



Volume 19 Issue 2

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Blue Light Affects You Powerfully Manage Your Blue Light Exposure Wisely

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Over the past 10 years energy efficient LED (light-emitting diode) lighting is everywhere, including in the display screens of our electronics.

LED lighting has the most “blue light” (the shortest wavelength and highest energy of the visible light spectrum).

Light is known to affect human chronobiology more than any drug on the market, and blue light does so more powerfully than other lighting.

Sunlight is the main source of blue light and peaks at noon. Some daily exposure to blue light is very important for health, as it enhances alertness, helps prevent

depression, and has other positive effects.

However, it's all about timing. In our electronic world, many people are exposed to blue light all day long and well into the night. Light suppresses melatonin, raises body temperature and heart rate, and decreases drowsiness.

These effects are not insignificant: it has long been recognized that shift workers have increased morbidity and mortality from cardiovascular disease and cancer. And blue light is a more powerful suppressor of melatonin than other lighting.

Retinal circadian photoreceptors are maxi-

mally sensitive to blue light, and light in the evening in the first half of the sleep period causes circadian rhythm shifts.

Having trouble sleeping? Get lots of bright light during the day, but, according to research, avoiding the use of computers, tablets and cell phones for several hours prior to bedtime may prevent melatonin suppression. If you must look at a screen late in the day, consider blue-blocking glasses or an app that filters the blue-green wavelength at night, and utilize that “night shift” setting on your cell phone.

We can't go back to pre-electronics and firelight to manage our light exposure, but we can choose times and amounts of LED for optimum health.

Are You Hard-Wired for Music?

First in a Series on Music for You, the Discriminating KLRF Listener

It seems nearly everyone is opinionated about music. Who's right? In a magnetic resonance imaging (MRI) study done of babies under 3-days old, it was discovered they all showed distinct responses in the right hemisphere of the brain to musical stimuli.

When the music was modified by moving one of the components a half-tone higher, intro-

ducing dissonance, the babies' brain response shifted remarkably to inefficient responses in both hemispheres. Scientists deduce that our right hemisphere auditory network is specialized for music and especially specialized for music structured in a way that a majority of listeners agree is most pleasing.

<http://www.wiringthebrain.com/2010/03/wired-for-music.html>



Even newborns have preset musical tastes.

Featured Recipe

Owen's Breakfast Tofu Scramble

16 oz. block of tofu, diced into half inch cubes

1/3 cup Bragg's Liquid Aminos

3 medium tomatoes, diced

3 cups frozen sweet corn

6 green onions, sliced

6 cloves of garlic, crushed

2 cups of sliced olives of your choice, black, green, kalamata, etc.

1/2 teaspoon turmeric

1/2 teaspoon salt

1 teaspoon of Mrs. Dash or similar

1 teaspoon basil, dried

Simmer on stove for 15-20 minutes. It's best



to let it sit all night, then warm it up in the morning for breakfast. Experiment with the ingredients to suit your taste.

Note from wife: This recipe turns out different every time Owen makes it. All measurements are very approximate. Just make it the way you want using this recipe and the picture as a loose guideline.

Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

You noticed! Some of you have asked, “Did I miss my latest newsletter from KLRF?”

No, you didn’t miss it. The truth is, the spring newsletter never got written and so it is now the August newsletter.

Excuses just really don’t cut it, but we’ll try a feeble one: The

KLRF.ORG

KLRF manager and the newsletter editor had the distinct honor of spending several months in Chico, California during the winter and early spring, helping with Camp Fire Relief.

Six Seventh-day Adventist churches were affected. In three of them, the majority of the members lost their homes. In the other three, a significant number of their membership lost homes or their members were providing

housing to people who were displaced.

There has been a concerted effort of the community, non-profits, and other churches from across the nation to respond to the dire circumstances faced by those impacted by the fire.

Yes, we took a little detour, but we promise to get back on track so you don’t miss any more newsletters!

Who Calls the Shots?

Inspirational thoughts by General Manager Owen Bandy

The most difficult thing for a human to do is to give up the practice of calling our own shots.

In the beginning, when our Father God placed our human parents Adam and Eve in the garden of Eden He told them, “Of every tree of the garden you may freely eat: But of the tree of the knowledge of good and evil, you shall not eat of it for in the day that you eat of it you shall surely die.” That was the choice. Will they let God call the shots or will they decide to call their own shots?

If you are familiar with the Bible story, you know what happened.

Lucifer, better known as Satan, who had himself decided to call his own shots tempted them to join him. He tempted them to “become like God” in determining for themselves what was “good and evil” and not give God that prerogative. They, would be better off, he insinuated, being the masters of their own lives, to chart their own course, to call their own shots.

God’s response to this was, “. . . the man has become like one of us, to know good and evil.” That is, the man, like Satan, has now taken upon himself the practice of deciding for himself what is “good and evil.”

Ever since that day the human race has been a grand demonstration of the results of what happens when we don’t let God call the shots. All the problems we see in the world and in our personal lives today, are because we have not allowed God to call the shots. Let us determine today to surrender to His leadership.



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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 Broadcast Time

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

“Thank you for sharing God’s Word and beautiful Christian music with us. Thank you for sharing Unshackled and Your Story Hour with us too.”—J

“Thank you for your faithful broadcasting radio in our area. I live alone, so it is my family quite a bit. I enjoy the good music, Bird Notes, Unshackled, Money program, News etc.

I’m [a] retired Child Evangelism Fellowship Director and listen to the kids programs to get new ideas to teach truth of

the Bible stories.

Keep up the good work for the Lord. Praying for you too.”—Audrey

“I have enjoyed this station, God bless in 2019.”

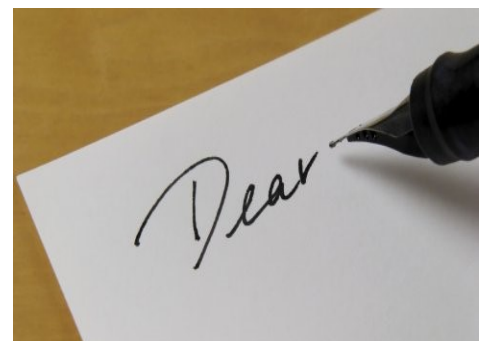
“KLRF is my favorite FM radio station: Peace in the Storm. I love the children’s worship most. I like the news better than any news anywhere. I enjoy Unshackled.

I’ve loved the night Sounds back in the 1990s. It was very soothing to me as I was going

through a divorce at that time. I love your station.

Best regards,

Yours in Christ”—Mike



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