



IN TUNE

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Your Gifts to KLRF Impact Eternal Life Husband Will Be Ecstatic to Meet Wife in Heaven!

Bernice was married for years to Roy, a faithful Christian man who worked in the education department of a Christian denomination.

Then Bernice had an unfortunate experience over which she lost her faith. Roy was heartbroken. One day Bernice had found a place that taught Karate. Joining up, she trained and earned two different Karate belts. While there, she also learned about reincarnation and began to embrace a faith based on Eastern religions.

Upon retirement Bernice and Roy moved to Walla Walla where, unfortunately, Roy soon passed away. Shattered, Bernice decided to follow their plans to move into Wheatland Village Retirement Center.

Not long after losing her husband

and moving into Wheatland Village, Bernice's eyesight started failing so she began to listen to the radio. By chance she came across KLRF 88.5 FM Radio station. She was soon listening daily to what she called her "beautiful music."

One day she was touched by the song "He Was There All the Time." It so impacted her that she gave her heart to Jesus. Bernice eagerly listened more and more. She even told her doctor that her visits to him couldn't interfere with her favorite Bible program on KLRF. In time Bernice reconnected to her former Christian faith.

Before she passed away Bernice often chuckled about how her husband would be surprised to see her in heaven!

Praise the Lord for your donations that keep KLRF Radio broadcasting to reach souls like Bernice!

Reprinted from a KLRF "In Tune" article in 2016.



"BirdNote" Program Feature

"BirdNote Daily" is a two-minute radio show that combines rich sounds with engaging stories, to illustrate the amazing lives of birds and give listeners a momentary respite from the news of the day.

In 2004, Chris Peterson, Executive Director of Seattle Audubon, had a big idea to put short stories about birds on public radio. Chris engaged writers to craft compelling stories about the intriguing ways of birds, ornithological advisors to ensure accuracy, and a team of experts to bring the show to life. NPR affiliate KPLU 88.5 FM (now KNKX 88.5 FM), aired the first "BirdNote" show on February 21, 2005.



"BirdNote" grew from four stations in 2007 to become a national public radio show and with an expanding slate of podcasts and digital media offerings. Check out the "BirdNote" website for many extra features at birdnote.org.

"BirdNote" is a favorite of many KLRF listeners. You can hear "BirdNote" several times a day on our own 88.5 FM in SE Washington!

The Little Things Really Matter

A general principle in life is that the little things really matter. Someone's smile can brighten our day. A beautiful sunset can ameliorate many foggy days. The same principal is true with health. That is why the many behaviors that make up our lifestyle are so important and so strongly correlated with longevity and presence or absence of disease. These healthy principles include getting appropriate amounts of exercise, sleep, water, nutrition, spiritual recharging, social interactions, and time outside. Along with these positive behaviors, avoiding environmental toxins and toxic thoughts is also important. This reminds me of a scripture, "He that is faithful in that which is least is faithful also in much." Luke 16:10a

The ability to remember, to recognize, and to reason fundamentally contribute to who we are. If any one of these fades, our identity changes and those in our life begin to feel that we are a different person. This can be a very disturbing process for all involved. Until recently, it was believed that this process was essentially irreversible and could maybe only be slowed. Recent research evidences that dementia can be not only prevented, but slowed but reversed. People testify that they have regained what they lost. This reversal conjures up the same astonishment and hope as when research and reports began emerging that people could completely recover from multiple sclerosis.

Dementia is not a normal part of aging, but it is on the rise. Various factors are correlated. The spike protein from COVID-



19 and its vaccinations has been implicated along with many lifestyle factors. One of the strongest correlations is with diabetes. Insulin-degrading enzyme (IDE) breaks down amyloid-b plaques that are characteristic of dementia in the brain. These plaques also are found in the pancreatic islets which produce insulin. Elevated insulin levels from poor blood-sugar control overwhelm IDE decreasing its ability to break down the amyloid-b plaques.

Many people develop poor blood-sugar control as they age. Thankfully, diabetes responds well to lifestyle therapy. Since diabetes reflects a state of chronic inflammation in the body, reversing the inflammation treats the diabetes. Some of the most effective lifestyle remedies are the following: exercising vigorously most days, eating plant-based (unrefined with high fiber content and low glycemic index), eliminating toxins, exercising the brain, sleeping for seven – eight hours, reducing stress, and eating only twice a day with meals five hours apart and the last of these at least three hours before bedtime.

Specific foods and herbs have been found to be beneficial for improving cognition. These include: Omega-3 fatty acids (found in ground flaxseeds, chia seeds, and walnuts), turmeric, bacopa, ginkgo, sage, lemon balm,

Featured Recipe

Maple Walnut Cookies

2 ½ cups ground walnuts
2/3 cup whole wheat pastry flour
1 tsp celtic salt
1/3 cup ground flaxseed
½ cup maple syrup
2 tsp vanilla



Mix all ingredients.

Place on silicon mat or parchment paper on cookie sheet.

Bake at 350° for 10 to 15 minutes until light brown.

Cool and enjoy

-adapted from "Depression the Way Out," Neil Nedley

ginseng, Vitamin D, magnesium threonate, and Coenzyme Q-10.

Incorporating a number of simple lifestyle practices can restore years to your life and regenerate neurons in your brain. For more information, Dr. Breseden has a book entitled, "The End of Alzheimer's." Dr. Youngberg has a book entitled, "Memory Makeover." Both are featured in the documentary, "Memories for Life - Reversing Alzheimer's."



by
Janice McKenzie, PhD
Health Ministry
KLRG Governing Board

Your Broadcast Time

Your comments and suggestions are indispensable!

"I found your station during the Christmas season and so enjoyed the regal and inspiring Christmas music. It's the way Christmas music is supposed to be — about Christ! Since then, I have been listening to your station." — Rachelle

"Just wanted to say I'm enjoying the Christmas music." — Helen

"Love the CHRISTMAS SONGS! I got an infection in my knee, stuck in a chair a week and a half. If it weren't for KLRN I would have gone CRAZY. THANK YOU!" — John

"We enjoy your station!" — Dennis & Carla

"Your music is a blessing. Thank you." — Muriel

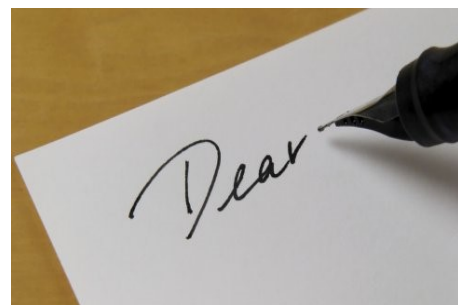
"You are a source of learning and enjoyment. I do not have TV (by choice). The programming fills my time with Christ-centeredness!! I am retired and not as mobile as I used to be." — Patricia

"Keep up your good work." — Dieter

"Excellent music and messages. Continue until Jesus comes! Thanks." — Greg

"I listen every day. I love all the Christmas music! I like Bible answers, Faith-Fi, Unshackled, It Is Written, Lineage Journey, etc. Also Your Story Hour! Love the daily non-Christmas music, too." — Sherry

"Love Night Sounds! Please keep it!" — Joan



"We wake up to your music at 5:30 a.m. We like it! Thank you! Keep up the good work - the a.m. music encourages our souls." — Jim & Tressa

"Don't change your format! Keep up God's work." — John

"Thank you so much for your wonderful music and the message of Jesus. You are such an encouragement to me!!" — Diana

Donation given in memory of Erma Torretta

A Broomstick

Yes, pastors are subject to aging, with loss of motion and flexibility. Like spiritual disciplines that are essential to our spiritual wholeness, retaining a discipline of body maximizes ministry options throughout our lives.

One helpful tool in this area for flexibility came from my gym companion, Bernie Janke, who motioned me to watch him use a 6-foot stick. There are three such sticks at the Walla Walla University gym. They are approximately 1.25 inches in diameter, stiff enough to place behind your neck giving one the feeling of "taking up the cross." Extending your hands along this "broomstick" Bernie showed how anyone can find a benefit by using this tool to increase back flexibility; raised to one side, it increases flexibility of one's mid-section. One can lean down and attempt to touch one end of the stick or PVC pipe to the floor while your other hand is up in the air. A count of 2-3 seconds pause is recommended at the end of your present range of motion. Only your body can tell you how much is appropriate for you.

I guarantee a unique personal experience for anyone who accesses a "broomstick" and puts it behind your neck. You will not be the same. The good news is that it doesn't take a gym. Many homes have a room and ceiling large enough to make the cross experience part of your daily discipline.

Jesus in Mark 8:34 encourages us to take up your cross and follow me. Luke 9:23 exhorts us to take up your cross daily. "The message of the cross is foolish to those who are headed for destruction! But we who are being saved know it is the very power of God." I Corinthians 1:18 NLT

-Roger Johnson is a retired pastor living in the Walla Walla Valley



The Value of Trial

The furnace fires are not to destroy, but to refine, ennoble, sanctify. Without trial we would not feel so much our need of God and His help; and we would become proud and self-sufficient. In the trials that come to us we should see the evidences that the Lord's eye is upon us, and that He means to draw us to Himself. It is not the whole, but the wounded, who need a physician; it is those who are pressed almost beyond the point of endurance who need a Helper.

The fact that we are called upon to endure trial, proves that the Lord sees something in us very precious, which He desires to develop. If He saw in us nothing whereby He might glorify His name He would not spend time in refining us. We do not take special pains in pruning brambles. Christ does not cast worthless stones into His furnace. It is valuable ore that He tests.

The blacksmith puts the iron and steel into the fire that he may know what manner of metal they are. The Lord allows His chosen ones to be placed in the furnace of affliction, in order that He may see what temper they are of, and whether He can mold and fashion them for His work



It may be that much work needs to be done in your character-building, that you are a rough stone which must be squared and polished before it can fill a place in God's temple. You need not be surprised if, with chisel and hammer, God cuts away the sharp corners of your character, until you are prepared to fill the place He has for you. No human being can accomplish this work. Only by God can it be done. And be assured that He will not strike one useless blow. His every blow is struck in love, for your eternal happiness. He knows your infirmities, and works to restore, not to destroy.

While the work is progressing in wickedness, none of us need flatter ourselves that we shall have no difficulties. But it is these very difficulties that bring us into the audience-chamber of the Most High. We may seek counsel of One who is infinite in wisdom. Through conflict the spiritual life is strengthened. Trials well borne will develop steadfastness of character, and precious spiritual graces. The perfect fruit of faith, meekness, and love often matures best amid storm-clouds and darkness.

Signs of the Times, August 18, 1909

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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Sounds of
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