

NEW MEXICO OIL CONSERVATION COMMISSION

Santa Fe, New Mexico

MISCELLANEOUS NOTICES

Submit this notice in triplicate to the Oil Conservation Commission or its proper agent 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 TEST CASING SHUT-OFF	<input checked="" type="checkbox"/>	NOTICE OF INTENTION TO SHOOT OR CHEMICALLY TREAT WELL	
NOTICE OF INTENTION TO CHANGE PLANS		NOTICE OF INTENTION TO PULL OR OTHERWISE ALTER CASING	
NOTICE OF INTENTION TO REPAIR WELL		NOTICE OF INTENTION TO PLUG WELL	
NOTICE OF INTENTION TO DEEPEN WELL			

Midland, Texas

June 30, 1938

Place

Date

OIL CONSERVATION COMMISSION,
Santa Fe, New Mexico.

Gentlemen:

DUPLICATE

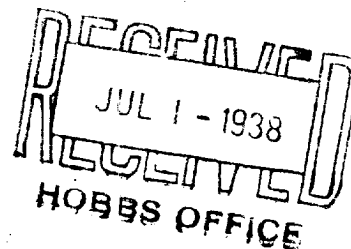
Following is a notice of intention to do certain work as described below at the _____
Phillips Petroleum Company **Santa Fe** **B-1502** Well No. **8** in **NW/4 NW/4**
 Company or Operator Lease
 of Sec. **5**, T. **18-S**, R. **35-E**, N. M. P. M., **Vacuum** Field,
Lea County.

FULL DETAILS OF PROPOSED PLAN OF WORK

FOLLOW INSTRUCTIONS IN THE RULES AND REGULATIONS OF THE COMMISSION

T. D. 830 Red bed and red rock. Set 10-3/4" OD casing at 313' 8". Cemented with 440 sacks Trinity common cement. Cement circulated.

Test for casing shut-off to be made 7:30 PM July 1, 1938.



JUL 1 - 1938

Approved _____, 19 **38**
 except as follows:

Phillips Petroleum Company
 Company or Operator

By Earl GriffinPosition District Superintendent

Send communications regarding well to

Name Earl GriffinAddress Box 1390, Midland, Texas

OIL CONSERVATION COMMISSION,
 By Gay Shepard R.M.

Title _____

Oil & Gas Inspector

Abstract

The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of sedentary individuals.

The study was conducted in a laboratory setting. The participants were sedentary individuals who were randomly assigned to either a training group or a control group.

The training group performed a 12-week training program consisting of three sessions per week. The control group did not participate in any training program.

The physical fitness of the participants was measured at the beginning and end of the 12-week period. The measurements included heart rate, blood pressure, and body mass index.

The results of the study showed that the training group had significantly lower heart rate and blood pressure at the end of the 12-week period compared to the control group.

The study also found that the training group had a significantly lower body mass index at the end of the 12-week period compared to the control group.

These findings suggest that a 12-week training program can improve the physical fitness of sedentary individuals.

The study was limited by the fact that it was conducted in a laboratory setting. Future research should be conducted in a more natural setting.

The study also had a small sample size. Future research should include a larger sample size to confirm the findings.

In conclusion, the study found that a 12-week training program can improve the physical fitness of sedentary individuals.

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