

2016 First Extraordinary Session

HOUSE RESOLUTION NO. 6

BY REPRESENTATIVE LANCE HARRIS

A RESOLUTION

To commend Ashley Mitchell upon her significant powerlifting achievements.

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

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

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

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

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

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

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

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

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SPEAKER OF THE HOUSE OF REPRESENTATIVES