

NEW MEXICO OIL CONSERVATION COMMISSION

Santa Fe, New Mexico

HOBBS OFFICE OCC

MISCELLANEOUS NOTICES

Submit this notice in TRIPLICATE to the District Office, Oil Conservation Commission, before the work specified is to begin. A copy will be returned to the sender on which will be given the approval, with any modifications considered advisable, or the rejection by the Commission or agent, of the plan submitted. The plan as approved should be followed, and work should not begin until approval is obtained. See additional instructions in the Rules and Regulations of the Commission.

Indicate Nature of Notice by Checking Below

NOTICE OF INTENTION TO CHANGE PLANS		NOTICE OF INTENTION TO TEMPORARILY ABANDON WELL		NOTICE OF INTENTION TO DRILL DEEPER	
NOTICE OF INTENTION TO PLUG WELL		NOTICE OF INTENTION TO PLUG BACK		NOTICE OF INTENTION TO SET LINER	
NOTICE OF INTENTION TO SQUEEZE		NOTICE OF INTENTION TO ACIDIZE		NOTICE OF INTENTION TO SHOOT (Nitro)	
NOTICE OF INTENTION TO GUN PERFORATE		NOTICE OF INTENTION (OTHER)		NOTICE OF INTENTION (OTHER) To Fracture	X

OIL CONSERVATION COMMISSION
SANTA FE, NEW MEXICO

Breckenridge, Texas

(Place)

4-27-55

(Date)

Gentlemen:

Following is a Notice of Intention to do certain work as described below at the **Livermore State J**

Graridge Corporation

(Company or Operator)

Well No. **4** in **N**

SE $\frac{1}{4}$ **SW** $\frac{1}{4}$ of Sec. **6**, T. **13**, R. **32**, NMPM., **Caprock** Pool

(40-acre Subdivision)

Los County.

FULL DETAILS OF PROPOSED PLAN OF WORK
(FOLLOW INSTRUCTIONS IN THE RULES AND REGULATIONS)

**Plan to fracture formation using high volume, high velocity
treatment down casing.**

Treat from 3034-3059. 5 1/2" set at 3020'.

MAY -2 1955

Approved....., 19.....
Except as follows:

Approved
OIL CONSERVATION COMMISSION

By **J. G. Stanley**

Title **Engineer District**

Graridge Corporation

Company or Operator

By **O. K. Kean**

Position **Production Superintendent**

Send Communications regarding well to:

Name **Graridge Corporation**

Address **Box 752, Breckenridge, Texas**

...and the fact that the *Journal* is a journal of the American Psychological Association, the largest and most influential organization in the field of psychology, is a testament to the journal's impact on the field.

1. *Phragmites* (common)

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 10-week training program consisting of three sessions per week. The control group did not exercise. The HR and HRR were measured at rest and during maximal exercise at the beginning and end of the 10-week period. The results showed that the exercise group had a significant decrease in HR and HRR at rest and during maximal exercise compared to the control group. The control group had no significant change in HR and HRR. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

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100

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the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 250 million to 450 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

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