

# BAIRD CREEK NEIGHBORHOOD ASSOCIATION JANUARY 2010 NEWSLETTER

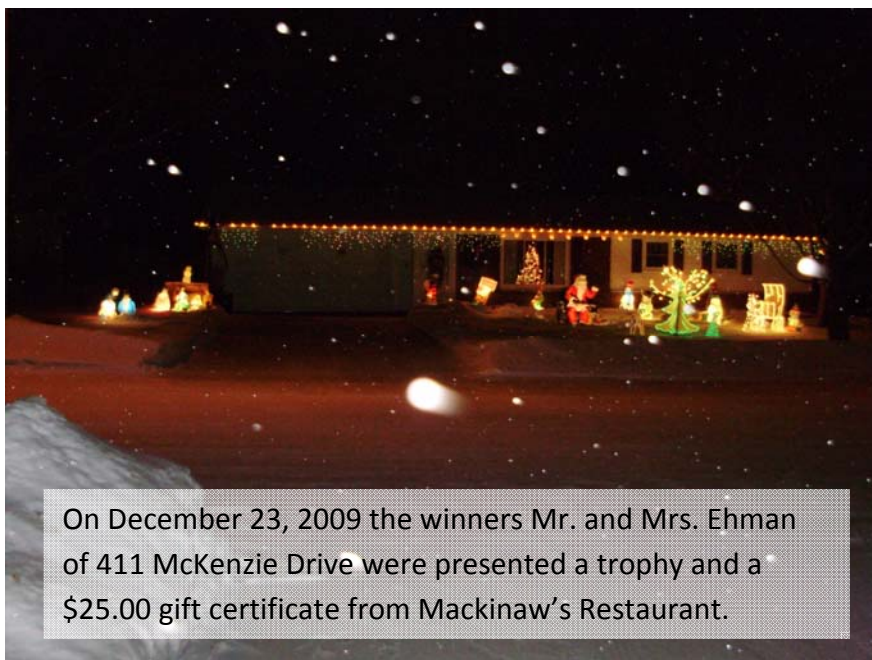
## December, 2009 saw the First Annual Christmas Light Contest

On Sunday, December 20<sup>th</sup> BCNA members rode around the neighborhood looking at Christmas light displays. We returned to the Community Room at Brook Park and voted for the winning home (at right).



In the City sponsored holiday light contest

**Colleen Drive** was selected as the best lighted street on the East side of Green Bay!!!



On December 23, 2009 the winners Mr. and Mrs. Ehman of 411 McKenzie Drive were presented a trophy and a \$25.00 gift certificate from Mackinaw's Restaurant.

### Christ of the Bay Lutheran Church

The Lutheran Church – Missouri Synod  
450 Laverne Drive, Green Bay, WI 54311  
920.468.4246 christbaylutheran.com  
Pastor Curtis J. DeCoste

**Come join us in Worship as we enter the Easter season. We'd love to meet you!  
Everyone is welcome!**

#### **Sunday Services**

8:00 am Traditional Worship Service; 10:30 am Contemporary Worship Service  
9:15 am Children's Sunday School and Adult Bible Study

**Wednesday Evening Services** at 7:00 pm Traditional Worship Service

#### **Special Lenten & Easter Services – Look for the banner at our church for service times?!**

Lenten services Wednesday evenings at 7:00 pm from February 17 through March 24  
Maundy (Holy) Thursday Service; Thursday, April 1 at 7:00 pm  
Good Friday Services; Friday, April 2 at 7:00 pm  
Easter Vigil, Saturday evening at 8:00 pm  
Easter Morning Service at 9:00 am

**Christ of the Bay Rummage Sale – Saturday March 13<sup>th</sup>!**  
**Open to Everyone!**  
**Proceeds go to Charity & Christian Education**

As we head into 2010 we are planning several events of interest!!



Wyss Clinic of  
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We are located on Green Bay's Northeast side;  
2830 Curry Court Suite #2  
Green Bay, WI 54311

**920.468.4199**

Our mission is to help as many people in our  
lifetimes as we can ~ especially children!

### BCNA PACKER FANS!!!

The Green Bay Packers Hall of Fame is hosting a panel discussion celebrating Black History Month on **February 25, 2010**. Various coaches and players will be on a panel discussing their experiences including Hall of Fame Greats **Willie Davis, Dave Robinson** and current Green Bay Packers running back **Ahman Green!** This is a great way to hear firsthand the life experiences of past/present Green Bay Packers. Admission is **FREE!** This event will be from 6:30 p.m. – 7:30 p.m. Please **RSVP** by February 22, 2010 by calling 920-569-7145 or emailing [ausloosc@packers.com](mailto:ausloosc@packers.com)

\*\* A Neighborhood Rummage/Garage Sale is being planned for Friday, April 30, 2010 and Saturday May 1, 2010 contact Mellisa Jahnke (920-469-1339) or E-Mail her at [jamajanke@yahoo.com](mailto:jamajanke@yahoo.com) if you would like to participate.

\*\* National Night Out is scheduled for Tuesday, August 3, 2010 and the Annual Mayor's Talk/Walk will hopefully be also in August along with our annual meeting.

\*\*Neighborhood clean-up day, Movies-In-The-Park, Adopt-A-Highway are just some of the activities in the works. Anyone having any ideas for fund raising/fun events is more than welcome to come to any monthly meeting to present their ideas, please be ready to consider being the chairperson to see that idea become reality!

~\* Remember that in **February the primary elections** for School Board and Alderman will be coming up on **Tuesday, February 16, 2010** and the spring election is scheduled for **Tuesday, April 6, 2010**.

Our polling place is the Baird Elementary School. Our Alderman Jerry Weizbiskie will be running for re-election at that time.

\*\*Our monthly meetings are held on the **first Monday of each month at 6:30 PM** in the Community Room of the Brook Park Apartments 311B Laverne Drive and usually last one hour. All are welcome!

## “When did it ever hurt to grow? Growing Pains, What?”

Have you ever experienced the heartbreak of having your child cry at bedtime about what seems to be indescribable pains in their legs? You have tried all possible remedies to no avail. Out of pure frustration you seek professional help and are told that “It’s just Growing Pains and your child will eventually grow out of it”.

The vast majority of children we see that complain of “growing pains” are in their active growth years of 6-15 years old. This is when the bones and muscles are starting to lengthen and grow and physical activity is what the body uses to aid in its growth. This is why your children are so active during this stage of life. The sudden bumps, lumps, jars, and falls from vigorous play will often produce stress on the spine causing the vertebrae to become irregular. These irregularities often affect the way certain nerves control the function of your child’s legs, knees, and feet. In Adults this is called sciatica; Pains down the back of your legs.

Even the internal organs can be affected creating a plethora of problems ranging from stomach cramps to diarrhea/or constipation and even sleeping difficulties and bed wetting.

As well as vertebral misalignments your children can suffer from what we call a “Pelvic Distortion Syndrome”. This is when the bones that make up the pelvis become misaligned which then changes the way your child walks. It seems to be prevalent in children between the ages of 6 and 15 years old and can cause considerable strain on the muscles in your child’s legs. They will become slightly inflamed and cause some discomfort usually at night when they go to bed. This discomfort is either from interference with their sciatic nerve or strain on the muscles and ligaments that make up their legs, NOT from growing.

These pelvic imbalances may cause a change in the way the hips are rotated and cause them to become internally rotated resulting in your child being “Pigeon Toed”; as a result these children are usually seen as uncoordinated and clumsy.

Many parents are surprised to learn that many of the issues that we see can be traced back to some incident or injury that they suffered during their childhood that has caused their vertebrae or Pelvis to misalign. Consider this: Many of you that experience low back pain right now experienced it throughout your childhood and often complained of it to your parents. You may not realize that if you had had your subluxation corrected as a child you may very well not be dealing with these issues today.

If your child is experiencing pain, it is their bodies’ way of warning you that something is wrong, and if your child is complaining, pay attention to it, a visit to a chiropractor with pediatric experience should be a priority. **Dr. Skip Wyss is a chiropractor in Green Bay, he can be reached at 920-468-4199. Web site: wyssclinic.com.**



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