

JOHN WILLISTON: A MODERN-DAY RENAISSANCE MAN

The dictionary defines a Renaissance Man as one from centuries past who is a highly versatile and well-rounded individual. Add resilience and adaptability to that description and you've got a member of the Monday Morning Seniors league at Thunderhead Lanes – John Williston.

Williston is an exemplary case of an individual whose humility keeps his background in the shadows, hidden from exploration, or even being noticed. Yet there's a lot to his past that's worthy of being in the spot light.

For example, if you ask John where he's from, he might simply respond by saying "Carroll County". But it would be incorrect to associate Taneytown or Westminster in this regard. If inquiring about his hometown, he may reply by saying he was originally a Braves fan from Savanna. If you then figured he was from Georgia, that would also be a wrong conclusion.

Actually, Williston was born on a dairy farm in Savanna, Illinois – a city which just happens to belong to "Carroll County" within the state that's south of Wisconsin. Living in a household of Cubs and Bears fans, John exhibited qualities of leadership in his formative years, bucking family preference, as he was a follower of the Milwaukee Braves (before they relocated to Atlanta), and also the Green Bay Packers. In regard to his schooling, John enjoyed math and



Keymar, Maryland's
JOHN WILLISTON

loved history. In his last two years of high school, he worked in a service station, which was the beginning of putting aside his time and interest for sports.

It was sometime around the year 1966 that John would relocate to the Maryland area. Right around that time, he served his country in the military for the U.S. Army. After that stint was up, he picked up where he left off in reference to his career path, which was a new avenue toward working as a sheet metal mechanic. After a few years, his destiny as an entrepreneur

began to materialize, as John and a close friend started an Air and Water Balance company. A little later, he formed a Mechanical Consulting company, along with a "CAD" drafting service.

The term CAD stands for Computer Aided Design, and would fall under the category of the illustration of schematics, which in today's world can be any sort of detailed depictions involving architecture, engineering, or practically anything that can be conveyed by a visual presentation involving parts, or abstract design.

Williston's "CAD" service provided drawings for all mechanical and electrical trades, which was vital toward ensuring that everything involved with 'plans' would fit and function in an interdependent way in a building, similar in concept to blueprints, but in a much more detailed, descriptive, and organized style.

At various times, John's CAD company would be hired to write and submit "change orders" for contractors, which were essentially amendments to Construction contracts that altered a contractor's scope of work.

Additionally, Williston and his partners organized a modest-sized electric company to provide service for some of its existing clients.

In the late 1990s, John's companies fit right in to subsequently combine with another of his friends who was a house builder in Prince Georges

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county Maryland, and he continued in this manner along this life's path until 2006, when the economy began to falter.

It was around this time that John retired, as his wife had become very ill. After a couple years, however, Williston bounced back from personal and professional setbacks. In 2009, he was asked to contract with the Department of the Navy to work as a full-time employee on a new CAD project that was headquartered at the Naval Academy. The new job was a blessing and a position he thoroughly enjoyed. John put in another strong five years, but health issues would cause him to retire in 2014. When speaking of his successes in business, John modestly

states, "I was in the right place at the right time".

In reference to his formula for success, Williston is a subscriber to the philosophy of the interfacing of knowledge with networking with people.

"One thing I've learned is (the old adage) it's not really what you know, but who you know. But you still need to have a good education to make it all work", John adds.

Soon after retiring, John's life began its journey of going 'full circle', with country-life being more dominant in his daily living. He moved to Frederick county with a daughter, a son-in-law, and grandson, in which they bought a small farmette surrounded by about 6 other small acres homes – a

lifestyle that somewhat parallels the course of his early years in Illinois. But it was also right around this time in 2014 when he joined the Monday senior league in Taneytown. John generally participates in two leagues a week. For a while, he complemented the "Monday Seniors" with a Wednesday evening league, but as of late, he can be found at Thunderhead Bowl and Grill on Thursday evenings, rolling in its Doubles league.

Regarding his enthusiasm for bowling, John articulates, "Coming up on 75, I find the bowling is more important now, as it's one of the few things I'm still capable of accomplishing".

Editorial

BOWLING: A GIFT FROM THE HEAVENS *A Crackpot Notion, or a Plausible Theory?*

Upon doing research for my soon-to-come publication, "Bowling, And Its 'Role' Throughout History", it's been recorded that early excavations of Egyptian artifacts have traced bowling with pins as far back as 5,000 years (around 3,200 B.C.) in the earth's past. And while it's also outlined in the research project that bowling did experience a 'rebirth' of sorts about 3,000 years later, it's ironic to find that the game from 3,200 B.C. was reincarnated to have a similar appearance as that of the game of the Middle Ages.

This sort of got me to thinking about all of the unknowns in our existence that seem to have one common denominator. When we look up at the night sky, we see stars, moons, and planets from a distance in which a telescope informs us that

these heavenly bodies are spherical in shape. Then on the other end of the spectrum, the small particles that form all 'matter' – the atom-based molecule – is only viewable with the aid of a super microscope. Within these molecules are protons, neutrons, and electrons, which have been determined to also be tiny little spheres. So the largest and smallest particles in our universe share the trait of essentially being 'balls' in composition.

Next, we have the situation of UFO sightings. People claim to see objects, but are never really credibly able to describe the inhabitants of these crafts. What if the first UFOs were our Higher Authority's means of colonizing different pockets of the planet – first with two people in one

area, and then other races on different land masses that would become continents, while the spaceships that followed would be more like disposable drones, whose only function would be to instill ideas on the earth, such as language, inventions, and then eventually the concept of a game that would benefit civilization? To me, it seems incredible that a game that existed 5,000 years ago, would survive for so long – unless it was meant for it to do so. And eventually, this game (which was for our own good) would be proven to be of enormous health benefit to the population. I know it's far-fetched, but something to think about.

With this health aspect in mind, shown on the next page is taken from a publication of the early 1900s:

CHECKLEY'S MANUAL OF PHYSICAL TRAINING AS IT PERTAINS TO BOWLING

Edwin Checkley, who studied at the Long Island Medical College, was a renowned strength and fitness expert of the late 1800s and early 1900s. He authored a detailed and informative analysis of the benefits of bowling for human health.

Checkley writes:

PHYSICAL BENEFITS.

Bowling, like all athletic sports, has its benefits and injuries to the human system. It combines in one the benefits derived from running, without the exhausting after-effect of rowing in strengthening the muscles of the back, arms and legs; of shot-putting, and, in fact, there may be found in it some of the benefits of nearly every sport.

The following quotations from Mr. Checkley's "Manual of Physical Training," a work unequalled in excellence, shows clearly where the sport will add to the human anatomy.

"The muscles of the body are arranged for the most part in complementary groups, by which they act together, pulling and relaxing as the case may be. Thus in the limbs, the muscles which straighten the bones are called the extensor muscles, while those that bend them are called the flexor muscles. The biceps on the front of the upper arm are the flexor muscles, because they pull up the forearm. To straighten out the arm again, the

triceps on the back of the arm exercise their office as extensors.

In the same manner the flexors of the leg are on the back and the flexors of the hand are on the palm. The tendons join the forearm not far below the elbow joint, thus giving the muscles a very quick leverage on the arm. With so short a hold, however, this muscle requires great power.

Of course in fixing, the arm, the forearm muscles—which in their turn are united with the upper arm—are brought into play. When the muscles on the front and back of the arm are drawn down, it at once becomes rigid. The function of muscle is thus to pull.

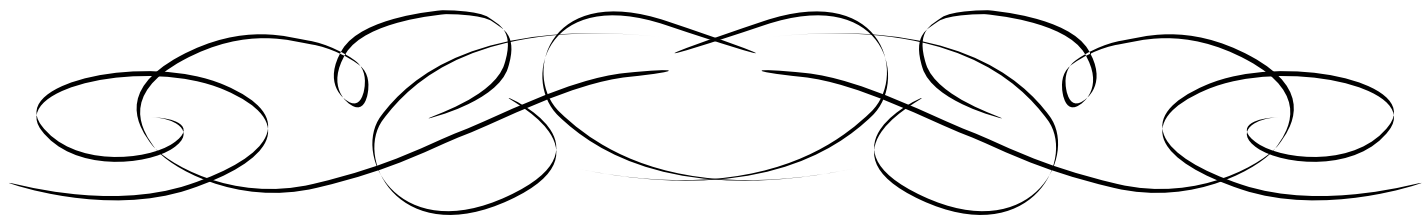
Every movement of which the body is possible is brought about by the pulling of one or more muscles. The pulling is, as I have said, accomplished by the contraction of the muscles, and this power of contraction is inherent in them. It belongs to their very nature.

Of course, it is the duty of every healthy being to keep the muscles as perfectly under the control of the will as possible. The partnership between the brain and the muscles should be complete and continuous. It may be set down as an absolute truth that no one will become unconscious of his body in the right sense until he has first become thoroughly and intelligently conscious of every part of it. Now, the contractility of the muscles, the power it has to shorten and draw its ends closer together,

depends on the extent and condition of the fibers, the bulky part of the muscles as distinguished from the hard and uncontractible tendons; the fibers looking, when highly magnified, like a bunch of red worms all stretched in one direction, form the meat of the body as distinguished from the bone and gristle. In fact, the muscles make up in weight more than half the bulk of the body. From this it may be judged, without argument, that the health of this machinery is of very great importance to the health of the body. The muscles are not implements which may or may not be used and cultivated according to the taste and pursuits of the person. They must be used and developed, or the body will fall into ill health. They are more than half of us, and must be taken into consideration in a serious and intelligent manner.

"The chief reason why the muscles must be kept in use is that their health directly affects the circulation of the blood, and upon the perfect circulation of the blood, physical health is greatly dependent."

Checkley, by the way, who bicycled from New York City to Chicago in 1890, was also regarded as one of the strongest men in America in that same year. Those who knew him would later state that he looked almost the same at age 75 as he did at 45 years of age.



BOWLING TIPS

“Timing and Rhythm”

Timing is one of those things that’s difficult to teach, particularly because all bowlers are different. However, here’s something you can keep in mind, if it will be compatible with your style of bowling.

As you bring the ball through during your delivery, the ball should be passing your slide foot at the moment you slide towards the foul line. A common problem that occurs when a person is erratic is that s/he may be sliding first, and then the ball comes through late. If you can time it so that the ball passes next to your slide foot during your slide, you have pretty much conquered the timing problem.

Timing with your basic mechanics does depend on your general form. But even more important than timing is rhythm. Perhaps the best analogy would be comparing bowling to dancing. Having the right rhythm is that sometimes elusive factor in getting everything working correctly at the same time.

Rhythm is unique to each individual. It is the key to when your timing begins and ends, and it controls the speed of your approach – and as a result, your balance at the end of your delivery of the ball will be solid. If your timing, rhythm, and balance all come together, then confidence will eventually follow.

As always, I emphasize that these tips may not work for everybody, and they aren’t meant to be focused upon, in every frame. The tips are just temporary diversions in case you find yourself in a rut.

BARBARA CHILDS’ “LUCKY LEPRECHAUN” SCHEDULED TO ARRIVE TODAY

The highly anticipated arrival of the St. Patrick’s Day special children’s story, “Lucky Leprechaun”, penned by Barbara Childs, is slated for purchase today. See Barbara to pick up your copy!

EWING AND HIS DUCKPIN BOOK SET TO APPEAR AT AMF SOUTHWEST

Brian Ewing, author of the upcoming book, “The Golden Age of Duckpin Bowling”, will be making an appearance for a book signing at AMF Southwest Lanes, 4991 Fairview Avenue, Linthicum Heights, MD on Friday, March 24, 2023. Copies of the book at the event are limited, so reserve your copy at DuckpinBook.com ahead of time.

WHITE OAK LANES TO RE-OPEN IN LATE 2023

Back in autumn of 2021, White Oak Bowling Lanes in Silver Spring, Maryland experienced a devastating flooding incident which caused considerable damage to its lanes. But the good news is that the bowling center is scheduled to re-open, hopefully in the coming autumn of 2023. There will be new lanes, approaches, and pin decks. Hopefully, things will progress according to plan, and that they will be able to fulfill the projected re-opening date of September 1st. But if there’s a delay, rest assured that they are feverishly working towards their goal.

CANDLEPIN vs. DUCKPIN COMPARISON



Shown here are a Candlepin Ball and a Duckpin Ball. The Candlepin ball is about 4-1/2” in diameter, and weighs about 2-1/2 lbs. A Duckpin ball is roughly 4-7/8” to 5” in diameter and is about a pound heavier.