

By Senator Saunders

37-221A-04

1 Senate Resolution No. ____

2 A resolution recognizing and commending Doris
3 McConnaughey.

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5 WHEREAS, Doris McConnaughey, a 72-year-young Cape Coral
6 resident who took up weightlifting 5 years ago at age 67,
7 placed 2nd in women's masters 50-plus weightlifting events
8 held in Washington, D.C., Tampa, and St. Petersburg during
9 2001, won the Florida Bench-Press Championship in the 70-74
10 age class at Lakeland in 2002, and won the Southern States
11 Bodybuilding Championship for women 50 years of age or older
12 in August 2003, and

13 WHEREAS, Doris, who trains at the Health and Strength
14 Gym in Cape Coral for at least 1 hour a day, 6 days a week,
15 has won 19 trophies in weightlifting and bodybuilding
16 competitions after beginning the sport of weightlifting as a
17 means of building muscle mass and increasing bone density to
18 combat osteoporosis, and

19 WHEREAS, Doris continues her dedicated commitment to
20 weightlifting and bodybuilding and promotes the importance of
21 physical fitness for good health to the people of Cape Coral,
22 Lee County, and the State of Florida by demonstrating the
23 benefits that result from making physical exercise a regular
24 part of daily life, NOW, THEREFORE,

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26 Be It Resolved by the Senate of the State of Florida:

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28 That the Florida Senate recognizes and commends Doris
29 McConnaughey for her extraordinary achievements in
30 weightlifting and bodybuilding and for demonstrating to the
31 people of this state the benefits of physical exercise.

1 BE IT FURTHER RESOLVED that a copy of this resolution,
2 with the Seal of the Senate affixed, be presented to Doris
3 McConnaughey as a tangible token of the sentiments of the
4 Florida Senate.
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