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Miss Holland is a 'first'

Karen Denese Holland, a 1974 graduate of Walbrook High School, entered Frostburg (Md.) State College last September with a major in music and dramatics.

Along with her academic work, she soon found additional interests in the Music and Drama departments where she became an eager and active participant.

She was featured in major roles of plays at the college and participated as guest soloist in a community church.

Later Miss Holland was auditioned, along with students of several other states as possible prospects to join the group of players known as The Nettle Creek Players.

Karen was selected. She is the first and only black, in this group of 40 players based out of Hagerstown, Ind.

This year under the direction of Ron Wacholtz, the Nettle Creek Players, Inc. became a non-profit educational organization. It offers college credit in music, theatre, and journalism.

This season four Broadway musicals will be performed. The playbill includes, "Lil Abner," "Sweet Charity," "Man of La Mancha," and the "King and I."

KAREN HOLLAND
Needle Creen plyer

Karen is the daughter of Mrs. Joyce Holland and Walter Holland, both of this city. She is a member of Whitestone Baptist church.

Vernon Sparks, Crownsville psychologist, feted by friends

By Eloise Richardson
AFRO Correspondent

ANNAPOLIS, MD. - Vernon Wellington Sparks, a psychologist who pioneered as the first black person in his profession on the staff of Crownsville State Hospital, was honored by the hospital, family, friends and former co-workers recently at a buffet supper.

The occasion was the observance of his retirement after 26 years of service which began in September, 1948. The program, entitled "This Is Your Life," depicted events and happenings in his life during his college days, his stint in the U. S. Army and his career.

Those who paid tribute to him were Dr. and Mrs. Bryan Campden-Main, co-directors of the Marital Sexual Therapy Institute at Fairfax, Va., Dr. Alcides Pinto, director of Psychology and Research at Crownsville; his wife, Mrs. Thelma Sparks, supervisor of Mathematics, Anne Arundel County School System.

Also Dr. Ralph Ming, Mr. Stewart Pennington, Dr. Joseph Griffin, Justin Hamer, a son, Vernon, Jr.; Mrs. Edith Hellerman, Medical Records librarian, Dr. George McKenzie Phillips, superintendent; Mrs. Gwendolyn Kirkland, psychologist; Dr. James Ballard, Unit Administrator; Thomas E. Arthur, Unit Coordinator and Dr. Gregory Mestanas, program director, Alcoholic Unit, all of Crownsville Hospital Center.

The invocation was given by this writer librarian of Crownsville, and music was by Licyndiana. Mrs. Hilda Koehlein, director of Adult Education was toastmater.

The hospital family presented Mr. Sparks with a gift of appreciation, a golf bag, golf shoes and a golf ball retriever.

The following citations were presented:

Governor Marvin Mandel: "Be it known that on behalf of the citizens of this state, in recognition of more than 26 years of loyal and dedicated service to the state of Maryland, with particular acknowledgment of your outstanding work as chief of Psychological Services at Crownsville Hospital Center; and as an expression of appreciation and best wishes, we are pleased to confer upon you, this Certificate of Distinguished Citizenship." Citations also came from Dr. Phillips.

Relatives present were his mother, Mrs. Azalae Sparks; mother-inlaw, Mrs. Geroge Macklin, Petersburg, Va.; sister-in-law, Mrs. Mildred Jackson, Petersburg; Mrs. Charles Harden and Mrs. Marjorie Perkins, both of Wash., D. C.

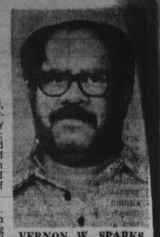
Also a brother-in-law Russell Macklin, Hartford, Conn.; son and daughter-in-law, Mr. and Mrs. Roy Sparks; Gary Sparks, son.

Other relatives Mr. and Mrs. Alwyn Jackson and Mr. and Mrs. Willie Ellison all of Wash., D. C. and Mrs. Margaret Jackson of Hartford, Conn.

During his career, Mr. Sparks was successful in organizing and conducting many "firsts" in the field of psychology as well as in other areas. Having the vision to foresee the need for bringing about the coordination of programs in the community in connection with the hospital, now named Crownsville Hospital Center, early in his career he began affiliations with an outpatient clinic, the Wall Street Clinic, Charles Street Clinic and Howard Street Clinic in Baltimore.

He also conducted a unification program in St. Mary's County.

Mr. Sparks established the first research psychologist position at Crownsville, set up the Alcoholic Anonymous program in Anne Arundel County, supervised the first school program for children, and started the first recreation program at Crownsville by arranging for the children in the Winterode School to make regular trips to Carr's Beach. In addition he served as an interim personnel manager, and through him, the first person to set up a Recreation Department was hired.



VERNON W. SPARKS
retired with 26 years service from Crownsville State Hospital

Having a modest personality, Mr. Sparks, in his quiet way, served in many other capacities as a useful person in community and educational situations.

As an instructor he taught at Howard University in the Psychology Department and the School of Medicine, and also taught in the Psychology Department of Morgan State College.

He served as a member of the Executive Council of the Md. Psychological Association and on the Maryland Board of Examiners of Psychologists from 1972 to 1975, appointed by Gov. Mandel. He was elected president in 1974.

Currently he is a member of the Advisory Board

(Continued on Page 36)

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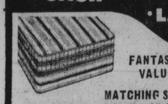

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Home canning is process which must be done expertly

By Michele L. McKee
Reflections Staff Writer

EDITOR'S NOTE: This article is the second of a seven-part series on how to safely can and freeze fruits and vegetables. This week's article deals with the safety precautions used in home canning. Next week: directions for canning fruits, tomatoes and pickled vegetables.

To offset the steady rising food costs, many people are turning to home grown fruits which can't be eaten or given away is usually canned.

Home canning provides safe, inexpensive, quality products if fruits and vegatables and especially tomatoes have been carefully selected and properly processed.

Improper canning may result in botulism, a food poisoning which may cause death. Botulism is caused by the toxin formed during the growth of the bacteria, clostridium botulinum. This may result from improper processing.

Organisms that cause food spoilage, such as molds, yeasts, and bacteria are always present in the air, water, and soil. Enzymes that may cause undesirable changes in flavor, color, fruits and vetagbles.

When canning fruits and vegtables you heat them hot and long enough to destroy spiolage organisms. This heating also stops the action of enzymes. Processing is done in either a boiling-water-bath canner or a steam-pressure canner. The kind of canner that should be used depends on the kind of food being canned.

Right Canner

For fruits, tomatoes, and pickled vegatables, use a boiling-water-bath canner. You can process these acid foods safely in boiling water.

For all other vegetables, except tomatoes, use a steam-pressure canner. To process these low-acid foods safely in a reasonable length of time takes a temperature higher than that of boiling water.

AT Top: — Two piece consisting of flat metal lids in combination with metal screwbands are commonly used for sealing jars. The flat metal lid should be used only once. Bottom: After jars of processed food have cooled, press the center of the flat metal lid to determine if the lid has sealed. If it won't move, it has. Jars sealed with procelain-lined zinc caps should not leak when turned partly over in the hands.

A pressure saucepan equipped with an accurate indicator or gage for controlling pressure at 10 pounds (240 degrees F.) may be used as a steam-pressure canner for vegetables in pint jars or No. 2 tin cans. If you use a pressure saucepan, add 30 minutes to the processing time given for specific vegetable.

Equipment Preparation

For safe operation of your steam-pressure canner, clean petcock and safety-valve opneings by drawing a string or narrow strip of cloth through them. Do this at the beginning of canning season and often during the season.

Check pressure gage for accuracy for it is necessary to get the processing temperatures needed to make food keep, and remember that a weighted gaged needs to be throughly clean.

A dial gage, old or new should be checked before the canning season, and also during the season if you use the canner often. If your gage is off by five pounds or more, you'd better get a new one. But if the gage is not more than four pounds off, you can correct it while processing.

Remember to wash canner kettle well if you have not used it for sometime. Don't put cover in water, wipe it with a soapy cloth, then with a damp, clean cloth. Dry well.

Water-bath canners are available on the market, but any big metal container may be used as a boiling-water-bath canner if it is deep enough so that the water is well over tops of jars and has space to boil freely.

Allow 2-4 inches above jar tops for brisk boiling. The canner must have a tight-fitting cover and a wire or wodden rack. If the rack has dividers, jars will not touch each diher or fall against the sides of the canner during processing.

If a steam-pressure canner is deep enough, you can use it for a water bath. Cover, but do not fasten. Leave petcock wide open, so that steam escapes and pressure does not build up inside the canner.

Containers

When using glass jars, be sure all jars and closures are perfect. Discard any with cracks, chips, or rust; defects prevent airtight seals.

Select the size of closure, widemouth or regular, that fits your jars.

Wash glass jars in hot, soapy water and rinse well. Wash and rinse all lids and bands. Metal lids with sealing compound may need boiling or holding in boiling water for a few minutes, follow the manufacturer's directions.

If you use rubber rings, have clean, new rings of the right size for the jars. Don't test by stretching. Wash rings in hot, soapy water. Rinse well.

If you desire to use tin cads select the type tnd size. Three types of tin cans are used in home canning: Plain tin, C-enamel (cidn enamel), odd R-enamel (sanitary ir standard enamel).

Selectig Contents

Choose fresh, firm fruits an young, tender vegetables. Can them before they lose their freshdess.

If pou must hold them, keep them in cool, airy place. If yiu buy fruits and vegetobles ti can, try to get them from a garden or orchard.

For best quality in the canned product, use only perfect fruits and vegetables. Sort them for size and ripeness; they cook more evenly that way.

Wash all fruits and vegetables thoroughly, whether or not they are to be pared. Lift the food out of water each time so dirt that has been washed off won't go back on the food. Rinse pan throughly between washings.

Don't let fruits or vegetables soak; they may lose flavor and value. Handle them gently to avoid bruising.

Most raw fruits and vegetables should be packed tightly into the container because they shrink during processing; a few—like corn, lima beans, and peas — should be packed loosely because they expand.

Hot food should be packed fairly loosely. It should be at or near boiling temperature when it is packed.

There should be enough syrup, water, or juice to fill in around the solid food in the container and to cover the food. Food at the top of the container tends to darken if not covered with liquid. It takes from ½ to 1½ cups of liquid for a quart glass jar or a No. 2½ tin can.

With a few exceptions, some space should be left between the packed food and the closure. The amount of space to allow at the top of the jar or can depends on product being canned.

There are two main types of closures for glass jars, metal screwband and flat metal lid with sealing compund and porcelain-lined zinc cap with shoulder rubber ring.

To use the first type, wipe jar rim clean after produce is packed. Put lid on, with sealing compound next to glass. Screw metal band tight by hand. When band is tight, this lid has enough give to let air escape during processing.

Do not tighten screw band further after taking jar from canner.

The second type canner can be used by first fitting the rubber ring down on jar snoulder, but don't stretch much. Fill jar; wipe rubber ring and jar rim clean. Then screw firmly and turn it back ¼ inch. As soon as jar is taken from canner, screw cap down tight to complete sealing.

The rest is quick and simple. Cool tin can by placing them into cold water and jars by sitting them upright on a rack.

Label products and store them away.

Food clips

Mature dry legumes — dry peas and members of the bean family including navy, pinto, and soybeans — are outstanding among the vegetables for the protein they contain, according to the U.S. Department of Agriculture home economists.

* * *

Maximum storage suggested for commercially frozen asparagus, beans cauliflower, corn, peas, and spinach is about 8 months. But retaining high quality depends on the kidd of vegetables and condition at time of purchase — whether it is stored at zero degrees or less.

* * *

Cover potatoes with water to prevent darkening after paring. Long soaking of most vegetables, however, is not desirable because some nutrients dissolve in the water.

* * *

Chop herbs very fine to allow some of the flavoring oils to escape. Heat chopped herbs in melted butter and add to vegetable after it has been cooked, say USDA home economists.

* * *

Try Curry powder with creamed vegetables.

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