

June 22, 2022

Ben Simms
PO Box 1107
Clark, CO 80428

From: Michael Fitz

Re: PL20220054, Administrative Permits, Sleigh and Wagon Rides at Steamboat Lake Outpost

We reviewed the application for completeness on June 22, 2022. The following is not a thorough review, but a list of the deficiencies we noted by which we deemed the application incomplete.

Missing Submittal Requirements:

- Statement of Authority – A Statement of Authority is a recorded document that identifies who is legally authorized to sign on behalf of the LLC.
- Submittal Checklist & Property Owner Statement of Approval.
 - No checklist was uploaded. The property owner must sign this checklist. Please let Planning know if you did not receive one.

Preliminary Review Corrections:

- Site Plan does not identify the Horse Activity Area or Shop Area mentioned in the narrative. These must be shown onsite and conform to the PUD recorded at Reception 746517 (attached below for your convenience).

The applications shall only be considered complete when all of the above information is submitted. The review of the application will not begin until the application is considered complete.

Sincerely,



Michael Fitz, Planner I
Routt County Planning Department

[illegible]

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical and psychological health of sedentary, middle-aged women. The study was a randomized, controlled trial. The experimental group (n = 15) participated in a 12-week training program, while the control group (n = 15) remained sedentary. The training program consisted of three sessions per week, each lasting 45 minutes. The sessions included aerobic exercise, strength training, and flexibility exercises. The primary outcome measures were changes in body mass index (BMI), waist circumference, and self-reported stress levels. Secondary outcome measures included changes in heart rate, blood pressure, and mood. The results showed that the experimental group experienced significant improvements in BMI, waist circumference, and self-reported stress levels compared to the control group. There were no significant changes in heart rate, blood pressure, or mood. The findings suggest that a 12-week training program can effectively improve the physical and psychological health of sedentary, middle-aged women.

NOTES

1. A number of factors would be useful in a review for this, however and plenty (occupational therapy, etc. to 14 years) exist. Additional factors for consideration: rates and timing and target clients.

2. Based on 166 volunteer hours for all six target community sites.

3. The primary funding source was the University of Michigan's Center for the Study of Social Change.

4. Primary funding and support were from the University of Michigan's Center for the Study of Social Change.

5. A colorist partner and resident activities taught sewing and/or embroidery.

6. Sewing, quilting, embroidery, and other textile arts were taught.

7. Sewing, quilting, embroidery, and other textile arts were taught.

8. A sewing program requires approved machinery, including sewing machines, iron, and other equipment and a person to provide the equipment and support.


LEGAL DESCRIPTION

PAGE: A)

A TRACT OF LAND IN TRACT S 1, TION 83N, R36W, BOUNDED BY A LINE DESCRIBED AS FOLLOWS:
BEGINNING AT A POINT ON THE WEST LINE OF SAID TRACT S 1 FROM NW 1/4 OF SAID TRACT S 1 BEARS N07°04'30"W
890.5 FT; THENCE S81°21'28"E 661.15 FT; THENCE S00°04'30"E 636.5 FT TO THE SOUTHERLY BOUNDARY OF SAID TRACT S 1;
THENCE ALONG SAID BOUNDARY SOUTH 100 FEET TO AN EASEMENT CORNER; THENCE S81°21'28"E 661.15 FT TO THE
EAST LINE OF SAID TRACT S 1; THENCE ALONG SAID EAST LINE NORTH 100 FEET TO AN EASEMENT CORNER; THENCE
S81°21'28"E 661.15 FT TO THE SOUTHEAST CORNER OF SAID TRACT S 1; THENCE S00°04'30"W

[illegible]

Journal of Interpersonal Violence 26(10)

by  Carroll Zamzow
Carroll Zamzow
DO NOT REPLY, ACCEPT FOR TRANSMISSION, AND FOR OTHER INFO AND ADVISE THE COUNCILORS AND AGENTS FOR THIS PLANNED UNIT
DEVELOPMENT (PUD) PLAN
North Park Road House

NOTARY:
State of Colorado

The foregoing acceptance was acknowledged before me this 16th day of Nov. 2013.

Dr. Dana K. Liechberg
FACTORY PLANT

My commission expires on 3-1-16

DANA K. SEIDENBERG
NOTARY PUBLIC
STATE OF COLORADO
 MY24150401 4005242003008

MY COMMISSION EXPIRES MARCH 11, 2016

ROKIT COUNTY PLANNING COMMISSION APPROVAL
The Planning Commission of Rokit County, Colorado approved the First Married Unit Development Map at a meeting of said

[Signature]

James R. L. Kuykendall, Chairman
COUNTY BOARD OF COUNTY COMMISSIONERS
ROCK COUNTY

This FUD may provide information as of this 12nd day of June 2019

SEAL
1877

CONFIDENTIAL

Copy prepared by Linda Roberts
Dante Mink

BOYD COUNTY CLERK AND RECORDER'S ACCEPTANCE:

THE PLANNED UNIT DEVELOPMENT PLAN IS ACCEPTING FOR FILING IN THE OFFICE OF THE CLERK AND RECORDER OF KANE COUNTY, COLORADO ON 2014 day of February 2014 - Recorded at 2:00 PM on 2/11/2014

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