



IN TUNE

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Christmas at KLRF

Christmas is a special time at KLRF. This year we have added even more new sacred Christmas music to play along with our older music to make this a time to enjoy the true meaning of the season with songs recalling our Creator's birth on this earth.

We will begin playing Christmas music on the day after Thanksgiving, November 29, and will continue through December 29. Some of our regular programming will be reduced, so there will be more music each day.

Invite your family and friends to tune in to receive an extra blessing during this special time of year!

Parades of Lights

As mentioned in our last newsletter, KLRF is entering a float in both the College Place (December 5) and Walla Walla (December 7) Parades of Light. We want to share the true meaning of Christmas with our community as well as to give exposure for our radio station. We'll be passing out our "Merry Christmas" sharing cards at the College Place parade. Walla Walla doesn't allow giving things out during the parade, so some people will be handing out wrapped Steps to Christ books as gifts before it starts, with our KLRF sharing cards inserted as bookmarks. We invite you to watch for our float in the parades as well as to pray that it will make a difference.



New System Activating Soon!

Two years ago we announced that we needed to upgrade our hardware and software systems. Since our KLRF broadcast runs almost entirely through computers, with some pieces being up to 18 years old, we had reached a point where our equipment no longer functioned well. There were also many failure points that could cause our station to go off the air. A complete overhaul of hardware and software was deemed necessary to resolve many of the problems we had been facing.

We are so grateful to our Lord and for you, our listeners, who supported this huge project to make it happen when you heard the need!

However, the process to make a plan, raise the funds, get the new equipment ordered, assembled,

and programmed has taken more time than we had hoped. There were a number of delays in putting all of the pieces together and in transferring information from our old system. The music and many programs had to be recoded and reorganized.

We are happy to announce that it appears the new system is close to being activated and should be ready to kick into gear shortly after the new year begins! Tests are currently being run to work out the bugs. We do ask for your patience when we transfer to the new system, as some glitches may still occur when we go live.

We're looking forward to being better able to spread the sounds of hope to our area of the world!

FREE! And Better Than Coffee!

Coffee consumption is at an all-time high in the United States. At least 75% of adults are drinking this beverage during a week. That is an incredible amount of people that are consuming coffee regularly. People usually believe coffee will make them



feel more awake and alert, so it is commonly consumed in the morning to wake up, in the afternoon to avoid taking a nap, or at nighttime to extend the day. One of the effects of drinking coffee is increased release of the neurotransmitter, noradrenaline. Noradrenaline increases alertness and focused attention. It also increases metabolism.

In 2022, Americans spent 110 billion dollars on coffee. That's an expensive habit! There are other negative effects, as well. It can cause insomnia, anxiety, nausea, headaches, and dehydration. Chronic caffeine drinkers build up a tolerance to it and are dependent on it just to bring them back up to their normal alertness and energy level. What if there were a healthier, cheaper alternative?

Replacing two cups of coffee with two cups of water has about the same effect on the release of noradrenaline. Just 16 ounces of water can spike noradrenaline by 60%. This increases alertness and mental focus significantly. Additionally, the metabolic rate increases by 30%, burning an extra 25 calories. Eight glasses of water could burn off 100 extra calories per day! So plain, inexpensive water provides all the benefits plus extras. And it has

none of the negative side effects.

This is good news for people that want to stay hydrated. Since 75% of Americans are dehydrated, increasing daily water intake is a good idea for almost everyone. Our bodies are made mostly from water, so hydration levels are important. Muscles work better, neurons don't shrink, cartilage doesn't wear down. When I took Gross Anatomy, I'll never forget that my professor said that every cadaver that he had seen had dehydrated spinal discs. That is a poignant statement considering all of the back pain that people experience.

How much water should we have each day? "The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is about 15.5 cups (3.7 liters) of fluids a day for men and about 11.5 cups (2.7 liters) a day for women."



Then if we are sweating from exercise or heat, we need even more water. Carrying a water bottle with us can help remind us to drink and help us to track how much we've had. This is a good time of year to be thinking about drinking enough water. With cooler temperatures, many of us don't remember to reach for our water bottle as often as in the warmer months.

Water is necessary for our bodies to function well, and we can be healthy spiritually by drinking of the Water of Life. Jesus said that whoever drinks of the water he gives would never thirst, but this water would become a well of water springing up to eternal life. I want to drink plenty of water to be physically healthy and even more I want the drink deeply of the Water of Life!

Featured Recipe

Tabouli



1 C rinsed quinoa (soaking for 8 hours and sprouting for another 12 is even better)

2 T fresh lemon juice

Pinch of Celtic salt

1 garlic clove minced

1 large cucumber diced (leave peel on for extra color and nutrition)

3 – 4 Roma (or other) tomatoes diced

2/3 C chopped fresh parsley

1/2 C chopped fresh mint

Simmer the quinoa in 2 cups of boiling water for 15 – 20 minutes.

Mix lemon juice, salt and garlic together; pour over quinoa and mix.

Add remaining ingredients and mix well. Chill. (The quinoa and dressing can be chilled while preparing the vegetables.)



*Article and Recipe by
Janice McKenzie, PhD
KLRH Health Ministry*

*Janice is Professor of Bioengineering
at Walla Walla University*

Your Broadcast Time

Your comments and suggestions are indispensable!

A donation has been given in honor of Larry and Cindy Moore and in memory of Christie Forsyth.

"Enjoy listening to your fine programming. Keep up the good work!"
— a listener

"Listening to KLRF is very refreshing. All programming is great. Especially enjoy Night Sounds and Unshackled. God bless and keep up the great work." — Ricky

"Thank you for the beautiful Christian music and Christ-centered messages. You are a light here in the WW Valley!" — Evanir

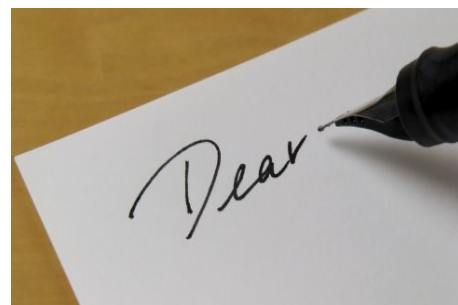
"Appreciate your radio station a lot!"
— a listener

"Appreciate the selection of music and your scheduled programs."
— a listener

"I enjoy your type of music." — a listener

"God bless you in the loving and prevailing name of our big Brother and living Lord and Savior Christ Jesus. Thank you for all you do!"
— Jerry

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



"I really like your programming. I live alone and don't do TV or computers. I love old hymns. I notice many of the old-old ones are coming back, especially spirituals. My mom would sing all the old ones." — Patricia



Like the Magi



In every nativity scene, we include three wise men. We are so familiar with the Christmas story that it just seems right that wise men would show up. But why are they there? Like us, these men were not Israelites. They were pagan astrologers from Babylon. They saw some sort of astral phenomena and interpreted it as the sign of a new king in Jerusalem. Why would they do that?

They came to Herod seeking the child. When Herod asked the religious leaders in Jerusalem about it, they turned to Micah 5:2, which says, "But you, Bethlehem Ephrathah, *though* you are little among the thousands of Judah, *yet* out of you shall come forth to Me the One to be Ruler in Israel, Whose goings forth *are* from of old, from everlasting." They knew the prophecies of Micah but they had overlooked something the magi knew. Later in that Messianic prophecy, in Micah 6:5, we read, "O My people, remember now what Balak king of Moab counseled, and what Balaam the son of Beor answered him, from Acacia Grove to Gilgal, that you may know the righteousness of the LORD." It seems that these pagan magicians remembered Balaam, the seer from Babylonia, who said this, "I see Him, but not now; I behold Him, but not near; A Star shall come out of Jacob; A Scepter shall rise out of Israel," (Numbers 24:17). It is possible that nearly 1,500 years later the prophecy of Balaam survived in Babylonia and instructed these magi to seek out the scepter in Israel that was heralded by a star coming out of Jacob.

Like the magi, we are not members of a tribe of Israel. But God in human flesh came to save the whole world, not just those in Bethlehem and Judea. No matter where you came from or what your background, know that the One the magi sought can still be found. May Immanuel be close to you this Christmas season.

By Stephen Reasor, Pastor of the College Place Village Church



Christmas Concerts

Most evenings at 6:00 during the month of December we will be sharing a sacred Christmas concert from various universities around the country. The first concert begins on December 6 with Loma Linda University sharing a program entitled "Let All Nations Adore Him". Various concerts include "Wise Men Still Seek Him", "Gifts for a King", and "Handel's Messiah" and will also include a performance by Walla Walla University.

*By keeping Christ in Christmas
We are helping to fulfill,
The glad tidings of the angels . . .
Peace on earth to men, good will.*

— Helen Steiner Rice

Sharing KLRF This Christmas

Stop by our office during open hours and pick up some "Merry Christmas" cards (the size of business cards) to share with people during the holidays! The cards have the KLRF logo with our 88.5 FM location on the dial, website, and phone number on the back.



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

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Sounds of
Hope
KLRF 88.5 FM

