



IN TUNE

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Go Ye

“Go ye,” Jesus said, “teach all nations. Teach them all I have told you. And I’ll always go with you to help you reach hearts.” (Matthew 28:19, 20 - paraphrased)

Have you ever wished you could reach more people? That you could shout God’s love into the hearts of people throughout the Walla Walla Valley? Or even further into Southeast Washington and Northeast Oregon? Have you desired to go as a missionary to far-flung lands? And been disappointed you couldn’t? Not so fast! Maybe you already have been doing so.

We appreciate the faithful KLRF listeners in our area! But internet has expanded this local ministry exponentially! In 2020 alone, besides the USA and Canada, the KLRF website has logged visitors from

- China
- Germany
- The United Kingdom
- France
- India
- Russia
- and 18 other countries.

You could be thrown in prison and tortured if you went to some of those areas and taught the gospel. Yet, even there, through technology, God’s messages can reach into homes and hearts.

How can you follow Jesus instruction to go and teach?

Whether you support KLRF with your prayers or your finances, you “go” to many nations. You speak to hearts locally, regionally, and abroad.

Tell local folks about favorite programs on KLRF, 88.5 FM. Share snippets of how something you heard has blessed you. Send the station a note about how God has spoken to your heart through KLRF.

Reach even further. Share the website where anyone, anywhere in the world, can listen to the station at any time — www.klrf.org. Share it on social media. Tell friends you email. Pray for and watch for opportunities to share KLRF’s radio address — 88.5 FM.

Thank you, KLRF supporters, for following Jesus’ instruction, “Go ye, teach all nations.”



Show Me Your Hands

Lord, when I am
weary with toiling,
And burdensome
seem Your commands,
If my load should
lead to complaining,
Lord, please show me
Your hands—
Your nail-pierced hands,
Your cross-torn hands,
My Savior, show me
Your hands.

Christ, if ever my
footsteps should falter,
And I be prepared
for retreat,
If desert or thorn
cause lamenting,
Lord, please show me
Your feet—
Your bleeding feet,
Your nail-scarred feet,
My Jesus, show me
Your feet.

—Brenton Badley

Thank You!

By Helen Heavirland
KLRF Governing Board



Americans Love Their Soda!

It is estimated that the average person will drink nearly 40 gallons of soda this year. And that is 19% less than the estimate from last year. However, many people drink diet soda in an attempt to decrease calories and avoid the considerable amount of sugar in regular soda. But does that work? Though artificial sweeteners are considered “safe” (per the FDA), several recent studies suggest they are not “healthy”.



There is no question, at this time, that sugar contributes to obesity, diabetes, heart disease, gout, decreased bone health and cavities, among other ill effects. But studies have suggested the risk of metabolic syndrome, cardiovascular disease and type 2 diabetes mellitus is actually increased with use of artificial sweeteners as compared to

regular sugar. Artificial sweeteners appear to particularly alter the gut microbiome in ways that result in decreased satiety which leads to eating more, altered glucose levels and overall increased caloric absorption. Even the plant derived stevia gets mixed reviews from the FDA currently.

Are there better alternatives? Some turn to fruit juice, and 100% fruit juice is at least natural. But do remember that it takes several oranges, for example, to make a glass of orange juice and that is still a lot of sugar. Even large loads of “natural” sugar can impact overall health. The healthiest option may be to eat an orange, with all of its fiber, and reach for the amazing beverage called water when thirsty.



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

Program Schedule

One of the important messages we received from our Survey in December is the need to publish our Program Schedule more often so listeners can know when programs will be aired. We will be including the schedule with our newsletter once a year and at some point will also add it to our website. Thanks so much for your feedback!



Featured Recipe

Especially during this COVID-19 crisis, it is important to avoid eating dairy products and sugar. Dairy can increase mucous sludge in the lungs, sinuses, and linings of the digestive tract. Sugar is known to lower the ability of your white blood cells to fight infection. You can use a small amount of stevia to sweeten foods in place of sugar, honey, or agave nectar. Any sweetener that rapidly raises the blood sugar, even temporarily, can have the same effect as sugar on immune function. In place of jam, try hummus made with raw garlic and lemon juice on your toast. The raw garlic and lemon juice have some anti-bacterial effects. Raw garlic is more effective than cooked, so try adding finely minced garlic to your soups after the cooking process. Eat plenty of fresh fruits and vegetables daily. Make an olive oil and lemon juice vinaigrette salad dressing with minced raw garlic, instead of using a dairy-based ranch dressing.

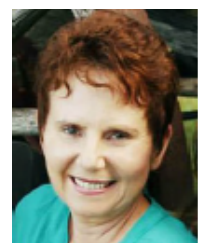


Salad Dressing

1/2 cup extra virgin olive oil
1/4 cup freshly-squeezed lemon juice
Zest of 1 lemon (1/4 tsp packed)
2 garlic cloves, minced or pressed (1 tsp)
1/2 tsp salt
Powdered oregano to taste (optional)

Place all ingredients in a jar and shake to combine. Stores well in the refrigerator for up to 2 weeks.

*By Cindy Walikonis
Registered Dietitian*



Your Broadcast Time

Your comments and suggestions are indispensable!

Here are a few encouraging messages we received recently:

Dear People at KLRF,
Just a note to let you know there are people out here in my age group—80+ who really like your station, especially the lovely music you provide on Friday evening and Saturday! I also like the Christian speakers on Saturday! My old heart rejoices in the Lord Jesus! Love to each of you! If I had money to spare I'd give you some. But what I do have is prayer. So I am praying for your Christian Service to all of us out here.
Thank you, Connie

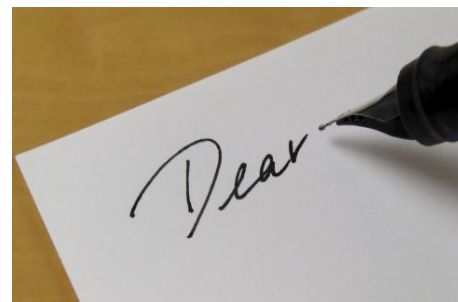
Thank you for the beautiful music, the great biblical teaching and the hourly news of meaningful headlines. I especially enjoy Bird Note and all the scriptures. You are a blessing. -Unknown

Thank you for the Christian Experience day after day.
Sincerely, Marjory

Thank you for working so hard to make such a nice impact on our community and beyond—May God bless each of you!
Donna

Your station plays great music! Christian music should not sound like a rock concert. It's a comfort to turn on the radio and listen to music that really glorifies God. -Unknown

I've been listening to your radio station off & on for some time and even more so since the Covid pandemic that has impacted us all so drastically. The quality of the music offerings has really blessed me immensely – in general, my thoughts and heart are uplifted toward the Lord God as I listen.
Sincerely, Margaret



SURVEY!

We gratefully appreciate those of you who completed and returned our Survey from our last newsletter! We are including it one more time for those who haven't had a chance to do it yet. Your input is very important to us! Thanks!

Speaking Well

Ye have heard that it hath been said, thou shalt love thy neighbor, and hate thine enemy. But I say unto you, love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you. Matthew 5:43,44

Early in the American Civil War, before General Robert E. Lee had demonstrated his genius as a military commander, he was criticized on numerous occasions by a fellow officer named Whiting. General Whiting graduated from West Point at the head of his class, and was regarded by his peers as intelligent and a very capable officer. One day Jefferson Davis, President of the Confederate States, looking for a general to fill an important command, asked Lee what he thought of Whiting.

Without hesitation Lee responded that Whiting was the best man for the important job. Later, another officer took Lee aside and remonstrated with him, "Don't you know that Whiting has no use for you? Why did you recommend him?" Lee simply replied, "The president asked my opinion of Whiting, not Whiting's opinion of me."

It is relatively easy to speak well of people who speak well of us. The test of character is in speaking well of those who speak evil of us. When Christians apply the golden rule in the matter of speaking well of others, no matter how the others may treat him/her, they graciously follow the counsel of Jesus to love and do good to those who mistreat them.

If we were always to practice this, how many unkind things would be left unsaid? How many kind things would be spoken instead!

*Pastor Mike Lambert
KLRF Governing Board*





FREE KLRF Newsletter Subscription!

If you, or someone you know, would like to be added to our quarterly newsletter mailing list, please let us know by sending a message to our office address or by emailing us at manager@klrf.org.



General Manager

KLRF is in need of a General Manager to oversee this special ministry. If you or someone you know has technical experience and an interest in using your skills as a blessing to others, please contact us and we can discuss more of the details of the position.

Volunteer to be Our Ears!

Our ministry is made up entirely of volunteers and our broadcasts are programmed from a computer so we don't always hear everything that is broadcast. If you notice any glitches on the air, please help us by sending us a message as to the exact time and program. Email information to support@klrf.org.



**Complaining
about a silent God
while your Bible is
closed, is like
complaining about
not getting texts
when your phone
is turned off.**

Sharing the Blessing!

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

Please note that every person involved in this ministry volunteers their time, so every dollar you contribute goes directly into the expense of broadcasting our programming.

Thank you, thank you so very much for sharing! May God bless you richly for your warm and caring generosity.



KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

**1200 SE 12th St. Suite 3
College Place, WA 99324**

Phone: (509) 524-0885

Fax: (509) 524-0884

Email: manager@klrf.org

Website: KLRF.org

klrf.org

Governing Board Members:

Ted Duncan, Technical Manager

Carol Gill

David Gill

Richard Grizzell, Chairman

_____, General Manager

Gary Heagy, Newsletter Editor

Helen Heavirland

Mike Lambert

Les Leno, Treasurer

Karen Ordelleide, MD, Health Ministry