

CORPORATION  
 ANNUAL REPORT  
**1995**

 FLORIDA DEPARTMENT OF STATE  
 Barbara B. Nathan  
 Secretary of State  
 ONE DEPARTMENT OF STATE PLAZA

95 MAY -1 AM 9

**RIVER CITY CARPETS, INC.**

SECRETARY OF STATE  
TALLAHASSEE, FLORIDA

3001 ST. AUGUSTINE RD.  
JACKSONVILLE FL 32207-0714  
US

3001 ST. AUGUSTINE  
JACKSONVILLE FL 32207-8714  
US

### EXPERIMENT WITH THE SQUARE

|                                                                                |                                                                     |
|--------------------------------------------------------------------------------|---------------------------------------------------------------------|
| 3. Party Incorporated (Date of Incorporation)                                  | 3a. Date of Filing Request                                          |
| 12/26/1989                                                                     | 05/01/1994                                                          |
| 4. FIC Number                                                                  | Applied For                                                         |
| 59-2979906                                                                     | Not Applicable                                                      |
| 5. Complete of Status (Desired)                                                | \$8.75 Additional Fee Required                                      |
| 6. Election Campaigns Financially Funded Contribution                          | \$5.00 May Be Added to Fees                                         |
| 8. Party accepts the liability for all actions for which it may be held liable | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| 10. Name and Address of New Registered Agent                                   |                                                                     |

9. Name and Address of Current Registered Agent

**BASFORD, MICHAEL**  
24 N. MARKET STREET  
SUITE 404  
JACKSONVILLE FL 32202

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**82 Street Address:** P.O. Box 90707, New York, NY 10060

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FL

15/05/2014

11. The present study has several limitations. First, the sample was not representative of the general population. The study was conducted in a single institution, and the sample was not randomly selected. Second, the study was cross-sectional, and therefore, it cannot establish a causal relationship between the variables. Third, the study did not control for several confounding factors, such as age, sex, and education level. Fourth, the study did not include a control group. Finally, the study did not include a follow-up study to assess the long-term effects of the intervention.

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13.

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness and health of middle-aged men. The study was conducted in a laboratory setting. The subjects were 20 middle-aged men (mean age 45.5 years, range 40-55 years) who were divided into two groups: a control group (n=10) and a training group (n=10). The training group underwent a 12-week training program consisting of three sessions per week, each lasting 45 minutes. The training program included aerobic exercise, strength training, and flexibility exercises. The control group did not undergo any training. The physical fitness and health of the subjects were measured at the beginning and end of the 12-week period. The measurements included heart rate, blood pressure, body mass index (BMI), and body fat percentage. The results showed that the training group had significantly lower heart rate, blood pressure, BMI, and body fat percentage 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 and health of middle-aged men.

The diagram illustrates a two-stage process. Stage 1 shows a person at a computer terminal, labeled 'Pilot'. Stage 2 shows a person at a computer terminal, labeled 'Pilot', and another person, labeled 'Passenger'. Arrows indicate the flow of information between the stages.

RAINWATER, JULIAN  
1340 REDBUD LANE  
JACKSONVILLE FL  
VP  
STRICKLAND, CHARLES  
4633 MANCHESTER RD.  
JACKSONVILLE FL  
T  
GANGER, ROBERT  
4858 GREAT WESTERN  
JACKSONVILLE FL  
S  
STRICKLAND, ROY  
12773 ATTRILL ROAD  
JACKSONVILLE FL

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**SIGNATURE:**

Charles O. Stutten

DATE, TIME, AND TYPE OF THE INCIDENT IS FRAME OF RECOGNITION OF PEOPLE AND THINGS; FORM

4-26-95

904-399-1881