



IN TUNE

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KLRF Board Changes

Several changes have happened recently to our board. Our General Manager for the past three years,



Ron Honner

Ron Honner, has resigned from this position. He and his wife are moving back to their previous home in Idaho, where they are retiring. We have greatly appreciated his leadership and will really miss him and his devotion to KLRF!

As the new General Manager, the board chose someone who has already been with KLRF for four years and has a passion for the ministry. We welcome Gary Heagy to this volunteer position. He currently works for a property management company in Walla Walla and has had many years of prior experience in management. Gary has been our "In Tune" newsletter editor and will continue to do that along with being General



Terri and Gary Heagy

Manager, unless someone comes along who would like to take the newsletter editor role!

Another big loss is our Treasurer, Debbie Christensen. She has found there is more life than time and had to let KLRF go. We have surely appreciated her work. The board decided on Terri Heagy to fill that role as she has had past experience as a Treasurer. She currently works as our Office Manager, making sure things run smoothly. We are grateful she is willing to take on the Treasurer responsibilities!

We are happy to announce an addition to our KLRF board! Tammy Sharon, a Behavioral Health Specialist at Providence Medical Care, has agreed to be a part of our ministry. We are so happy to have her enthusiasm and music experience. She will be a great asset to KLRF!

We are still looking for a couple more people who would like to be a part of serving KLRF in a meaningful way. It is nice to have people who have technical experience, but more important than that, we need people who love the Lord and are dedicated to this work! If you would like to be a part of the KLRF ministry we invite you to connect with us.

No Fair!

For the past few years KLRF has had a booth at the Walla Walla County Fair to raise awareness in the community of our special radio station. We have met many people who hadn't heard of KLRF before and said they would tune in.

Because we're starting to see a number of the same people come by our booth every year, we're planning to use a different method this year to reach our valley to let them know of the Sounds of Hope! On December 5 and 7 we are going to have a float in the College Place and Walla Walla Light Parades. Our float will depict the true Hope of Christmas, which is the birth of our Savior, and give exposure to our radio station call letters and numbers on the dial.



Thousands of people in our valley watch these 2 parades and we're praying that some will be inspired to tune in to KLRF to find out what kind of station we are. We appreciate your additional prayers that God can bless this effort and make a difference in someone's life!

Let it Shine!

Is sunshine good for us, or isn't it? We hear that it is good for helping produce Vitamin D, but then we hear that it causes cancer, and we should be careful. What is the truth of the matter?

Studies of Scandinavians have shown that increased levels of sun exposure reduced mortality rates from all causes. Even though skin cancer risk went up slightly, other causes of death decreased more, such as deaths from cardio-vascular disease and Multiple Sclerosis. Interestingly, blood pressure decreases with time spent in the sun. This is important since elevated blood pressure is the primary factor associated with premature death causes such as strokes and heart attacks. The radiation from the sun causes the skin to release nitric oxide to the blood vessels causing them to dilate and reduce blood pressure.

One of the beneficial effects of sunlight is the infrared rays that produce the heating affect. Infrared rays penetrate through clothes below the skin and can heal cells such as those in muscle, nerve, and bone tissue. Infrared light has been known to reduce not only high blood pressure and heart failure, but also dementia and Alzheimer's disease, headache, Type II Diabetes, and arthritis. Infrared light increases blood flow to the brain and is associated with enhanced cognition and improved memory in early dementia.

Why does it just feel good to be in the sun? The sunlight entering the eyes causes serotonin to be released. This is a neurotransmitter that regulates mood, memory, cognition, and sleep as well as many other roles in the body, including increasing bone density. Time spent outside is directly correlated with reduced depression and use of anti-

depressants.

Sunlight exposure is also associated with better sleep as well as with sleeping and waking cycles that reflect natural light and dark cycles. Even though the dark stimulates melatonin, a sleep hormone, to be produced in the brain, sunlight stimulates significant production of it in other cells of the body. This is helpful because melatonin is a potent antioxidant to fight disease and aging processes in the body.

We know that some of the health benefits from sunlight are from the increased Vitamin D levels that it fosters. Vitamin D is actually a hormone and is associated with many roles in the body including in the cardiovascular and immune systems. It regulates many genes associated with nearly every tissue. Deficiency in Vitamin D is implicated in autoimmune diseases including Multiple Sclerosis, other neurodegenerative disorders, cardiovascular disease, osteoporosis, asthma, some cancers, etc. A significant mortality risk factor for COVID-19 was Vitamin D deficiency.

While vitamin production increases with bare skin exposure, the benefits of infrared light can be experienced through clothes. Now that the weather is nice and there is sun to enjoy, let's get outside and enjoy its many benefits.



by
Janice McKenzie, PhD
KLRF Health Ministry

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 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.

(adapted from Forks Over Knives)

Your Broadcast Time

Your comments and suggestions are indispensable!

"Love the gospel music new and old, especially the old. Praise singing doesn't get it done. God bless!"
— Rob

"What a blessing are the sounds of KLRF!" — John

"Love your music! I pray for you daily. Wonderful ministry. It feeds my soul. God bless you abundantly." — Juanita

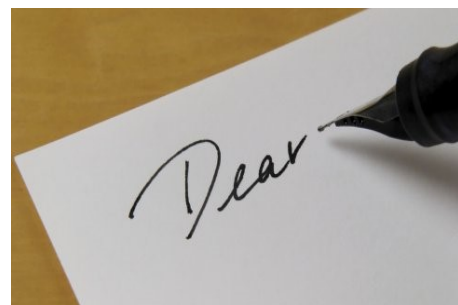
"Enjoy your programming, especially the music, and the newsletters are really interesting, read thoroughly, 'enjoy'. Thank you." — Jeanette

"Really enjoy your station when we can get it. Doesn't appear to reach all the way up Mill Creek Valley."
— Shirlee

"Grace and peace to all who are heavy laden, 88.5 will give you rest." — John

"I am blessed by listening to the music and programming of your radio station. Keep it up! Thanks"
— Nancy

"Love all the old time sacred music. It calms my soul." — Robert



2024 Survey

In 2020 we sent out a survey to get feedback from our listeners. We learned from that survey and really appreciated the responses. This Fall we are going to be reviewing our station's programming and again would appreciate hearing from our listeners. Rest assured that our style is not changing, but our schedule and some programs may change. Thank you for completing the enclosed questionnaire and returning it to us! We value your feedback!

The Waterer

There is a general principle that is taught throughout scripture, that in living for the good of others, we ourselves gain a profit. This teaching also saturates many aspects of God's Second Book. Nature provides us with many analogies. In nature there is a law that no one thing can be independent of the rest of creation, but there is a mutual action and reaction upon all. The very planets float far away from each other, yet they are held together by an invisible attraction; and the stars at night maintain their flight formation by mysterious bonds.

God has so made this universe, that selfishness is the greatest possible offense against this immutable reality. Think of the beauty of the flowers, and the songs of the birds. They were not created only for themselves, but to contribute to the happiness of the world. Every rose that blooms and every meadowlark that sings offers a positive influence upon the world and makes it a more pleasant place.



Just outside Glacier Park along Highway 2 in Montana there is a pipe jutting out of the side of the hill that offers anyone passing by a refreshing drink of water. There are always cars stopped there with people filling their jugs with that fresh spring water. And it's free! What an example of the grace of God that freely flows in a dry and thirsty world!

There are people we know who are like that spring. They know that the way to happiness comes by seeking the good of others. They know the truth of Proverbs 11:25, which says, "He who waters will also be watered himself."

Today, God is calling us to be waterers in this world. So many around us are drooping, their leaves showing the evidence of life in a hot and oppressive world. May we discover new ways in which our Heavenly Father may live His grace through us to others!

Steve Walikonis is a retired pastor in the Walla Walla Valley



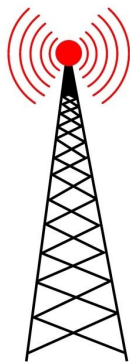
KLRF Project Needs

We always so appreciate the support of our listeners to cover needs that have come up over the years!

A few projects that have arisen that need to be taken care of are as follows:

- 1) An "ice bridge" to protect the cables at our Blue Mountain tower site from heavy snow and ice, or falling branches due to weather which could snap the cables and cut off service.
- 2) Establishing a new reception base at the Son-Bridge building to send the radio signal to our mountain tower. We've been sharing Blue Mountain TV's tower at SonBridge and since they have moved to their new property, the current tower has been slated to be removed. We need to mount and stabilize a pole on top of the SonBridge building for our dish to send the signals to our mountain tower. God has blessed in that we have a perfect location that will still have a line of sight between towers.
- 3) There are some other maintenance needs at our mountain tower building, such as maintaining our generator. We recently lost our signal for a day during a power outage on the mountain and our generator failed.

The total cost of these needs is going to be around \$5000. Your support to cover these expenses will be a great blessing to this ministry!



Sharing the Blessing!

We want to gratefully thank those who send in your gifts to support this ministry. Our only financial support comes from you, our listeners.

Because of the increase in postage (\$.73 per letter), after August, 2024 we will only send out year-end receipts to all our cash/check donors. If you need a receipt more often, please let us know. Online donations will remain the same.

You can give contributions in the enclosed envelope as well as through the donation tab on the website, **KLRF.org**. The website is a quick and easy way to give and you can set up an ongoing monthly donation to support this ministry.

Thank you, thank you so very much for sharing! May God bless you richly for your warm and caring generosity.



KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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OFFICE HOURS:

Mondays — Thursdays, 9:00 am—noon

Governing Board Members:

James Ash, Chaplain

Ted Duncan, Technical Manager

Richard Grizzell, Board Chairman

Gary Heagy, General Manager

Terri Heagy, Office Manager, Treasurer

Ron Honner, Advisor

Seth Lambert, Asst. Technical Manager

Janice McKenzie, PhD, Health Ministry

Tammy Sharon, Advisor

Nancy Teale, Advisor

Gill's Shop Estate Sale

As noted on the front page, KLRF is going to be entering a Christmas float into the Light Parades in College Place on December 5 and Walla Walla on December 7. We have need of a large shop where we can assemble the float at the end of November. Former KLRF board member and Treasurer, Carol Lea Gill, has a large shop and has said we may use it! However, it is full of machinery, tools, and many other things from her husband Dave's years doing mechanical and construction work. Dave Gill served on the KLRF board for about 20 years and as General Manager for a few of those years. He passed away about 2 years ago and Carol Lea is now wanting to clear out the shop. When cleared, it will allow us to have space for our float. So our KLRF board is helping her to organize and put on a huge Shop Sale on **Sunday, September 22** on Brickner Road in College Place. If you need stuff, this is the place to come and get it!