

2016 First Extraordinary Session

HOUSE RESOLUTION NO. 6

BY REPRESENTATIVE LANCE HARRIS

COMMENDATIONS: Commends Ashley Mitchell upon her significant powerlifting achievements

1 A RESOLUTION

2 To commend Ashley Mitchell upon her significant powerlifting achievements.

3 WHEREAS, it is appropriate to acknowledge and celebrate the wonderful
4 achievements of Ashley Mitchell, an outstanding member of the Alexandria Senior High
5 School Lady Trojans powerlifting team; and

6 WHEREAS, Ashley Mitchell has brought honor to herself, her family, her friends,
7 her school, the city of Alexandria, and the entire state of Louisiana with her hard work and
8 dedication which helped the Lady Trojans capture their twentieth state powerlifting title and
9 finish second in the USA Powerlifting Nationals; and

10 WHEREAS, Ms. Mitchell also played a key role in helping the United States Girls'
11 National Team win the 2015 International Powerlifting Federation Sub-Junior Nationals in
12 Prague; she won her weight class and set a pair of world records in the international
13 competition lifting a total of 345.5 kilograms (761.69 pounds, a world record) to capture the
14 43 kilogram class and finishing first in bench press with 72.5 kilograms (159.8 pounds), first
15 in deadlift with 148 kilograms (326.3 pounds, a world record), and second in the squat with
16 125 kilograms (275.6 pounds); and

17 WHEREAS, after graduating from high school, Ms. Mitchell plans to attend college
18 in Texas, where she will continue powerlifting with hopes of becoming a professional; and

19 WHEREAS, the strength of our communities in Louisiana and the overall vitality of
20 American society depend in great measure upon the talents and dedication of young people
21 like Ashley Mitchell; and

1 WHEREAS, it is most appropriate that a sincere and heartfelt measure of
2 commendation be extended to the extraordinary Ashley Mitchell and that her success be
3 celebrated by the Louisiana House of Representatives.

4 THEREFORE, BE IT RESOLVED that the House of Representatives of the
5 Legislature of Louisiana does hereby commend Ashley Mitchell upon her exceptional
6 powerlifting achievements; does hereby recognize and record for posterity her notable
7 accomplishments; and does hereby extend best wishes to Ms. Mitchell for continued success
8 in her powerlifting career.

9 BE IT FURTHER RESOLVED that a suitable copy of this Resolution be transmitted
10 to Ashley Mitchell.

DIGEST

The digest printed below was prepared by House Legislative Services. It constitutes no part of the legislative instrument. The keyword, one-liner, abstract, and digest do not constitute part of the law or proof or indicia of legislative intent. [R.S. 1:13(B) and 24:177(E)]

HR 6 Original

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Lance Harris

Commends Ashley Mitchell upon her significant powerlifting achievements.