



IN TUNE

Volume 25, Issue 2

Autumn Edition, 2025

Busy Summer for KLRF!

This summer was quite busy for our KLRF team! The 4th of July found our board members with a booth at Pioneer Park in Walla Walla, where thousands in our community passed by and many connected. Glow sticks were popular with the kids and parents received a KLRF pen or other items on our table. Many who stopped had never heard of KLRF and were interested in this station. A number of people who signed up for a free drawing also requested Bible studies! On another Sunday, we set up our



Our KLRF booth at Pioneer Park



A tour group hears about KLRF at our SonBridge studio

booth at the Village Church Block Party with similar results.

On July 13 SonBridge celebrated 20 years of operation. Since our studio is located in the SonBridge building, we opened our doors for people coming through on tours. They had an opportunity to see where and how KLRF operates, or learning of KLRF for the first time.

Our prayer in taking part in these functions is to let people know where to tune in to hear sounds of hope through beautiful sacred music and presentations of the gospel in sermons, Biblical lessons, stories, scripture, and family, financial, and health programs.

On another summer day, seven of our board members trekked up to our tower in the Blue Mountains. Work was done on the transmitter, generator, and other equipment. We also cut down the tall grass and weeds around the transmitter building, and cleared up trees that had fallen around our tower area. It was a lot of work but also turned out to be a fun outing!



Thank you for supporting KLRF!



In December, KLRF will reach our 25th anniversary of being on the air! We would love to have you take part in commemorating this event by submitting your favorite sacred songs and favorite Christmas songs. In November, we will play our TOP 25 SACRED SONGS (see page 3 for the times when those songs will be played) and in December we will play our TOP 25 CHRISTMAS SONGS! To have your favorites included, return the enclosed form or send us your favorites by September 30!

Are We Eating as Healthfully as We Could be?

How do we know if we are actually eating healthfully? Sometimes there is a disconnect between what we believe about what we are doing and what we are actually doing. For example, in twelve-step programs, people introduce themselves saying things like, “Hi, my name is Mike, and I am an alcoholic.” Why do they do this? Because the first step in recovery is recognizing and admitting that there is a problem, that one’s life is out-of-control, and that they need help. What would it take for us to thoughtfully analyze our diets and make positive changes?

There are a lot of different messages out there about what is healthy, but, in general, people tend to know what is healthy. Does anyone really believe that brightly colored candy or cereal that is loaded with sugar is healthy? Studies show that the average person believes they are consuming less unhealthy foods or food components than the average person. These can range from the amount of fats/greasy foods/butter, meats, sweets, eggs, or alcohol consumed. It is noteworthy that people are often less aware of their actual behaviors and more aware of the conduct of others. There is a scripture about this, “And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye?” We tend to be optimistic about our conduct and the risks associated with it in comparison to others. These are two reasons why smokers don’t quit smoking. If the general attitude of people is that they believe they are healthier than they are, what is it that will actually inspire a change? When will we come to



believe that the health message being given may be for us more than for our neighbor?

Many people believe that when they do develop a chronic disease such as heart disease, it is because of a pre-existing genetic predisposition that they cannot control. The research shows that the genetic contribution to chronic disease is not the major component. The genetic component of cancer was the lowest of the chronic diseases studied (less than 10%). Disease-causing bad habits are likely what people inherit from their families.

Hopefully we are all really grateful for the freedom of choice that we have. Each day we are confronted with many choices and our decisions for these determine the course of our lives for better or for worse. Certainly, we all want to make the best choices. One way to do this is to determine beforehand what our decision will be. Then, when we are really hungry or tired, we will choose the salad or steamed vegetables rather than the French fries or potato chips. Over time this can and will have a significant impact on our health and our longevity.

For more details, please see Dr. Greger’s video, “Why Don’t People Eat Healthier?”



Janice McKenzie, PhD
KLRH Health Ministry

Featured Recipe

Pumpkin Seed “Tofu”

1 lb. dry hulled pumpkin seeds (which is about 2-3 cups)

Soak the seeds overnight. The next day, drain and rinse. Put half into a high-powered blender with a couple inches of water above it. Blend until very smooth (no more little green pieces can be seen). Place a fine cloth over a pot. Pour into the fine cloth and squeeze out all the liquid. Squeeze as hard as you can so the pulp that is left is like play dough. Blend and squeeze out the liquid on the remaining pumpkin seeds. Discard or use the pulp to make patties later.

Heat the remaining “milk” on medium heat until around 180-200 F. Stir constantly with a wooden spoon. Pretty soon it will coagulate and form curds while you are stirring. When the water is more clear and mostly full of large curds, it is done. Turn off the heat and spoon the curds into a tofu press (you can buy a press or make your own with an old plastic container). Press out all the water, then place it in the refrigerator overnight.

The next day, slice or cube and use it like you would tofu. You can fry and season it, sprinkle garlic salt on it, use it in a salad, or cut it into slabs to use in sandwiches.

-Submitted by Lana Ash



Your Broadcast Time

Your comments and suggestions are indispensable!

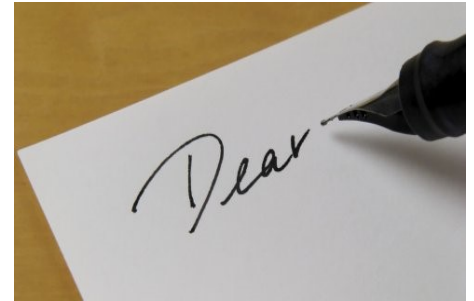
"We always have our radio tuned to KLRF while here at home or in the car. The music is very up lifting, beautiful, and calming to me in my advanced age. I want to thank the volunteer leaders for their dedicated service at KLRF." – June and Fred

"Soothing sounds, inspiring talk. KLRF 88.5, you're a refuge from the world." – John

"Thank you for the uplifting music and for glorifying the Lord in this valley and beyond." – a listener

"I love 'Night Sounds' and 'Unshackled', to name a few. Keep up the good work! Awesome music. God bless." – Carl

"Thank you for the little scripture card! I love sharing them with



others as I send cards. God bless the work you do. I love your music. I'm looking forward to the holidays!" – Juanita



TOP 25 SACRED SONGS PLAY TIMES

WEEK 1 - Sunday, Nov. 2, and Monday, Nov. 3, at 6:30 am

WEEK 2 - Monday, Nov. 10, and Tuesday, Nov. 11, at 11:00 am

WEEK 3 - Tuesday, Nov. 18, and Wednesday, Nov. 19, at 3:00 pm

WEEK 4 - Wednesday, Nov. 26, and Thursday, Nov. 27, at 5:00 pm

Disposable

A fascinating picture has been going around social media for a few years that illustrates how our society is continually changing. In the picture there was a table filled with all kinds of thirty-year old gadgets: a Walkman, telephone, map, pager, TV, radio, flashlight, rolodex, camera, walkie talkie, calendar... all these things are now compressed into a small metal and glass box.

It seems that every time we turn around there is something new to replace our "old, disposable" devices. But not only are *things* disposable in our society, *people* are too.

You may have seen another picture on Facebook: a photo of African miners sitting in a mud pit, captioned: "Diamonds: Nothing says 'I Love You' Like a Superficial and Overvalued Rock Clawed from the Guts of the Earth by African Slave Labor." This illustrates how much of the world puts self-interest ahead of others.

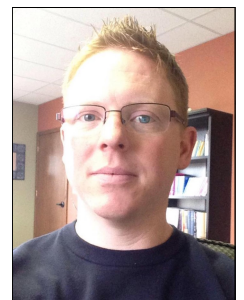
The idea that a person is something to be used for one's gain, pleasure, and advancement and then thrown away is a horrible result of sin and selfishness.

But Christ came to show us another way. Paul wrote in his letter to the Philippian church:

"In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to His own advantage; rather, He made Himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself by becoming obedient to death—even death on a cross!" Philippians 2:5-8, NIV

What an awesome example of selfless love!

As we move forward, let's keep our eyes on Jesus. Only in this way can we have the mindset of Christ, treating those around us as the precious creation of God.



By Pastor Eric Saylor

Ted Duncan Appreciation

For the past 20 years, Ted Duncan, a retired software engineer, has been serving KLRF as our Technical Manager. As a volunteer, he has put in untold hours to keep KLRF on the air. During his years with KLRF he has also served as General Manager for a time. With our new system taking over, Ted has stepped down from being in charge of the technology, but we're very grateful that he is continuing to serve on the KLRF Governing Board. He has a tremendous amount of knowledge and experience that are very helpful to us. Recently, with a plaque and a token of appreciation, we honored Ted's tremendous devotion and dedication to sharing the Sounds of Hope. Thank you so much, Ted, for being such a blessing for KLRF!



KLRF Board Chairman Richard Grizzell (right) presents a plaque of appreciation to Ted Duncan (left)

KLRF's Relation to LifeTalk

Some have wondered how KLRF is related to the LifeTalk Radio Network. We do have a loose affiliation, where we play some LifeTalk feeds throughout the day, such as at the top of the hour, programs such as "Faith and Finance", and so forth. KLRF plays its own music and pulls some of our programming directly from original sources, such as Amazing Facts. While we use programs from LifeTalk and run their appeals for support, we have no financial connection. Some of our listeners have said they sent donations to LifeTalk, thinking they were supporting KLRF, but **we do not receive any funds from LifeTalk**. If you wish to support LifeTalk, that is great, but if you're wanting to support KLRF, you need to send donations directly to our station.



Growing for the Future!

We recently sent out a letter describing the need for \$40,000 for items such as paying off our new computer system, adding security and some road gravel at our tower site, building a new soundproof studio at our station, and such. Thank you to those who have contributed so far! We are still only part way to our goal.

KLRF 88.5 FM RADIO

Sacred Sounds — Inspiring Hope!

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College Place, WA 99324

Phone: (509) 524-0885

Fax: (509) 524-0884

Email: manager@klrf.org

Website: KLRF.org

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

