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Expanding Our Mission!

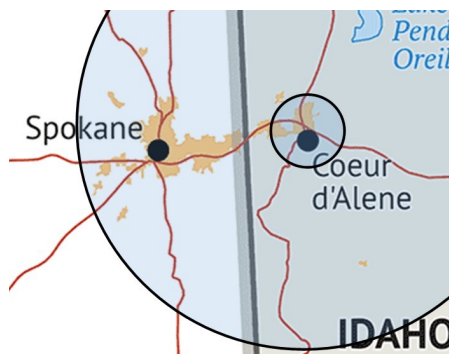
We are so thankful for God's leading in bringing KLRF into existence! A need for a radio station such as this in our area was recognized in the late 1990's. By God's grace a high-power FM station signal, which is difficult to come by, was granted by the FCC. KLRF hit the airwaves in 2000.

At nearly the same time, in 2000 the Hayden Lake Church, just north of Coeur d' Alene, Idaho recognized the same need for their area. However, they were unable to obtain high-power status, so in 2001 they submitted a low-power, non-commercial application to the FCC. Due to very long FCC and legal delays, KOTF 97.5 LPFM (Low Power FM) didn't go 'Live' until September 1, 2016. I was blessed with the opportunity to work alongside Pastor Wayne Kablanow with the KOTF ministry before I moved to the Walla Walla valley in 2019 and joined KLRF in 2021.

In 2021, Hayden Christian Broadcasting Corporation, currently being led by Pastor David Morgan, became aware that another high-power FM station opportunity was becoming available. During the November, 2021 FCC open filing window they, along with other organizations, applied for that station. This time, God answered their prayers with a "yes." The FCC granted them that highly-sought-after license on February 18, 2022! Praise the Lord!

Currently, the KOTF (Keepers Of The Faith) low-power station reaches a

possible audience of about 40,000 people. Once they are elevated to a high-power station their broadcasts will cover the entire Spokane area, which can touch up to 700,000 souls! Many people in the Spokane area have felt a deep need for a radio station such as KOTF and KLRF, but none has been available. We are so thrilled that God has arranged for that to finally happen!



Depiction of KOTF's increased signal coverage

When KOTF goes 'Live' this summer (God willing) their new high-powered call number will be 89.1 FM. The estimated cost for equipment needed to go 'Live' will run in the neighborhood of \$70,000. With inflation and other needs arising, those costs could go much higher.

Here at KLRF, we are so grateful for the faithful support of our listeners, who have financially supported the establishing of this station, replacing equipment when needed, and meeting the ongoing costs of keeping "Sounds of Hope" on the air over the last 22

years! We are currently in a stable financial position, praise God! The KLRF Board has a deep desire to do all we can to support this expanding KOTF radio ministry to our north. One of the ways we can help this nearby mission field is to encourage our listeners to sacrificially give to our sister station, KOTF, so that station can expand their reach by 1750%!

Donations can be mailed to:

KOTF 89.1 FM
Hayden Christian Broadcasting Corp.
P.O. Box 2197
Hayden, ID 83835
(208) 762-5718

An additional exciting avenue of growth is the possibility of developing a KLRF transmitter site or another low-power FM station in the Enterprise, Oregon valley. Either of those options could work to cover that population with the gospel message. A group of individuals in Enterprise are eagerly beginning the process and engineers are looking into the best options to cover that territory. We'll keep you informed as that situation develops! We believe time on this earth is short and we want to do all we can to spread the gospel through the radio ministry. Thank you for joining us in this mission!



By Ron Honner
KLRF General Mgr.

Upping Immunity

Want to improve your immune system? Unfortunately, there is not an easy pill solution, but there are definitely ways to improve your resistance to disease. Eating well is a good place to start. Food “talks” to our genome (the blueprint that directs cellular activity) and can trigger genetic switches that influence wellness, disease risk, and life span, so what we eat makes a huge difference.

Michael Pollan summarizes nicely in his book, *In Defense of Food*: “eat food, not too much, mostly plants.” A balanced, healthy diet will include vitamins and minerals required for T-cell development. Other considerations are eating a good breakfast, decreasing night-time snacking, and weight loss, as all enhance immunity. Fast foods and processed foods clearly contribute to decreased immune function.

Sleep is an important immune influencer, and seven to nine hours of sleep are recommended. Losing 3 hours of sleep on any given night has been shown to decrease the immune function by half, temporarily at least—and some argue that the results of lost sleep are never fully overcome. Melatonin, the sleep hormone and a natural antioxidant, is released late in the evening and peaks just after midnight, so sleeping during this surge improves immunity.

Reducing stress is not always easy but is an important effort as



stress compromises the immune system. The use of stress-relieving techniques or talking with a trusted friend, prayer, and meditation are all helpful for stress reduction. Physical activity is good for stress reduction and is itself an immune enhancer.

Exercising in the sunshine will promote Vitamin D, which in turn promotes antimicrobial peptides.

Maintaining healthy relationships and socialization promotes natural “killer” cells and raises antibody levels. Practicing gratitude and connecting with animals are immune boosters as well. All of this is to say that the immune system requires care! It is not something you can boost overnight with pills and powders, but making good decisions daily will indeed pay off.



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

Featured Recipe

Rainbow Taco Salad

The vegetables in this meal-in-a-dish are rich in health-preserving phytochemicals. It is also a complete protein and can be used on hot summer days when it is not fun to turn on the stove!

- 1 1/2 cups chopped mild sweet onions
- 1 cup grated carrots
- 1 cup finely chopped purple cabbage
- 1 cup chopped green/red bell pepper
- 1 cup frozen sweet corn, thawed
- 2 (15.5 oz.) cans drained pinto beans
- 1 1/2 cups mild salsa whisked with
- 1/2 cup Veganaise (or more, if desired)

Combine all the above ingredients together well and chill for at least 2 hours to mix flavors. Add the following and toss together well just prior to serving:

- 2-3 medium avocados, chopped and mixed with a little lemon juice
- 12 cups torn leaf or romaine lettuce (wash, spin in lettuce spinner, and chill ahead in bags so it is crisp)
- 4 to 5 cups organic, blue corn chips (crush in a bag before adding)
- 1 cup sliced olives



This is a wonderful picnic salad. You can have the first part mixed and chilled and then toss

with the second set of ingredients after you get to your picnic site. I prepare the first part and divide it into three portions, making it last 3 days for the two of us. Just add the divided second group of ingredients right before serving.



*By Cindy Walikonis
Registered Dietitian*

Your Broadcast Time

Your comments and suggestions are indispensable!

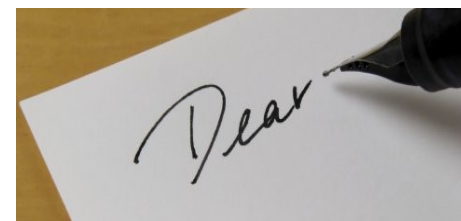
Here are a few encouraging messages we received recently:

"God bless you. I enjoy your radio station. I have it on in my car when I get about." - Rose

"I just want to express my appreciation of your radio station and its wonderful music and diversified programming. I enjoy your 'In Tune' newsletter and applaud the review of

your music selections. More of the old hymns which tell such a wonderful story and have great harmony. Your station is on first thing in the morning and is the last thing to be turned off at night. It is only muted when the phone rings or when someone comes. God bless your ministry and keep up the good work!"

- from a blessed listener, Nita



"I enjoy your programming and late night music!" - Pat

"We asked 'Town and Country Tree Service' to do some work on our trees. They did a day's work with heavy equipment and took no money, but said to donate to KLRF radio. So, here is our donation!" - Terry & Joann

The Cliff

Several weeks ago I came across a 3-minute video entitled "The Cliff." The plot was so powerfully clear that it really didn't need much explanation. The video opens with some gorgeous drone footage of a rock outcropping that ends in a sheer cliff. The scene pans a short ways up the mountain to reveal a blind man who is stumbling straight toward the precipice. In a few seconds you realize the immediate danger.

Fortunately though, two of the blind man's friends happen to be enjoying the fabulous view from a couple of lawn chairs close by. One of them happens to glance over and see Dave, the blind man, headed toward the cliff. He says to his buddy, "Hey! We need to warn Dave that he's headed toward a cliff!" That is where the plot gets interesting. Because the other "politically correct" friend begins to argue with him. "What are you doing?! You can't tell Dave what to do... Are YOU blind?" "No..." "...Well then! You don't know what Dave's gone through, so you can't relate to him. Just let him be, he's fine."

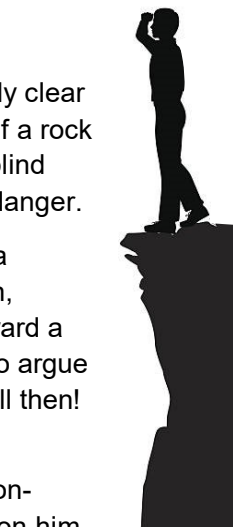
The argument continues and becomes more heated as Dave stumbles closer to the edge. The concerned friend says, "Look he's literally slipping right now!" The other replies, "You're going to get on him for slipping? Everyone slips here and there." The concerned friend responds "I don't care if he slips, I'm just trying to keep him from falling off the cliff!" "What I think you need to do is just love him." "What does that have to do with anything?" "That has everything to do with everything. If you don't point out his weaknesses he will feel loved and accepted." "I'm just trying to keep the guy from going off a cliff. He's not even stopping! HEY DAVE!!!" "Shhhhhh, (in a whisper) Stop it! Stop it! If you speak out against blind people, many people won't like you. Also... What if Dave doesn't like us anymore?" "Dave will be dead. DAVE, HEY DAVE!!" At this point there is a wrestling match and the politically correct "friend" wins out and holds his hand over the mouth of his friend so he can't shout any more.

Dave hears the noise and realizes he's not alone, so he calls out, "Is somebody there?" "Uh, yeah. How's it going? It's Charlie, from school." "Hey man, maybe you could help me. I seem to have lost the trail somewhere. Would you tell me if I'm going the right way?" Charlie shouts back, "Hey man, you're doing awesome! I'm proud that you're out on this trail. Just keep it up!" Dave perks up, "Thanks man! I guess I am going the right way."

The politically correct friend says to his muzzled friend, "Watch! He'll figure it out. You just have to love him through his problems." The video continues to follow Dave until he disappears over the cliff. Both of Dave's friends are stunned. The movie fades to black, and a question comes up, "So which friend are you?"

This video really got me thinking about my relationships. Am I being honest with my friends, especially if they are headed on a path toward destruction? What are the responsibilities of a true friend?

By Pastor James Ash



Our Father Knows

Our Father knows what's best for us,
So why should we complain,
We always want the sunshine,
But He knows there must be rain.

We love the sound of laughter
And the merriment of cheer;
But our hearts would lose their tenderness
If we never shed a tear.

Our Father tests us often
With sufferings and with sorrow.
He tests us, not to punish us,
But to help us meet tomorrow.

For growing trees are strengthened
When they withstand the storm,
And the sharp cut of the chisel,
Gives the marble grace and form.

God never hurts us needlessly
And He never wastes our pain;
For every loss He sends to us
Is followed by rich gain.

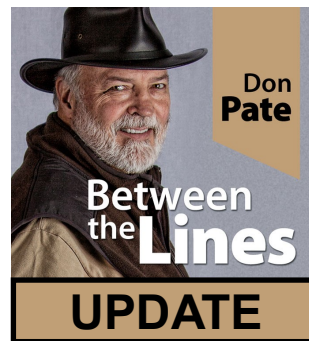
And when we count the blessings
That God so freely sent,
We will find no cause for murmuring
And no time to lament.

For our Father loves His children
And to Him all things are plain,
So He never sends us pleasure
When the soul's deep need is pain.

So whenever we are troubled,
And when everything goes wrong,
It is just God working in us
To make our spirit strong.

-author unknown

The above poem was read by Elder Charles Dart at the funeral of Elder Dick Barron, a nationally known evangelist who died in a plane crash near Walla Walla 50 years ago on April 11, 1972. If you have memories of Elder Barron or the accident, would you kindly email them to Gary Heagy at joemkeh@gmail.com? Thank you!



Each day on KLRF we are blessed as Pastor Don Pate gives a deeper concept of Scriptural understanding in the program *Between the Lines*. His insights are shared from a Biblically based Jewish mindset as taught by the only

Gentile graduate in the history of the famed Center for Jewish Studies at the Graduate Theological Union in Berkeley, California.

After 18 years, the ministry of *Between the Lines* came to an end. God had grown it from a humble beginning of six radio stations to over 280 around the world. Pastor Don Pate has continued sharing fresh thoughts and you can find them on his internet blog called given2you.com.

We are continuing to air the *Between the Lines* program because of its insights, but it is no longer an active ministry. As some of our listeners have discovered, donations sent to them will be returned.

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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