



Jamie Atkinson works out with weights daily to keep in shape.

photos by SHARON LEMIEUX/staff photographer



As a personal trainer, Jamie Atkinson helps many who come into the Powerhouse Gym on

Halsted Road, including fellow employee Julie Boesch. Both are Farmington Hills residents.

The Hills are alive with the rippling of muscles

By Casey Hans
Staff writer

Jamie Atkinson is busy building his life, his career and his muscles.

The 1988 Catholic Central graduate and lifelong Farmington Hills resident was named Mr. Junior Michigan in the light-heavyweight division during the junior state bodybuilding championships at the Redford Theatre in Old Redford March 15.

High from the win, and enveloped by congratulations from friends and family, it was back to some tough training at the Powerhouse Gym on Halsted Road in Farmington Hills last week, as he decides whether to go for the Mr. Michigan title in June of 1992.

In addition to his recent win, Atkinson also carries the 1988 Mr. Teenage Michigan title. "Muscles is the name of the game," said the 21-year-old, who is also a junior at Madonna University in Livonia where he studies business. "You've got to get bigger, you've got to get better."

THE SATURDAY competition included various rounds, including one for symmetry, or excellence in form, another for muscularity, then an evening "pose-down" where competitors did self-choreographed posing routines to music. He trained for two hours each day for the past year to prepare for the contest.

"By the time the show came around, I was just focused on winning," he said. "The only thing I'm thinking about is what the judges are thinking."

Atkinson dropped hockey, a sport he played throughout his childhood and during his years at Catholic Central, and began a weight-lifting and body-building rou-

time when he was 16. The sport appealed to him, he said. "Bodybuilding was so individual. You're the coach, you're the trainer."

"I found something I really wanted to do, and it just worked out for me."

His inspiration was bodybuilder Rich Gaspari at the Pro Mr. World competition in Columbus in 1986. "He was there to win — he really inspired me," Atkinson said. "He won and his confidence just blew me away. That's when I decided to drop hockey and I said 'This is for me.'"

Atkinson hopes to expand into the pro bodybuilding circuit. He believes his business education and pumped-up lifestyle will blend into a great career. He currently works part-time as a floor person and a one-on-one personal trainer at Powerhouse Gym, and eventually plans to use his business education in a related field.

"I want to do a lot of other things," he said. "That's why I'm finishing school."

SINCE STARTING his bodybuilding, Atkinson has become more nutritionally aware and his lifestyle more healthy. He drinks no alcohol, eats no fast food, and drinks only fruit juice, water and a small amount of skim milk. He eats six 1,000-calorie meals per day, gets 8-10 hours of sleep, and prefers to work out in the morning when he can concentrate.

Family members, including sister Nancy, brother Keith, and parents Bridget and Jim Atkinson are proud of Jamie's accomplishments. "It wasn't easy — it's a lot of work," said Bridget, who works part-time in the Farmington Hills Police Department. "We've always let them (their children) go their own way and support them."

Farmingtons will welcome veterans of Desert Storm

By Susan Buck
Staff writer

Strike up the band. A joint welcome home celebration for military personnel who served in Operation Desert Storm and their relatives is planned for July 4. Dignitaries from both Farmington and Farmington Hills will do the honors, said Esther Frank, Farmington Hills community relations specialist.

A parade will proceed from Farmington Hills City Hall to Heritage Park for a ceremony there.

"The Farmington area did not have a lot of military personnel," Frank said. "The focus is on people who were in Operation Desert Storm."

'We're gathering the names of relatives who have served.'

— Aldo Vagnozzi
Farmington Hills mayor

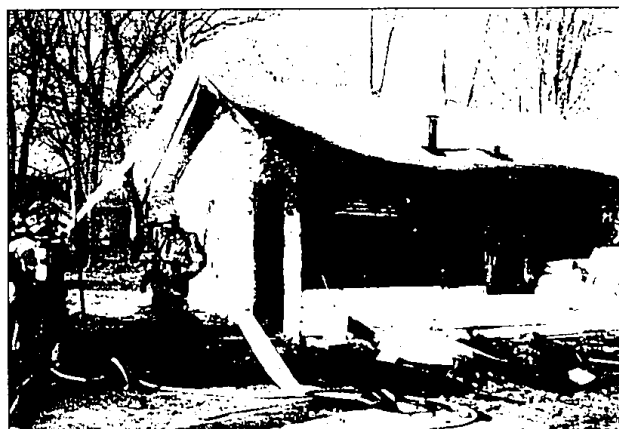
She estimates there might be 55-60 military people who served in the Gulf war.

FRANK is also putting together wording for an inground plaque. "We're gathering the names of relatives who have served," said Farmington Hills Mayor Aldo Vagnozzi. "The city is still accepting names of anyone we don't have. I've asked

(Farmington Hills councilman) Terry Sever to be in charge. Sever could not be reached for comment.

"Friends for Freedom is doing a lot of the nitty-gritty work," Frank said.

Those wishing to submit names may call Judith Varzan, Friends for Freedom, at 553-4641 or Frank at 473-9582.



PETER BALDWIN

Suspicious fire

Farmington Hills police and fire officials are investigating a fire that broke out about 4:47 p.m. March 19 at 21362 Jefferson. The cause

of the fire, which gutted the house, is listed as suspicious. When firefighters arrived they found fire coming through the front door.

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