



# In Tune

Volume 19 Issue 1

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## The Fountain of Youth May Be in Your Control A Healthy Lifestyle Protects Telomeres

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



A recent hot topic in the health arena is the telomere (pronounced tēlə, miər).

Discovered in 1995, telomeres are cap-like segments at each end of chromosomal DNA strands. Chromosomes are paired DNA strands made of nucleotides, building blocks of RNA and DNA, arranged in one of the most magnificent codes in all of creation.

The telomere cap, with its extra nucleotide spare building blocks, protects the loss of the code during the copying process that occurs when the body creates new cells.

A recent intriguing discovery has shown

that telomeres shorten with age. This suggests that when, after trillions of cell replications, you run out of telomere nucleotides, you run out of time. So this raises the question: Could finding a way to lengthen or at least maintain telomere length be the key to the elusive “fountain of youth”? So far, the answer is a resounding, “Maybe!”

Telomere science remains at the periphery of modern medicine; no medication has been proven to lengthen a person's telomeres. After several years of research there is no widespread consensus on how to interpret and apply telomere meas-

urements. However, studies show life-style factors impact telomere length.

Short telomere length is associated with diseases such as coronary artery disease, diabetes and cancer, and with exposures to pollution, tobacco smoke and stress. On the other hand, dietary restriction (variations on intermittent fasting), increased dietary fiber and antioxidants (especially colorful produce, beans, nuts and whole grains), and you guessed it—exercise—are all associated with longer telomeres.

Living a healthy lifestyle is much more beneficial than purchasing expensive “telomere lengthening” supplements or telomere testing. Eat healthfully and exercise to stay young!

## We're Pleased to Announce New Board Member for KLRF

### Helen Heavirland brings Speaking, Writing Expertise to KLRF



*Helen Heavirland, Author, Speaker, Encourager; Author of the Award-winning book, "My God is Bigger"; 2016 Cascade Award — Published Memoir;*  
[www.helenheavirland.com](http://www.helenheavirland.com)

Helen Heavirland is a nurse by training, a bookkeeper by necessity, and an author by passion.

She has been married to her husband, LeRoy, for 43 years. If you ask her how she is, even on tough days she's apt to smile and say, "Blessed."

Helen appreciates the whole-person emphasis of KLRF with programming to enhance, in addition to spiritual health and

growth, also physical, financial, mental, and emotional health.

In addition to her obvious talents, she has agreed to share her deep love of God and critical thinking skills on the KLRF board.

We are profoundly blessed to have Helen join the KLRF team where our whole mission is to serve God and you, our wonderful listening family!

## Featured Recipe

### Plant-based Special K Roast

1 medium onion, minced (use sweet onion, if preferred)

2 cups pecans, finely chopped

1/2 cup olive oil

2 packages (12.3 oz.) Mori Nu Tofu, firm

1 tablespoon McKay's chicken style seasoning (for more flavor add some McKay's beef seasoning)

1 teaspoon VegeSal (or herbed salt)

1/4 cup nutritional yeast flakes

1 box (12 oz.) Special K cereal

1 1/2 cup unsweetened soymilk

2 teaspoons salt

1. Preheat oven to 350 degrees.
2. Saute onion in oil until clear.
3. Mash tofu and combine all ingredients together in a large bowl and mix well.
4. Spray a 9x13 casserole dish with non-stick cooking spray or coat lightly with oil.
5. Pour mixture into the casserole dish and bake 40-45 minutes or until the top is browned and slightly crispy.
6. Cut into squares and serve hot.

Yield: 12 half-cup servings.



## Your Inside Scoop

### The Corner Where Savvy Donors Stay in the KLRF Loop

Owen here. I recently attended the annual national Adventist Radio Convention in Tucson Arizona. It was an amazing gathering of representatives from all over the nation.

**Did you know** that there are over 100 full power radio stations (of which we are one) and 150 low power radio stations across the country that are operated by Seventh-day Adventists?

**Did you know** that over 243 million people listen to the radio every day! That's more than any other media platform!

**Did you know** that copyrights on music are good for the life of the composer / author plus 70 years? Our station pays a fee every year for a license to play copyrighted music. Right now in congress efforts are being made to raise the cost of this for, "For Profit Stations." They're not

talking about raising it for non-profit stations like ours yet, and there are law firms working to make sure that doesn't happen. (That's a call to prayer.)

We are so blessed to have this station in our area and just think you are a part of the team. May God prosper you and bless you with health throughout the year.

**KLRF.ORG**

## Be Ready

### Inspirational thoughts by General Manager Owen Bandy

Jesus said, "Therefore you also be ready, for the Son of Man is coming at an hour you do not expect."

Recently I've had opportunity (because of my wife's work) to spend some time in the community of Chico, California, interacting with many of the victims of the Camp Fire that destroyed the community of Paradise, California, and beyond.

I've been spending time listening to individuals and praying with them as appropriate.

No one can even comprehend the complexity of that disaster and how unprepared everyone was.

I spoke with one recently retired gentleman who told me he was a "survivalist." He was ready, or so he thought. He had fire equipment and a water system for fighting fire and was certain he was prepared for this. The problem was he was not home when the alarm to evacuate sounded. When he tried to get home he discovered the road was blocked by authorities, but it was also blocked by hundreds of cars filled with people trying to escape.

As he told me his story about the loss of his home, he said "I have less now than I had when I was five years old." He said, "I had

\$30,000 cash in my home."

Jesus said, "Therefore you also be ready . . ." But Jesus is talking about a spiritual readiness.

Could it be that many of us think we're ready but we're not?

If you're not sure what it means to be ready for heaven, I recommend you start your Bible study today.



Pastor Owen Bandy,  
General Manager, KLRF

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### **Who's Who**

#### **Governing Board:**

Chairman—Richard Grizzell  
General Manager—Owen Bandy  
Technical Manager—Ted Duncan  
Treasurer—Les Leno  
Health Ministry—Karen Ordelleide, MD  
Carol Gill  
David Gill  
Helen Heavirland  
Mike Lambert

Newsletter Editor—Rhonda Bandy

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*Want to make a donation? Go to [klrf.org](http://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**

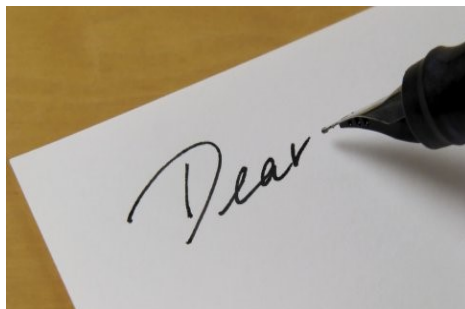
**Your comments and suggestions are indispensable —keep 'em coming!**

“Thank you for the radio programming. It is a life saver for me. I listen to *Unshackled*, *Night Sounds*, *New Life Live*, *Family Life*, and Saturday and Sunday morning programs too. Often throughout my days and through the night. I love the Hymns!”—Anonymous

“Dear KLRF Staff, I appreciate the programming and music of KLRF very much. Enclosed is a check for [your ministry.] Thank you.”

“Thank you! I feel that your station would go down fast if your music would become modern gradually!” —Dorothy

“Wonderful, God-filled, comforting [morning] music!” —Jane



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

“So very thankful for KLRF!! Merry Christmas and a happy, prosperous and blessed New Year! With love and cheer.” —Becky from Boardman

\$100 “In memory of Charlie Fry”

*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.*