



IN TUNE

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Is Radio Becoming Obsolete?

With the rise of music streaming through outlets such as Spotify and Apple Music, is radio becoming obsolete? Let's look at some data.

Statistics show that, even with the music streaming options, radio is still the most popular form of media in America, even ahead of television. Radio is reaching 87% of young adults ages 18-34, 93% ages 35-49, and 92% ages 50 and older. In comparison, only 22% listen to podcasts weekly on various media. Why?

Free: Unlike streaming subscriptions with monthly fees, radio is free. Though most radio stations are advertiser-funded, non-profit stations such as KLRF rely solely on financial supporters and on mostly volunteer staff. With this support we can offer broadcasts to anyone free of cost. We thank all of you who give to this mission endeavor!

Portable: Another enduring feature of radio is portability. Automobiles are still manufactured with radios. Much radio listening is done in cars and at work—it can go with you as you commute and keep you company on long days at the office. Unlike cell phones, radios operate on simple radio frequencies which means they can function even in

remote areas or when technology infrastructure is damaged.

Local: Meeting the needs of local listeners is vital. For KLRF, we not only want the programming to be a blessing to our current listeners, but also to spread the joy and hope of the gospel to those in our area who stumble across the station and to those who are introduced to it by a friend. (With whom could you share KLRF?) Meeting listeners' spiritual needs is why we encourage you to comment on what you appreciate and what might not seem to meet our mission. We consider all comments carefully.

Niche-based: Audiences pick favorite stations—their favorite music, their favorite speakers, and favorite pro-

grams speak to them in an intimate way. Here at KLRF we are committed to connecting people with Christ. We offer meditative Christian music and timeless teaching programs.

Technically friendly: All you have to do is move the dial to your favorite station—like 88.5 FM. Turn your radio on and enjoy Sounds of Hope!

Available: Some KLRF listeners listen all day to fill their souls with Christ-centeredness. A few are sight-challenged and listening to Christ-like programs is their only form of media. Some wake up to KLRF as an encouragement for their day. One school bus driver plays KLRF for the kids on their way to and from school. If you just want to escape busyness, KLRF music is designed to give peacefulness and joy.

Yes, technology advances, even for radio. KLRF is committed to serving you, our listeners, the best we can with updated systems, music, and programming. Radio still has great value and fulfills a need. The KLRF staff hope it blesses you often and helps prepare you for the day when trumpets announce Jesus' coming! Until then, enjoy listening!

By Terri Heagy

Statistics taken from: <https://www.forbes.com/sites/bradadgate/2023/07/26/nielsen-amfm-radio-reaches-91-of-us-adults-each-month/?sh=398bf053a155>



How Shall We Eat Then?

Debate abounds lately about what types of foods we should eat and how much of each type. Should we be on a low fat or a high fat diet? How much protein do we really need? Are carbohydrates good or bad for us? Should we count calories? There are a lot of opinions and many diets have risen to popularity over the last few decades.

There are even questions about how we categorize food. Do we divide it into fats, proteins, and carbohydrates? These are the macronutrients, along with water. Micronutrients are vitamins and minerals. If we read food labels on processed food, assessing macronutrient content is a good place to start. Another component that we might want to consider as a nutrient is fiber.

What are general sources of food? They are: animals, animal products, grains, nuts, seeds, beans, vegetables, and fruits. Think about your food sources. Also, are you getting these foods in highly processed forms? You might say that you need to have them processed so that you can see what the nutrient breakdown is on the label. It does take a little more work, but nutrient breakdowns on whole foods are also available. One thing to note is that animal foods are processed plant foods.

Let's look at each of these food sources. Animals and their products are high in proteins and fats. They have some micronutrients. Plant-based foods have high levels of vitamins, minerals, antioxidants, phytochemicals, and fiber. They are largely carbohydrate and do include fat and protein, also. Research reveals that the way that God has distributed these nutrients in plants is just right for human nutrition. When we eat foods that have



little or no refining, they have a good balance of fat, protein, fiber, and micronutrients. A variety of these foods, especially greens and bright colors, is particularly healthy. These natural unrefined foods also give us a lower glycemic index and keep blood sugars in a moderate range, protecting us from metabolic syndrome, diabetes, and a host of other diseases. This is true for even carbohydrate-rich foods like brown rice. We don't even need to worry about counting calories or nutrient quantities if we are eating a variety of unprocessed, plant-based foods because (1) they are not calorie-dense and (2) they have balanced nutrients.

Diets that are high in animal fats and proteins have been associated with higher rates of cancer, diabetes, and cardiovascular disease. Animal protein consumption is as risky as smoking for developing cancer. Animal fat is implicated in dementia, multiple sclerosis, kidney failure, Crohn's disease, and premature aging. What animal products don't have is fiber! Fiber feeds helpful gut bacteria and removes excess cholesterol and toxins. It also lowers the glycemic index of foods and reduces the risk of cancer, diabetes, heart disease, and stroke.

Research has supported the original diet God gave us in the Garden of Eden. Indeed, foods that come from seeds or are seeds help to restore us to health and keep us healthy.

Featured Recipe

Plant-based Coleslaw

Shred:

1 small cabbage
1 to 2 carrots

For fun add: shredded parsnip, shredded onion, chopped dill, and/or chopped parsley

Dressing:

1 cup washed cashews or almonds (soaking is good, too, if you have the time)

Up to 1 cup water

3 T Lemon juice

1 t salt

½ t onion powder

¼ t garlic powder

Maple syrup to taste

Blend dressing ingredients until smooth in the blender and mix into vegetables



by
Janice McKenzie, PhD
Health Ministry
KLRG Governing Board

Your Broadcast Time

Your comments and suggestions are indispensable!

"Love, Love, Love the entire chapters of scriptures that are read!"
– Melody

"I love and enjoy your radio station on my car all the time." – Ruby

"Please continue to air Your Story Hour, we look forward to it each day." – a listener

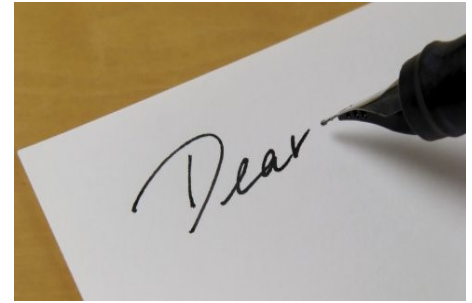
"I listen often and wanted to thank you!" – Paulette

"I like Bird Note!" – Dieter

"Your music makes my day every day! It feeds my soul. At 96 the new worship music doesn't tell the story - it's almost hypnotic and repetitive. It's my age, I'm sure. God Bless." – Juanita

"Thank you for your programming—enjoy and blessed by it."
– Shirlee

"Love your music!" – Dennis



KLRF General Manager Position Opening

Our General Manager, Ron Honner, is leaving the Walla Walla area this summer. If you or someone you know is interested in the volunteer General Manager position and might be qualified, please contact our office for more information.

He Killed a Lion and a Giant

There is an unsung hero in the Bible you likely don't recall. He routed a "huge" Egyptian, chased a lion "down into a pit" and killed the king of beasts. (2 Samuel 23:20,21) Of the cohort of valiant men that gathered around David, among them was Benaiah. He was a courageous warrior, not afraid to face challenges. If it was a matter of God's honor or purpose, Benaiah was ready, willing to take a risk.



Here's a dare for you: **Chase Godly challenges**. Most people would see a lion climb into a snowy pit and hightail it the opposite way. Not Benaiah. What others considered a threat to avoid, Benaiah saw as an opportunity to grasp. You will rarely accomplish God's will for your life inside your comfort zone. Like Benaiah, we need to pursue God-purposed and God-honoring challenges.

I've got a second challenge for you: **See God as your hero-maker**. Benaiah's achievements were no coincidence. The passage finishes with this statement: "And David put him in charge of his bodyguard." (2 Samuel 23:23) Benaiah was

living what he believed David and God saw in him. Knowing that God has a plan and purpose for your life is huge. "With God all things are possible." (Matthew 19:26)

Here's a final challenge from Benaiah's life: **Don't quit**. Fleas can jump 150 times their body's length. I'm told that if placed in a quart jar, they can easily jump out. But put the lid on, they hit the top, and recalibrate. They never jump to their full potential again. At times we do the same. We encounter failure, hit the ceiling, face a difficult challenge, and retreat or give up. Benaiah never quit. He was fourth among David's valiant cohort. He never made the podium, but he never gave up.

It may be that God is nudging you to something new. He may be calling you to invite a friend to church or befriend a neighbor or workmate. God might be bringing to your remembrance a broken relationship and prompting you toward reconciliation. He might be urging you to ask for help for some destructive habit. God may be asking you to trust Him with your finances for the first time in your life, to return an honest tithe, and possibly support this station with regular contributions.

Walk in Benaiah's footsteps. If God is calling, dare to take the risk. Your life will be a beautiful display of His grace and power.

By Jeff Kinne, Pastor of the College Place Village Church



Things

Things upon the mantle,
 Things on every shelf,
 Things that others gave me,
 Things I gave myself.
 Things I've stored in boxes
 That don't mean much anymore,
 Old magazines and memories
 Behind the attic door.

Things on hooks and hangers,
 Things on ropes and rings,
 Things I guard that blind me to
 The pettiness of things.
 Am I like the rich young ruler,
 Ruled by all I own?
 If Jesus came and asked me
 Could I leave them all alone?

Oh, Lord, I look to heaven
 Beyond the veil of time
 To gain eternal insight
 That nothing's really mine.
 And to only ask for daily bread
 And all contentment brings,
 To find freedom as Your servant
 In the midst of all these things.



For discarded in the junkyards,
 Rusting in the rain,
 Lie things that took the finest years
 Of lifetimes to obtain.
 And whistling through these tombstones
 The hollow breezes sing
 A song of dreams surrendered to
 The tyranny of things.

By Scott Wesley Brown

Investing in God's Cause

"The very means that is now so sparingly invested in the cause of God, and that is selfishly retained, will, in a little while, be cast with all idols to the moles and to the bats. Money will soon depreciate in value very suddenly when the reality of eternal scenes opens to the senses of man."

-Welfare Ministry, page 266

Thank you for investing in the ministry of KLRF and other ministries that further the cause of God while there is still time!

Thank you

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

Website: KLRF.org

OFFICE HOURS:

Mondays — Thursdays, 9:00 am—noon

Governing Board Members:

James Ash, Chaplain

Debbie Christensen, Treasurer

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