A GREAT CONFIDENCE BUILDER

# Are You Timid? Learn Judo

SHAE PAUL AND JOE ZAFFUTO, 14, OF BROOKLINE
. . . firsthand introduction to the sweeping hip throw or "Harajoshi" in judo

TRY TO FIGURE OUT WHO IS WHO IN THIS COMPLETED THROW
. . . you'll never worry about defending yourself if you can do this
Sun-Telegraph Photos by Gene Seib

By LOUISE FLOOD

Judo—there's a sport that can throw you, unless you pick up a little Nage Waza yourself.

And, Nage-Waza is yours for the learning at the Downtown YMCA.

In case you don't happen to have a Japanese-English dictionary handy, Nage Waza means "throwing technique." It's just one of the Tai-Sabaki (movements) in Judo, the traditional sport of Japan now being offered to teens at the Y's Fall Fitness Institute.

"There's more to Judo than meets the eye of the mat! According to instructor Shane Paul, it's practically a philosophy of life.

**PAUL SAID:**

"It's the maximum utilization of mind and body directed towards any specific effort."

Paul, incidentally, who just came to Pittsburgh from Washington, D. C., holds the rank of Shodan, or First Grade Black Belt, which in Judo circles means that he's way out front with the Waza.

**AN EX-MARINE** officer and civilian pilot, Paul spent six months in Japan studying Judo at the Kodokan in Tokyo. He's a member of the Pittsburgh Judo Club, the National Black Belt Association and the International Judo Club.

He's particularly eager to introduce teens to his favorite sport at the Fitness Institute since he first learned Judo in high school.

If you sign up for Judo (and registration for all classes in the seven-week Institute will be on Monday evening) Paul would first turn you into a fall guy.

**YOU HAVE TO** learn break falling (or Ukemi) before you can progress to any of the other movements. Through Taiso, a series of detailed exercises, you'll learn how to distribute equally the force of a fall throughout you entire body.

In other words, you'll soon be a bouncing boy again.

After break falling comes Kumikata (forms of holding and gripping) and these Waza-Nage, Shime (choking) and Kansetsu (dislocation.)

**AND JUST** to give you an idea just how complicated Judo can be—in Nage Waza there are 46 basic throws!

If you're a Timid Tommy, run, don't walk to the "Y" to sign up for Judo. Strictly as a self-defense measure, it has no equal.

In fact, it's a standard course given to law enforcement officers all over the world.

**BESIDES** promoting self-confidence, Judo is a character builder.

Paul said:

"The spirit of Judo—that striving for perfection in physical movement—should carry over in everything else you do. Master Judo and you master yourself."

Other sports offered in the fall program will be skin diving, junior and senior life saving, basketball, wrestling, the trampoline and gymnastics.

## Judo

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# Perry Como Records Inspirational Songs

By LEONARD MENDLOWITZ

Perry Como is back with us via a new RCA Victor album, "When You Come to the End of the Day," and it's a superb collection of inspirational songs which fits Perry's talents to perfection.

The Canonsburg crooner treats the dozen tunes in this beautifully produced album with the sincerity and simplicity they deserve, and this LP could easily be one of the holiday season's best-selling items.

Among the tunes are "He's Got the Whole World In His Hands," "Whither Thou Goest," "I May Never Pass This Way Again," "A Still Small Voice," "In the Garden," "May the Good Lord Bless and Keep You," "All Through the Night" and "When You Come to the End of the Day."

**MILDRED AND** Jim Mulcay, the harmonica duo who have loads of loyal fans throughout this area due to their many nightclub dates, are the stars of a new Dot album, "Happy Days!"

Their bright arrangements of a dozen standard melodies make the album live up to its name as the Mulcays roam through such tunes as "Till Then," "Under a Blanket of Blue," "Slow Boat to China," "Smoke Gets in Your Eyes," "Lazy River," "Till I Waltz Again With You," "The Desert Song" and "Love Is a Many Splendored Thing."

**GLENN GOULD,** whose keyboard artistry has been acclaimed at many Syria Mosque concerts, is featured in a brilliant new Columbia Masterworks album, in which he plays the Beethoven Concerto No. 1 in C Major and Bach's Concerto No. 5 in F Minor.

Supported by Vladimir Golschmann and the Columbia Symphony Orchestra, the Young Canadian pianist plays the intricate works with lucidity and skill.

**TOMMY SANDS,** best of the current crop of the teenagers' delights, adds to the fine impression he has made with a nifty new Capitol LP, "Sands Storm!"

Tommy delves into the rock 'n' roll catalogue to revive some of the top favorites, including "Hearts of Stone," "Such A Night," "Tweedle Dee" and "Since I Met You Baby." He makes them all listenable, which is quite an achievement.

FRAN WARREN, who hadn't made a record in three years, is back again with a big hit in "Sunday Kind of Love" for MGM, repeating a number she had waxed before with even greater success-now. Deejay Jim Williams at KDKA was among the well-wishers greeting Fran back to show business.

## The Sun-Telegraph RECORD POLL

*These are the week's top tunes chosen by two of the area's deejays*

### Jim Williams
KDKA

1—Topsy II.....Cole's King.....Cory Cole
2—It's Only Make Believe...It's only a hit...Conway Twitty
3—Beep-Beep.....burning-in.....The Playmates
4—Win Your Love for Me.....a winner.....Sam Cooke
5—To Know Him Is to Love Him.beating up.Teddy Bears
6—It's All in the Game.....big game.....Tommy Edwards
7—Forget Me Not.....remember this well.....Kalin Twins
8—No One Knows...everyone knows...Dion and Belmonts
9—The End.....not yet.....Earl Grant
10—Down the Aisle of Love...wedding march...Quin-Tones

### Tony Graham
WEEP

1—Topsy II.....still the topic.....Cory Cole
2—It's All in the Game...lively spirit...Tommy Edwards
3—Forget Me Not.....memorable.....Kalin Twins
4—Devoted to You.....lasting quality.....Everly Brothers
5—The End.....not yet.....Earl Grant
6—Chantilly Lace.....frothy frill.....Big Bopper
7—No One Knows.....we all know it's a hit.....Dion and the Belmonts
8—Call Me.....yes, indeed.....Johnny Mathis
9—Hideaway.....no secret this.....Four Dauphines
10—No One But You.....one of their best.....Ames Brothers

SKITCH HENDERSON
. . . heads jazz concert

## Stereo Jazz Show Monday To Help UF

All of you teenagers who "dig" jazz will have a ball Monday night at 8 when a flock of top record names will participate in the United Fund Stereo Jazz Concert in the Penn Theater.

The battling, all-star show will be a highlight of the current United Fund drive which ends Nov. 6.

**THE SHOW,** the first such live concert to reach so great a potential audience, will be broadcast by 13 radio stations in Allegheny County as the third and final "pool" broadcast in behalf of the United Fund drive.

Skitch Henderson, nationally famed emcee and commentator for the show, headlines the bill, which also features Tommy Turk and his group, the Charles Bell Contemporary Jazz Quartet, the Bob Trow Quartet and songstress Joanne Baxter.

Hank Shepard is coordinating the technical and creative talents of the 13 students. He is manager of WAMP. The idea for the jazz festival was presented to the United Fund by Ben Muros, manager of WGBW. Roy Kohler is in charge of programming.

The Tommy Turk group features Johnny Vance, Bob Rawsthorne and Ray Crumrine in addition to Turk. While the Charles Bell Contemporary Jazz Quartet features Chuck Leroy, Bob Hiller, Allen Blairman and Bell.

Fred Kunkel, Penn Theater manager, contributed the house to the United Fund. The air time also was contributed.

MAYNARD FERGUSON
and his orchestra will be among the topline features in the "Jazz for Moderns" concert coming Wednesday night at 8:30 to Syria Mosque. The show also stars the Four Freshmen and the Dave Brubeck Quartet.

You're the Tops

## Calling the Future Dr. Joseph Gallo!

Calling future Dr. Joseph Gallo!

Bellevue High Senior Joe hopes to study medicine some day. Right now, though, he has a different kind of operation to perform each week.

As a tackle on the Bellevue football squad, he has to try to remove the opposition before a touchdown sets in.

Seventeen-year-old Joe is in his third year of varsity football, and counts sports as his Number One hobby.

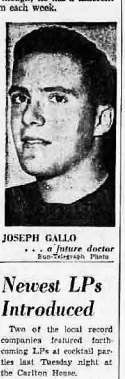
Also he's a member of National Honor Society and has taken every science course Bellevue has to offer, in preparation for pre-med studies at college next year.

Joe directs the public relations committee for Student Council, and acts as both assistant business manager and co-sports editor of the year book, "Gleaman."

He also buddies in planning sessions as co-chairman of his school's Assembly Committee.

In his spare hours Joe takes part in the various activities of the Catholic Youth Council.

He's the son of Mr. and Mrs. Peter Gallo of Bellevue.



JOSEPH GALLO
. . . a future doctor
Sun-Telegraph Photo

## Brick Throw Panel Named

Judges have been named for the "Miss Brick Throw" finals to be held by KDKA radio's "Corvette and Company" Nov. 8 at 8:30 p. m. at Syria Mosque.

The panel includes Pittsburgh Pirate pitcher Roy Face; American Wind Symphony conductor Robert A. Boudreau; Mrs. Ginger Carlson, Mrs. Pennsylvania; Earl Wheeler, and Carmel Kenny, regional chief stewardess for Capital Airlines.

They will select the winner who will receive dozens of prizes valued at more than $1,000. Included are a New York trip for two, a 1959 Studebaker with a variety of services and accessories and numerous other awards.

## Provides Tulips For Tip-Toeing

Thanks to the Sophomore Class, Mt. Lebanon Highers can go tip-toeing through the tulips come spring.

The class just planted tulip bulbs as a special project. Last year it spelled out "Lebo" in crocuses.

## Newest LPs Introduced

Two of the local record companies featured forthcoming LPs at cocktail parties last Tuesday night at the Carlton House.

Vera Cuppis of Decca Records hosted a party to introduce the new Everest line which features albums by Charlie Barnett, Raymond Scott, Tito Puente, Andy Sannella and Woody Herman.

At the same time, Herb Cohen of Aster Records featured a preview of the forthcoming MGM Records in a specially prepared color film which met with much acclaim from the invited guests.

To the Teens' Taste

## This Football Queen To Rule in Furs

Mama, mama, mama, pin a hot water bottle on me, for I'm to be football queen.

Most football queens turn a royal blue these frosty nights as they receive their crowns outdoors in filmy white ball gowns.

Not at Baldwin High, though. Her Majesty, Queen of Senior Recognition Night on Friday, will wear a cozily regal fur coat borrowed from a district merchant.

So will her two attendants.

**ALL THREE NAMES** in the royal party will be kept secret until a special pep assembly on Friday afternoon.

Early in the evening, their toasty-warm highnesses will be driven through the streets in open convertibles behind the screaming sirens of the Baldwin police.

Just before game time, they'll be driven on to the football field through a human runway made up of seniors, the band, the Highlanders and Baldwin's new all-girl drill team, the Heatherettes.

**AT HALF TIME,** after performances by both Baldwin's and Washington High's (the opposition) bands and a fast-stepping revue by the Heatherettes, they'll light up the sky with fireworks.

Besides rockets' red glare, a special set piece will spell out "Best Wishes, Class of '59."

After the game is over, everyone will take off for the Queen's palace-for-a-night, a gaily-decorated room in the Baldwin Community Methodist Church.

General chairmen of the activities include Mike Abber, Louis Pallone and Rege O'Neill of the Boys Pep Club, and Carol Grossman, president of the Girls Pep Club.

Miss Patricia Watt is faculty sponsor.

## What Teens Are Reading

If you're wondering what to read, take some cues from the rest of the crowd. Carnegie Library reports the twenty-five books most in demand recently include the following ten, in the order given:

1—Red Badge of Courage, by Stephen Crane
2—Wuthering Heights, by Emily Bronte.
3—Married on Wednesday, by Anne Emery.
4—Cheaper by the Dozen, by Frank Gilbreth.
5—War of the Worlds, by H. G. Wells.
6—My Left Foot, by Christy Brown.
7—The Seventeen Book of Young Living, by Enid Haupt.
8—The Warren Spahn Story, by Milton J. Shapiro.
9—Gone with the Wind, by Margaret Mitchell.
10—Lord of the Sharks, by Franco Prosperi.

## KDKA Stereo Anniversary

"Washington and Lee Swing," as performed by Harry Zimmerman and his brass band will add a collegiate flavor to "Stereo: New Horizons in Sound" tonight at 7 p. m. on KDKA AM and FM.

Featured artists on the stereophonic program, marking its first anniversary on KDKA, will include Nat King Cole, Duke Ellington and the Italian Pepi Orchestra, conducted by Arthur Fiedler.

John Stewart is host for the hour-long session of stereo tapes.

### Senior Play

The senior class of Zelienople High School will present its annual class play, "Arsenic and Old Lace," in the school auditorium at 8:15 p. m., Thursday.

EMMY LOU By Marty Links

"Dad, can I come home a little later from the dance than you said? I don't think we're going to get there on time!"