

Mitchell from page 1A

Planning commission business is not rife with contentious debate. In recent times, only two issues were particularly vexing: the proposed downtown clock tower and the T.J. Maxx expansion.

In both cases, the commission had to hear residents' complaints but were only allowed to rule on the site plans.

He likens council to a board of directors, setting policy and allowing the city manager to do his job. He commends City Manager Frank Lauthoff.

"I do believe there is a lot of consensus on the council," Mitchell said. "There's not a lot of issues that bring controversy."

What Mitchell said he can bring to the council is his extensive legal background. He worked in private practice before joining Lifetime Door Inc. in Farmington Hills 11 years ago.

Mitchell added that he can also tap his experience in business, especially in monitoring spending.

Not lost in his professional experiences are personal ones having lived in Farmington for 40 years. His family moved to Bel-Aire subdivision. His mother still lives there.

In his Floral Park neighborhood, Mitchell is seeing the influx

of younger families, who are buying older homes and fixing them up.

"It's a good sign," he said.

He graduated from Our Lady of Sorrows when it had a high school. He recalls running to downtown when he was on the track the day when the Farmington Dairy burned down.

He received his bachelor's degree from the University of Michigan and law degrees from the University of Detroit.

"I grew up in Farmington," he said. "I've seen a lot of changes over the years."



SHARON LEMIEUX/STAFF PHOTOGRAPHER

Taking care of business: Farmington Council candidate Jim Mitchell, who once practiced law, now tends to business with Sue Miller (center) and Robin Lessard at Lifetime Door Inc.

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Candidate sees city council as part of community work

BY LARRY O'CONNOR
STAFF WRITER

Jim Mitchell grew up here, still lives here, works here and volunteers here.

More than a political opportunity, the Farmington City Council candidate sees his election bid as another installment on his community service.

The 40-year resident started volunteering with the Farmington Area Jaycees and later became president of the Farmington Community Center, which is now the Longacre House.

When cable TV made its foray into Farmington, Mitchell joined the cable access committee.

He's been a member of the Farmington Planning Commission since August 1987.

"I think it's important for residents in the community to get involved in some fashion," Mitchell said. "I think that is what makes a good community."

These experiences allowed him to meet other council members,

"I think it's important for residents in the community to get involved in some fashion. I think that is what makes a good community."

Jim Mitchell

Farmington his home.

"I had a certain feeling when I came back to the city I wanted to do something for the city," Mitchell said. "I felt that since I had the opportunity to grow up in the community and enjoyed living here... I felt I wanted to get involved in the city."

Mitchell worked in general practice as an attorney, but wanted to venture into business. He joined Lifetime Door Inc. in Farmington Hills where he handles the company's legal affairs.

Coincidentally, the person Mitchell will be replacing on the city council is Dick Tupper, who is owner of Tupper Associates — a Farmington door and hardware company.

Mitchell plays golf regularly with a friend from high school. He has taken to the city I wanted to do something for the city," Mitchell said.

She likes politics... She encouraged me to run," he said.

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3. Do you have feelings of guilt and remorse after overeating?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you give too much time and thought to food?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is your weight affecting the way you live your life?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you use fasting, strenuous exercise, vomiting or laxatives to control your weight?	<input type="checkbox"/>	<input type="checkbox"/>
7. Have you tried to diet for a week (or longer), only to fall short of your goal?	<input type="checkbox"/>	<input type="checkbox"/>

If you answer "yes" to three or more of these questions, you may be a compulsive overeater. You are not alone. Millions of Americans suffer from this disease.

Compulsive overeating is a painful, relentless illness that interferes with every aspect of life. It is a disease that gets progressively worse if left untreated.

Weight gain often accompanies this illness. But not always. Many compulsive overeaters maintain normal body weight by strict diets, fasting, strenuous exercise, vomiting, or excessive laxative use. These methods are ineffective and medically dangerous.

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