

# Taking an idea to new heights

By Ron Wilson  
Huck Boyd Institute

"Soaring through the air." That's what happens when a collegiate high jumper makes his or her jump, but today we'll meet a man from rural Kansas who has taken this idea to a whole new level. Thanks to writer Amber N. Helm whose article in the Kingman Leader-Courier was the basis for this story.

Blaine Jones grew up on a farm in south central Kansas and attended grade school at the rural community of Pretty Prairie, population 610 people. Now, that's rural. He graduated from Kingman High School where he became an accomplished high jumper and started soaring through the air. He attended Hutchinson Community College and Kansas State University on track scholarships and was a three-time All-American high jumper.

Blaine followed in the footsteps of his uncle who graduated from KSU and his aunt who worked in the food industry. He obtained a degree in bakery science and management at Kansas State, graduating in 1996.

As an intern for Kellogg's, Blaine worked in product development. He then worked for a bakery in Baltimore, Maryland for a couple of years before returning to Kansas City to work as an assistant production manager for a large bakery.

In September of 2001, some key events changed his life. The first was watching the Thunderbirds, which is an elite U.S Air Force fighter pilot squadron. Seeing them perform maneuvers during their show inspired him to go to a local airport on Sept. 8 and sign up for flight lessons, something he had always been interested in but had never tried. The experience changed Blaine's life. "It was awesome, it was the greatest thing I'd ever done," he said.

Three days later, Jones was at the bakery listening to the events of Sept. 11 unfold over the radio and he felt that up to that point he had been focused on himself. After hearing about the attacks on America, Blaine knew he wanted to join the military, to do something bigger. Since he liked flying, he sought out information about a career in the Air Force.

The summer before he left for officer training, he returned home to help his father during harvest, and he also used that time to improve his physical condition. "Between loads he'd be out there jogging beside the combine in his combat boots getting in shape," said Blaine's father, Jay Jones. "I'd open the window and holler out 'Run, Forrest, Run!'" Jones was one of the oldest in his class at officer training, but his track background and dedication to staying in shape allowed him to keep up with his younger classmates.

In 2002, Jones graduated from Air Force officer training school in Alabama and entered pilot training with the rank of second lieutenant. It was there he met and married his wife, Carey, a fellow pilot.

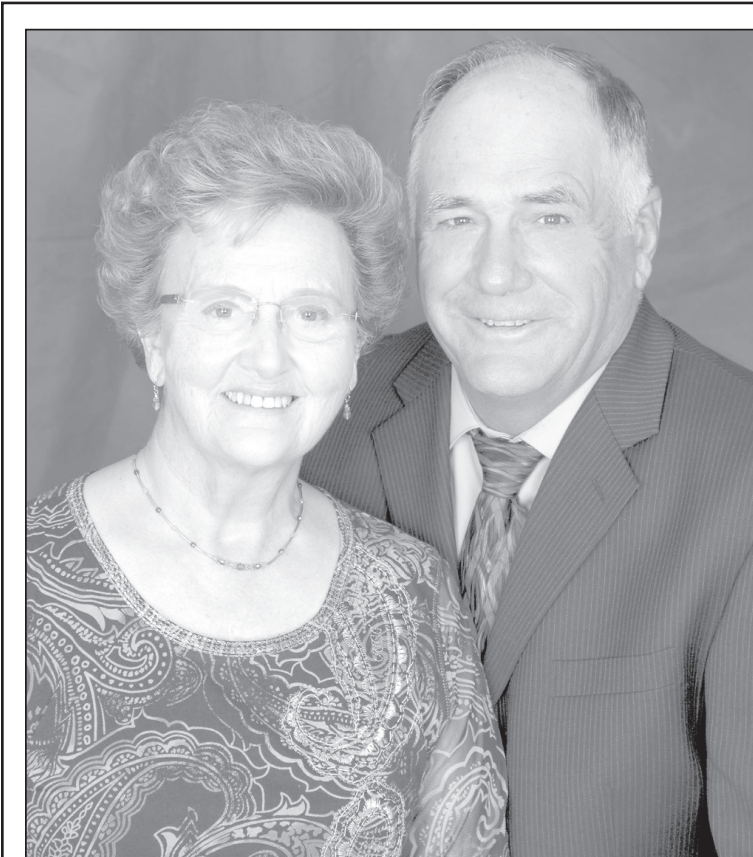
Blaine and Carey made Air Force history when they became the first married couple to fly an alert practice scramble mission with their F-15C fighter jets. The Jones also have twin 2-year-old girls named Jett and Tally.

Blaine was promoted to the rank of captain and served five years at Langley Air Force Base in Virginia. He was also deployed to Guam and the United Arab Emirates. He has logged more than 1,300 flight hours as an Air Force pilot.

In 2011, he was selected to fly with the U.S. Air Force Air Demonstration Squadron (also known as the Thunderbirds) after a rigorous application and interview process that included shadowing the Thunderbird pilots and interacting with crowd members.

In a typical year, the Thunderbirds perform at more than 60 demonstrations in 33 locations, spending more than 200 days on the road. Each performance lasts more than an hour and showcases the skills and capabilities that fighter pilots must possess.

"Soaring through the air." For Blaine, that idea was first applied in a Kansas high jump but it went on to become his career as a fighter pilot. We commend Blaine Jones for making a difference by serving his country and demonstrating these skills as an aviator. He has taken this idea to new heights.



## 50th Anniversary

Mr. and Mrs. Conrad C. Cox of Long Island are celebrating their 50th wedding anniversary this Sunday.

Conrad and Roxanne (Van De Wege) Cox were married at the First United Methodist Church in Norton on Oct. 14, 1962.

They are the parents of four children, three daughters and a son, and 11 grandchildren and they live and work on the family farm in Long Island.

## CLUB NEWS

By Julie Thompson

The meeting of the Beta Alpha Chapter of Delta Kappa Gamma International was held on Oct. 1 at the Library Community Room with hostess Pam Menagh. Co-hostesses were Glenda Campbell, Virginia Will and Staci Montgomery. Sixteen members were present.

Prior to the business meeting, members toured the new Norton campus of the Colby Community College practical nursing program. Instructor Jean Ann Wilson provided the informative tour. The new facility features 6,000 square feet with ITV prepared classrooms, computer labs, clinical rooms and several offices. ITV allows instructors to connect all three sites at Norton, Colby and Goodland when

desired and advantageous. The Norton campus began in 1975 and has graduated approximately 573 students. This is Mrs. Wilson's 33rd year with the program, and she proudly states, "This is one of the top ten LPN programs in the nation. This program has a 99.4 percent overall pass rate for state LPN boards."

In the absence of the president, the meeting was called to order by Joyce Morel. The minutes were read and approved. The treasurer's report was given. Members paid dues. Money the Fun Way prize was won by

Virginia Will. For unfinished business, Lynn Hehn was appointed as membership committee chairperson. Lynn reported on a meeting she attended at Lenora which was sponsored by the Hill City chapter. Pam Shelton was initiated as a new member, and Joyce Morel was installed as the new vice president.

The next meeting will be Nov. 5 at the home of Joyce Morel. It will be the annual silent auction to raise money for the scholarship. The meeting was adjourned with the club collect.

## Teen athletes need more carbohydrates

Have you ever had an athlete come home from practice saying he or she had "hit a wall" during practice and thinks that he or she needs more protein? Is protein really the issue?

It is more likely that the individual needs to pay more attention to carbohydrates than protein.

Most people need just 6 or 7 ounces of protein a day from a variety of sources, including lean meat, poultry, seafood, milk, cheese, yogurt, eggs, beans, nuts and seeds. Athletes may need a little more to build and repair muscle tissue, but not much.

When athletes "hit a wall", what's happening is that their body has run out of carbohydrates to use for energy. The body first uses blood glucose, but there's only a certain amount available for immediate energy needs. Then it turns to its supplies of glycogen, the form of carbohydrate stored in muscle and the liver. With less intense physical activity, the body uses both glycogen and fat. With higher-intensity activities, including football, the body primarily uses glycogen stored in muscle.

Athletes may need to eat more carbohydrates throughout the day to build up glycogen supplies. When adding carbohydrates to your athlete's diet, remember that half of all grains consumed should be whole grains. Whole grains include oatmeal, whole-grain bread, whole-wheat pasta, brown rice and popcorn. Potatoes, corn, lima beans and other high-starch vegetables are also good sources of carbohydrates.

In addition, the Academy of nutrition and Dietetics recommends eating a carbohydrate-rich snack or meal three to four hours before exercise, along with a small amount of protein to help build and repair muscle tissue. The food should be low in fat and fiber to make sure it digests easily and quickly.

Home ed  
Tranda  
Watts,  
Extension  
specialist



Watts, Multi-County Extension Specialist - Food, Nutrition, Health and Safety at twwatts@ksu.edu.

Then, 30 to 60 minutes before the activity, eating a piece of fruit, drinking a sports drink or even enjoying a few jelly beans, low-fat candy or orange juice diluted with half water will top off the body's blood glucose and glycogen stores. Energy drinks with large amounts of caffeine or other stimulants aren't recommended for teenagers because of the health risks they pose.

Athletes also need to make sure that they stay hydrated. Water carries oxygen and glucose to muscles, helping produce energy. Athletes should drink:

-Two cups of water or a sports drink two to three hours before an activity.

-One to 1.5 cups about 15 minutes beforehand.

-A half-cup to 1.5 cups every 15 minutes during the activity, without overdoing it.

If you have questions, please feel free to contact your local K-State Research and Extension Office or you may e-mail Tranda

Long  
Island  
Methodist  
Church  
Bazaar  
and Supper  
Wednesday,  
October 17  
5:00-7:00 p.m.  
Turkey and Ham,  
Dressing and  
all the Trimmings  
plus Homemade Pie

THE COUNTRY STORE  
WILL BE OPEN  
THROUGHOUT THE  
EVENING FEATURING  
BAKED GOODS  
AND CRAFT ITEMS.

Come for the food,  
come for the fellowship,  
but just come!!!



You Are Invited to the Annual  
**St. Francis of Assisi  
Catholic Church Parish Bazaar**  
**SUNDAY, OCTOBER 14, 2012**  
108 S. WABASH - NORTON, KANSAS  
HANDICRAFTS, FANCY WORK AND BAKE SALE  
BEGINNING AT SERVING TIME.  
AUCTION OF QUILTS AND OTHER ITEMS  
BEGINNING AT 12:30 P.M. ON SUNDAY  
**MENU: Traditional Turkey Dinner  
with all the Trimmings**  
Price: \$7.00 for Adults; \$5.00 for Children  
Children 5 Years and Under Free  
Carry-out Available at \$8.00 and \$6.00

**Town and Country Kitchen**  
Norton, Kansas (Large Customer Base)

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Oct. 12-  
Oct. 17

Showing at the  
**NORTON  
THEATRE**  
**The Odd Life of  
Timothy Green**

(PG) 2 Hours and 7 Minutes (Presented in Digital Sound)  
Friday and Saturday - 8:00 p.m.  
Sunday - 5:00 p.m.  
Mon., Tues., Wed., 7:00 p.m.  
**Hope Springs**  
(Presented in Digital Sound)  
1 Hour, 39 Minutes,  
(PG-13)

Let's Go  
to the  
Movie

All passes accepted for  
The Odd Life of Timothy Green;  
All passes accepted for Hope Springs

Timothy Green is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday  
Hope Springs is General Admission Price of \$6.00 and \$5.00 - \$3.00 on Sunday

Premiering in Norton on Thursday, November 15 at 10:00 p.m. The Twilight Saga: Breaking Dawn Part 2 (PG-13); Premiering in Norton on Friday, November 30 at 8:00 p.m., in full digital cinema and surround sound The Twilight Saga: Breaking Dawn Part 2

COMING SOON

This ad is brought to you by The Norton Telegram

**City of Norton... is hosting a  
Swimming Pool  
Informational Meeting on  
Thursday, October 18, 2012  
at 6:30 p.m. in the basement of  
Prairie Land Electric on  
Highway 36 in Norton**

The design engineer, and the financial advisor of the proposed new swimming pool will both be in attendance to answer any questions that someone might have. Council member Jerry Moritz, the Chairman of the Parks and Cemetery Committee, will be the host for this meeting.

**The City of Norton urges anyone that is interested in the proposed new swimming pool to attend this meeting.**

For more information about this meeting please contact the City Office at 785-877-5000.

**2,125+/- ACRES GRAHAM & NORTON CO, KS  
IRRIGATED & DRYLAND CROPLAND & GRASS**

"Multi-Parcel" **ABSOLUTE LAND AUCTION**

**THUR., NOV. 1, 2012 @10:30 AM, CDT**

**AUCTION LOCATION:  
ST. FRANCIS PARISH HALL, NORTON, KS**

Land will be offered in 6 tracts & combos

**SELLER:  
Griffey Farm**

**GRAHAM COUNTY**  
TRACT 1: NE/4 of 18-6-22  
TRACT 2: E/2 of 16-6-23, less 2 tracts

**NORTON COUNTY**  
TRACT 3: W/2 of 34-5-22  
TRACT 4: W/2 of 33-5-22, W/2W/2 of 28-5-22, NE/4NE/4 of 29-5-22, E/2 of 20-5-22 and S/2SE/4 of 17-5-22

TRACT 5: Cropland acres in S/2 of 16-5-22  
TRACT 6: Approx 210 acres of cropland in S/2 of 18-6-22

This farm offers a very diverse combination of dryland, irrigation and pasture land.

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