



In Tune

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Low Fat Diets Help You Feel Full Sooner The More Fat You Eat, the Less Your Taste Buds Notice It

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*Karen Ordelleide, MD,
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It seems common sense to assume that less dietary fat positively impacts weight, right? A recent intriguing study suggests a mechanism of how that may happen.

The study involved an eight week trial of subjects on a low fat diet (less than 20% of energy from fat) compared with a group on a high fat diet, with the end result greatly increased taste bud fat sensitivity in those on the low-fat diet.

Though how much a person liked the taste of fat did not change, the small amount of fat eaten in the low-fat group resulted in earlier satiety (fullness).

Both identical and fraternal twins were involved in the study and it appears that environ-

ment (diet) shaped the fat taste sensitivity—genetics did not provide

to the taste buds over time the fat taste is heightened, cravings are reduced and it



protection against weight gain in the high-fat diet group.

Everyone needs a bit of healthy fat in the diet but a high-fat diet causes loss of our ability to taste/sense fat and thereby leads to over-eating—and a craving for fatty foods.

On a high-fat diet, fat becomes “invisible” to the taste buds and much more of it is eaten before a person feels full. If less fat is presented

takes less fat to reach satiety. Reaching satiety earlier, of course, stops over-eating.

If you want to lose weight, eating a low-fat diet will gradually increase your sensitivity to the taste of fat. Only eight weeks were needed to “retrain” the taste sense in either direction.

It is important to be mindful of what we eat—our bodies are rather quickly affected by what we give them!

How Does Music Affect You?

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

Our last newsletter cited an experiment where information was gathered by magnetic resonance imaging (MRI) and it was discovered that babies of only three days old had less efficient brain function when they were exposed to dissonant music.

In another study, it was found that people from Canada and a tribe in Africa shared commonalities in how they responded to

music.

Certain emotions were elicited in both cultures, such as sadness or seriousness when music was soft or slow or the tones were deep. When tones were higher or rhythms faster, cheerfulness was elicited in both cultures. This was true whether the music was traditional western style or the style of the African tribe.

However, the African tribe had

mixed reactions to the “happier” music because this type of music was often used to counteract sadness, so some of the Africans equated the brighter, more rhythmic music with sorrow.

Though music appears to elicit some of the same emotions across cultures, its application may complicate over-arching effects of music for different people.

Featured Recipe

Easy Wheat Crackers

These crackers taste very much like wheat thins. You can top with seasonings like rosemary, dill, or other tastes to your liking, or you can leave them traditional, as in this basic recipe. You can also experiment with different flours if you wish gluten-free options.

3 cups quick oats (or old-fashioned)

1 cup wheat germ

2 cups flour (white)

1 teaspoon salt

3 tablespoons sugar

3/4 cup oil

1 cup water

Emulsify water and oil. Mix in rest of ingredients well. Roll out on two greased cookie sheets. Sprinkle with salt. Cut with sharp

knife into diamonds or other shapes. Bake at 325 degrees for 30 minutes.

Note: You can skip emulsifying the water and oil by mixing the other ingredients together, then pouring the water and the oil separately over them. Stir until mixture is evenly moistened.



Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

Since our last newsletter, a lot of water has gone under the bridge that you should know about:

- 1.) KLRF board members have updated a rental contract for the broadcast tower site. A big thanks to the KLRF board and the wonderful people who rent us the site!
- 2.) A surprise that came down the stream was the failure of one of our air conditioners at the

tower site. Thanks to the Lord and His servant Ted Duncan, a backup system was already in place and is able to keep things cool until a replacement air conditioner can be installed. That is an unexpected expense.

- 3.) Also, some potential problem trees at the tower site are marked for removal before winter arrives.
- 4.) The next big log bobbing in



the stream is that the tower we use at the station site is being moved, so we are looking into options for a replacement.

Remember us in your prayers!!!

Read the Bible

Inspirational thoughts by General Manager Owen Bandy

When I was a kid I remember a dusty cardboard box out in the garage that had an old Bible in it. I think I saw it only once. It was old and the binding was broken and the fading yellowish pages were trying to slip out as I thumbed through it. Not understanding its significance I just put it back in the box. I never thought about it again for a long time.

It was later when I was in basic training in the Army that I started thinking about trying to find God. I started attending church but it was mostly ritualistic, and the mysterious ceremonies didn't

really compute for me. I couldn't find the meaning in them.

Finally, when I got out of the Army I decided to read a Bible. I thought, *Everyone should read the Bible through at least once. After all it's quite ancient and very famous.*

It was there I began to find the God and Savior for whom I was searching. His Spirit spoke to me through its pages.

Jesus said to some very religious people in John 5:39, "You search the Scriptures, for in them you think you have eternal life; but they are they which testify of Me."

Just having a Bible in a box, or even on a shelf isn't enough. Apparently even reading it and studying it may not be enough. We must read the Scriptures as a means to finding and knowing Jesus.

Get it out of that box, take it down from that shelf and read it until you find Him.



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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!

“As a patient recovering from hip replacement surgery, I have received more benefits than I can measure from your station’s evening and night broadcasting! Most nights I can fall asleep only with great difficulty but the beautiful music you play helps me all night!

Usually, I listen to *Unshackled* first, then to *Night Sounds* and I leave the radio on till 6 a.m., and it helps me sleep, finally.

I want to thank all of your staff and helpers for everything you do. May God bless all your

work!

Sincerely,”—Grace

“Thank you so much for sharing *God’s Word*, wonderful music, *Your Story Hour*, and *Unshackled*.

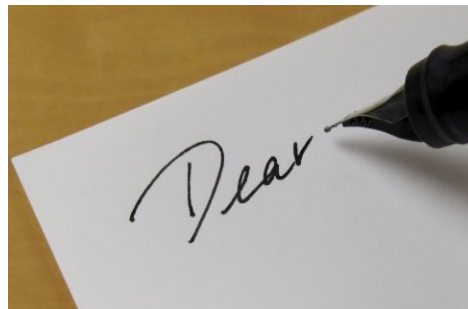
God Bless You!

In Jesus,—Deborah

May the God of hope fill you with all joy and peace in believing...that you may abound in hope by the power of the Holy Spirit.’ Romans 15:13”

Thank you so much for your amazing

support of the KLRF Ministry. Thousands of lives are touched daily through your generous gifts. Your gifts, opinions and observations are very important.



What do you think? About the recipe? About an article? Tell us! 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.