



# IN TUNE

Volume 21, Issue 4

Winter Edition, 2021

## Walla Walla County Fair Booth

It was special to see many of our KLRF listeners who stopped by our booth at the Walla Walla County Fair! We haven't had a booth for about 7 years. And it was also great to visit with many people who hadn't heard of KLRF before, but were inspired and excited to tune in when they heard about our station. Greetings to some of those who are now receiving our newsletter!

We were able to share hundreds of pieces of material, including books, program schedules, newsletters, and sharing cards, as well as give away a number of books and CDs as prizes.

A big hit for the kids was our [LifeTalkKids.net](http://LifeTalkKids.net) cards, which

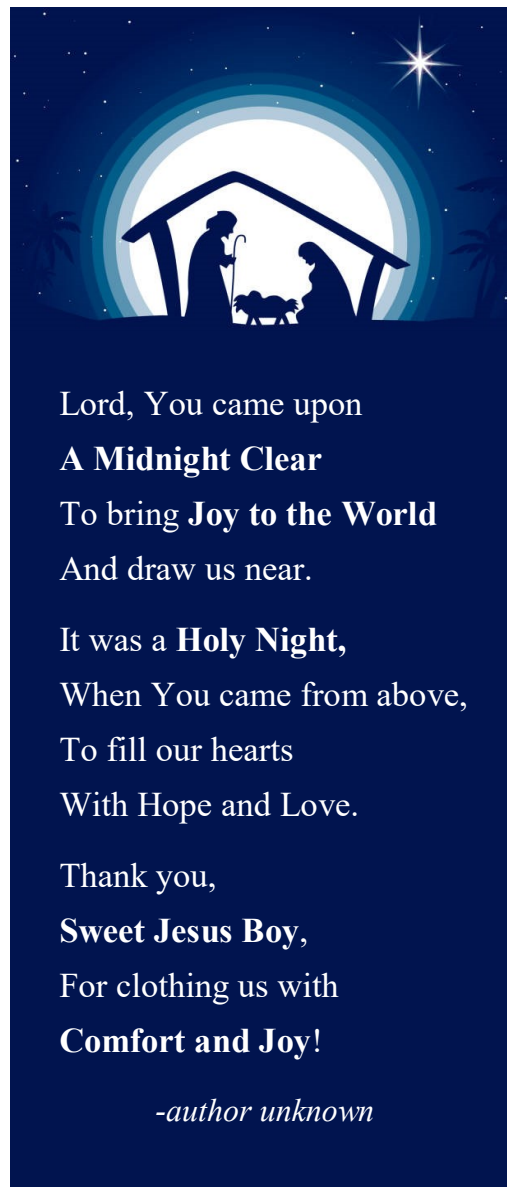


have a link for young people to be able to listen online to character building stories for kids 24 hours a day! If you have little ones or grand-little ones, look up that website. You'll be able to see the schedule to know when various programs will be aired!

If you weren't able to stop by our booth this year, please come by our booth and say hello next year, God willing!



KLRF General Manager Ron Honner taking a shift at our Fair booth



Lord, You came upon  
**A Midnight Clear**  
To bring **Joy to the World**  
And draw us near.

It was a **Holy Night**,  
When You came from above,  
To fill our hearts  
With **Hope and Love**.

Thank you,  
**Sweet Jesus Boy**,  
For clothing us with  
**Comfort and Joy!**

*-author unknown*

## SOUNDS OF THE SEASON

Throughout the month of December KLRF will be playing more and more songs each day about the birth of Christ!



## Reading Food Labels

Trying to improve your diet? Checking food labels carefully? Buyer beware: many important facts don't appear on labels. For example, twenty-eight grams of dietary fiber is recommended daily but currently manufacturers can count many additives (alginate, guar gum, polydextrose and others) as fiber and thereby dress up junk food as health food. Three servings of whole grains are recommended but manufacturers may add molasses or colorants to make food appear like whole grain.



"Multigrain" may simply mean made from several grains—all of which may be fully refined and stripped of health benefits. If the word "whole" is not included with the first ingredient in the list you may not be getting what you think.

Hydrogenated or partially-hydrogenated (trans fats) oils are no longer considered safe to consume per the FDA but they are not gone from processed foods. Many trans-fats are approved as additives and as long as they total less than .5gm per serving the manufacturer

may list them as zero. Liquid vegetable oils can be transformed to trans fat with certain refining processes but the manufacturer may just list the specific oils used rather than trans-fat amounts. "Veggie" snacks often include vegetables in powder form that have been stripped of nutrients and fiber.

Caffeine is an ingredient that may slip in unnoticed. Manufacturers are not required to clearly list the amount per serving. Furthermore, "decaf" doesn't always mean caffeine-free. One popular coffee brand's "decaf" espresso shot may contain up to 16mg of caffeine. The bottom line is current US labeling laws allow tricks that makes food seem healthier than it is.

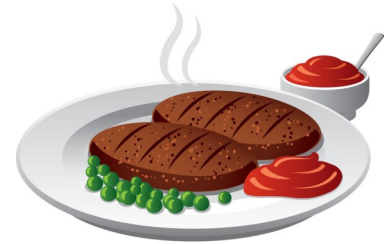
Non-processed, whole foods will always deliver more nutrition and health benefits--with no label reading required!



By Karen Ordelleide, MD  
Health Ministry  
KLRG Governing Board

## Featured Recipe

### Veggie Turkey Cutlets

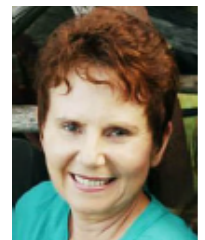


This recipe was shared by Village Church member Betty Davis. This loaf is amazingly easy to prepare and so tasty! It almost tastes like the Worthington dinner roast and is a great holiday recipe.

- 2 cups cooked garbanzo beans
- 1 1/2 cups garbanzo bean juice
- 3 T Bragg Liquid Aminos
- 1/4 tsp Italian Seasoning (or 1/2 tsp poultry seasoning)
- 2 T oriental sesame oil (I add an additional 2 T avocado oil)
- Sprinkle of cayenne pepper
- 2 T nutritional yeast flakes
- 1 T (heaping) onion powder
- 1/2 tsp garlic powder
- 3 T chicken seasoning
- 2 cups gluten flour\*

Blend the first 10 ingredients on high speed in your blender. Pour into mixing bowl and add the gluten flour or Butler's blended soy curls, mixing well. May knead for 1-2 minutes for a chewier texture. Spoon into a greased loaf pan and bake 50 minutes at 350 degrees. Cool completely before slicing.

*\*If you are gluten intolerant, you can substitute 2 cups of finely blended Butler's Soy Curls for the gluten flour, although the steaks are not quite as meat-like in texture as when using gluten flour.*



By Cindy Walikonis  
Registered Dietitian

## Your Broadcast Time

### Your comments and suggestions are indispensable!

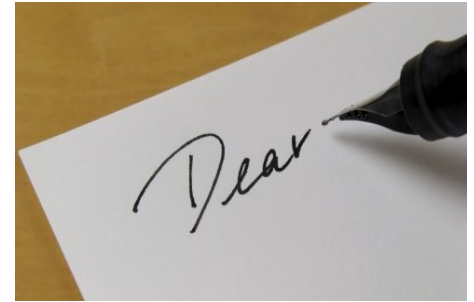
Here are a few encouraging messages we received recently:

"I want you to know that I appreciate KLRF very much and I know that others do too. I am currently in a Rehab center and am doing Physical Therapy. I listen to KLRF and notice some of the staff pausing to listen to sermons when they come to my room. Please pray for me to be well enough to go home before Christmas!" -Stan

"Dear Friends, I appreciate the lovely night music when I am unable to sleep. May God continue to bless you in your ministry." -Lou

"Thank you, 88.5 is such a blessing!" -Joan

"Our family moved to Walla Walla about 10 years ago. Soon after arriving we found KLRF and have been faithful listeners ever since. We are always so blessed with the



music and programs. Thank you to everyone who helped make this radio station possible! We have now made some donations to pass this blessing along to others." -from a happy listener

## Thank You

We want to give a special thanks to Les Leno, who gave faithful service over the past five years as the Treasurer of KLRF. Les volunteered hundreds of hours to keeping our finances straight, recording donations, sending out receipts, and many more details. Thank you so much for serving, Les! We are also grateful God brought us Debbie Christensen, who is joining us as our new Treasurer.



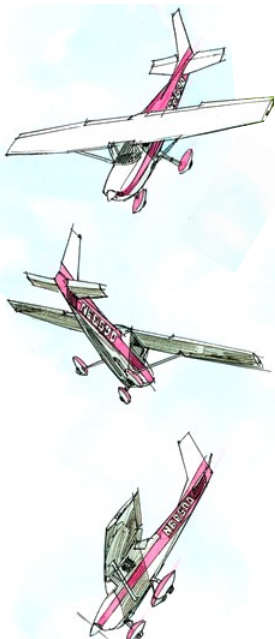
## The Tail Spin!

*By Pastor James Ash*

The thought of being strapped into an airplane and spinning out of control did not leave me with warm fuzzies. Despite my instructor drilling me on the intricacies of entering and exiting a tail spin, I still felt raw fear in the pit of my stomach. With much trepidation I strapped into the Cessna 172 and lifted off. Once we were at a safe altitude, the instructor calmly said, "Show me a power-on stall." I knew the process well. Reduce to half throttle. Bleed off air speed. Smoothly pull back on the yoke until the stall warning horn blares. Then there was the inevitable wind buffeting and corresponding wing drop. This time instead of applying opposite rudder to break the stall, I jammed the rudder pedal to the floor in the same direction as the dropped wing.

The results were dramatic! I felt two giant invisible hands reach out to jerk me into a spin. One moment we flew along comfortably. The next moment, I looked straight down. We zoomed toward earth. The earth spun round and round. I froze. A mighty shout startled me — "Get the power out!!!!" I grabbed the throttle and yanked it to idle. Simultaneously, I released my death grip on the yoke and jammed in opposite rudder. We eventually pulled out of the dive, but not before seeing the air speed indicator hit the red line, which is also known as the "never exceed" line. Fear had caused me to freeze and forget to reduce the throttle to idle.

Our world is in a serious tail spin right now. Society has been shaken to its core. Just as I was during that flying lesson, today many both inside and outside the church are locked in fear and don't know what to do. We must act now! Let us seek the Lord while He may be found (Isaiah 55:6,7) and obey the voice of the Holy Spirit (Isaiah 30:21). We don't have any time to lose! Our Heavenly Pilot is our only hope!





*Stress — pressures, sorrows, conflict, worries, deadlines, disappointment, difficult decisions, turmoil throughout the world...*

*The challenges can grow into fear and uneasiness. Life can become overwhelming. But God can calm your inner storm. "Come unto me, all ye that labor and are heavy laden, and I will give you rest." Matthew 11:28. He will provide you what you need most...*

## **HOPE!**

*KLRF is dedicated to sharing HOPE through inspiring music and more. The messages of Christ's power and care bring peace. Words of scripture from the throne of God touch souls.*

*Experts in personal and financial issues give wisdom that solve real problems. Doctors and other health professionals teach ways to bring the body's systems into optimal function.*

*We invite you to listen to KLRF any time day or night, as you're driving, relaxing, working out, or just bored or stressed with the current jumble of confusion.*

*You can even listen to KLRF on our website at [klrf.org](http://klrf.org), where faith, hope, and love are streamed 24 hours a day, seven days a week.*

*At KLRF, our whole mission is to bring you*

***Sounds of Hope!***



## **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.



***Thank you for your gifts to spread the hope that Christ brings to our hearts!***

## **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](mailto:manager@klrf.org)

Website: [klrf.org](http://klrf.org)

**klrf.org**

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