

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Theories about what causes a yawn

Q. Why do we yawn?

A. There are several theories about the cause of yawning. One of them has begun to gain more advocates. This theory is that we yawn to air-condition our brains.

In a recent paper published in the Journal of Medical Hypotheses, scientists Gary Hack of the University of Maryland and Andrew Gallup of Princeton University wrote that, during yawning, the sinuses act like bellows to cool off the brain. If you suffer from sinus congestion, you might yawn more.

“Brains, like computers, operate best when they are cool,” the authors said.

The findings may explain why people yawn when they are tired. When you are deprived of sleep, the temperature of the brain rises.

Yawning is catching. We mimic yawners. Human beings are highly social and suggestible; we watch each other and emulate one another. In one yawning study, scientists found that applying cold packs



Fred
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HEALTH CARE WRITER

to the subjects’ heads almost eliminated contagious yawning. Nasal breathing, which also promotes brain cooling, had a similar effect.

Most animals yawn. Dogs, cats, rodents, birds, fish and snakes yawn. Fetuses at 11 weeks yawn.

Yawns seem to be caused by chemicals in the brain — serotonin, dopamine, glutamic acid and nitric oxide. The more of these compounds activated in the brain, the greater the frequency of yawns.

Walter Smitson, professor of psychiatry at the University of Cincinnati, says that yawning is a way to express emotions.

“Often, for whatever

reason,” he said, “people are not comfortable verbalizing anger, boredom, disagreement or rejection. Thus, the yawn states for them, ‘I’m rejecting you. I’m not interested in what you have to say. I’m not interested in you as a person.’ It can serve as a passive-aggressive means to express hostility, anger or rejection when an individual isn’t able to articulate those verbally.”

Because a yawn can express anti-social feelings, people try to cover their mouths with their hands.

Smitson said that he notices that men yawn more than women. He theorizes that women are more socially aware than men.

Excessive yawning, however, can be a symptom for a health problem.

If you yawn too much, this may be a sign of a vasovagal reaction — also known as vasovagal syncope, a common cause of fainting. The vagus nerve is located in your neck, chest and intestines. It regulates your heart and blood

vessels. When it is stimulated, you begin to yawn excessively. You can also feel nauseous, lightheaded and break out into a cold sweat. Your heart beats slower and your blood vessels widens. This leads to low blood pressure and the risk of fainting.

A heart attack and a rupture of a large blood vessel can cause excessive yawning. These heart conditions can stimulate the vagus nerve, and a vasovagal reaction can result as the heart pumps less and blood pressure lowers.

Narcolepsy and hypersomnia are two disorders that cause constant sleepiness. Narcolepsy is produces brief sleep attacks. Hypersomnia is characterized by excessive sleepiness at inappropriate moments. Excessive yawning becomes a physical symptom of these maladies.

If you would like to ask a question, write to fred@healthygeezzer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Meatloaf
Baked potatoes
Spinach
Fresh fruit

TUESDAY

Pork chow mien
Rice
Carrots
Chocolate mint brownies

WEDNESDAY

Roast turkey
Sweet potatoes
Gravy
Mashed potatoes
Whipped Jell-O

THURSDAY

Harvest stew
Cinnamon applesauce
Garlic biscuits
Fruit

FRIDAY

Grilled cheese sandwiches
Cream of tomato soup
Fresh fruit
Cookies

MEMORIAM

In memory of a wonderful, wife, mother, and grandmother, **Lillian M. Lynch**, who passed away one year ago, April 22, 2013.

*They say there is a reason,
They say that time will heal;
But neither time nor reason,
Will change the way we feel.
For no one knows the heartache,
That lies behind our smiles;
No one knows how many times,
We have broken down and cried.
We want to tell you something,
So there won't be any doubt;
You're so wonderful to think of,
But so hard to be without.
Though absent you are always near,
Still loved, still missed, still very dear.
Happy times when we were together,
Hold memories that will last forever.
Those we love don't go away,
They walk beside us every day.
If we listen really close,
In the silence of the night;
We hear your voice to comfort us,
And say that you're alright.
But it's often hard to understand,
Why certain things must be;
And the reasons why they happen,
Are so often hard to see.
But we find comfort in the knowledge,
That God is always there;
To keep the one we loved so much,
Forever in His care.*

**Always in our hearts and never forgotten -
Husband Jack Lynch
Children
Cathy Readman and family
Patti Carey and family
Barb Johnson and family
Tom Lynch and family**

Spring rally planned at Lake George church

LWML REPORT

The Spring Rally of the Bemidji-Park Rapids Zone of the Lutheran Women's Missionary League is set for April 29 at Trinity Lutheran Church, Lake George.

Theme for the rally is

“Fully Rely on God.” Theme Bible verse is “Trust in the Lord with all thine heart, and lean not unto thine own understanding,” Proverbs 3-5.

Registration and coffee begin at 9 a.m., followed by a medley hymn sing at 9:20. Rally opens at 9:30. Open-

ing prayer and Bible study will be led by Pastor Donald Kirchner.

Afternoon speaker will be Rhonda Lageson, Park Rapids. She founded “Helping Hands,” whose mission is assisting children to be better equipped, become excited about learning and be

successful while in school.

Kathy Pinnsonneault will conduct the business meeting. Election for president and treasurer will take place.

Closing devotions will be led by Pastor Harvey Kietzman, LWML pastoral counselor.

Rainy Lake Medical Center Auxiliary meets

BY MARGUERITE DAVISON

Rainy Lake Medical Center Auxiliary President Sonia Wegge presided over the April 4 meeting. She led in the prayers for hospital auxiliaries.

Hospital liaison Kelly Millerbernd was present

and announced that the new chief executive officer, Dan Odegaard, was to begin April 1.

She noted several volunteer positions that could be filled.

The annual spring appreciation and awards luncheon will take place April

24. Invitations have been sent out. The annual community baby shower will be May 17 at the Coffee Landing Cafe.

Scholarship chairperson Beverly Beck said applications for this year's auxiliary scholarship are being reviewed.

The District B Hospital spring meeting will be April 22 in Virginia. Several auxiliaries indicated they would attend. The event will be hosted by the Cook area auxiliary.

The next meeting of the auxiliary will be May 6 at the hospital.

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances.

Born to:
Blair Whitefish and Alysha Big George, Fort Frances, a daughter, Dayka

Sky Whitefish, 9 pounds, 8 ounces, April 3, 2014.

Andrew Easton and Alix-andria Jourdain, Manitou Rapids, Ontario, a son, Mason Andrew Mainville, 6 pounds, 11 ounces, March 31, 2014.



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Rejoice!

*Blessed be the God and Father of our Lord
Jesus Christ! By his great mercy he has given
us a new birth into a living hope through the
resurrection of Jesus Christ from the dead...*

- 1 Peter 1:3

Easter blessings from all our residents and staff.


INTERNATIONAL FALLS

 All faiths or beliefs are welcome.

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