to simmer for about 10 minutes. Stir in the water. Taste for seasoning and add salt and pepper if necessary. Meanwhile, to assemble and cook, spread one-third of the sweet potatoes on the bottom of the prepared baking dish, overlapping the slices. Scoop half the tomato mixture (a heaping cup) and spread evenly across the first layer of potatoes. Top with one-third of the shredded cheese. Repeat this layering process, ending with a layer of potatoes. Reserve the last third of the cheese. Once assembled, cover with foil, pushing it onto the surface of the top layer, and bake for 1 to 1 1/2 hours, until potatoes are fork tender (yellow sweet potatoes tend to take longer). Remove the foil and sprinkle the remaining third of the cheese atop the potatoes. Bake for an additional 10 minutes. Remove from the oven and let rest for at least 10 minutes to allow the layers to set up. Cut and serve with avocado and lime wedges. Garnish with cilantro as desired.

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Class up your routine with wine and small plates

by Katie Tonarely

I'm a creature of habit. I find my spot for wine and delicious tapas and appetizers, and I don't budge much. Where do I go? Typically, MudLounge Coffee & Cocktails, where the wait staff will know I want a house Cabernet or a Deschutes Fresh Squeezed IPA, and if I'm feeling hungry, I'll always get the Shrimp and Crab Dip and will definitely be eating most of the bread bowl it comes in. The problem with routine, though, is that I could be missing out on other amazing spots. So this week, I decided to branch out and check out some other spots for wine and tapas. Springfield never disappoints.

CELLAR + PLATE

2916 S. Lone Pine Ave.
417-894-2003
Hours: 4-9 p.m. Tuesday-Wednesday, 4-10:30 p.m. Thursday Friday, 2-10:30 p.m. Saturday

This place blew me away, food-wise. I'd visited Cellar + Plate for a glass — OK, maybe a bottle — of wine a time or two before, but I got to try the crew's food at a Springfield Little Theatre fundraising event, and I decided right then and there that I definitely needed to check out what Mary Guccione was cooking up. I got a bottle of wine — \$5 off a bottle for date night on Friday — and some tapas to share with a friend. Guccione says a large part of her job bringing tapas to southwest Missouri has simply been to inform the masses how to eat tapas, aka small plates. "People will grab plates and pull them toward them," she says. The real deal? Order several and share. I'm all for this, because if you're eating something with any member of my family, we all just know that everything is fair game. Gimme a bite, or dine with someone else. Today, I can't get enough of the 7-layer Mediterranean dip and the risotto balls. The risotto balls, Guccione says, are quite difficult to make, and they're oven-fried in house. I can't decide what's better: the crunchy outside or the creamy risotto inside. What's even cooler about Cellar and Plate are the special events Guccione brings every month, including WOGA (wine and yoga) and an always-sold-out Drag Queen Brunch. Hit up her Facebook page for all of Cellar + Plate's events.

VINO CELLARS

2137 W. Republic Road
417-883-8466
Hours: 11 a.m.-8 p.m. or later Monday-Thursday; 11 a.m.-9 p.m. or later Friday-Saturday

For a lovely happy hour out, Vino Cellars is perfect for those on the southwest side. What started as a retail wine spot grew to more, and the night I visit, the place is packed. I missed happy hour, but people are still out and about, ready to party at the Vino Cellars. My date and I buy a bottle of wine to share — as I quickly discover that's much more affordable than ordering by the glass. I've been to Vino Cellars with friends and for a book club. I know exactly which dip I want to get: the warm gorgonzola and bacon, which comes with kettle chips and Granny Smith apple slices. The best way to go is to get two dips for \$14, so I also get the roasted peppadew and bacon hummus. They're both great, but the absolute best is the gorgonzola. Any warm dip with bacon is always great, but with the salty kettle chips, it's pretty quickly a top tapas. We also share a cheese and charcuterie board, which has a great selection of large slices of cheese, meats and bread. Matt Bekebrede, owner, opened the retail portion of Vino Cellars in 2007, and the food came after when he moved to a larger space. I'm not alone in my love for the warm Gorgonzola dip. "That's one of our most popular items," he says. "We make all of the dips in house." Like other similar locations trying to familiarize Springfield with tapas, Bekebrede saw the demand in Springfield and went for it. "We saw the market, and we wanted to grow the lounge side of the business," he says.

QUEEN CITY WINE DIVE

105 Park Central Square
417-429-9020
Hours: 4-10 p.m. Tuesday-Wednesday, 4 p.m.-bar close Thursday-Saturday, 11 a.m.-4 p.m. Sunday

No story about wine and tapas would be complete without mentioning the Queen City Wine Dive and how it's infiltrated the downtown scene. The Wine Dive difference? Draft wine. Yep. While draft beverages are usually more beer related — heck, even kombucha related — Micah Pope and his crew decided to bring draft wine



Top: You can get small plates, crispy fried chicken and charcuterie boards at Queen City Wine Dive.

Left: The warm Gorgonzola and bacon dip at Vino Cellars comes with kettle chips and Granny Smith apple slices. The best way to go is to order two dips for \$14.

Above: The seven-layer Mediterranean dip (pictured) and the risotto balls are favorites at Cellar + Plate. Submitted photos

to the Ozarks. The different way to serve wine makes consistency easier when it comes to pours. And food? Like other spots with small plates, the Queen City Wine Dive has cheese and meat plates. And diners can decide whether they want small or large plates, but all food is definitely shareable. Fried chicken as a small plate? Yep. Pope offers Riverside Fried Chicken, and while it's not the same recipe as the old Riverside Inn, the chicken still hits the

spot. My advice is to get a few small plates and share them.

It used to be that going out for happy hour meant beer and cheap fried foods. No longer in the Queen City. With places like Cellar and Plate, Vino Cellars and the Queen City Wine Dive, we can class it up and get our small-plate fancy fix.

Looking for a good place to eat? Katie Tonarely will help you out. Contact her with suggestions at ktonarely@gmail.com.

Family Concert

IN THE PARK

SATURDAY, JUNE 9, 2018
Jordan Valley Park
4:00 PM - 5:15 PM | FREE

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12:20pm - Friday*

NORTH SPRINGFIELD
Departs from: Walmart - I-44 & Kansas Expressway
8:45am - Sunday, Tuesday, Thursday, Friday & Saturday
12:45pm - Friday*

OZARK
Departs from: Commuter Lot (Hwy 65 & Evans Road)
8:00am - Sunday, Tuesday, Thursday & Saturday
12:00 Noon - Friday*

BRANSON
Departs from: Kmart (Hwy 248)
7:15am - Tuesday & Thursday

LEBANON
Departs from: Walmart
7:35am - Friday

MARSHFIELD
Departs from: Walmart
8:10am - Friday

Buses arrive at Downstream at 10:00am and depart at 4:00pm
*Buses arrive at Downstream at 2:00pm and depart at 8:00pm
Roulette not included • Free lunch excluded on certain holidays
1st come, 1st served | No Reservations | Alcohol Prohibited

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Communitycalendar

TUESDAY 1

Container Gardening for Newbies

Park Central Branch Library
128 Park Central Square
417-831-1342
12 p.m. Master Gardener Lois Zerrer will demonstrate the basics of growing food in pots. Assemble your own potted plant to take home. Materials will be provided; bring garden gloves if you have them. Free.

The Purple Party

Oasis Hotel & Convention Center
2456 N. Glenstone Ave.
417-837-7700
6 p.m. to 9 p.m. This event will be all about women helping women with power, passion and purpose by raising funds and awareness to eliminate domestic violence. Heavy appetizers and desserts, Purple Princess fashion show, free spa services, silent auction, cash bar, gift and giveaways. Members Only will be performing.

THURSDAY 3

Annual Plant Sale

Karls Hall, 950 S. Carrington Ave.
417-836-5050
8 a.m. to 5 p.m. There will be many options including succulents, garden plants (tomatoes, peppers), annuals, house plants, etc. Come early for best selection. Follow the signs in Karls Hall to find the greenhouse.

Birds Passing Through Warbler Walk

Springfield Conservation Nature Center, 4601 S. Nature Center Way
417-888-4237 or mdc.mo.gov/Southwestevents
8-10 a.m. Celebrate Migratory Bird Day by learning to identify migrating warblers. Program will include 30 minutes indoors followed by a guided trail hike.

Christian Women's Connection Luncheon

Twin Oaks Country Club
1020 E. Republic Road.
417-877-8820
12 p.m. Vicki Elkins will share her fascination with, and collection of, vintage feed

sacks. "Twice Adopted" Nancy Holmgren from Salina, KS, will share her adoption story. \$16. Reservations required.

Missouri State University's Spring Dance Concert: Enter the world

Missouri State University
Craig Hall- Coger Theatre
1147 E. Grand St., 417-836-7678
5 p.m. of imagination in motion, where the whole is greater than the sum of its parts.

Pet's Memory Café

The Library Staion
417-616-0683
2 p.m. to 3:30 p.m. The Alliance of Therapy Pets will bring therapy animals to enjoy during this informal social gathering for those living with early-stage memory loss and their care partners. Free.

Special Education: What I Need To Know

Library Center, 4653 S. Campbell
800-743-7634 or missouriparentsact.org
6 p.m. to 8 p.m. Helps you to understand the many aspects of obtaining special education services for your child with a disability. In the Story Hour room. Free.

Springfield-Drury Civic Orchestra:

Shostakovich 10
Juanita K. Hammons Hall for the Performing Arts
525 S. John Q Hammons Parkway
417-836-7678

7:30 p.m. to 9:30 p.m. The season ends with the Springfield premiere of Shostakovich's Symphony No. 10, often lauded as one of his most significant and powerful works. Charles R. Hall Young Artist Competition winner A.J. Hulgus will also perform the Lalo Symphonie Espanol. \$14.

FRIDAY 4

White Family Gospel Concert & Outreach

Baptist Temple
2655 North Grant
417-831-2631 or 417-872-8680 or visitbaptisttemple.net
6 p.m. White Family Gospel Music Show and Outreach!

They will be singing, preaching and praising the Lord! The next scheduled dates are May 4th and June 1st! Free refreshments provided for everyone! Doors open at 5:30 and the music starts at 6 pm! Please bring your friends and family!

13th Annual Battle of the Badges

Carver Middle School
3325 W. Battlefield Road
417-889-9136
7 p.m. to 9 p.m. The Springfield Police Department and the Greene County Sheriff's office will each form a basketball team to see who takes home bragging rights in 2018. All proceeds from this family-friendly event benefit Big Brothers Big Sisters of the Ozarks. Admission is \$5, Bigs and Littles get in for free.

2 Friends & Junk

The Ozark Empire Fairgrounds
3001 N. Grant Ave., 417-833-2660
417-831-8001
12 p.m. to 5 p.m. Vintage, Repurposed, Boutiques, Shabby Chic, Eclectic, Antiques, Farmhouse, Industrial, Handmade, Furniture, Rusty junk and more.

An Enemy of the People

Springfield Contemporary Theatre
431 S. Jefferson Ave. #136
417-831-8001
7:30 p.m. When Dr. Thomas Stockmann discovers toxic contamination in the water used at the local baths, he expects to be hailed as a hero. But since the baths are the town's main source of revenue, the community fights to silence him.

Annual Plant Sale

Karls Hall, 950 S. Carrington Ave.
417-836-5050
8 a.m. to 5 p.m. There will be many options including succulents, garden plants (tomatoes, peppers), annuals, house plants, etc. Come early for best selection. Follow the signs in Karls Hall to find the greenhouse. Open to public, alumni, current students, faculty, staff. Free.

First Friday Art Walk

Downtown Springfield
417-862-2787 Ext. 25
6 p.m. 19 participating venues featuring original art, artist receptions, live art demonstrations, hands-on art activities and more.

How to Succeed in Business Without Really Trying: The Musical Comedy

Springfield Little Theatre at the Landers, 311 E. Walnut
417-869-3869
7:30 p.m. Power, ambition, greed.... It's just another day at the office in this classic satire of big business that took Broadway by storm. \$16-\$36

Return to the Lighthouse: Paul's Story

Stained Glass Theatre
1996 West Evangel St., Ozark
417-581-9192
7 p.m. Paul's story is one of good vs evil - of spiritual warfare - of God's Champion chosen for battle. His story is inextricably woven into the Chalfant family saga, full of mystery and revelation. \$10-\$12.

SBU Masterworks Concert

Pike Auditorium
Southwest Baptist University, Bolivar, 417-328-1644
7:30 p.m. Conducted by Dr. James R. Tarrant, director of choral studies and professor of music at SBU, the Masterworks Chorus and Winds will present "In paradisum," by Dan Forrest; "Gloria," by Randol Alan Bass; and "Meridian," by Ola Gjeilo. Free.

SATURDAY 5

9th Annual Beard & Mustache Competition

319 Event Center
319 W. Walnut St.
2 p.m. to 10 p.m. Proceeds support FosterAdopt Connect. The Queen City Beard and Moustache Competition is a family-friendly event, with an adult-only after-party to follow at Patton Alley Pub. Competitor registration is \$20.00; spectator tickets are \$8.00, with entry into the after-party

included in the ticket price. A cash bar and food will be available.

Artsfest

Historic Walnut Street
900 E. Walnut St.
www.springfieldarts.org
10 a.m. to 6 p.m. Featuring 140 artists from all over the country, over 80 performances, delicious food from some of Springfield's favorite restaurants and food vendors, and a kid's hands-on area with activities including Chalk-It-Up and the Clay-Mobile, a mobile ceramic arts workshop. \$5. Kids 5 and under are free.

"Arts in the Park"concerts

Wilson's Creek National Battlefield, 417-732-2662
7 p.m. This 50+ member orchestra will be performing again at Wilson's Creek NB, playing patriotic selections, on the front lawn of the Visitors Center. Please bring blankets and lawn chairs for all the programs. Free.

Asbury's Butterfly Garden Craft & Flower Show

Asbury United Methodist Church
1500 S. Campbell Ave.
417-576-1463
8 a.m. to 2 p.m. Wide variety of handmade crafts, beautiful spring & summer flowers, homemade baked goods & used books. Lunch served 11am-1pm, Quiche or chicken salad w/croissant, salad, dessert & drink. Adults \$8, Kids 10 & under \$4. New vendors accepted.

Fair Grove Community Garage Sale

132 N. Main
Shelley Thornton findleys@fgsmaill.org.
8:30 a.m. to 3 p.m. Fair Grove Middle School, Fair Grove. Hosted by Fair Grove High School Culture Club. Early Bird entrance starts at 7:30 for a \$2 donation. Free.

Mutt March 5K Walk/Run

Downtown Springfield
417-447-1832 or www.Power965.com.
8 a.m. to 10 a.m. Walkers/runners are encouraged to bring their furry friends to

the march. Proceeds from the Mutt March entry fee will go towards helping the Humane Society of Southwest Missouri house pets until they find forever homes. \$35. Pre-register for Mutt March.

Native Plant Sale and Iris Show

Springfield Botanical Center
2400 S. Scenic Ave.
9 a.m. to 2 p.m. Discover plants native to our region and nice performers for home landscapes. Meet with a variety of experts about native plants, attracting wildlife and living lighter on the earth. Free admission. Costs vary per plant.

Woofstock 2018

Springfield Expo Center
635 E. St Louis St.
417-833-2526
9 a.m. to 3 p.m. A day to raise awareness of area rescue pets, raise money for the Humane Society of SWMO and celebrate all things pet. Find a new family member or bring your own leashed pets to enjoy a day filled with fun activities, music and food - all in a pet-friendly atmosphere. Free. Sunday 6


Baker Creek Heirloom Seed Company: Spring Planting FESTIVAL

Baker Creek Heirloom Seed Company
2278 Baker Creek Road, Mansfield, 417-924-8917
10 a.m. to 6 p.m. Celebrate the growing season with produce, music, crafts and some down home-cookin'. Vendors sell many varieties of fruit and produce as well as handmade crafts.


Cinco de Mayo recital by Conservatory of the Ozarks

Primas Mexican Grill
Conservatory of the Ozarks
417-592-1756
5 p.m. to 8 p.m. music students of all ages will provide a program of Spanish music with a variety of instruments, including voice, in celebration of Cinco de Mayo. This captivating program is free.


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Flatt Lonesome 5/ 5 & 6
Remington Ryde 5/ 5 & 6
SpringStreet..... 5/ 5 & 6
The Grascals 5/ 8 & 9
Hammertowne..... 5/ 8 & 9
Kody Norris Show..... 5/ 8 & 9
Po Ramblin' Boys..... 5/ 8 & 9
Resonating Grace 5/ 8 & 9
Breaking Crass..... 5/ 10 & 11
The Hainings..... 5/ 10 & 11
Jonah Riddle &
Carolina Express..... 5/ 10 & 11
The Petersens..... 5/ 10 & 11
Rhonda Vincent &
The Rage..... 5/ 10 - 13
Bluegrass Martins 5/ 12 & 13
Bull Harman &
Bull's Eye..... 5/ 12 & 13
High 48s 5/ 12 & 13
Kenny & Amanda
Smith Band 5/ 12 & 13
Lindley Creek..... 5/ 13
The Punches Family
..... 5/ 13, 15, 16
High Fidelity..... 5/ 15 & 16
Lonesome Road..... 5/ 15 & 16
Cane Mill Road..... 5/ 15 - 17
Doyle Lawson &
Quicksilver 5/ 15 - 17
The Creek Rocks..... 5/ 17 & 18
Hunt Family Bluegrass
..... 5/ 17 & 18

Steve Gulley & New Pinnacle
..... 5/ 17 & 18
Balsam Range..... 5/ 18 - 20
Trinity River Band 5/ 18 - 20
Casey & The Atta Boys 5/ 19
Darrell Webb Band 5/ 19 & 20
That Dalton Gang 5/ 19 & 20
Twang 5/ 20
Lori King & Junction 63
..... 5/ 20 & 21
The Family Sowell 5/ 20 - 22
Chris Jones &
the Night Drivers..... 5/ 21 - 23
The Farnum Family 5/ 21 - 23
The Gibson Brothers... 5/ 21 - 23
Po' Anna 5/ 21 & 23
Willow City..... 5/ 21
Purple Hulls..... 5/ 22 & 23
The Kruger Brothers... 5/ 24 & 25
Ray Cardwell &
Tennessee Moon..... 5/ 24 & 25
Southern Strings..... 5/ 24 & 25
Sugar Creek 5/ 24 & 25
The Lindsey Family
..... 5/ 24, 25 & 28
KSMU Youth in Bluegrass
Band Contest 5/ 26
Carson Peters & Iron Mountain
..... 5/ 26 & 27
The Baker Family 5/ 26 - 28
Michael Cleveland &
Flamekeeper..... 5/ 26 - 28
Snyder Family Band... 5/ 26 - 28
Ricky Skaggs &
Kentucky Thunder 5/ 27
Brightwater Junction.....
5/ 27 & 28
Dixie Jubilee 5/ 27 & 28
Nothin' Fancy 5/ 27 & 28

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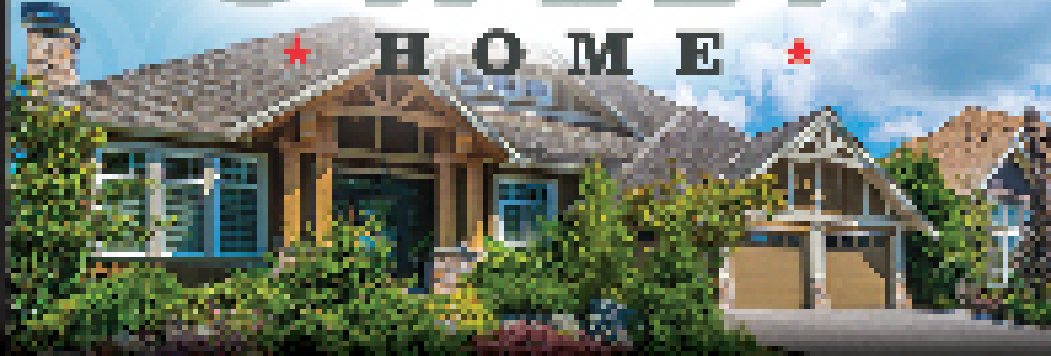
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MARCH 10 & 31
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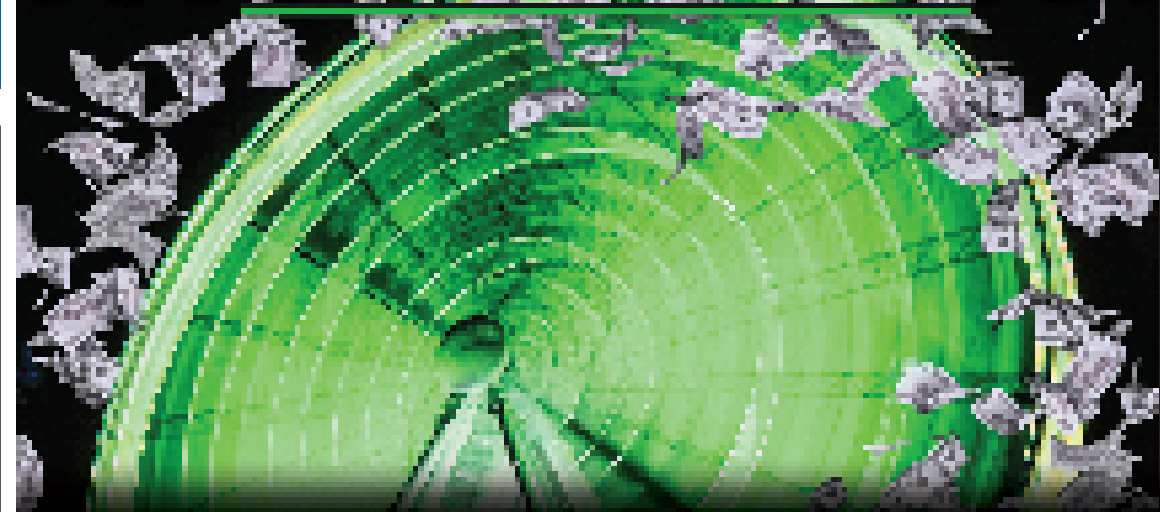
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WEDNESDAYS
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12AM - 3AM**

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**SUNDAY BRUNCH
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TUESDAY 1

Second Baptist Church

3111 E Battlefield Rd., Room 219
417-887-3111

6:30 p.m. to 8 p.m. We offer free ESL classes on Tuesday evenings during the school year. Enjoy quality teaching, a variety of materials, as well as individual and small group instruction.

WEDNESDAY 2

The Wave

Baptist Temple

2655 N. Grant Ave.

Youth meet in the Fieldhouse across the parking lot. 6:45 p.m. to 8 p.m. Arrival time is 6:30 p.m. Attention Middle School and High School Teens! Come join us for The Wave on Wednesday Nights. We have a Bible Study, Sports, Friends, and FUN!! Do you like to play games? We've got you covered! Some games include kickball, dodgeball, volleyball, basketball, and MORE! We would love to have you join us on a Wednesday Night! Don't miss this FREE and exciting time of faith, fellowship, and FUN!

Family Dinner

King's Way United Methodist

Church Family Dinner

2401 S. Lone Pine St.

417-881-6363

5 p.m. to 6 p.m. A family dinner is offered from in the Family Life Center. Dinner costs \$5 per person or \$15 max per family. The menu varies each week and includes kid-friendly options. There are no reservations required, just come hungry!

University Heights Baptist Church

1010 S National Ave.

417-862-0789

5:35 p.m. to 6:35 p.m. Speaker.

Prayer Time Missions

Second Baptist Church

3111 E Battlefield Rd., Room 209

417-887-3111

5 p.m. to 7 p.m. Join us every Wednesday to pray for our families, our church, our nation, and the world. Everyone is welcome!

Men's Prayer Breakfast

First and Calvary Presbyterian

820 E. Cherry, 417-862-5068

6:45 a.m. to 7:45 a.m. Ongoing. Men's Prayer Breakfast, an ecumenical fellowship, has a proud heritage of over 35 years in the Springfield community. Men from all denominations meet for breakfast each Wednesday in our Fellowship Hall. Cost is \$2.00, no reservation needed.

Wednesday Night Dinner

High Street Baptist Church

900 N. Eastgate, 417-862-5502

5 p.m. to 6 p.m. Dinner is served every Wednesday evening in the Gym. \$5/person at the door. \$3/person with reservations. Make reservations online, during services or call the church office by 4 p.m. the Monday before the dinner.

Wednesday Night Dinner

Second Baptist Church

3111 E Battlefield, 417-887-3111

4:45 p.m. to 5:45 p.m. Dinner is served every Wednesday evening in The Court, from mid-August through mid-May.

Discipleship Class

"Manhood Unchained"

Second Baptist Church

3111 E Battlefield, 417-887-3111

6:30 p.m. to 7 p.m. Meets in the basement. A class for men on what it means to lead in relationships, ministry and work. Open to men of all ages. Ongoing.

Equipped Class – "Grief Share"

Second Yarn Works

Second Baptist Church

3111 E Battlefield, Room 217

417-840-4116 or ashfordwells@mchsi.com

5:45 p.m. to 7 p.m. Ongoing.

Al-Anooners

Grace United Methodist church

600 South Jefferson Ave.

417-869-0765 or

yourgraceplace.org.

12 p.m. 365 Days a year. Al-a-

non-is a worldwide fellowship that offers a program of recovery for the families and friends of alcoholics. The Al-a-Noon-ers is an open meeting that gathers every day at noon.

Breaking Bread and Building Bridges

Grace United Methodist Church

600 South Jefferson Ave.

417-869-0765 or

yourgraceplace.org/

5 p.m. to 6 p.m. Each week, members and friends of Grace UMC prepare a nutritious meal and serves it to anyone who comes. This powerful ministry of compassion provides a safe space for many who are hungry for food, companionship, and acceptance.

THURSDAY 3

Celebrate Recovery (CR)

Ridgecrest Baptist Church

2210 W Republic Rd.

Les Palmer at 417-425-6879

5 p.m. Every Thursday night beginning with light meal.

CR is a 12-step faith based program that helps individuals heal from a variety of hurts, hang-ups and habits; including alcohol and drug abuse, divorce, relationship issues, anger, depression, and unhealthy eating to name a few. Free childcare available.



FRIDAY 4

White Family Gospel

Concert & Outreach

Baptist Temple, 2655 North Grant

417-831-2631 or 417-872-8680 or

visitbaptisttemple.net

6 p.m. White Family Gospel Music Show and Outreach! They will be singing, preaching and praising the Lord! The next scheduled dates are May 4th and June 1st! Free refreshments provided for everyone! Doors open at 5:30 and the music starts at 6 pm! Please bring your friends and family!

Narcotics Anonymous

Asbury Methodist Church

1500 S. Campbell Ave., Room 203

417-865-1335

8 p.m. to 9 p.m. Ongoing.

SUNDAY 6

AA/Alanon Meeting

St. Elizabeth Ann Seton Church

2200 W. Republic Rd., Room 5

417-887-6472

8 p.m. to 9 p.m. Café. Ongoing.

LOCAL COMPOSER FESTIVAL

Central Christian Church

1475 N. Washington Avenue

417-869-7241 or office@central-christianspringfield.org

churchweb.site, centralchristianspringfield.org

3 p.m. The Mid-Town Concert Series, a ministry of Central Christian Church, will present the Local Composer Festival. Featured works by Springfield-based composers John Akins, Vicky Claborn, Edward L. Good, Will James, Susan LaBarr, Michael Payne, Pat Pennel, and Carlyle Sharpe. Performers include The Chancel and Handbell Choirs of Central Christian Church, Vicky Claborn, Lisa Christenson, Betsy Nace, Pat Pennel, Kristen Walker, and more.



When does toe walking become problematic in children?

Learning to walk is a major milestone in a young child's life. Parents eagerly await this milestone, but then may quickly fret when toddlers become so fast on their feet that they become difficult to catch.

As children learn to walk, they may demonstrate a type of walking known as "toe walking." This is walking on the toes or the ball of the foot rather than having the heel and bottom of the foot touch the ground. Although toe walking can be an entirely natural way to develop normal walking patterns, sometimes it can be a sign of autism or other neurological conditions. Naturally, parents may grow concerned if they see their toddlers repeatedly walking around on their toes.

The Mayo Clinic reassures that walking on the toes or the balls of the feet is fairly common for initial walkers. Many children outgrow toe walking after age 3. However, some children continue to walk on their toes beyond toddlerhood. WebMD says that more than half of young children who toe walk will stop by age 5. Even these children may be completely healthy and developing normally. Toe walking may be a behavioral habit and nothing to be concerned about.

According to a study of 1,400 children in Sweden, nearly 5 percent of all young children had toe walked at some time. Former toe walkers did so for one to two years before walking normally. Children still walking on their toes after age 5 only did so about 25 percent of the time.

According to the Children's National Medical Center, many children who

toe walk do not have developmental or neuropsychiatric problems, especially when toe walking is an isolated abnormality. However, those who exhibit other developmental delays or symptoms of neurological immaturity may require further testing. Toe walking is sometimes a symptom of muscular dystrophy, cerebral palsy or autism.

According to the Autism Research Institute, toe walking may be a result of a dysfunctional vestibular system, which is quite common in autism. The vestibular system provides the brain with feedback regarding body motion and position. Children with autism may not be receiving the right body motion and positioning signals and begin compensating through toe walking.

With cerebral palsy, toe walking can be caused by abnormal development in the parts of the brain responsible for controlling muscle function. Toe walking with muscular dystrophy can occur when muscle fibers weaken over time.

Various therapies can help offset toe walking. These include physical therapy, visual-motor training, bracing/splinting, and serial casting. The Mayo Clinic says that if conservative treatments are ineffective, surgery to lengthen muscles or tendons in the back of the leg may be recommended.

In many cases, toe walking as a singular symptom is no reason for parents to be concerned. Children often grow out of it as they become more confident in their newfound walking skills.

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