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# Watchers mark 10 years of programs

Weight Watchers programs are now beginning their second decade in this area. Eight Watchers of Eastern Michigan, Inc. and Weight Watchers of Central Michigan, Inc. celebrated their 10th anniversary with a recent dinner-dance.

The anniversary celebration honored Dr. William H. Sabrel, medical director of Weight Watchers International, Inc. for his contributions to the program and his work on the nutrition and obesity fields.

Florine Mark, area director, opened her first Weight Watchers class in Detroit 10 years ago. Twenty people attended that first class. Today nearly 30,000 members attend over 300 weekly classes.

Mrs. Mark of Farmington, is an example of the modern woman who successfully pursues the dual role of businesswoman and housewife mother.

Born in Detroit, she was among the countless thousands of Americans, both men and women, who fight the constant battle against excessive weight. Being raised in a typical, love-filled home by parents who sought only contentment for their daughter, Florine Mark was "packaged" with good food, "rewarded" with taste treats and fed on a diet of "good home cooking" to the end that she began her young adult life pleasantly plump and added to her problem as she added to her years.

While suffering from an allergic reaction to the diet pills she was taking during 1965, Mrs. Mark came across a magazine article relating the remarkable success that many New Yorkers were achieving, losing weight and keeping it off without the use of any pills.

At the same time, a chance meeting with a woman from New York who had lost 100 pounds with the Weight Watchers Program caused Mrs. Mark to become more and more interested in learning everything about this unique program. She decided to seek out the details at the New York headquarters of the Weight



FLORINE MARK

## Flight training offered women

Women selected for Air Force pilot training will begin training in August at the Officer Training School (OTS), Lackland Air Force Base, Texas.

A spokesman for Air Force Recruiting Detachment 504 at Selfridge Air National Guard Base said that the training, which begins Aug. 26, will consist of 18 days of academic work at the Lackland AFB Annex. Flying training will be conducted at nearby Fort Worth, Municipal Airport in the Cessna T-41, Cessna single-engine aircraft.

Ten women are scheduled to report Aug. 23 for three days of introductory, medical and briefing activities. During training the student pilots will make 11 flights, totaling 14 hours and will fly solo on the ninth flight. They will complete the same training program as men pilot trainees and will meet the same medical and physical standards.

The recruiting spokesman added that all Air Force pilots must first be commissioned as officers in the OTS program or through the Reserve Officer Training Corps. As such, they must also have at least a bachelors degree from an accredited college or university.

Persons interested in Air Force training opportunities should contact their local Air Force recruiter, he said.

## PWP plans conference

"Feelings" will be the theme for the Eastern Michigan Regional Conference of Parents Without Partners, scheduled Aug. 13-14, in the Sheraton-Southfield Hotel, 17017 West Nine Mile.

The gathering will begin with a Friday 12th dance, 9 p.m. to 1 a.m., with music by the Springing Sultan. That event will cost members \$3 and guests \$4. Saturday's program includes a 10 a.m. business meeting, a president's lunch at 1 p.m. and two afternoon workshops.

A regional dinner at 7 p.m. will be followed by a regional dance, with music of the Crestwoods.

Members and prospective members of PWP, an organization for all single parents, may attend the entire program or any part of it.

For reservations, information and costs, call Jan Hensley, 565-2197.

## Coolers count

Milkshakes may just be the happiest answer yet for quenching that summer thirst. Use your blender or mixer or just shake the ingredients in a jar with a tight fitting lid. Five a peachy cooler combine two cups of milk, one half pint peach ice cream, and two tablespoons peach preserves and stir slowly.

## Chicken portions

You need approximately three quarters of a pound of chicken per serving. A three-pound bird yields four servings and a two-pound bird yields two servings.

Watchers organization. In January of 1966 she went to New York and stayed long enough to attend classes where she learned about the program.

In a matter of weeks, Mrs. Mark had lost more than 40 pounds and found it necessary to replace her size 18 wardrobe for more fashionable and flattering sizes. She was determined to bring a similar opportunity to anyone who would hear her story and share her experience.

While large membership and an extensive class schedule entails the operation of a business that includes an impressive

number of employees and vast amount of activity, Mrs. Mark does not limit her work to members.

She is frequently seen on leading television programs as a guest authority of weight control, she often appears as an invited speaker for both male and female fraternal and charitable groups and she writes a weight control column for many newspapers.

In addition, she still finds time to take an active part in United Foundation drives and contributes her efforts to the Cancer Foundation, the March of Dimes, as well as other worthwhile community activities.

## Make it melon

Elegantly easy desserts start with fruit flavored ice cream or sherbet. Fill half a cantaloupe with raspberry sherbet and top with a sprig of mint. Lime sherbet in a honeydew melon tastes as cool as it looks.

## Sauce for fish

Grate some grapefruit rind and add about one-half teaspoon, some fresh grapefruit juice and herbs to a butter sauce for fish. It's tart and delicious.

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