



IN TUNE

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Introducing Our New Chaplain

Pastor James Ash has joined the KLRF board as our new chaplain, taking the place of Pastor Mike Lambert.

Everyone has a unique story, and you could say that for a majority of his life, Pastor Ash has been traveling the road less traveled. He grew up in a missionary family on the island of Taiwan. But he also lived (and played) at a golf resort in Communist China. He lived in Hong Kong City, and during the school year, traveled by airline to attend a small missionary academy in

ing at KGTS. He eventually earned his Masters of Divinity degree from Andrews University in Michigan.

After pastoring several churches, his path turned south and he took off a couple years to support his new wife, Joy, who was attending Loma Linda University. After her graduation from the nursing program, they continued further south, landing in Guyana, South America. The Ash family, which by then included 2 daughters, volunteered in Guyana for nearly 12 years as James flew a missionary airplane across vast areas of jungle and

savanna. Four years ago they migrated back to southern Oregon and have been serving the Lord in both volunteer and paid ministry ever since. They are now returning to the Walla Walla Valley as



Singapore. James completed his academic studies in the states, graduating from Walla Walla University with a B.A. in Theology. In the 1990's, while at WWU, he was involved in radio broadcast-

ing at KGTS. He eventually earned his Masters of Divinity degree from Andrews University in Michigan. After pastoring several churches, his path turned south and he took off a couple years to support his new wife, Joy, who was attending Loma Linda University. After her graduation from the nursing program, they continued further south, landing in Guyana, South America. The Ash family, which by then included 2 daughters, volunteered in Guyana for nearly 12 years as James flew a missionary airplane across vast areas of jungle and

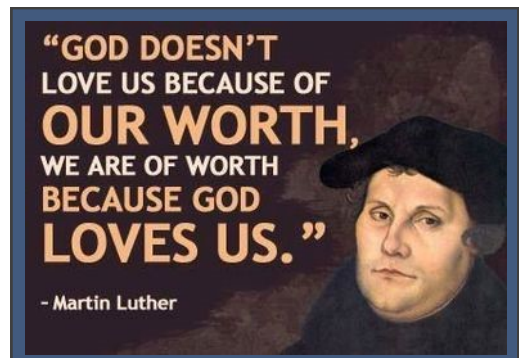
Welcome, Pastor Ash!



WW County Fair!

KLRF will be having a booth at the Walla Walla County Fair September 1-5. Booths are open daily from 11:00 a.m. until 11:00 p.m.

Please stop by the KLRF booth in the main pavilion and say hello! Share your thoughts and suggestions about KLRF, ask questions of board members and other volunteers staffing the booth, enter drawings for free prizes, and pick up some interesting materials (including program schedules). Hope to see you there!



Precious Memory!

Lost your keys — again? Concerned about memory issues in your future? Understandable, since about 50 million people globally are affected by dementia. The cause for Alzheimer-type dementia in particular, is a hot ongoing research topic. The best current explanation appears to be a perfect storm of some genetic risk, accumulation of toxic proteins in the brain and a defect in natural cell recycling (immune system) — but no single trigger has yet been identified. Treatment medications have not been very effective to date, though new medications are anticipated. There is no specific diagnostic test or marker widely available yet, but the hunt for such continues. At this time clinical diagnosis is made by cognitive testing, patient and family interviews and excluding other causes of disease. The definitive test is brain biopsy after death.

But wait, there is some good news! Though not all Alzheimer dementia can be prevented, it appears that about 40% of cases can be prevented or at least delayed for several years — by lifestyle changes. Reducing Diabetes, cardiovascular disease, obesity, depression and getting plenty of sleep all decrease risk for dementia. It is no surprise that avoidance of tobacco and excessive alcohol also decrease risk. Regular exercise can decrease risk by 50%; regular physical activity since childhood is best but good habits are never too late to start. What may be less intuitive is the importance of watching minimal



television (especially between age 45-64), treating hearing loss (hearing aids) and maintaining good oral/gum health to decrease risk of Alzheimer-type dementia.

Keeping the brain active may delay dementia up to 5 years. Reading, writing letters, working puzzles and playing board and card games are helpful. Developing and maintaining social contact is very important. Cognitive “super agers” have high levels of positive social relationships. Volunteering, involvement in church, and classes to learn a new skill are some healthy ways to maintain social contact.

So, while I wish I could report on a huge breakthrough for dementia, it appears that as in most illnesses we face in western society, lifestyle is a factor in disease manifestation. Everyone has some ability to reduce their risk or delay onset of disease with even small changes in lifestyle.



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

Featured Recipe

Easy Vegan Pesto

This delicious pesto can be prepared in 15 minutes. Though dairy free, it tastes cheesy and flavorful. This is the perfect plant-based addition to Italian dishes, pasta, dressings, sauces, breads, and more!



Ingredients:

- 2 cups packed fresh basil leaves (large stems removed)
- 1/3 cup walnuts (oven toasted at 250 for 15 minutes)
- 3 large cloves garlic (peeled)
- 2 Tbsp lemon juice
- 3-4 Tbsp nutritional yeast (for a cheesy flavor)
- 1/2 tsp sea salt (or to taste)
- 2-3 Tbsp extra virgin olive oil (may substitute vegetable broth or water for some or all of the oil)
- 3-6 Tbsp water (more if needed)

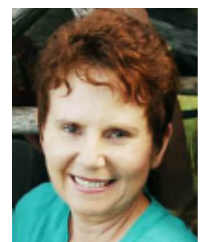
Instructions:

To a food processor or small blender, add the basil, nuts, garlic, lemon juice, nutritional yeast, and sea salt. Blend/mix on high until a loose paste forms.

Add olive oil a little at a time, streaming in while the machine is on, if possible. Scrape down the sides as needed.

Add water 1 tablespoon at a time until the desired consistency is reached—a thick but pourable sauce.

Leftovers can be covered and kept in the refrigerator for up to a week or frozen in ice cube modes and stored in the freezer for a month or more.



*By Cindy Walikonis
Registered Dietitian*

Your Broadcast Time

Your comments and suggestions are indispensable!

Here are a few encouraging messages we received recently:

Thank you for the nice selection of music and Night Sounds.
- Les

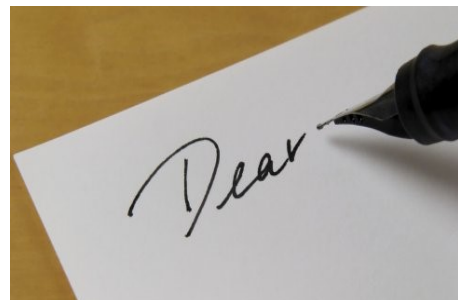
KLRF is a friend when we need one! - a listener

Listening to KLRF enriches my spiritual life. - a listener

The music in the early a.m. seems "God filled!" - a listener



I am 93, widowed, and house-bound, having had a recent TIA. I covet your prayers. I am so excited about this new wave of God's Holy Spirit that is being manifested. HE IS ON HIS WAY! I say all this to tell you how blessed and how very much I appreciate and enjoy the music (especially) and programming of KLRF. Music (gospel and hymns) are my life's blood. The harmony of the singers and children are inspirational. Thank you! Thank you! Thank you! You come in loud and clear at 88.5 in the Tri Cities! God bless all, - Nita



General Manager's Message

Dear Listeners,

I am so grateful God has allowed me to join the KLRF ministry family and that He has blessed KLRF with such supportive listeners as you. This special ministry has the potential to reach tens of thousands of people in South-eastern Washington and Northeastern Oregon through the airwaves, and so many more who can 'Listen Live' online at KLRF.org. And you are such a valuable part of this blessing!

As we endeavor to update the station's music and programming content, my desire is for KLRF to keep the godly standards it is known for. Over the next couple of years I will be working with the KLRF board to revisit and better define our standards of music and programming. We are committed to maintaining the sacred sounds and inspiring hope that KLRF has always been known for!

To that end, when you are listening to KLRF, if you hear music (or a program) that you don't believe is consistent with our KLRF sound, please let us know the exact date and time the content aired, so we can go back and review whether or not it should remain in our music or programming lineup.

We welcome from you, our devoted listeners, any music or programming suggestions that you feel may be a worthwhile addition to the content we air on KLRF. It may or may not be something we can include, but we would love to consider it. With guidance from the Holy Spirit, this will be a most rewarding experience for us all as we proclaim the good news of the soon return of our Lord and Savior, Jesus Christ!

Thank you again for your generous support and may God bless you richly,

Ron Honner
manager@klrf.org



Happiness

If you want to be really happy
 You have to know what it is and what it's not
 It isn't something that happens to you,
 Nor dependent on what you've got.

Things are not what makes you happy
 Nor is it who you know.
 You can have all kinds of things
 And still not have that glow.

What is it that's so magic
 That makes you feel so good?
 I am sure that you would use it
 If you knew you could.



The secret is in your thinking
 For that is from where our feelings come.
 Happy thoughts make happy feelings
 And all its joyous sum.

For you create your feelings
 By the ways that you think.
 You can make them bright and cheery
 Or morose and black as ink.

Count your many blessings
 And happy feelings flow.
 An attitude of thanksgiving brings
 More happiness to know.



Knowing that God loves you
 That He cares and understands
 Even when things are hard and difficult
 They're in His loving hands.

-Vernon Shafer

Dr. Shafer is a retired Clinical Psychologist who practiced for many years in the Walla Walla Valley

You are a Blessing!

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

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 of our programming.

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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