

SENIOR NEWS

Use common sense when it snows

Is it snowing yet? I'm asking because I sent this column in on Saturday and the last forecast I saw for Wednesday was high 27 and low 22 with a 50 percent chance of snow, but you never know how accurate the forecast will be. Whether cold temperatures and snow arrives today or next month, one thing we do know is it will eventually happen. And when it does, don't forget a couple common-sense basics to keep yourself safe:

- Dress warm and stay dry. At our age shivering is not always a reliable warning sign of hypothermia, because older people tend to shiver less or not at all when their body temperature drops.
- Be careful doing outdoor work, such as shoveling snow. When it's cold outside your heart works double time to keep warm.
- Keep indoor temperature at 65 degrees or warmer. But make sure wood stoves are



Senior Living
Scott McKay

properly vented and cleaned, and space heaters are at least three feet away from anything that might catch fire.

- Avoid driving. If you need to make sure your car is winterized, avoid hills and take your cell phone for emergencies.

• As I mentioned last week, to avoid falls, "Walk like a Penguin." And be particularly careful of black ice on sidewalks or parking lots, where the snow may have melted and then frozen again.

But the best advice is to purchase all your necessities ahead of time, then stay home, relax and enjoy the wonder of the falling snow.

When the snow falls, the Mid-Columbia Senior Center

always receives calls asking whether the Center is open or not. The general rule of thumb is that if D21 is closed the Center and Meals-on-Wheels will be closed. If D-21 has a delayed start, the Center's morning classes are usually canceled, but you may need to call the Center to make sure.

Martin Luther King Day is Monday, Jan. 20—a day off for many folks. But it is also a holiday, designated as a national day of service to encourage all Americans to volunteer and improve their communities. In response to this call to action, there will be a Martin Luther King Day Community Services Clean-Up in cooperation with The Dalles Blue Zones and City of The Dalles Beautification Project on the holiday.

Participants will be picking up trash along Sixth Street from 11 a.m. to 2 p.m.

If you want to participate, meet at the Home Depot parking lot near the corner of

Sixth Street and Chenoweth Loop Road. Bring gloves and a reflective vest if you have one. This is an opportunity to have fun by getting outside, meeting some new people, and giving back to your community.

Also on Monday, Jan. 20, Blue Zones will host a gathering focused on cooking simple, tasty and nutritious meals. And your reward? You get to eat what you prepared! Cooking demo is 5:30 to 7 p.m. at One Community Health, 1040 Weber St., The Dalles. For more information call 202-465-1702 or email brett.ractchford@sharecare.com.

•••
"Will you still love me when I'm 64" is the song written by Paul McCartney about a young man singing to his lover about his plans for their growing old together. I received correct answers from Julie Carter, Lana Tepfer, Jim and Betsy Ayers, Cheri Brent, and this week's winner

Ruth Radcliffe. My apologies to Laura Comini and Cheri Brent, who answered correctly last week but were not listed.

Paul McCartney wrote the song when he was just sixteen, when he probably thought 64 was old. But here's a challenge. Can you rewrite the lyrics as a 64-year-old singing to his/her lover, "Will you still love me when I'm 84?" Email me what you come up with.

Now that it's 2020 you have probably heard all the catchphrases playing on the idea of 20/20 vision: hope for a clear vision in 2020, how to see with clarity in 2020 and more.

But the first thing that comes to my mind is the title of a song by Johnny Nash. For this week's "Remember When" question, what was the name of this number one song with a reggae beat, released in 1972? Email your answer to mcseniorcenter@gmail.com, leave a message

at 541-296-4788 or drop it off with the soundtrack to the comedy sports film Cool Runnings.

•••
Well, it's been another week, keeping an eye on the sky. Until we meet again, keep yourself safe and warm. "To me, old age is always 10 years older than I am."

—Bernard Baruch on his 86th birthday

•••
Meals-on-Wheels dinner served at 12:00 at the Center

MENU

Thursday (16): Spaghetti with Meat Sauce (Music - Tom Graff)

Friday (17): Philly Beef Sandwich

Monday (20): Stroganoff over Egg Noodles

Tuesday (21): BIRTHDAY DINNER Chicken Cordon Bleu

Wednesday (22): Oven Baked Chicken

Goldendale bombed during World War II

By Lou Morales
The Goldendale Sentinel

Balloon bomb landed in Klickitat county

Here's a bit of history you probably didn't know: Goldendale was bombed by the Japanese during World War II.

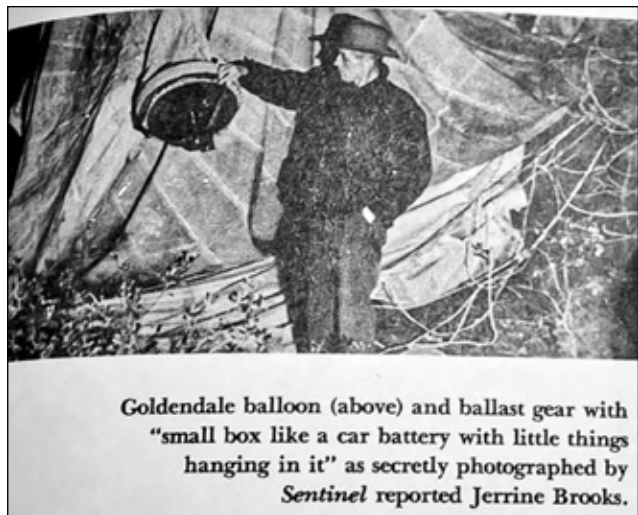
It didn't come from planes, and there was no explosion. Rather, the attack came from a Japanese balloon bomb.

285 such bombs were released by Japan during the war. They were affixed to hot-air balloons, set aloft at altitudes where they could be caught by the jet stream and pulled eastward from Japan across the Pacific, to alight where the whims of wind took them and, the Japanese hoped, blow things and people up.

One bomb landed near Goldendale and incited an encounter with a *Goldendale Sentinel* reporter.

The story comes to us via thoughtful reader Don Beierle, who brought in a book called "Silent Siege II: Japanese Attacks on North America in World War II."

About midnight on Feb. 27,



Goldendale balloon (above) and ballast gear with "small box like a car battery with little things hanging in it" as secretly photographed by *Sentinel* reporter Jerrine Brooks.

1945, Klickitat County Sheriff Russell Woodward got a call about a strange object that had come down in trees between Goldendale and Satus Pass. Woodward rounded up county attorney Z.O. Brooks and patrolmen Dwight Nye and Gordon Hyland, and the group went up to investigate.

Brooks' daughter, Jerrine, was a reporter for *The Sentinel*. She grabbed her camera and flashbulbs and tagged along. Jerrine took the picture you see accompanying this story, though officially she wasn't supposed to.

Jerrine said of the encounter "When we got to the

mountain, there was a balloon as wide as a city street tangled in the trees. At the bottom of the balloon was a small box like a car battery with little things hanging from it. We curiously examined this apparatus, dragged it around, took a couple of pictures of it, and wondered what in the world it was.

"The government was contacted, and we were told to have one of the men stay the night as guard, take no pictures and avoid the press!"

That ship had clearly sailed. Jerrine continues: "It was to be kept extremely hush-hush. There was to be no publicity, so the Japanese would not know their balloon had arrived.

"Most everyone went home that night to return early in the morning, when the demolition experts had arrived. The handful of townspeople who knew about the incident watched as the Army men got out of an armored car and donned strange 'space suits.' They took long poles and manipulated the parts from the carriage at a presumably safe distance.

"All five of us who had been there the night before looked at each other in horror. We glanced around the circle and telegraphed the message, 'I won't tell if you won't tell how we had been bouncing this thing around.' How foolish we had been—and how lucky!"

Jerrine's father himself developed the contraband film.

The group kept silent about the balloon, as directed, and not a word ever appeared in the paper. "A real scoop down the drain," Jerrine recalled.

The balloon never did self-destruct. It was determined that the wet-cell battery had frozen and rendered the circuits inoperable.

It was 25 years before Jerrine's pictures and story finally hit the pages of *The*

Sentinel. By then she was Jerrine Brooks May, wife of then-publisher Peter May. On June 15, 1972, their story of the narrow escape from the balloon bomb ran. "I'm 25 years late with the darn scoop," Jerrine wrote. "The war IS over, isn't it?"

Google Wind Challenge registration open

The 2020 Google Wind Challenge returns to The Dalles March 14, and team registration is now open.

Middle and high school students come from throughout the Gorge to participate, are invited to create teams and sign up for the seventh annual event.

The Wind Challenge is a free, hands-on program that fuels student interest in science, technology and wind energy. During the event, teams of middle and high school students learn about wind turbine technology and design and apply their skills in an all-day competition to build, test and present their wind turbine models to a group of judges.

Prizes are given to the top three high and middle school teams whose wind turbines have the fastest speed for transferring kinetic energy and generate the most electrical power.

Students are welcome to register in teams of three to

six students, and schools can register multiple teams.

Teams can register through Feb. 3 at www.windchallenge.org.

The competition runs from 8 a.m. to around 4 p.m. at the Fort Dalles Readiness Center, 402 East Scenic Dr., The Dalles

The Wind Challenge is sponsored by Google and held in partnership with Columbia Gorge Community College and Gorge Technology Alliance. Learn more at windchallenge.org.

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THE DALLES CHRONICLE (ISSN 0747-3443) is published twice weekly, every Wednesday and Saturday. Subscription rates: One year print subscription and digital access \$55. Six month print subscription and digital access \$35. Three month print subscription and digital access \$21. Known office of publication, 811 E. Second St., The Dalles, OR 97058. Periodical postage is paid at The Dalles, Oregon. POSTMASTER: Send address changes to THE DALLES CHRONICLE, P.O. Box 1910, The Dalles, OR 97058.

ANSWER
A crossword puzzle grid with the word "ANSWER" filled in across the top.

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