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 Onslow County, NC
 Rebecca L. Pollard Reg. of Deeds
 BK **3714** PG **770-793**

STATE OF NORTH CAROLINA
COUNTY OF ONSLOW

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**DECLARATION OF COVENANTS, CONDITIONS AND RESTRICTIONS FOR
 MARSH HAVEN**

**THIS DECLARATION OF COVENANTS, CONDITIONS AND RESTRICTIONS FOR
 MARSH HAVEN** is made this 10th day of January, 2012 by the undersigned Mid-Atlantic IRA, LLC,
 FBO Cameron L. Smith IRA, as Declarant and Developer of Marsh Haven, a planned community in
 Stump Sound Township, Onslow County.

WITNESSETH:

WHEREAS, MARSH HAVEN is a real estate development located in Onslow County, North
 Carolina further identified on following map(s):

- A. "Marsh Haven, Section I" recorded in Map Book 63, Pages 50, 50A, 50B, 50C, 50D, 50E,
 50F, 50G and 50H, Onslow County Registry.

WHEREAS, MARSH HAVEN was developed by Mid-Atlantic IRA, LLC, FBO Cameron L.
 Smith IRA, hereinafter referred to as "Declarant" or "Developer"; and

WHEREAS, MARSH HAVEN HOA, INC., a non-profit corporation, will be the acting
 representative of its members who are Lot Owners in **MARSH HAVEN**; and it was the intent of the
 Developer, at the time of the conveyance of a Lot to an Owner, to make available certain Common
 Areas and amenities on the Property, if any, as they were built, and, to convey, upon completion of the
 development, the entire Property, excluding the Lots and publicly dedicated streets, if any, without cost
 or charge to the Association; and

WHEREAS, it is the desire of Declarant, the entity formed as **MARSH HAVEN HOA, INC.**, and the Lot
 Owners of **MARSH HAVEN** to subject themselves and all future Lot Owners to the North Carolina
 Planned Community Act, N.C. Gen. Stat. Chapter 47F; and

1. The first step in the process of identifying a problem is to define the problem. This involves identifying the symptoms of the problem and determining the scope of the problem. Once the problem has been defined, the next step is to identify the causes of the problem. This involves identifying the factors that are contributing to the problem and determining the underlying causes of the problem. Once the causes of the problem have been identified, the next step is to develop a plan to address the problem. This involves identifying the actions that need to be taken to address the problem and determining the resources that will be needed to implement the plan. Once a plan has been developed, the next step is to implement the plan. This involves carrying out the actions that have been identified in the plan and monitoring the progress of the implementation. Finally, the last step in the process is to evaluate the results of the implementation. This involves assessing the effectiveness of the actions that have been taken and determining whether the problem has been resolved.

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4. The fourth step in the process of identifying a problem is to implement the plan. This involves carrying out the actions that have been identified in the plan and monitoring the progress of the implementation. Finally, the last step in the process is to evaluate the results of the implementation. This involves assessing the effectiveness of the actions that have been taken and determining whether the problem has been resolved.

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Fig. 1. a, b.

1. The purpose of this document is to provide a clear and concise summary of the project's progress and to identify any issues that need to be addressed. This document will be used by the project team and stakeholders to make informed decisions about the project's future.

2. The project has been completed successfully and all objectives have been met. The project team has worked hard to ensure that the project is on time and within budget. The project has been a great success and we are proud of the results.

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1. The first step in the process of creating a new product is to identify a market need. This is done by conducting market research, which involves gathering information about the target market and its needs. This can be done through a variety of methods, including surveys, focus groups, and interviews. Once the market need has been identified, the next step is to develop a product concept. This involves creating a detailed description of the product, including its features, benefits, and target market. The product concept is then used to create a business plan, which outlines the company's strategy for developing and marketing the product. The business plan is then used to secure funding for the product development process. Once funding has been secured, the next step is to develop a prototype of the product. This involves creating a small-scale version of the product that can be used to test the product concept and gather feedback from potential customers. The prototype is then used to create a final product, which is then marketed and sold to the target market.

1. The purpose of this document is to provide information on the current status of the project and to outline the next steps to be taken. The document is intended for the use of the project team and the steering committee.

2. The project is currently on track and is expected to be completed by the end of the year. The next steps to be taken are to finalize the project plan and to begin implementation.

3. The project team is currently working on the final stages of the project and is expected to complete the project by the end of the year. The steering committee is expected to meet on a regular basis to monitor the progress of the project and to provide guidance and support.

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5. The fifth step in the process of identifying a problem is to evaluate the results of the plan. This involves assessing the effectiveness of the plan and determining whether the problem has been resolved. If the problem has not been resolved, the next step is to identify the causes of the problem and develop a new plan to address the problem.

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7. The seventh step in the process of identifying a problem is to develop a plan to address the problem. This involves identifying the actions that need to be taken to address the problem and determining the resources that will be needed to implement the plan. Finally, the last step in the process is to implement the plan and monitor the results. This involves putting the plan into action and tracking the progress of the plan to ensure that the problem is being addressed effectively.

8. The eighth step in the process of identifying a problem is to implement the plan and monitor the results. This involves putting the plan into action and tracking the progress of the plan to ensure that the problem is being addressed effectively.

9. The ninth step in the process of identifying a problem is to evaluate the results of the plan. This involves assessing the effectiveness of the plan and determining whether the problem has been resolved. If the problem has not been resolved, the next step is to identify the causes of the problem and develop a new plan to address the problem.

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Abstract
The purpose of this study was to investigate the effect of a 12-week training program on the physical and psychological health of elderly people. The study was conducted in a community center in Tehran, Iran. The participants were 30 elderly people (15 men and 15 women) aged 65 and above. They were divided into two groups: a control group and an experimental group. The experimental group received a 12-week training program consisting of aerobic exercises, strength training, and flexibility exercises. The control group did not receive any training. The data were collected at the beginning and end of the 12-week period. The results showed that the experimental group had significant improvements in physical and psychological health compared to the control group.