



IN TUNE

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KLRF Float Shines Bright in Parades

This past Christmas season, KLRF Radio took its message of hope and joy to the streets—literally. For the first time ever, the team at KLRF entered a float in both the College Place and Walla Walla light parades, bringing the story of the nativity to life in a truly radiant way.

Atop a flat-bed trailer transformed into a rustic stable, a thirteen-foot lighted star illuminated the night sky as classic KLRF Christmas music set the tone. Pathfinder volunteers, dressed as Mary, Joseph, an angel, and shepherds, helped recreate the timeless scene. Adding extra charm to the procession, live donkeys were led ahead of the float by shepherds, while others handed out KLRF Christmas sharing cards to promote the station.



Among more than a hundred entries, KLRF's spiritually themed float stood out—not just for its glowing star and heartfelt message, but for its impact. The float earned second place in the College Place parade and even captured attention in the local newspaper.

KLRF's participation was more than just a creative holiday gesture—it was a joyful public witness to the meaning of the season and a wonderful way to connect with the community.

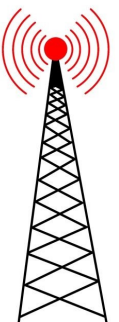
Goals for 2025

2025 is going to be a busy year! The KLRF Board has developed a list of goals that are important to continue improving and growing this ministry. Many of them involve our tower up in the Blue Mountains that sends our signal out through SE Washington and NE Oregon. Your support of these projects is much appreciated!

- Rebuild our website
- Build a new soundproof audio recording booth within our studio
- Record fresh health talks from local doctors
- Celebrate our 25th anniversary this Autumn

AT THE TOWER:

- Build the ice bridge we have been planning
- Install a gate and a short driveway
- Add a security system
- Connect automated reporting from the tower



New System and Updated Programming Schedule

Our Spring newsletter has been delayed a bit as we've been so close to finally getting our new broadcasting system on the air. We're excited to share that this step, which we've been praying and preparing for, has finally happened! While the change may be seamless to some listeners, behind the scenes it's a big leap forward. This digital upgrade allows us to serve you better with more reliable, higher-quality programming. As with any new system, there may be a few unexpected hiccups along the way. We truly appreciate your patience and support as we fine-tune things in this new phase of our ministry. Thank you for those who contributed to make this happen!

As we are switching to new equipment, we have also made a few changes to our programming schedule. Most of it is the same, but we're eliminating some of the redundant programming and including a bit more music and some additional things like Amazing Facts at 8:00 each evening. Included in this newsletter is our updated schedule.

Created to Connect!

Social isolation is on the rise and can contribute to health challenges. Many people feel lonely and are longing for human interaction; perhaps we can all relate after the pandemic. All ages are affected, but younger and older adults experience the highest rates of loneliness. This social deficit carries risks including decreased healing after surgeries, reduced immunity and cardiovascular health, higher risk of some cancers, and reduced lifespan.

One of the contributors to living a long life is to have good social connections. National Geographic's Blue Zones studies found that a commonality among the longest-lived people groups on the planet was strong and supportive social networks. These networks provide support during the challenging times, promoting resilience.



Humans crave being understood by at least one other person. Particularly when difficulties arise, it can be very comforting to talk with a good friend. However, some reports show that at least 25% of people don't have any close friends to confide in. Scripture offers hope for close connections with others. Proverbs 18:24 says, "A man that has friends must show himself friendly: And there is a friend that sticks closer than a brother." Sometimes making and keeping good friends requires significant effort. Research has shown that

altruism, unselfishly helping others, is more effective at increasing our happiness than career or financial success. And the Lord is longing for us to come to Him with all of our delights, cares, and burdens. "He has said, I will never leave you, nor forsake you. Hebrews 13:5

One of the Blue Zones' longest living groups, the Seventh-day Adventists of Loma Linda, California enjoy close connections with their church communities. This was a contributor to their longevity. No wonder, the scriptures counsel us about "not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the day approaching," Hebrews 10:25.

The American Association of Retired Persons (AARP) research showed that social connections even slow cognitive decline. Keeping our minds stimulated with relationships in our lives is one way to stay sharp! Additionally, other plans to implement to improve cognition and memory incorporate daily exercise including moderate exercise after meals, getting seven to eight hours of sleep with an early bedtime, maintaining mental learning activities and limiting refined sugar intake.

Taking a look at one's own relationships can be very insightful and questions arise that we can address. Are there new friends to be made? Are there people that may need our help? Are there relationships that may be renewed? Are there apologies to be made, forgiveness or amends to be extended? Are there social groups that could be joined such as small groups for Bible study and fellowship?

For improved mental and physical health, enhancing social connec-

Featured Recipe

Sprout Salad

Salad:

- ½ cup fresh sprouts*
- 1 medium cucumber sliced
- 1 medium carrot shredded
- 2 cups chopped romaine lettuce
- 2 cups arugula leaves

Dressing:

- 1 lemon's juice
- 1 inch ginger root pressed
- 2 garlic cloves pressed
- 1 tsp chopped fresh basil
- ½ tsp sea salt

* To make fresh sprouts: buy fresh alfalfa, lentil, broccoli, or mung beans (organic is best). Place a couple of Tablespoons of them in a container such as a mason jar.

- Soak: 8 hours
- Rinse: 2x daily
- Harvest: 5–7 days



tions is very beneficial. Additionally, social skills improve with the using; so improving one friendship will help with the next one and so on! Let's get started enhancing our social health today!



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

Your Broadcast Time

Your comments and suggestions are indispensable!

I am disabled and housebound so your station is my church. – Juanita

Thank you for the beautiful music through this season of the year! – a listener

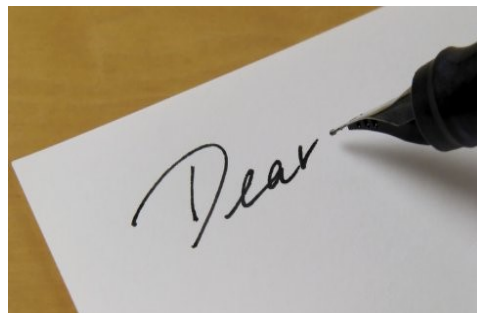
Enjoy your programming very much! – Shirlee

KLRF brings peace to a chaotic world. – John

I enjoy your music! – Allegra

I so enjoy the programs later in evening. That's food for my soul and outlook, with my medical issues and immobility. – Patricia

I loved the Christmas carols and hymns. Thank you for continuing several days after Christmas so I could savor the joy of the Nativity season longer! – Sherry



We always enjoy your radio Christian music broadcast. – a listener

Love the Christian music! Thank you. – Hazel



Each year we like to do some event to give exposure of KLRF to our community. Many years we have a booth at the Walla Walla County Fair. Last December we entered a float in the Light Parades. This year we have registered to have a booth at the "4th of July in the Park" event at Pioneer Park in Walla Walla. We hope to connect with a fresh group of individuals there. If you're at the event, stop by our booth and say hello!

Sing the Blues Away!

It was a gray and drizzly winter day in Portland, Oregon. At that time, I was pastoring a church on the outskirts of the city, in the suburb of Hillsboro, Oregon. I was in my car driving to my next appointment. Discouraging thoughts filled my mind, and everything looked really dark. As I pulled up to an intersection, a distinct word flashed into my mind. "SING!!!" At first I was stunned. But the more I contemplated the idea, the more it grew. Soon afterward, I broke out into an acapella hymn. To my utter amazement and delight, the cloud in my mind immediately lifted.

In 1 Samuel 16:14-23, the Bible tells us that when King Saul was tormented by an evil spirit, it was David's harp-playing and songs of worship that soothed his troubled soul. As the beautiful melodies filled the room with a sense of divine presence, the tormenting spirit had to flee. The music, infused with the anointing of God, brought comfort to Saul's troubled mind, shifting the atmosphere from darkness to light.

Sometimes we forget the role of Christian music in our day-to-day life. Music is not just entertainment. Music is part of the Christian's arsenal to fight against the demonic forces of darkness. Singing is just as much a part of worship as is prayer. The Bible teaches that worship is a powerful way to engage with God and declare His sovereignty over all creation. When Christians sing songs of praise, they are not just offering pretty lyrics—they are proclaiming the truths of God's power, authority, and victory over all evil. The act of singing and declaring God's word through song directly confronts the powers of darkness, causing them to retreat as God's presence fills the space.

So the next time you are driving down the road, turn on 88.5 FM and sing along. You are engaging in high-powered spiritual warfare!

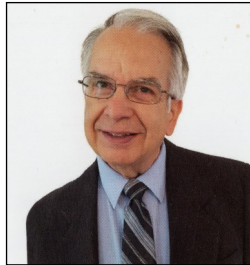
By Pastor James Ash



New Board Members

This Spring we are welcoming 2 new members to our KLRF Governing Board.

Carl Teale grew up on a farm near Lamoni, Iowa. At a young age Carl built a ham radio and spent time listening in to calls and talking to a friend. After graduating from high school he went to Union College his freshman year and then transferred to Walla Walla College, where he studied engineering. While at the college he worked with the electrical, construction, and carpentry team. He remembers escorting the huge crane that was driven up the hill to the corner of 12th and Larch St. in College Place to set the tall beams at the site of the new Village church. He later moved to Portland, Oregon where he met his future wife, Nancy Johnson. After getting married the next year they moved to Tigard, Oregon where Carl worked many years as an engineer at Tektronix, Inc. designing and using oscilloscopes and graphic terminals. Later in life the Teales lived in Grays Harbor and Washougal, Washington before retiring here to College Place. Carl's hobbies include growing and harvesting Poplar trees destined for use in his woodworking projects. He and Nancy have two daughters, a grandson and a granddaughter. Nancy is already a member of the KLRF Board.



Ralph Hogate is our second new board member. He grew up in Fresno, California, graduating from Fresno Adventist Academy and Pacific Union College, where he met his wife, Julia. Ralph is a retired teacher and administrator, having served at Hood View Junior Academy in Boring, Oregon, Milton-Stateline Adventist School in Milton-Freewater, and Rogers Adventist School in College Place. Ralph and Julia have been married for 45 years. She has worked for the Adventist Adoption Agency and the Adventist Book Center. They've gone on two faith building trips, a reformation tour in Italy and a Steps of Paul tour in Turkey. They have also been on several mission trips to Central America. Besides KLRF, Ralph works with two other ministries, Gospel Outreach and Light 2 USA.



Sharing the Blessing!

Thank you for your gifts to spread the hope that Christ brings to our hearts! This radio station is a lifeline for many individuals in SE Washington and NE Oregon. And it touches many people that we never hear from, who listen daily in their cars and homes. Your continued support is vital to keeping KLRF on the air. Thank you so much!

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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OFFICE HOURS:

Mondays, Tuesdays, and Thursdays
9:00 am—noon

Governing Board Members:

James Ash, Chaplain

Ted Duncan

Richard Grizzell, Board Chairman

Gary Heagy, General Manager

Terri Heagy, Secretary/Treasurer

Ralph Hogate

Seth Lambert, Technical Manager

Janice McKenzie, PhD, Health Ministry

Tammy Sharon

Carl Teale

Nancy Teale



Sounds of
Hope
KLRF 88.5 FM

