

SECRET

7-10-68 8150

KNOW ALL MEN BY THESE PRESENTS, That C. F. GRAY and PAULINE GRAY

Notarially called the grantor, for the consideration hereinafter stated, in grant over by **CHI CONSTRUCTION,**
an Oregon Corporation,
the grantor does hereby grant, bargain, sell and convey unto the said grantee and grantee's heirs, assigns and
assigns, that certain real property, with the structures, improvements and appurtenances thereto belonging or ad-
joining, situated in the County of **Clatsop** and State of Oregon, described as follows, to-wit:

the parties, have hereby granted, bargained, sold and conveyed unto the said grantee and grantee's heirs, successors and assigns, that certain real property, with the improvements, fixtures and appurtenances thereto belonging or in anywise pertaining, situate in the County of Florida, and State of Florida, described as follows, to-wit:

Pages 25, 27, 28, 29, 30, 31, 32 and 33 is Blount's Affidavit, according to the original filed thereof on this is the Office of the County Clerk of Harney County, Oregon.

1. NAME _____

And said grantor hereby covenants to and with said grantee and grantee's heirs, successors and assigns that grantor is lawfully seized of fee simple of the above granted premises, free from all encumbrances

and that
and demands of all persons whatsoever, except those claiming under the above described encumbrances.
The true and actual consideration and value of the above described property is

The cost and actual consideration paid for the transfer, stated in terms of dollars, is \$1,000.00

~~...the amount of the contribution paid for the transfer, stated in terms of dollars, is \$1,501.00~~

In construing this deed and where the context so requires, the singular includes the plural and all grammatical changes shall be made so the provisions hereof apply equally to corporations and to individuals.

As a corporate grantor, it has caused its name to be signed and seal affixed by its officers, duly authorized thereon, in order of its board of directors.

THIS INSTRUMENT SHALL NOT BE VALID UNLESS IT BE SIGNED BY THE PROPERTY BE
 OWNERS IN THIS INSTRUMENT IN ADDITION TO APPLICABLE LAW
 AND STATE AND REGULATIONS BEFORE SENDING TO RECEIVING
 THIS INSTRUMENT. THE FEDERAL GOVERNMENT HAS TITLE TO THE
 PROPERTY SHOULD COME WITH THE APPROPRIATE CITY OF
 COUNCIL PLANNING TO RETURN TO BEYOND BOUNDARY LINE.

FOI b 7 - EXEMPT

Case No. 12

72

CONFIDENTIAL

THE UNITED STATES OF AMERICA

1997

History Public Air Organ
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~~25. construction program~~

STATE OF CALIFORNIA

Abstract—The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and energy expenditure (EE) of sedentary, middle-aged women. The subjects were 12 sedentary women, 40 to 50 years of age, who were randomly selected from a telephone directory. The subjects were divided into two groups: a control group and an exercise group. The control group consisted of six women who did not exercise, and the exercise group consisted of six women who exercised for 12 weeks. The exercise group was instructed to exercise for 30 minutes, three times a week, at a heart rate of 150 to 160 beats per minute. The control group was instructed to remain sedentary. The subjects were monitored for 12 weeks. The HR and EE were measured at the beginning and end of the 12-week period. The results of the study showed that the exercise group had a significant increase in HR and EE compared to the control group. The HR of the exercise group increased from 145 to 155 beats per minute, and the EE increased from 1,800 to 2,200 kcal per day. The HR of the control group remained at 145 beats per minute, and the EE remained at 1,800 kcal per day. The results of this study suggest that a 12-week training program can increase the HR and EE of sedentary, middle-aged women.

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Casey

I certify that the within statement was received by me at the place above stated on the day therein mentioned.

Attest my hand and seal of office this _____ day of _____ A.D. 19____

_____ Secretary of the Board of Education, District of Columbia.

CONFIDENTIAL



[Illegible signature]

CPH Construction
P.O. Box 348
Benavente, Nuevo Leon 97122

100-443887-100

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