

MacKinnon and Ciotti launch MC Catering Co.

By LORAIN McCLISH

Two young men who spent a year in Europe studying the culinary arts, are back in the Detroit area now launching a gourmet catering business.

The partnership of chefs is made up of Tom MacKinnon, a Farmington Hills resident, and Terry Ciotti of Livonia. The two met one another while they were both students in Schoolcraft College's food services department.

"We will specialize in small gourmet parties for from five to 50 persons," MacKinnon said. "We will do complete buffets, wedding cakes, take individual orders for individual tastes, and we do ice carvings for your centerpiece."

While MacKinnon was at School-

craft, he won a prize for his Liberty Bell centerpiece, carved of tallow, but says he prefers working in ice. One of his ice sculptures, called "Wings" was made for the Beatles.

In the new catering business, called MC Catering, MacKinnon will carve whatever is requested, appropos to the party theme, for a centerpiece up to four feet tall.

"It will be decorated with flowers and come with a light," he said, "and will look good for you for about eight hours."

CIOTTI has a full time job now as pastry chef in Southfield's Raleigh House. On MacKinnon's return from Europe, he took on the job of head chef at "The Pool," in Fairlane Manor on University of Michigan-

Dearborn campus "to give it a little class," he said.

There, he slowly revamped the soup and sandwich menu into a full-fledged all-French cuisine.

"The microwave oven was the first thing to go," said the nutrition-conscious MacKinnon. "No good kitchen has one."

Then went the canned foods, replaced by a daily delivery of fresh produce, another "must" in a good kitchen, the two partners agree.

These thoughts were repeated over and again in MacKinnon's columns, sent for publication in the Farmington Observer & Eccentric, while he and Ciotti were traveling and studying in some of the best kitchens in Europe.

During their European apprenticeship, the two served on the American team of chefs in the International Culinary Olympics.

MC CATERING is a long time dream of the two chefs who hope, ultimately, to be a French pastry and ice cream business.

"It will not just be good, but be excellent," MacKinnon said, "sold for a price everyone can afford."

"We want to share what we have. Everybody should be able to have the very best at a moderate price."

MacKinnon will be in charge of the cuisine; Ciotti in charge of pastries, in MC Catering. Inquiries will be taken by calling 474-7685.



Tom MacKinnon carved this ice sculpture, called "Wings" for Paul McCartney and Wings, duplicated from the group's logo.

Heart unit director says

'I can't look the other way'

By ARLENE VANDERLEUN

Getting involved and helping people is a way of life for Garden City's Mary Longsdorf, the new public relations director of the Western Wayne County Heart Unit.

"She made her career choice early and never wavered. I decided when I was six years old to be a nurse, and that was that."

She prepared herself well. As a student at John Glenn High School in Westland, where she grew up, Mrs. Longsdorf was the president of the Future Nurses Club. The club members, mostly girls planning a career in nursing, took fruit baskets to senior citizens and toured local nursing schools.

"When I was 16, I became a Candy Stripper at Wayne County General Hospital," she said. "It was my dad's idea that I find out if I really like nursing." She wore a pink and white striped uniform and finked ice water for the patients, wrote letters for them and ran errands for the nurses.

After attending Schoolcraft College, she became a registered nurse and went to work at Wayne County General in Westland. She eventually was assigned to the coronary care unit and became interested in finding out more about the sophisticated heart monitoring units.

"I asked a lot of questions and learned a lot," she said.

Mrs. Longsdorf began doing volunteer work at the Western Wayne County Heart Unit after taking a series of coronary care courses the unit offered. That was about two years ago.

"I've been here ever since," she laughed.

One important heart unit project she became involved in was taking blood pressure readings. Undetected, untreated hypertension or high blood pressure is a major contributing factor in heart attacks and strokes. Her work involved urging persons with an elevated blood pressure to see their physician, and then following up with a phone call to make sure they did.

"People with hypertension often stop taking their medicine because they feel good, but they should continue taking it until their physician says it is okay to stop," she noted.

As a member of the CPR committee, Mrs. Longsdorf instructs both professional and lay persons in cardiopulmonary resuscitation (CPR) and emergency lifesaving technique. "Our goal is to teach as many people as possible the correct method of CPR."

According to the Michigan Heart Unit, CPR is highly effective in resuscitating the victim if started immediately—within minutes of the attack. The longer time elapses between the victim's collapse and the beginning of CPR, the greater likelihood that brain damage will result. Sometimes, however, damage is so massive that the victim cannot be revived.

Like so many other people, Mrs. Longsdorf has been personally touched by heart disease.

When it was discovered that her father had a bad heart, she didn't accept it. "He was my dad, my best

friend and confidante. He couldn't die."

Meanwhile, her father's mother collapsed and died of a heart attack one day while talking to friends, and his sister keeled over one morning after eating breakfast.

Her father's death from a heart attack in 1975, at the age of 58 devastated her.

She and her husband, R.B., and infant son Mark were watching television with her parents one evening when the attack occurred. "My husband had wanted to go home, but I wanted to stay and see the end of Columbus." Her father collapsed and Mrs. Longsdorf immediately began CPR and continued until the fire department arrived.

"A tremendous amount of adrenal and nervous energy are released while administering CPR," said Mrs. Longsdorf. "Knowing CPR gave me something constructive to do." She went to pieces when the fire department arrived and, at the hospital, lashed out at the doctors.

Ironically, she had taken her father to the hospital the day before with chest pains but, as often occurs, nothing had shown up on the tests.

Later she felt terribly guilty and depressed. "I'm a nurse and couldn't even save my own father," Grief-stricken and bitter, she resigned her position at the hospital. Wisely, the director of nursing allowed Mrs. Longsdorf a few weeks off work and then persuaded her to return to work in the coronary care unit.

She had mixed feelings about being there. "When I saw the patients, I thought of my father," Mrs. Longsdorf believes her own experience has made her more compassionate. For example, she was able to comfort the wife of a heart attack victim, who had suffered brain damage because

"I knew exactly how they felt."

"The family needs as much care and support as the patient. They need a chance to ask questions and to express their feelings."

Mrs. Longsdorf is temporarily retired from nursing while she remains at home, caring for son Mark, 2, and daughter Kathy, four months. Husband R.B. Longsdorf is a switchman at Michigan Bell in Dearborn.

But she expects to keep busy with her public relations and fund-raising duties for the heart unit, many of which she can handle from her own home. A full calendar of events is being planned as the heart unit prepares to move into new quarters at Wonderland Shopping Center in Livonia. The heart unit has been located at the Westland Community Center at Ann Arbor Trail and Middle Belt.

"Later we will have a fun, interesting, fund-raising event. People will be helping themselves, as the money will be used in the community."

Other new officers of the Western Wayne Heart Unit with whom Mrs. Longsdorf will be working, include Dr. John Conry, Livonia physician and president; Keith McLachlan, vice president and treasurer; Pat Wilson, fund-raising chairman; Ann Kiersey of Livonia and Joy Quinn of Garden City, co-chairwomen of the heart information center.

Also included are Steve Brackney, CPR chairman; Hank Goodman RPh of Botsford Hospital in Farmington Hills, hypertension chairman; Dr. William Ross, Plymouth physician in charge of professional education; Molly Evans of Redford Township and Joan Valente of Westland, post-coronary chairwomen; and Agnes Snow RPh of Botsford Hospital, board secretary.

"I feel a responsibility because I'm a nurse," said Mrs. Longsdorf. "I can't just look the other way."

Farmington Calendar

THE R DOCUMENT

Thursday, Aug. 4: "The R Document," by Irving Wallace, continues informal book discussions in Farmington Community Library, 23500 Liberty, at 7:30 p.m. No charge. Copies of "Cat's Cradle," by Kurt Vonnegut now available for discussion scheduled for Aug. 18.

BAVARIAN SYMPHONY

Monday, Aug. 8: Bavarian Youth Symphony on tour through Michigan stops at St. Agatha Catholic Church, 19650 Beech-Daly, Redford, for concert at 7:30 p.m., sponsored by Blue Lake Fine Arts Camp. Donation asked at the door.

LIBRARY BOARD MEETS

Thursday, Aug. 4: Board of Trustees of Farmington Community Library regular monthly meeting at 8 p.m. in Farmington Hills Branch, 32737 Twelve Mile. Open to all interested persons.

IMMUNIZATION CLINIC

Thursday, Aug. 11: Free oral polio and booster shots, plus shots for measles, rubella, mumps and TB tests for all children up to 18 years of age from 9 a.m. to 12 noon in First United Methodist Church of Farmington, 33112 Grand River, sponsored by Oakland County Health Department.

VACATION CHURCH SCHOOL

Monday, Aug. 8: Vacation church school runs from 9:15-11:45 a.m. through Aug. 12 in Hope Lutheran Church, 26715 Farmington Road, for children from 3 years old through seventh grade, and offers stories, films, songs, games, crafts and refreshments. Registrations are being taken now by calling the church office, 474-1135.

LET'S DANCE

Thursday, Aug. 11: "Let's Dance," music for listening or dancing for all generations with all types of music, staged by Farmington Community Jazz Band directed by Paul Barber at 8 p.m. in Oakland Community College Orchard Ridge Campus Building J, with refreshments. No charge.

Nursery accepting new enrollments

Family Life Nursery, located in North Congregational Church, in Southfield, is accepting applications for fall enrollment.

Four-year-olds will meet on Monday, Wednesday and Friday mornings, and three-year-olds on Tuesday and Thursday mornings.

Family Life is a cooperative nursery, non-sectarian and non-profit. Its certified teacher is Marilyn Nesbitt, of Birmingham.

The nursery strives to help the preschooler make a smooth adjustment from home to school and attempts to provide an atmosphere where the child can progress socially, emotionally and physically.

The co-op parent assists about 16 times per year, and attends monthly parent meetings. Car-pooling is popular, and a babysitter is available for younger siblings on assist days.

Applications will be sent on request. Call Connie Tressel, 559-8495.

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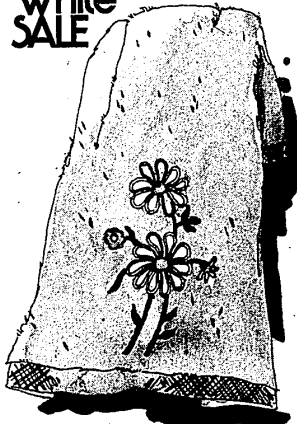
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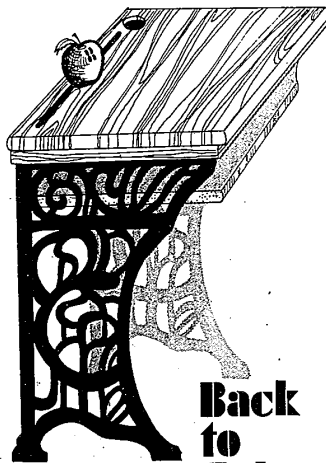


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