



In Tune

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Pets Are Good for Your Health Improve Mental Health, Longevity



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News flash: pets are good for your health.

This is not news to pet lovers, but it is official. Researchers have evaluated and quantified what pet lovers have known all along!

Since 67% of American households have pets (most commonly dogs, with cats a close second) it is good to know that living with animals is beneficial.

Mental health benefits are not surprising. Psychiatry studies note that having a pet in adolescence creates empathy and confidence which helps with community interaction and leadership as adults.

Pets keep us connected to the outside world, and dogs, especially, increase the

likelihood of taking part in physical activity. Many a lonely person is much less so with a pet devoted to them who needs care. One study even suggested pet owners have stronger romantic relationships—what's not to love about that?

Improved mental health is only one benefit of pets. Robust findings in three studies suggest that dog ownership particularly, resulted in longer life span after a heart attack or stroke. This may occur because of lower resting heart rates and blood pressure noted in pet owners.

And, when measured under stressful conditions, these param-

ters stayed lower if the pet was in the room while testing occurred. The findings were strong enough for the American Heart Association to release a scientific statement declaring an association between pet ownership and lowered risk factors for cardiovascular disease as well as longer life.

It may be a good idea to remember these facts next time Fido causes an "inconvenience" or destroys your favorite pair of shoes. Furry, feathery and even scaled creatures can add a special quality to life that is definitely worth the trouble. For those who cannot or do not have pets, don't despair, there are ways to enjoy a healthy life. But for the pet owners, continue to enjoy the companionship of your pets.

You May Be More Affected by Music Than You Think

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

Did you know every part of music is connected to some type of human response? The table below shows some of these emotions:

Tempo	Pace of the music	Fast: Happiness, excitement, anger Slow: Sadness, serenity
Mode	Type of the scale	Major: happiness, joy Minor: sadness, darkness
Rhythm	Beat of a song	Smooth rhythm: happiness, peace Irregular rhythm: amusement, uneasiness Varied rhythm: joy

Songwriters often use the distance between notes (intervals) to help set a mood. You may remember the song, “Music Box Dancer” written in 1991. It is

filled with major intervals which made it a hit because it was so happy, even without the words. You may also remember crying through a mov-

ie, “Love Story” with a hit theme song published in 1970. The intensely emotional response felt by so many to this song was enhanced by an interval called a minor sixth, which evokes anguish and sadness. Not only was this interval used repeatedly, but each time it was a little lower, producing a series of falling minor sixths. The emotional response was nearly unavoidable.

Next time you “like” or “don’t like” a song, listen carefully to find out why, or why not.

Featured Recipe

Tamale Pie



Ingredients

- 1 large onion, chopped
- 1 green bell pepper, chopped
- 4 cloves garlic, chopped
- 1 cup plus 2 tablespoons polenta, soaked in 2 1/3 cups of water (half hour)
- 2 teaspoons salt
- 1 1/8 teaspoon cumin
- 1 14-ounce can diced tomatoes, not drained
- 1 8-ounce can tomato sauce
- 1 can whole kernel corn, not drained
- 1 4-ounce can mild fire roasted green chilies
- 1 can black olives, cut in half

1. Sauté green pepper, onion, and garlic in 2 tablespoons olive oil and about 1/4 cup of water until onions are clear.
2. Add salt, cumin, diced tomatoes, tomato sauce, and liquid from corn and bring to a boil.
3. Slowly add soaked polenta, and simmer over very low heat about ten minutes.
4. Add corn, green chilies, and olives and place in an oiled casserole dish.
5. Bake at 350 degrees for 30 minutes.

Your Inside Scoop

The Corner Where Savvy Donors Stay in the KLRF Loop

It is amazing to see how many people go to the KLRF website from all over the world. Those outside the United States go there to listen to the online streaming while many in the United States stop in to make a donation.

People from forty countries visited the KLRF website in 2019, some of them from countries where they are not at liberty to worship freely as Christians.

The first ten countries, in order of listeners were: United States, followed by China, Canada, Germany, France, Russia, India, Ireland, New Zealand, and Venezuela.

Your donations not only support Christian radio here where we have the freedom to worship, but make it possible for people to worship where religious freedom is restricted.

KLRF.ORG

We want to thank you who send in your gifts through the donation tab on the website, KLRF.org. This is a quick and easy way to donate.

We want to especially invite you to join others in giving a monthly donation through the website.

God bless you for sharing!

Am I All In?

Inspirational thoughts by General Manager Owen Bandy

I think one of the most serious questions we have to ask ourselves as people of faith is, “Am I all in for Jesus?” In other words is my commitment to Him so settled that nothing could move me away from it?

When I was first seeking for the Lord, trying to find meaning and purpose for my life, I came across stories of people who apparently found it and ended up giving their lives for their faith.

People like Polycarp of Smyrna who, when asked to curse Christ to save his life said “Eighty and six years I have served Him and He has never done me wrong.

How then can I curse my King Who saved me?”

Then there was John Huss of Bohemia who was burned at the stake for standing for Christ and the Word of God against the powers that be.

People like this were all in. They are described in the Bible as souls under the altar “who had been slain for the word of God and for the testimony which they held” (Revelation 6:9). You find them also in Daniel 11: 33 as “Those of the people who understand . . . yet for many days they shall fall by sword and flame, by captivity and plundering.” They were all in.

Jesus inferred the kind of commitment it would take when He stated, “They will deliver you up to tribulation and kill you” (Matthew 24:9). In other words you will need to be all in.

Jesus Himself was all in. He gave it all for me and for you. The question we have to ask ourselves is, “Am I all in for Jesus?”



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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 so much for broadcasting such wonderful music and programs . . . Your love for Jesus and sharing His love for us means so much! Thank you for airing *Unshackled* and *Your Story Hour* and Christian News.”—Debi

“The music/programming of KLRF Christian Radio is so inspiring—as I drive from my home to town that music—raises my spirit, calms my heart—thank you!”—Joanne

“Thank you so much for reading and teaching God’s Word to us.

Thank you for all the beautiful music which is to glorify our Lord and Savior Jesus Christ. Thank you for the edifying programming.”—Deborah

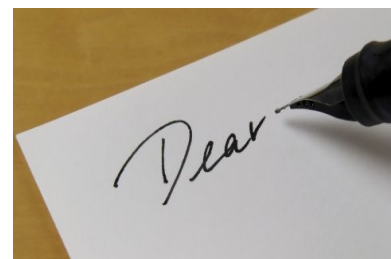
“I listen every day and appreciate the music so much.”—Stan

“The wonderful hymns and songs you play in the mornings are such a blessing! Thank you!”—Sandi

“I recommend KLRF to my friends, so I appreciated your card about my concern over the Christmas programming. Happy Valentines Day a little early.

God bless.”—Lenore

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!