

STRONG TOWER RADIO Ministry News

Where God's Character is Proclaimed

89.7 Grand Rapids
90.7 Harrison
90.9 Escanaba
91.3 Ironwood
91.3 Decatur
91.9 Cadillac
91.9 Battle Creek

92.3 Charlotte
93.9 Mio
97.3 Kalamazoo
97.9 Newberry
102.7 Alpena
104.7 Lansing
1540 Okemos

TV 23 Cadillac



Laurie Snyman

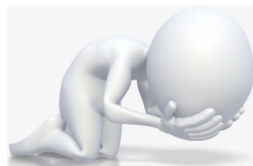
Seasonal Affective Disorder (SAD)

Do you ever feel irritated and miserable during the dark, cold winter months? It can certainly get to all of us, which is understandable. But, about 10% of Americans have an even more severe condition, which isn't just feelings of irritability but serious symptoms of depression that mainly occur in the winter months. These symptoms start in October or November and worsen in the winter, improving by April or May. These folks may be suffering from Seasonal Affective Disorder (SAD). You or a loved one may be experiencing some level of SAD. Here is a quiz to learn more about this disorder.



1) Seasonal Affective Disorder may include:

- A. Lack of energy
- B. Feelings of sadness
- C. Fatigue
- D. All the above



2) The lack of sunlight in the winter months may be blamed for the SAD.

True or False

3) Men rather than women are more likely to develop SAD.

True or False

4) People with seasonal affective disorder often have:

- A. Obsessive-compulsive disorder
- B. Anxiety
- C. Shingles

5) SAD is more prevalent in:

- A. High-income countries
- B. Low-income countries

6) Diet does not play a role in SAD.

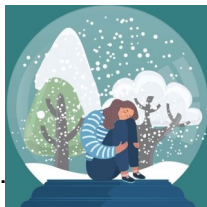
True or False

7) Even if we take charge of our thinking, we still may experience SAD.

True or False

8) People with a stable family background are less likely to experience SAD or other depressive disorders.

True or False



Continued on page 8



David Bolduc

President's Perspective "Help Wanted"

The evening of Oct. 1, 2007, using online search tools, I found an FM frequency near Cadillac that could be used to build a radio station. So we pressed forward and filed an application before the FCC's deadline less than three weeks later.

Following the Lord's leading, my wife and I moved our young family, including a three-month-old, to the Cadillac area and built WGCP to begin broadcasting on Dec. 23, 2009. Within a few years, we started adding more stations with the guidance of our board and countless supporters and listeners.

Recently, we applied for ten more stations. We have received permission from the FCC to build 5 of those stations as of this writing. The new stations will be in Manistique, Greenville, Owosso, South Haven, and a station in Tower Hill, IL. Each station will have its unique challenges. For example, some will only need the transmitting equipment; others will need equipment shelters brought in and put on a concrete pad and added electrical services. Our applications for Houghton, Norway, Coldwater, Port Sanilac, and Bridgman are still to be determined.



These new stations will help fill in areas where our current stations either cannot be heard or can sometimes be heard but not reliably. For example, one station, 90.3 FM Manistique, is between the coverage of WUPJ and WIHC, both in the Upper Peninsula. Although we have applied to move WUPJ 90.9 FM to a new tower that should help fill in the void, another station on 90.9 across Lake Michigan near Traverse City can often be heard in Manistique. This new station will give our supporters a reliable signal in the Manistique area.



We covet your prayers during this time. We will be working with surveyors, electricians, construction workers, tower climbers, and broadcast engineers as we construct these stations. We pray that we will be a blessing to these individuals as these stations come together.

If you or someone you know can help us, please contact us and let us know. If you feel impressed, please consider supporting us as we extend the reach of STR. Thank you!

Changed Lives



Rich Murphy worked for Home To Stay, a non-profit home renovation company that helps people stay in their homes despite physical limits. The supervisor kept their work van radio tuned to 90.7 FM, Strong Tower Radio (STR), because he liked the music. On occasion, Rich would also hear sermons and other programs, and he was drawn to listen to STR when on his own time.

While listening to STR, Rich discovered Bible truths he'd never heard before. He also learned about the Spirit of Prophecy, referenced both during the sermons and through broadcast reading sessions. "God further revealed Himself to me through the STR broadcasts," Rich shares.

Strong Tower Radio also introduced Rich to the Seventh-day Adventist Church. Looking back, Rich describes himself as a Bible-studying Christian of 35 years. Raised Catholic, he converted to Protestantism at age 25. Over time, Rich has noticed a growing trend of Protestant church teaching and practice increasingly resembling Catholics.

After listening to STR for almost two years, Rich visited the Midland Seventh-day Adventist Church. He attended the Sabbath School study, the main morning service, and the mid-week prayer meeting, listening to STR had given Rich a hunger for more truth. He attended Midland church for two years, was introduced to 3ABN TV, and offered resources to further research the writings of Ellen White.

In mid-2020, Rich joined the Midland SDA Church on profession of faith during the earlier stage of the Covid-19 pandemic. Rich wants to be re-baptized yet intends to wait until Covid-19 related issues abate to enable his friends to witness his commitment. He notes, "people don't realize that their misunderstandings are blurring their picture of God. There's so much junk out there being broadcast; good programming is such a relief. I seldom listen to anything on the radio except STR!!"

Thank you, dear reader, for choosing to support STR each month! Your choices are changing lives!!



Founding Board Member Remembered

Strong Tower Radio founding board member Jerome Gunther Schwartz of Tustin, Michigan, fell asleep in Jesus on January 7, 2022. Jerry would have turned 90 years old on February 4, 2022.



As a child, he was raised by his grandmother in Germany, where he experienced the horrors of World War II firsthand, including limited food, no shoes, and bombing attacks. He lived with a host family on a farm for a time to escape the regular bombings occurring in his home city of Bremerhaven. During this country respite, he learned to appreciate rural living, which continued throughout his life with a love of horses and gardening. Jerry has shared many stories of his childhood during these difficult times, and when talking with him, people were always amazed at his resilience and optimism.



After the war, he returned to New York City and, due to anti-German sentiments, took the first name Jerome instead of his childhood name of Gunther. He spent time with his family in their tiny Manhattan

apartment or the family's Catskill Mountains cabin during the summers. He always had a strong work ethic and worked hard from his teenage years. A woman who lived in his apartment building was instrumental in changing his life. She was a godly woman who wanted to help this immigrant family and brought him clothing and other necessities. Upon finishing high school, she suggested attending Atlantic Union College (AUC), a Seventh-day Adventist institution. At AUC, he was able to pursue a degree in teaching, which had been his heart's desire since a child. Here he made several lifelong friends and, most importantly, became a believer in Jesus Christ. His faith became the core of his life, and he was a faithful believer in Jesus until his death.

He was drafted into the Korean War and served as an army medic during college. He was very proud of this service and frequently stated, "There is no country more wonderful than the United States." He felt there was nowhere else that someone like him, from a poor immigrant family, could have such freedom to worship and pursue any chosen career path, thus making a life of their choosing.

Continued on page 5

Board Member Remembered... (Continued from page 4)

Jerry met the love of his life, Linda, while pursuing a master's degree in education at Andrews University in southern Michigan. His career journey was from teacher to principal and then superintendent. He was Superintendent of Marion Public Schools for 31 years. When he retired in May of 2004 at the age of 72, he was one of the longest-serving public school superintendents to remain in one district in Michigan history. He felt this was a great honor. He loved the community of Marion, Marion Public Schools, his staff, and students.



He was a member of the Marion Seventh-day Adventist church and then, after retirement, joined the Cadillac Seventh-day Adventist church, where several of his children attend. He volunteered for several nonprofit organizations, including a mission to Mexico and Strong Tower Radio. Additionally, he enjoyed volunteering to drive patients all over the state for medical care. His greatest joy came from his family. He looked forward to family get-togethers, especially Christmas time with his family.

He is survived by his wife Linda; four children: Drs. Brian (and Lyndi) Schwartz of Ohio, Heidi Schwartz of Wisconsin, Dr. Gunther (Kristi) Schwartz of Tustin, and Drs. Cara (and Ovidiu) Brinzeiu of Tustin. In addition, he has nine grandchildren and two great-grandchildren. His family looks forward to the resurrection when the dead in Christ will rise and be caught up to rejoin their loved ones and meet their Savior, Jesus Christ. We believe that Jesus is soon to return, and we will not be long parted.

February

STR Today Programs

6th - Seasonal Affective Disorder

13th - The Garden Guy and special guest, FarmStew

20th - Pathways to Health

27th - Youth Camp Ministries / Steve Wohlberg

February 2022 Strong Tower Radio Schedule

EDST	CDST	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
12:00 AM	11:00 PM	Secrets Unsealed	Ministry of Healing	Best of 3ABN Campmeetings	STR Today	Crossroads	Sabbath School Study Hour	Bible Answers Live	
12:15 AM	11:15 PM		His Words are Life			Lift Him Up			
12:30 AM	11:30 PM		Pen of Inspiration						
1:00 AM	12:00 AM	Anchors of Truth	Worldwide Evangelism	Worldwide Evangelism	Worldwide Evangelism	Worldwide Evangelism	Worldwide Evangelism	Behold the Lamb	
2:00 AM	1:00 AM	3ABN Today	Fresh Manna	Fresh Manna	Fresh Manna	Fresh Manna	Fresh Manna	3ABN Today	
3:00 AM	2:00 AM	Book of Books	Conflict of the Ages	Conflict of the Ages	Conflict of the Ages	Conflict of the Ages	Conflict of the Ages	It Is Written	
3:30 AM	2:30 AM	Salvation in Symbols & Signs	Ultimate Prescription	Balanced Living	Gaither Home Coming Radio	Pictures of the End	Multitude of Counselors	Bible Unchained/ Emphasis on God	
4:00 AM	3:00 AM	Behold the Lamb	Belt of Truth Ministries	The Pen of Inspiration	His Words Are Life	More Abundant Life	Balanced Living	3ABN Best Campmeetings	
4:15 AM	3:15 AM		Thoughtful Hour						
4:30 AM	3:30 AM		Unshackled	Unshackled	Unshackled				Unshackled
5:00 AM	4:00 AM	World Wide Evangelism	Money Wise	Money Wise	Money Wise	Money Wise	Money Wise	World Wide Evangelism	
5:30 AM	4:30 AM		Joe Crews	Joe Crews	Joe Crews	Joe Crews	Joe Crews		
5:45 AM	4:45 AM		His Words are Life	3ABN Emphasis on God	Ministry of Healing	Sci. Script. & Salvation	Focus on Healthy Foods		
6:00 AM	5:00 AM	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	
7:00 AM	6:00 AM	Building	Discovery Mountain	Discovery Mountain	Discovery Mountain	Discovery Mountain	Discovery Mountain	The Incomparable Jesus	
7:30 AM	6:30 AM	Relationships	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	More Abundant Life	
8:00 AM	7:00 AM	Your Story Hour	Bible Answers Live Encore	Bible Answers Live Encore	Bible Answers Live Encore	Bible Answers Live Encore	Bible Answers Live Encore	Your Story Hour	
8:30 AM	7:30 AM	Discovery Mountain						Pathways of the Pioneers	
9:00 AM	8:00 AM	Story House	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	Pen of Inspiration	
9:15 AM	8:15 AM	Adventist Frontier Missions						Favorites by Request	
9:30 AM	8:30 AM	Unshackled							
10:00 AM	9:00 AM	Bible Answers Live Replay	STR Today	Joy in the Morning	Joy in the Morning	Joy in the Morning	Joy in the Morning	Sabbath School Study Hour	
11:00 AM	10:00 AM	3ABN Today Bible Questions	Fresh Manna	Fresh Manna	Fresh Manna	Fresh Manna	Fresh Manna	Best of Fresh Manna	
12:00 PM	11:00 AM	Balanced Living	Your Story Hour- Bible Stories	Your Story Hour- Bible Stories	Your Story Hour- Bible Stories	Your Story Hour- Bible Stories	Your Story Hour- Bible Stories	3ABN Today Bible Questions	
12:30 PM	11:30 AM	Gaither Homecoming	Heroes of History	Heroes of History	Heroes of History	Heroes of History	Heroes of History		
1:00 PM	12:00 PM	Gospel Melodies	American Indian Living	InVerse	3ABN Today Bible Questions	Lineage Journey	STR Hebrews Special	Power of Romans	
1:30 PM	12:30 PM			Reaching Your Heart		Pen of Inspiration			
2:00 PM	1:00 PM		3ABN Radio Music Channel	3ABN Radio Music Channel	3ABN Radio Music Channel	3ABN Radio Music Channel	Bright Eyes Music Hour	Restful Reflections	
3:00 PM	2:00 PM	American Indian Living	Joe Crews	Joe Crews	Joe Crews	Joe Crews	Joe Crews		
3:15 PM	2:15 PM	American Indian Living	Ministry of Healing	Focus on Health Foods	Thoughtful Hour	Sci. Script. & Salvation	AFM		
3:30 PM	2:30 PM		Perfecting Me	IT IS WRITTEN Canada-TV	Authentic	It Is Written	More Abundant Life		
4:00 PM	3:00 PM		Authentic	Salvation In Symbols & Signs	Belt of Truth Ministries	Multitude of Counselors	His Words are Life		Balanced Living
4:15 PM	3:15 PM	Natural Remedies for Good Health							
4:30 PM	3:30 PM	Money Wise- Wkend	Money Wise	Money Wise	Money Wise	Money Wise	Money Wise		
5:00 PM	4:00 PM	STR Today	Bible Answers Live Encore	Bible Answers Live Encore	Bible Answers Live Encore (Sunday)	Bible Answers Live Encore	Bible Answers Live Encore	STR Hebrews Special	
6:00 PM	5:00 PM	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	Musical Meditations	
7:00 PM	6:00 PM	World Wide Evangelism	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	His Way is in the Sanctuary	World Wide Evangelism	
8:00 PM	7:00 PM	Visit with Mrs. G	Bible in Living Sound	Bible in Living Sound	Bible in Living Sound	Bible in Living Sound	Bible in Living Sound	Discovery Mountain	
8:15 PM	7:15 PM	Bedtime Stories							
8:30 PM	7:30 PM	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	Your Story Hour	
9:00 PM	8:00 PM	3ABN Today	Urban Report	InVerse	Salvation in Symbols and Signs	3ABN Today Live	Sabbath School Study Hour	3ABN Today	
9:30 PM	8:30 PM		Perfecting Me	Crossroads	A Father's Heart				
10:00 PM	9:00 PM	Bible Answers LIVE	3ABN Today	3ABN Today	A Sharper Focus		3ABN Sabbath School Panel	Gospel Melodies	
11:00 PM	10:00 PM	Behold the Lamb	Night Sounds	Night Sounds	Night Sounds	Night Sounds	Night Sounds		
11:30 PM	10:30 PM		Night Sounds Encore	Night Sounds Encore	Night Sounds Encore	Night Sounds Encore	Night Sounds Encore		
New programs in bold and shaded									Revised 01/19/2022

SAD... (Continued from page 1)

- 9) Some medical diagnoses can make a person appear to have SAD. True or False

Answers:



- 1) **D.** These are all SAD symptoms, and there maybe feelings of guilt, worthlessness, helplessness, insomnia, loss of appetite or an increase in eating, persistent aches and pains, and moving or talking slowly. Some can feel hopeless, leading to thoughts of suicide.
- 2) **True.** Many believe that due to the days being shorter, the lack of sunlight makes less Serotonin in the brain, leading to depression.
- 3) **False.** Women experience depression in higher numbers more than men. Additionally, more adolescents experience SAD than men.
- 4) **B.** Anxiety can develop at the same time as depression.
- 5) **A.** SAD is more prevalent in high-income countries than in low-income countries.
- 6) **False.** What we eat has been found to worsen our mental and emotional well-being.
- 7) **True.** Lack of light can impact a person's mental health, but repetitive negative thinking can also hurt the brain, slow Serotonin production down and make one feel depressed.
- 8) **True.** There is a higher risk for depression in people who have had a background in abuse, neglect, loss, or other serious life events.
- 9) **True.** Some medical conditions can mimic SAD, like chronic fatigue syndrome, underactive thyroid, low blood sugar, viral illnesses, or other mood disorders.

Breaking The Pattern of SAD

Physicians and Medication- When a person experiences strong SAD symptoms, it is best to be evaluated by a physician. Physicians can decide the best line of defense. In moderate to severe cases, physicians may decide medication is necessary. Anti-depressant medications can help lighten symptoms in a few weeks. Physicians may use traditional anti-depressant medications that raise the serotonin, decreasing the depression. So far, the FDA has only approved one medication for SAD called Bupropion XL.



Vitamin D- Make sure you get your Vitamin D because many people with SAD have some level of Vitamin D deficiency. A physician can test levels and suggest what Vitamin D supplements may improve symptoms.

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SAD... (Continued from page 8)



Light/Sunlight- Many doctors recommend that people with SAD get outside early in the morning to access more natural light. It stimulates the natural hormone called melatonin, which impacts the biological clock in our brains. It has a natural anti-depressant effect on us. If a person cannot get morning light and maybe even evening light because of shorter days, it may be necessary to purchase a lightbox. It is a full-spectrum bright light that shines indirectly into our eyes and can improve our mood. Depending on your response, it may take up to 30 to 45 minutes a day. There have been people with SAD who fully recovered within days of using light therapy. But others may take much longer. Surgical and medical supply outlets could provide you with a lightbox.

Therapy or Coaching- Researchers found that

Cognitive Behavioral Therapy (CBT) with light therapy was more effective than just light therapy or talk therapy alone. CBT confronts negative, distorted thinking styles and replaces them with realistic, positive ways of thinking. When researchers directly

compared CBT with light therapy, both treatments were equally effective in improving SAD symptoms. A long-term study that followed SAD patients for two winters found that the positive effects of CBT seemed to last longer over time. Although it can cost money to hire a third party such as a counselor or coach to keep one accountable, it can be more helpful. Suffering for months negatively impacts relationships, jobs, and our quality of life, so be proactive. Consider seeing a mental health professional who's trained in CBT.

Suicidal Threat/Ideation- If a person is suicidal, don't hesitate to call 911 for police response or the National Suicide Prevention Lifeline at 800-273-8255. This national network provides free, confidential, emotional support to people in suicidal crisis or emotional distress 24 hours per day.

A Well-Balanced Diet- We know it's important to eat a well-balanced diet. Still, research is telling us now that eating commercial baked goods, processed foods, artificial sweeteners, and sugar has in some cases, been linked to depression, negative thoughts, and irritability in some people. In a recent study, researchers observed a link between depression and consumption of fast food, ice cream, processed meats, chocolate, high-fat dairy products, and commercial baked goods.



Intentionally Choose Not to Use Alcohol or Drugs, to Self-Medicate- They might worsen symptoms. And they can interact negatively with anti-depressants.



Continued on page 10

SAD... (Continued from page 9)

Care for yourself- Eating a well-balanced diet is helpful, but so is getting enough sleep. We need at least 6-10 hours per night.



Exercising for 30 minutes a day, five times a week, can significantly raise Serotonin levels in the brain and give the SAD sufferer some relief.

Stay Social- Even if it's a struggle, stay involved with your social circle and regular activities. Social support is essential to healing, so do not isolate yourself. Being alone can make your symptoms worse. Make plans to stay busy with church or friends during the winter so you won't be tempted to hunker down at home and isolate. Seek out people you feel safe with and who can support you without judgment. It is important to have people encourage you, walk beside you, pray for you, and remind you of the truth of God's love and faithfulness during this challenging season.



Medical personnel refer to SAD by another name, major depressive disorder with seasonal pattern. Regardless which name you use, a person can improve significantly, with love and support from God, and medical treatment.

*The righteous shall be glad in the Lord,
and trust in Him.*

And all the upright in heart shall glory.

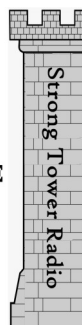
Psalm 64:10

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**Strong Tower Radio,
PO Box 567, Cadillac, MI 49601**

HELP
US
REACH
EVERYONE
in
Michigan





Kam Ferguson

Darker Nights, Brighter Lights

My wife and I live ten miles from Crystal Mountain Resort & Spa in NW, Michigan. During much of the year, the resort is seen only by travelers of M-115. Yet in winter, the resort operates ski slopes and bright lights visible for over 20 miles some nights. We've noticed that the lower the clouds, and the darker the night, the brighter these lights shine.

While on Earth, Jesus stated that He was the light of the world (**Jn 9:5**). The entrance of God's Word gives light (**Ps 119:130**), and we are to share the light of the glorious gospel of Jesus Christ with a world in darkness (**2 Cor 4:4-6**).

As this world's spiritual darkness increases, the light of the everlasting gospel becomes brighter, and souls seeking truth discover the beauty of God's character as seen in Jesus' life. God continues to guide and sustain Strong Tower Radio (STR) to proclaim His character, to shine the light into the darkness.

Listeners are responding as the Holy Spirit draws them into study of the Word and fellowship with God's commandment-keeping people. Friends, as the darkness increases, so does the light. The stars shine brightest just before dawn.

Thank you for being a part of STR. Because you're helping to shine the light of the glorious, everlasting gospel through the broadcasts, many are leaving the darkness and walking into the light. Glory to God!



**For
Current Events,
Plug in to STR!**



There is always action at Strong Tower Radio, on the air, streaming, in the recording studio, and somewhere near you. Near you events include, a Variety Hour at Edmore, and a radio rally in Holland.

At the studio, we are recording summer camp ministries, Pathways to Health, an interview with Steve Wolhberg on his latest book, and a new reformation program.

Visit us here, in-person or listen to our radio feed, and don't forget to share us with others!

February 2022
Seasonal Affective Disorder (SAD)

Strong Tower Radio
Ministry News
P.O. Box 567
Cadillac, MI 49601
StrongTowerRadio.org
231-468-2087



Where God's Character is Proclaimed

STR Engagements:

2/12	5:00 p.m.	STR Variety Hour	Edmore Seventh-day Adventist Church
2/12	9:15 a.m.	David Bolduc	Marion Seventh-day Adventist Church
2/19	9:00 a.m.	Kam Ferguson	Kalkaska Seventh-day Adventist Church
2/19	5:00 p.m.	Radio Rally	Holland Seventh-day Adventist Church

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