



# IN TUNE

Volume 22, Issue 3

Autumn Edition, 2022

## KLRF at the Fair!

The goal for having a booth at the Walla Walla County Fair is to increase exposure of KLRF to our community so that more people will be blessed by this ministry. The fair begins August 31 and ends September 4. Booths are open daily from 11:00 a.m. until 11:00 p.m.

If you're at the fair, please stop by the KLRF booth in the Main Pavilion and say hello! We love to visit with our listeners to get feedback and ideas. KLRF's



General Manager, Ron Honner and his wife Margo, are scheduled to be hosting the booth on Friday, September 2, from 5:00-8:00 pm, in case you would like to visit with him personally regarding this ministry.

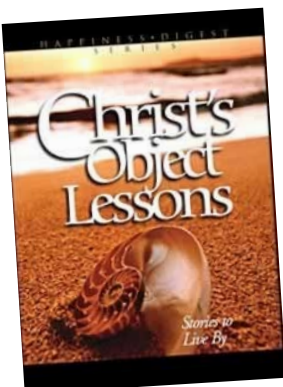
While you're at the KLRF booth, enter drawings for free prizes and pick up interesting materials including a KLRF magnet, our program schedule, and KLRF materials you can share with others. We are also giving away a free book to everyone who stops by and would like one. The title is "Christ's Object

Lessons." It is an inspirational book covering the parables Jesus told, going into deeper meanings of each and sharing many excellent life lessons.

Hope to see you at the Fair!

### FREE BOOK!

Stop by the KLRF booth to receive your free copy!



## New KLRF Logo

Do you remember this logo for KLRF? We have used it for quite a few years. It has depicted hope and peace coming from heaven, and the outpouring of God's grace upon each of us.



Old logo

While this is still the message of KLRF, we wanted to add another element. Current events point to end time prophecies in the Bible. We believe that now is the time to look closely at the messages God is sending through His angels in Revelation 14. He wants all to know there are two sides to choose from but that He ultimately wins this battle with evil. That is a very reassuring thought!

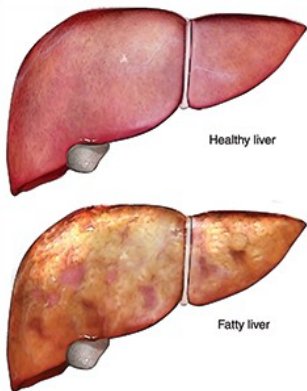
Though there are challenging times ahead, we have many promises from God that He will give peace and sustaining power to His people. Our new logo gives that idea of God's care in sending us these angelic messages that spread hope around the world. Our desire is that everything KLRF provides in music and messages points to this wonderful hope we may all have in Jesus.

New logo



## Fatty Livers!

Non-alcoholic fatty liver disease (NAFLD) is currently the most common form of liver disease in the US, affecting about 24% of adults. It is becoming the most common reason for liver transplantation. Most people are aware of the potential for cirrhosis (scarring) of the liver from excessive alcohol consumption, but end stage liver disease without much or even any alcohol use? Yes, indeed.



NAFLD occurs when excess fat is stored in liver cells, causing inflammation, cellular damage, and eventual scarring. Common risk factors for this condition include obesity, insulin resistance, diabetes and elevated blood fat, especially triglycerides. And if alcohol consumption is added in these conditions the risk is even greater.

High-fructose corn syrup consumption in the US diet may be a contributing factor to all of the risk factors listed above. High-fructose corn syrup is made from cornstarch and is



added to many processed foods and beverages—think sodas, but also many “fruit juices.” With summer heat it is important to stay well hydrated, but instead of reaching for that soda, use water instead. You can also eat watermelon, which has a very low sugar content compared to other fruit and is jam packed with antioxidants such as lycopene, which helps fight against cancer.

An appropriate diet to avoid NAFLD (and all of the associated risk factors) includes whole grains, fruits, vegetables, nuts, lean protein (if one eats animal products), good hydration and avoidance of alcohol. In other words, avoiding processed foods as much as possible. Is this a familiar refrain by now? Seems like health is improved and most diseases we deal with in the West are decreased by a whole-foods diet!



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

## Featured Recipe

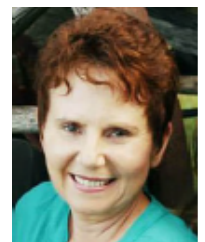
### Apple Gingerbread

This is a fast and easy dessert that contains very little fat and uses natural sweeteners that are loaded with nutrition. It is moist and yummy. During peach season, I make it without the apples and serve it with sliced fresh peaches over the top.



1/2 cup pure maple syrup crystals  
(found in bins at Andy's Market)  
1/4 cup Earth Balance margarine  
1 egg, beaten (or egg replacer)  
1/4 cup molasses  
1 t. soda  
1 t. cinnamon  
1/2 t. ginger  
1/2 cup whole wheat pastry flour + 1/2  
cup unbleached flour  
Pinch of salt  
1 cup diced, peeled fresh apple  
1/2 cup boiling water

Cream together Earth Balance margarine and maple syrup crystals. Add egg and mix well. Dissolve soda into the molasses and add to creamed mixture. Sift together all the dry ingredients and add to creamed mixture. Beat well, then stir in apples. Last of all, add the boiling water and mix well. Pour into 8X8X2 cake pan that has been sprayed with a non-stick oil. Bake at 375 degrees for 30 minutes. Serve slightly warm with a dollop of TruWhip.



*By Cindy Walikonis  
Registered Dietitian*

## Your Broadcast Time

### Your comments and suggestions are indispensable!

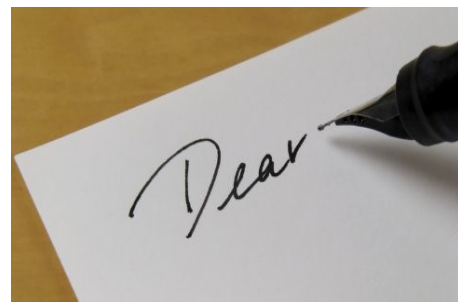
*In each issue we like to share short messages that have been given to us as to how KLRF is blessing the lives of our listeners. For this issue, however, we would like to share a longer story one of our listeners, Renae, submitted on how KLRF has touched her life.*

It was Friday, December 3rd, 2021. It had been a beautiful sunny day, although we only got to see this through the window of my Dad's bedroom. He was so extremely ill. Was it just eleven days ago when my sister brought him back from the local emergency room with a Covid diagnosis? Could it really have only been three days since dad and I said our goodbyes to momma over FaceTime, as she lay on her hospital deathbed with my sister and brother-in-law with her?

We now had another tough decision. Do we take dad back to the hospital and risk not being allowed in with him? I did not want to leave his side. I also didn't want him to be left all alone if he should die. As dad fought for every breath, the tanks of oxygen delivered earlier that day didn't appear to be nearly enough anymore. My sister and I decided, if dad had to go back to a hospital, we would take him to a hospital in Tri Cities. Now, how



Renae's parents, Gary & Carol



would we get him there? The hospital was more than an hour away and a local ambulance would only take him as far as the nearest hospital. Dad couldn't be without oxygen for a minute, let alone an hour! The fear and the responsibility was crushing!

It was decided that we would make our own ambulance in a friend's Chevy Tahoe, with a mattress in the back and using the oxygen tanks during transport. A friend who is an RN rode with me beside him. We would have someone follow in my pickup with more oxygen tanks in case we needed them. Plus, I needed a way to get around town and back home.

*Continued on next page*

## A Freeway Duet!

A few weeks ago I happened to be driving on the freeway. A powerful song was playing on KLRF and I was merrily singing along with the music. Then a most amazing thing happened. An SUV slowly passed me in the passing lane, and as I casually glanced over at the driver, I could see that she was also singing. Then it hit me.... We're singing the same song! We had both tuned in to KLRF and were hurtling down the highway, side by side, basking in the same beautiful message in song.



This made a deep impression on me. As I write these couple of paragraphs, it occurs to me that at this very moment, invisible radio waves are reaching far across our valley, impacting thousands of lives at the same time! KLRF is more than a radio station. It's a ministry that connects the isolated dots of our lives, weaving us together into a giant tapestry of truth. I will most likely never meet that lady again, but what a blessing to be a part of a ministry that reaches the otherwise unreachable, and sheds light and encouragement all around!

-by Pastor James Ash



## Your Broadcast Time - Continued

At the hospital they discovered that dad also had four pulmonary emboli and COPD on top of the Covid Pneumonia, all of which were robbing him of air. I waited for hours in the ER waiting room, hoping to be allowed back with him. The doctor finally came out and explained the situation and that I couldn't be with him at that time.

Devastated, alone, and terrified that I would never see my dad again, I walked out to my truck. The person who had driven it over had tuned my radio to KLRF, so when I turned the key in the ignition, this is what I heard: "When sorrows like sea billows roll; whatever my lot, thou hast taught me to say, It is well, it is well with my soul." I don't know how long I sat there in the parking lot...numb and exhausted! I remember driving across the street to a hotel, but I couldn't get out of the truck! I just sat there, watching the sunrise from that spot and listening to the comforting music of KLRF. Every song had a special meaning for me.

As the sun started streaking through the sky, the songs that were playing that early morning were washing over my tattered soul, and I felt I was not alone.

By Monday, I was able to go in and stay with dad. Over the next couple days I was privileged to hold his water to his lips, cover him with blankets, hold his hands, rub his feet and legs and most importantly, tell him how much I loved him. I was able to witness the incredible power of prayer when the pastor prayed with him. Dad died on December 8th, surrounded by family that loved him. We all got to say our goodbyes and tell him that we would be looking for him on resurrection morning.

In the passing months since mom and dad's deaths it has been KLRF that has many times brought me comfort and solace. The music on other stations has seemed jarring and unsettling, bringing me back to KLRF. Its waves of peace once again wash over my worn-out soul.

-Renaë



## Sharing the Blessing!

We are so blessed to have KLRF in our area. It is because of God's providence and supporters who believe in the message of KLRF that this station exists. We know that this radio ministry is a blessing to many and we desire that it can continue to share hope.

Your donations not only support this 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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