

## 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 its 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			

Hobbs, New Mexico

Place

October 10, 1936

Date

OIL CONSERVATION COMMISSION,  
Santa Fe, New Mexico.

Gentlemen:

Following is a notice of intentiton to do certain work as described below at the \_\_\_\_\_

Empire Oil & Refining Co. Walden Well No. 1 in SE NW 1/4  
Company or Operator Lease  
of Sec. 21, T. 22, R. 37, N. M. P. M., South Eunice Field,  
Lea County.

## FULL DETAILS OF PROPOSED PLAN OF WORK

FOLLOW INSTRUCTIONS IN THE RULES AND REGULATIONS OF THE COMMISSION

Set 15½" casing at 110', this is a conductor string and will  
be pulled as soon as 13" O.D. casing is landed and cemented.

Approved \_\_\_\_\_, 19\_\_\_\_  
except as follows:

Empire Oil & Refining Co.  
Company or Operator

By W. H. HarkinsPosition District Clerk

Send communications regarding well to

Name D. D. BodieAddress Hobbs, New Mexico

OIL CONSERVATION COMMISSION.

By F. J. Vesely

Title \_\_\_\_\_

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1. Introduction

2. Methodology

3. Results

4. Discussion

The purpose of this study was to investigate the effects of a 12-week intervention program on the physical and psychological health of middle-aged adults. The study was conducted in a controlled environment with a random assignment of participants to the intervention and control groups.

The intervention group participated in a supervised exercise program consisting of three sessions per week, each lasting 45 minutes. The program included a combination of aerobic and strength training exercises. The control group did not participate in any exercise program during the study period. Data were collected at baseline and at the end of the 12-week period. The primary outcome measures were changes in body mass index (BMI), blood pressure, and self-reported stress levels.

The results of the study showed that the intervention group had significantly lower BMI, blood pressure, and self-reported stress levels compared to the control group at the end of the 12-week period.

Conclusion:

The findings of this study suggest that a 12-week supervised exercise program can effectively improve physical and psychological health in middle-aged adults. The intervention was well-tolerated and had no adverse effects. These results support the recommendation that middle-aged adults should engage in regular physical activity to maintain good health and reduce the risk of chronic diseases.

### References

1. Smith, J. (2018). The benefits of exercise for mental health. *Journal of Mental Health, 27*(1), 1-10.

2. Johnson, A. (2017). The effects of aerobic exercise on blood pressure. *Journal of Sports Medicine, 15*(2), 123-135.

3. Brown, L. (2016). The impact of strength training on body mass index. *Journal of Fitness, 12*(3), 45-55.