



In Tune

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Doctor's Tip for You

Regular, Careful Consumption of Nuts Extends Life

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*Karen Ordelleide, MD,
Health Ministry, KLRF
Governing Board*



Nuts to you! According to large medical studies, eating nuts is beneficial to our health.

Nuts are packed with heart-healthy fats, proteins, vitamins and minerals.

Tree nuts are especially nutritious, and walnuts are particularly beneficial; they are high in omega 3 fatty acids which promote heart health. Almonds are a good source of calcium and are the lowest calorie nut.

Other familiar tree nuts are pecans, pista-

chios, cashews and macadamias.

Macadamias are healthy raw but have the highest calorie count. Peanuts, which grow on bush-



es, also have good nutritional value.

Nuts have a healthy ratio of polyunsaturated to monounsaturated fats which helps reduce cholesterol.

Nuts contain abundant vitamin E, which

acts as an anti-oxidant, and Arginine, which is involved in arterial wall relaxation.

The regular consumption of nuts appears to extend length of life by several mechanisms--a 25-50% reduction in heart disease overall, decreased colon cancer, and less type 2 Diabetes in women.

But, don't go nuts with nuts! Nuts do have significant calories. A 30-60 gram (about a handful) serving 2-4 times weekly of raw nuts seems to be about right.

And remember, the benefits of nuts are negated by adding sugar, salt and oils.

KLRF Recognizes a Community Humanitarian Agency

SonBridge Community Center Helps the Underserved



During this time of holiday cheer, KLRF would like to share with you the good work that our landlord, SonBridge Community Center, does in our community.

Walla Valley.

It serves the community from a 35,000-square-foot facility including a new Education Center

Located at 1200 SE 12th Street in College Place, WA, SonBridge is an organization founded in 2005 by eight church congregations in the Walla

for Better Living. SonBridge Community Center is devoted to providing help to the underserved.

SonBridge hosts low-income dental and medical clinics, education classes and other events, and also operates a top-notch thrift and gift store.

We're proud to say "Thank you" to SonBridge for serving our community so faithfully.

Featured Recipe

Parisian Green Beans

- 32 ounces green beans frozen, whole
- 1 tablespoon olive oil
- 3 cloves garlic minced
- 1/4 cup bell (sweet) peppers dry flakes
- 1 tablespoon dill weed, dry
- 1/2 teaspoon salt
- 1/4 cup walnuts chopped

Cook beans according to directions. Some packages you can steam in the microwave and others you may have to boil to cook. Add the beans to a skillet with the remaining ingredients. Cook over medium heat for 5-7 minutes. (Cut recipe in half if it makes too much.)

Take this recipe to your next Holiday gathering or potluck and they'll be asking you to bring it every time!



Serving size: 1/2 cup

Calories	60
Fat	2.5g
Sodium	100mg
Total Carbs	6g
Dietary Fiber	2g
Protein	2g

<https://fullplateliving.org/diet/recipes/parisian-green-beans>

Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

Each week there are things that must be done to keep your radio station on the air. Here is a sneak peek of things happening currently, made possible because of your faithful support.

Our newest equipment purchase is a new satellite receiver, which is being installed in the studio even as I type this.

KLRF.ORG

The tower which broadcasts programming to you sits on a piece of land that we lease. We are in the process of renegotiating the contract and paying the annual fee to continue leasing that property.

In order to keep the tower safe and prepare for winter, a few trees must be removed that are too close to the tower site.

Many of you make suggestions

for new programming or ask us to keep what is currently airing. The board weighs your thoughts seriously, and we constantly monitor opportunities to improve the music selections.

All of these things either cost money or require the energy of our faithful volunteers to accomplish. In whatever way you participate in support of your station, you are a blessing. Thank you all for your support!

Let Your Heart Burn

Inspirational thoughts by General Manager Owen Bandy

For many years I have encouraged people to study their Bibles. A story in the Bible that speaks to the importance of that is found in Luke, chapter 24, as Jesus walked along the road with a couple of His disciples, after His resurrection.

Hiding His identity from them, He engaged them in a candid way about their thoughts regarding what had just happened in Jerusalem surrounding His crucifixion.

As they expressed their consternation over those events, Jesus addressed the problem. He said, "Oh foolish ones, and slow of

heart to believe in all that the prophets have spoken. Ought not the Christ to have suffered these things and to enter into His glory?" Then it says, "And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself."

There are many things going on around us today that are troubling. We wonder why all these disasters happen if God really loves us. We wonder what we are supposed to do or think when those hard things come to roost on our doorsteps.

What would Jesus say to us? I

believe He would direct us to the Bible for the answers.

Those two disciples along the way tell us what it's like when we begin to understand the Bible. They said, "Did not our heart burn within us . . . while He opened the Scriptures to us?" Let's allow Jesus to set our hearts on fire!



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Who's Who

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Want to make a donation? Go to klrf.org or use the enclosed envelope to donate by check or credit card, or send your gift to: KLRF 88.5, 1200 SE 12th St., Ste. 3, College Place, WA 99324. Thank you, thank you so very much. May God bless you richly for your warm and caring generosity.

Your Time

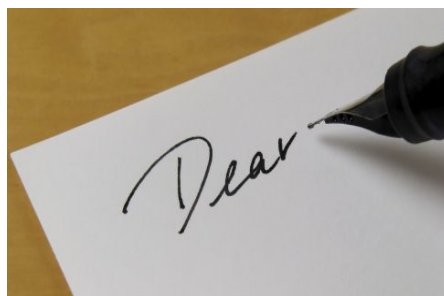
Your comments and suggestions are indispensable —keep 'em coming!

"I appreciate the music and programs of KLRF. Especially the music. It reaches my heart. May God bless each of you."—Stan

"Dear KLRF Staff, Thank you so -much for giving to the Lord in this way! I so appreciate the *Unshackled*; the beautiful, worshipful music and the Scripture readings. God bless you for your service and helping our growth in Christ for all of us your listeners. In his love, Deborah"

"I awoke this morning dwelling on the hymn *Guide Me Oh Thou Great Jehovah*, probably be-

cause I needed help in making some important decisions. The next hymn you played on the radio was the same hymn on which I was dwelling as I awakened! Do you think I was pray-



Claim your time! It's easy; just use the enclosed envelope to send us a note or email us at manager@klrf.org—we'd love to hear from you.

ing the same prayer? I do . . . Please pray with me!"—Lou

"Dear to whom it concerns at KLRF, I appreciate the music and most of the programming of KLRF and can say I'm a daily listener just almost every day. I plan on continuing listening to KLRF. Enclosed is a check. Sincerely, Stan."

Thank you so much for your amazing support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. We value your opinions—keep 'em coming!