



IN TUNE

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KLRF Banquet!

Ten years slipped by since the Open House of the new KLRF office and studio at SonBridge. The renovation of the technology infrastructure which will improve the sound of KLRF seemed worth another celebration—and a good opportunity to connect with supporters of this ministry!



April 23, over 100 people enjoyed an evening of fellowship at the Partnership banquet at SonBridge. The Blue Mountain Pioneers Pathfinder Club prepared and served a wonderful meal. Lilly Schafer provided violin background music while everyone enjoyed dessert and Pastor James Ash shared a devotional thought. Interspersed between other speak-



ers, several musicians blessed us—Tobin Kearns, Joshua Pestes, Warren Berg, and Stan Wallace. Richard Grizzell, KLRF Board Chairman, told the story of KLRF's birth and growth through 23 years. Ron Honner, General Manager, shared some testimonies of the powerful hope experienced from KLRF's music. Janice McKenzie, new Health Ministries Director, shared miracles of how God is
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Is Fasting the Fountain of Youth?

Fasting is a term that is used in religious circles, but is becoming much more popular in secular circles, as well. This is because the health benefits of fasting have gained attention in the research community lately. Do you want better brain health? Would you like to have regeneration of your tissues and cells, including stem cells? These are some of the benefits from fasting.



Research is ongoing into the regenerative effects of fasting. Studies have shown that fasting can trigger the process of autophagy to repair or replace damaged cells. Autophagy can cause cells to replace damaged organelles inside them like the mitochondria, the energy production center of the cell. This is helpful for people suffering from long-COVID. This virus can hijack the mitochondria of cells and cause them to malfunction, producing deficits weeks and months after the infection. This can affect not only immune response to the virus itself, but can cause oxidative stress where the cell is not able to eliminate free radicals with an antioxidant response. Oxidative stress enhances disease and aging processes. Fasting can trigger autophagy and cause cells to replace their mitochondria, restoring energy, antioxidant responses, and immune functionality.

Fasting can improve the regenerative ability of stem cells. It flips a switch in stem cells to replace the old or damaged cells that are destroyed through autophagy.

Fasting has even proven protective if used in conjunction with chemotherapy to protect normal cells and enhance elimination of cancerous cells. Fasting is known to prevent tumors as well.

Fasting can deter the decay that aging causes in the junctions between nerves and muscles. It is even more protective of these synapses than exercise. There are also neuroregenerative and protective effects in the brain. Fasting improves cognition, memory, learning, and mood. It can mitigate the damage caused by stroke, multiple sclerosis, depression, and epilepsy.

Fasting decreases insulin resistance and reduces metabolic syndrome, which usually includes increased blood pressure, cholesterol, and glucose levels and is a risk factor for neural disease. Fasting can improve longevity and reduce chronic inflammation.

Not only are there physical and mental benefits to fasting, but there are spiritual advantages, too. Jesus fasted 40 days in the wilderness before he withstood the temptations of the devil. Paul said that he was in fastings often. We know that Daniel fasted before receiving some of his amazing prophetic visions. Jesus said that some demons only come out by prayer and fasting. Fasting is a time for personal spiritual renewal and intercession for others. It also may be very beneficial in protecting us from the attacks of our enemy as Jesus showed us.

Fasting can be just eliminating one meal a day and eating the other two meals five to six hours apart; this is known as intermittent fasting. It can also be for one or more days. Extended fasts should be monitored by a health care professional with attention to electrolyte levels. Breaking a longer fast should also

be a planned process.

Using both intermittent fasting and, occasionally, fasting for one or more days may be the best way to take advantage of the benefits of fasting as some of these benefits are only experienced with fasts that are 24 hours or longer.

Fasting is a great way to fight the culture of instant gratification and receive spiritual, mental, and physical benefits. And it could be that fountain of youth!

Featured Recipe

Ginger-Lemon Tea (hot or cold)

I love ginger! Not only does it have a delightful flavor, but it has many health benefits. It can soothe nausea, including motion and morning sickness. It is anti-inflammatory, antioxidant, and can mitigate menstrual pain. It has been associated with lowered blood sugar and cholesterol levels. It can improve conditions associated with inflammation such as arthritis and Alzheimer's disease.



- 1 lemon's juice
- 2 Tablespoons grated ginger root
- 1 teaspoon turmeric powder (optional)
- Honey to taste
- 1 quart of cold or boiling water



Article and Recipe by
Janice McKenzie, PhD
Health Ministry
KLRG Governing Board

Your Broadcast Time

Your comments and suggestions are indispensable!

"I've been listening for 23 years and enjoy music and news." -Alan

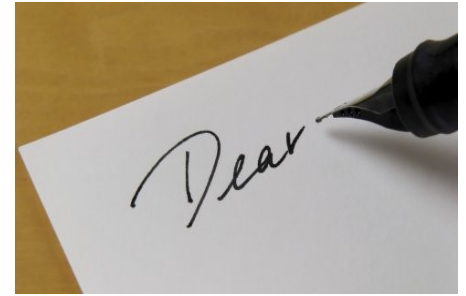
"I like the program Night Sounds. I love, love the long scripture readings. I enjoy the kind and informative words in the newsletter. I like the tone of request for donations." -a listener

"Dear everyone at KLRF, GREAT JOB. I just want to say God bless you ALL! With Jesus, and your programs, and music kept me sane when I went temporarily blind." -a listener

"My daughter and I wish to thank you for broadcasting Unshackled and Night Sounds each evening. We enjoy both." -Mrs. Wister

"I had worked a 12 hour shift the night before. Around noontime I was awakened by a phone call from

my sister. She said the Hospice nurse had just been there and that our mom's death was imminent. I quickly jumped in the shower, grabbed a few overnight necessities and headed down the road to College Place. On my way driving I always listen to KLRF. It was around 2:00 pm. A song came on that I had never heard before, nor have I heard since. It was perfect for the moment and very meaningful. I cannot tell you to this day any



of the words. I just know it brought peace and comfort in the time of the storm – of anticipatory grief. God knew just what I needed at that moment. I arrived before mom passed. I am forever grateful for His loving care for us. 'Before they call, I will answer.' Isaiah 65:24"

-a listener



Bear One Another's Burdens

During World War II, I found myself drafted and sent to Texas for training. As a Seventh-day Adventist, I faced two issues: Sabbath-keeping and the bearing of arms. Being a non-combatant, I did not have to carry a rifle and grenades. But to compensate, I had to carry a heavy medic pack.

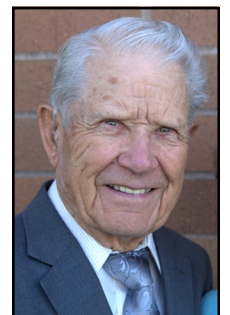
As we moved along in our training, a big Texan ribbed me regarding my getting Saturdays off, in place of Sunday. One Sabbath morning while everyone else was putting on fatigues, I was putting on my Class A uniform to attend church. The Texan said sarcastically, "I think I'll become a Seventh-day Adventist."

A few days later, we were on a long, forced march on a hot summer afternoon. Urged by the Holy Spirit, I pulled alongside this big Texan and asked if I could carry his rifle. He looked at me with surprise and angrily said, "You want it? You can have it!" and thrust it toward me.

When we got back to the barracks, I returned his rifle, and during the rest of our training I never heard another disparaging word from him about myself or my religion. Thereafter, he was always courteous to me.

Jesus, the great Burden Bearer, says, "Bear one another's burdens." Galatians 6:2. How can we bear others' burdens? Could it be by taking their cares to God in prayer, by being available to help those hurting, by sharing an encouraging word, or by taking them a meal? Love is self-sacrificing and always giving. What a wonderful way to share Jesus with others.

-Lee Roy Holmes is a retired pastor living in Walla Walla, Washington



KLRF Banquet *(continued from front)*

leading in programming. And Seth Lambert, one of the station's engineers, explained the new technology that is currently being installed to help KLRF function better now and for years to come.

Following the meal and program, a number of attendees crossed the hall and visited the KLRF office and studio. For many of those, it was the first time to visit. KLRF brochures, sharing cards, and other materials were available for guests to take.

Many attendees commented about what a special evening it was. Here's a comment from Don Schafer: "I really appreciated this program. I listen to KLRF often, but I knew very little about it—the background, the history, etc. So, I appreciated all of it, the entire evening, but especially Richard Grizzell's talk. God bless you. And thank you for your part in making this special evening happen!"

We wish to again thank our listeners for your ongoing prayers and support for this special ministry.



Richard Grizzell (left) and Ron Honner (below) giving tours of the KLRF studio and office following the Banquet



The Doctor Is In!

We are excited to announce that we are in the process of recording health professionals offering their expertise in various areas to add new episodes to our "The Doctor Is In" programs. We also have access to some excellent health recordings to share with you. The first of these that we will air is **Dr. Mark Sandoval**. He is a board-certified emergency medicine and lifestyle medicine physician. His focus is on discovering the mental/spiritual causes of disease and addressing those causes in a Biblical context. He is experienced in lifestyle interventions and the use of natural remedies. He has years of experience



in running intensive, residential lifestyle programs, helping individuals reverse diseases, stop their medications, and discover healthy living and thinking. His programs will air on Mondays at 2 pm.

KLRF 88.5 FM RADIO

Sounds of Hope!

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

Phone: (509) 524-0885

Fax: (509) 524-0884

Email: manager@klrf.org

Website: KLRF.org

SUMMER OFFICE HOURS:

Monday—Tuesday 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