KLRF 88.5 FM SOUNDS OF HOPE

IN TUNE

Volume 23, Issue 4 **Winter Edition, 2023**

Unto You a Savior is Born!

Bright was the vision of glory,
Loud the triumphant song,
When over the hills of Judah
There floated the angel throng.

Stirred by the heavenly music,
And trembling at the sight,
The shepherds thrilled with joy
And wonder and delight.

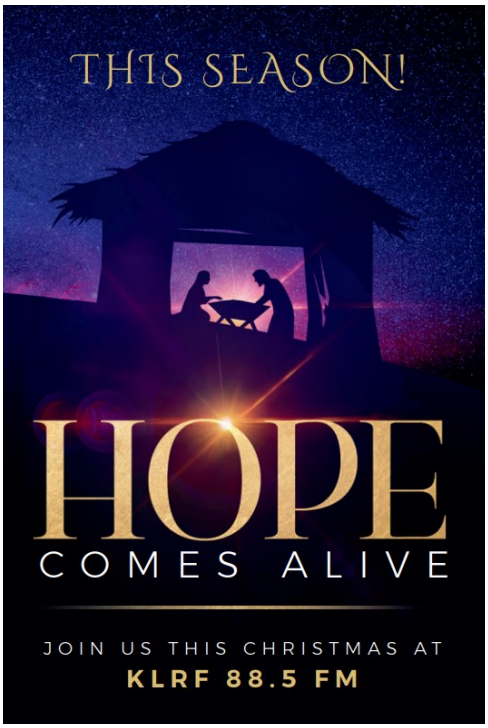
And yet in old Judea
Were men that night who slept;
They saw no star or glory,
Though heaven around them swept.

Today that star's still shining;
Does it shine into your heart?
Does it burn away your sin
And bid the dark depart?

Listen to that sweet music
Heard first on Christmas morn,
And in your heart today
Let Jesus Christ be born.

Let us kneel before Him,
Our broken hearts to give;
Then rise with joy and peace,
Ever for Him to live.

By Faith Perry



Christmas Music Refreshed!

We have a lot of fresh Christmas music to share with our listeners this year! Though there are only so many favorite Christmas songs, we have added a few hundred fresh pieces by various artists. Beginning the day after Thanksgiving, you will be able to enjoy the special sounds recalling our Creator's birth on this earth. May you be richly blessed!

KLRF at the Fair!

It was special to see many of our KLRF listeners who stopped by our booth at the Walla Walla County Fair! And it was also great to visit with many people who had not heard of KLRF, but are now inspired and excited to tune in!

We were able to share hundreds of pieces of material, including brochures, program schedules, and sharing cards. A big hit for the kids were the little plastic animals. We gave away over a thousand of those little animals! And in sharing the plastic animals, it brought many parents and grandparents to our booth to learn more about KLRF.

If you were one of those who stopped by our booth, thank you!

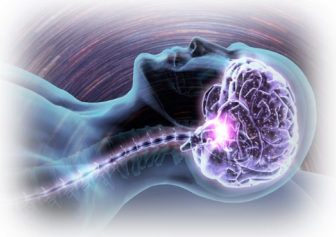
Cleaning House in the Brain - Daily

The brain is the command center of the body. Combined with the spinal cord, it is called the Central Nervous System. A cellular barrier surrounds the brain and spinal cord to protect them from potential toxins in the blood stream. There is careful control of large molecules, especially. In the rest of the body, a lymphatic system filters body fluids through lymph nodes in order to filter out unwanted material, including microorganisms. However, the blood-brain barrier doesn't allow for a lymphatic system, which collects its lymphatic fluid from the blood stream. Wouldn't it be nice if there was a waste elimination system for the brain, too?

Diseases like Parkinson's, Huntington's, amyotrophic lateral sclerosis, and dementia, including Alzheimer's, are characterized by plaques that form in the neural tissue in the brain. These plaques are proteins that are misfolded and aggregated, and cause other proteins to follow suit. While the mechanisms that initiate this misfolding are still being investigated, we now know a way to get rid of the plaques before they accumulate enough to cause a disease diagnosis. There is a miraculous clearance that occurs primarily during sleep. This clearance is a function of the glymphatic system.

The glymphatic system was discovered only a few years ago. It is somewhat similar to the lymphatic system. It is controlled by glial cells known as astrocytes. These are cells that support neurons. In 2012-13 it was discovered that cerebrospinal fluid flow was increased around blood vessels in the central nervous system during sleep and was able to remove misfolded proteins such as plaques. Studies have shown that people that do not receive adequate sleep have a higher incidence of these diseases and problems with cognition.

We have known for some time about the short-term detrimental effects to cognition from sleep loss. For people that have less than four hours or more than ten hours of sleep per night, cognition declines more rapidly than for those that have seven hours of sleep per night. Sleep affects memory, as well. Memories are consolidated and processed during sleep. The hippocampus is largely responsible for this activity. Sleep-deprived people were shown to have extra protein plaque accumulation in the hippocampus.



While sleep quantity is important, many other factors affect sleep quality positively or negatively, and have been shown to impact the glymphatic system. Clearly, there are many things that we can do to prevent and delay the onset of neural diseases and loss of cognition. Focusing on seven hours of sleep per night and using intermittent fasting to allow our digestive systems to rest, especially during the night, is very beneficial. Eliminating drugs that interfere with sleep, such as alcohol and caffeine improves sleep quality. Exercise, and other stress-reducing activities, such as prayer, are helpful, as well.

Featured Recipe

Kale and Sweet Potato Salad with Dried Cranberries

Ingredients

* 1 medium sweet potato, diced
* 2 Tbsp tahini
* 2 Tbsp lemon juice
* 2 tsp smoked paprika
* ½ tsp minced fresh garlic
* 1 pinch sea salt
* 6 oz shredded kale (about 6 cups)
* ½ cup dried cranberries (optional)
* 2 Tbsp sunflower seeds
* 2 Tbsp finely chopped fresh parsley

Method

* Place a steamer insert in a saucepan over 1 to 2 inches of water. Bring water to a boil, add sweet potatoes, cover, and steam for about 20 minutes, until potatoes are very tender when pierced with the tip of a sharp knife. Transfer potatoes to a large bowl to cool.

* To make the dressing, combine the tahini, lemon juice, smoked paprika, garlic, and ½ cup water in a Mason jar. Cover jar with a tight-fitting lid and shake well to blend the ingredients; taste dressing, add salt to taste, and shake again.

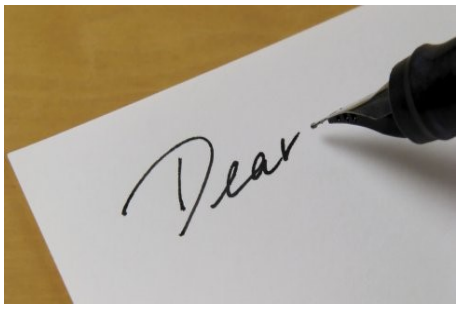
* In a large salad bowl, combine the sweet potatoes, kale, cranberries, sunflower seeds, and parsley. Pour the dressing over the salad and mix well. For best results, let the salad stand for 15 to 20 minutes before serving.

(recipe adapted from Forks Over Knives)

Janice McKenzie, PhD
Health Ministry
KLRF Governing Board

Your Broadcast Time

Your comments and suggestions are indispensable!



“Mega Kudo’s to all your staff! Love the programming!” – A listener

“I have KLRF on all night next to my pillow. What a blessing you are. No ‘nonsense’ music!! I really love the scripture reading.” – Nicholas

“Thanks for the great station!” – Greg

“You do have one the THE best radio stations I’ve ever heard! And I’ve lived in many places all over the US. You are doing a fine job in many ways and I thank you!!” – Connie

"May God Bless this Station!" – Fred

“I enjoy the radio program so much. It is such a blessing. I’m closer to the Lord because of it.” – Jean

"I love KLRF - especially Night Sounds. The spring banquet was tremendous." – Mary

"Thank you for printing your Program Schedule in your Autumn Newsletter. I love the old hymns and soothing Christian music. God bless you.” – Greg

“Love Unshackled, Night Sounds! Thanks so much for keeping them on the air!! Can’t forget Your Story Hour! Semper Fi!” – A listener

“Please accept this donation. Thanks for your service to the region of the lower Columbia Basin and the North Blues. God bless this ministry.” Sincerely, – A regular listener

"Keep up God's work! In a world of chaos...the soothing sounds of KLRF calms the soul!" – John

The Prince of Peace

I don’t know what you are watching in the news these days, but it seems that the entire world is watching with horror the unfolding humanitarian crisis in Gaza. Every news report is filled with pictures of indescribable suffering. The images are so mind numbingly sad that it’s impossible to fully grasp the plight of those in Israel and Gaza. This conflict involves a desperate fight to root out evil, and restore peace to the region.

What you may not realize is that the city of Bethlehem is only about 46 miles straight-line distance from Gaza City. It was in the city of Bethlehem approximately 2027 years ago, that the King of Heaven came to this earth, and took on human flesh. Jesus willingly laid down his life to destroy the kingdom of darkness and restore universal peace. Isaiah the prophet foretold this event in Isaiah 9:6 “For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counselor, The mighty God, The everlasting Father, The Prince of Peace.”

Isn’t it interesting that one of Jesus’ titles is – “Prince of Peace.” Make no mistake about it. God’s objective two millennia ago was the same as today. Destroy evil and restore peace. But instead of shooting rockets and dropping bombs, God chose instead to lay down His life. Why did He use this approach? “Because God’s children are human beings—made of flesh and blood—the Son also became flesh and blood. For only as a human being could he die, and only by dying could he break the power of the devil, who had the power of death.” Hebrews 2:14 (New Living Translation)

As we approach the Christmas season, let us not only pray for people enduring war, but let us also pray that the Prince of Peace will return to this earth soon, to root out evil and restore our universe to peace and harmony.

-by Pastor James Ash

New KLRF Board Member

We are very happy to have a new KLRF Governing Board Member, Nancy Teale! Here's a brief overview of her life:

Nancy first lived in the Walla Walla Valley as a child when her mother attended Walla Walla College to become a teacher. Nancy had a "bent" toward music, wanting to sing or play any piano that was available. She was able to have six piano lessons, for which she was thrilled. When Nancy reached college age, she also got her degree in education from Walla Walla College. To prepare for her dream of being a missionary teacher, she taught 6th grade at the Milton-Stateline Adventist School for 6 years, while also completing her master's degree.

Nancy arrived for her first missionary teaching experience in Benghazi, Libya soon after Qaddafi took over the country. That mission assignment ended quickly, as all missionaries were soon deported from Libya. She then taught on the Island of Cyprus and later in Beirut, Lebanon. She says her missionary years were interesting and challenging. She is thankful for those experiences in serving God in that way.

Upon returning to the United States, she met her husband, Carl Teale, at a meeting at the Old Portland Sanitarium in Portland, Oregon. Carl worked at Tecktronix in Beaverton, Oregon for many years and then they moved up to Grays Harbor in Washington, where she ended up teaching at Grays Harbor College for several years. They later moved to Washougal, Washington where she was employed at Moore Academy, working with high school homeschool families in many states.

Carl and Nancy praise God for leading and guiding them through their lives. They retired to College Place in 2013 and enjoy living here. They have two daughters, a son-in-law, one grandson, and one granddaughter. Carl does the imprinting of names on Bibles for the prisoners in their prison ministry, and Nancy plays the piano for various church meetings and also at the prison. She says she looks forward to working with KLRF as we share Christian music and programming around the countryside.

Sharing the Blessing!

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

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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WINTER OFFICE HOURS:
Mondays, Tuesdays, and Thursdays
9:00 am—noon

Governing Board Members:

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Sounds of Hope KLRF 88.5 FM