



IN TUNE

Volume 23, Issue 1

Spring Edition, 2023

Thank You! Thank you! Thank You!

We appreciate our listeners! Thank you for the outstanding support in updating our old equipment. At this point, the need has been almost entirely funded! We prayed and decided to move forward by faith, having the engineers go ahead and order all the new equipment. The pieces have arrived and are being set up. We hope to be running with all of the new equipment by mid-April.

Our station broadcast runs almost entirely through computers. Since some pieces were 16 years old, we had reached a point where our equipment no longer functioned well. A complete overhaul of hardware and software was necessary to resolve many of the problems we have been facing. When the new system is functioning, most of those problems will disappear.

This update will also help us to improve our music and other programming. It has become more and more difficult to add or remove songs and programs with the old software. We are looking forward to "freshening" up our sound, while continuing our commitment to the quality and standards we have held to in the past.

We will be inviting our loyal KLRF financial supporters to join us for a special evening of celebration and



re-dedication of KLRF to the Lord on April 23. A local Pathfinder youth group is putting on a delicious banquet for us. There will be a program after the meal of music and stories from our community and board members. You will also have an opportunity to drop into our KLRF office and studio and see the new equipment in action. Free tickets are required to attend this special banquet.

If you have given financially to KLRF since last year (up through the middle of March—so you still have a chance!), be sure to look for your invitation in the mail in the next few weeks. We ask that you give us an RSVP for the free tickets as soon as possible as seating for the banquet is limited. We look forward to meeting you, our listeners and supporters, and thank you again for being a part of helping this ministry spread the Sounds of Hope to our local community and beyond.

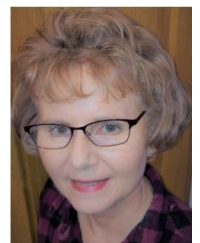
Changes

We are sad to announce the passing of Dave Gill, one of our current and long-time KLRF Governing Board members. Dave and his wife, Carol Lea, joined the KLRF Board in 2006 and have done so much to keep this ministry going. Dave served as General Manager



of KLRF for a time and also in many other capacities over the years. With Dave's passing, Carol Lea has also decided to retire from the board. She took turns serving as Treasurer and Board Secretary. We are so grateful for the impact Dave and Carol Lea have had on the KLRF ministry!

We are also sorry for the passing of Cindy Walikonis, who had so kindly shared healthful recipes with our KLRF listeners through our newsletter for the past several



(continued on back page)

Keeping Your Brain Fit!

Have you ever known someone that was advanced in years and yet remained mentally sharp and energetic? It is refreshing to realize that we don't have to experience cognitive decline as we age. At any age, there are things that we can do to improve our mental performance. Brain fog doesn't need to be a condition many experience. Wouldn't it be amazing if there were substances that produced these results?

Neurotrophins are molecules that support the neurons in the brain and other organs of the body. Brain-derived Neurotrophic Factor (BDNF) is one of the main neurotrophins in the brain. It fosters survival of existing neurons and promotes growth, connectivity, and development of new neurons. It can improve long-term memory, facilitate learning, increase cognitive function, and enhance mood. Its levels are generally found to be low in persons with diabetes, depression, dementia, and schizophrenia. BDNF levels also decrease as we age.

How can we increase the amount of BDNF levels in our body? Simple lifestyle choices can enhance BDNF levels. Sunlight exposure increases BDNF in your brain. Studies have shown that social enrichment improves brain concentrations of BDNF. Good quality sleep is associated with higher levels of BDNF. Exercise increases production of neurotrophic proteins including BDNF. In fact, BDNF can be three times as high after exercise! Not only is cognition improved, but the gray matter of the brain increases! This is the tissue of the brain that houses the neuron cell bodies.

Plant-based diets can improve BDNF levels through foods such as blueberries, grapes, turmeric, and soy beans. However, diets high in fat and refined sugar reduce BDNF levels.

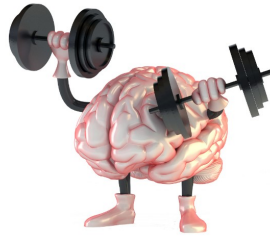
Fasting also has been shown to enhance the amount of BDNF in the brain. This can be as simple as skipping a meal a day and eating the other two meals five or six hours apart. This is known as intermittent fasting, which has other benefits including burning more fat during fasting times.

There are also things that we can avoid in order to protect our brain's performance. Caffeine can reduce cerebral blood flow by up to 40%! Cholesterol levels are associated with increased brain plaques like we see in dementia. Since only animal foods contain cholesterol, avoiding extra cholesterol that our bodies don't naturally produce is a straight forward solution.

It is amazing how God has given us the ability to maintain our health and cognitive performance through simple and natural methods! May 2023 be a healthy year for you!



*By Janice McKenzie, PhD
Health Ministry
KLRG Governing Board*



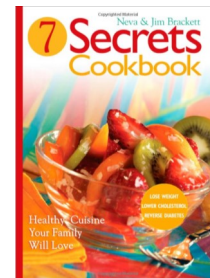
Featured Recipe

Armenian Lentil Soup

- 1.5 c lentils
- 10 c water
- 0.5 c brown rice
- 2 T lemon juice
- 2 T coconut aminos
- 1 T onion powder
- 1 T salt
- 1 T chicken-style seasoning
- 1 t garlic powder
- 1 t dill weed
- 2 t cumin
- 1 c chopped spinach
- 1 15 oz can diced tomatoes



Simmer all ingredients except spinach and tomatoes in pot for one hour. Add the spinach and tomatoes in the last couple of minutes before serving.



Adapted from the 7 Secrets cookbook, page 69. Used by permission.

New Program

We're happy to announce that we've added a new program on Saturday mornings at 11:00. Each week we will be airing a sermon by our KLRG Chaplain, Pastor James Ash. The program will also feature a story for children and a special music. The messages will be pre-recorded.



Your Broadcast Time

Your comments and suggestions are indispensable!

"I love your selection of music. It's such a blessing. And no rock music! I'm enjoying Amazing Facts & Voice of Prophecy and so much more."
--John

"Dear KLRN Servants: You are making a difference with your radio ministry. Our steadfast listening time is 5:30 a.m. when our radio alarm comes on for an hour -- inspiring music, Bird Notes, top of the hour news & Family Life! We have to linger in bed till at least the top of the hour! I have given God characteristics to letters KLRN = King, Lord, Redeemer, Friend! Thank you for this Station. We are thankful to be a part of supporting the upgrade of necessary equipment." --Tressa

"Love your gospel music. May the Holy Spirit guide you as you present the Bible Truth and may the Lord come soon." --Mary

"The music is a blessing!" --Muriel

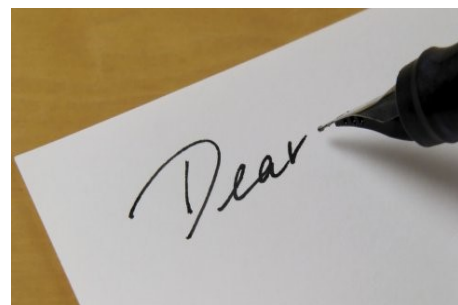
"Thank you for the beautiful music you select." --Linda

"God bless you all. I so appreciate KLRN. I only wish that I could find a programming schedule at your website. I especially enjoy the program with Hans Diehl." --Don
(Note from KLRN: We plan to add the schedule to the website!)

"I love KLRN, and have especially appreciated the sacred Christmas music. Thank you for continuing the week after Christmas also!"
--Sherrie

"I do enjoy listening to the KLRN radio. Happy to help with this much needed project." --Diane

"I have enjoyed KLRN for years. The Upgrade of music is extra wonderful. Thank you." --Gayle



"I so enjoy the restful, calming Christian music that KLRN produces. May God bless you." --Gloria

Gift given in memory of Fremont & Betty Sue Keller. --Sherry

Gift given in memory of Cindy Walikonis. --Sherry

"I hate to see you disappear due to poor equipment! Hope this amount will help. God bless you. I will keep praying for KLRN." --Rose



Worthy Is the Lamb!

A crisis was unfolding before John's eyes. A process that had been moving forward, uninterrupted, had ground to a halt. The buildup had been significant, but now it seemed hopeless. Was there no one who could open the scroll?

As he stared at the document, rolled and sealed in the mighty hand of the One who sat on the throne. John knew its contents were valuable, critical even. But the more he looked, the more all heaven searched, no one could open the scroll. All heaven was inspected, all earth was examined, all creation was scrutinized. No one, not one was worthy, and so John wept, tears running down his face, soaking into his collar.



Then a voice boomed behind him: "Do not weep. See, the Lion of the tribe of Judah, the Root of David, has conquered, so that He can open the scroll and its seven seals."

John turned, and there, instead of a Lion, he saw a Lamb, a sacrificed Lamb. Blood staining His pure wool, yet alive!

The Lamb approached the throne and took the scroll from the hand of the Father. As He did so all heaven, all the earth, all creation erupted in songs. One song in particular strikes me: "Worthy is the Lamb that was slain to receive power and wealth and wisdom and might and honor and glory and blessing!"

Worthy. Jesus, the Lamb, is worthy: Worthy to receive power, wealth, wisdom, might, honor, glory, and blessing. This is a cosmic truth, but it's also a personal truth.

He is worthy to receive all these things in our lives: All our power (ability), our wealth, our wisdom, our might (strength), our honor, our glory, and our blessing. May we worship our risen Savior with as much passion, surrender, and adoration as the heavenly choir did on the day of His inauguration when He took His seat next to the Father as the King of the Universe.

By Pastor Eric Sayler, Walla Walla Eastgate Seventh-day Adventist Church



Changes *(continued from front page)*

years. Cindy was a dietician who was dedicated to helping people be better by eating better. She will definitely be missed by so many!



Dr. Karen Ordelleheide, a retired MD, has been the Health Ministry Director for KLRF for the past several years. She has written many insightful and interesting articles for our newsletter about how lifestyle can affect our health. She has also contributed a lot

of wisdom at our KLRF Board meetings. We are sorry to see her leave, but are grateful for all she has done and wish her the best.

We are thrilled that God had a replacement plan for our Health Ministry position! Upon hearing the sad news of Dr. Ordelleheide's departure, the name of Janice McKenzie, PhD, came up for consideration. Dr. McKenzie is a professor of Bioengineering at Walla Walla University. She is very interested in what happens in our bodies, based on lifestyle choices. The KLRF Board invited her to attend a board meeting. After prayer and discussion, she was invited to take the Health Ministry position. We are grateful she accepted. She has a vision to develop some fresh radio programs with area doctors in regards to health. Welcome, Dr. McKenzie!



Helen Heavirland has belonged to the KLRF Governing Board for the past several years as well. She is moving out of the area so unfortunately must end her service with KLRF. Helen has contributed many helpful insights to our discussions and decisions. She is an

author and writing teacher, so she has been of great value in writing newsletter articles and proofreading the newsletter before publication. She will be missed!

With the loss of some members of our KLRF Board and with the possibility of a couple others departing in the near future, we are considering adding new Board members. If you, or someone you know, might be interested in serving with this ministry, please contact our office. A background in technology is always a bonus, but the highest criteria for board members are a love for the Lord and a dedication to the mission of KLRF.

Sharing Cards

Our office received a call one morning from a man who said he found one of our sharing cards on a Walmart shelf. The card said, "You Matter To God!" He turned it over and it was from his favorite radio station, KLRF 88.5 FM! He was having a bad day and that little card encouraged him so much. He arranged a time to pick up a bunch of our cards at our office that he could distribute himself to encourage others. We invite you to do the same! Our KLRF office is open Mondays through Thursdays from 9:00 am to noon.



KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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

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Fax: (509) 524-0884

Email: manager@klrf.org

Website: KLRF.org

OFFICE HOURS:

Monday—Thursday 9:00 am—noon

Governing Board Members:

James Ash, Chaplain

Debbie Christensen, Treasurer

Ted Duncan, Technical Manager

Richard Grizzell, Board Chairman

Gary Heagy, Newsletter Editor

Terri Heagy, Office Manager

Ron Honner, General Manager

Seth Lambert, Asst. Technical Manager

Janice McKenzie, PhD, Health Ministry