

Senate Resolution 19EX1

By: Senator James of the 35th

A RESOLUTION

1 Honoring Mr. James E. McClain, Jr., on the occasion of his sixtieth birthday celebration; and
2 for other purposes.

3 WHEREAS, James E. "Mack" McClain, Jr., is an outstanding citizen who has served well
4 his fellow citizens as a role model and advocate for issues relating to health and wellness;
5 and

6 WHEREAS, he was born in Atlanta on August 7, 1941, and was educated in the Atlanta
7 Public School System and at Morris Brown College; and

8 WHEREAS, for over 40 years, he has been an exceptional teacher, mentor, and motivator
9 in communicating the important message of regular exercise and good nutrition as essential
10 factors in maintaining health and living a full life; and

11 WHEREAS, so far, he has reached and influenced three generations of Atlantans with his
12 fitness message; and

13 WHEREAS, he enjoyed a 17 year career with the City of Atlanta, during which time he
14 worked with great success to train, educate, motivate, and guide others to better fitness levels
15 and to healthier lives; and

16 WHEREAS, in 1983, he became a member of the southwest Atlanta business community as
17 owner and manager of Mack's Fitness Center; and

18 WHEREAS, over the years, he has coached little league teams in football, basketball, and
19 softball, championship teams in volleyball, table tennis, tennis, weightlifting, basketball, and
20 track; and

1 WHEREAS, for 22 years, he organized and hosted an annual fitness show, which
2 challenged adults to achieve their highest and their best in physical and mental fitness; and

3 WHEREAS, in recognition of his contributions and his efforts to make the world a better
4 place, he has been featured in Essence magazine and twice in the Atlanta
5 Journal-Constitution.

6 NOW, THEREFORE, BE IT RESOLVED BY THE SENATE that the members of this body
7 recognize and honor James E. "Mack" McClain, Jr., a quintessential leader, businessman,
8 mentor, father, grandfather, friend, and role model for healthy living and extend to him best
9 wishes on the happy occasion of his sixtieth birthday celebration.

10 BE IT FURTHER RESOLVED that the Secretary of the Senate is authorized and directed
11 to transmit an appropriate copy of this resolution to James E. McClain, Jr.