

Dr. Alanda R. White, DNP, MSN, APRN, FNP-BC, PMHNP-S

9515 Rogano Ct. Killeen, Texas 76542

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Career Summary:

Seeking professional career advancement for a practice-focused leader with a high concentration on providing quality care at the highest level of excellence, as well as being an asset to your organization while serving as a change agent. Working with a elevated degree of competence as a independent healthcare professional. To obtain a position that includes working within a multidisciplinary team who evaluates, consults/collaborates, diagnosing diseases or illness, and manages the primary healthcare of patient as well as obtain medical histories, examines patients on a routine basis for acute minor illnesses, chronic illnesses, and performs complete physical examinations for well-baby examinations, educational and employment physicals and identifying appropriate medical treatment. Examines, diagnoses, and treats patients. Orders pertinent lab studies and x-ray procedures interprets findings of the lab and image results and determines the prescribed medications/treatments for commonly occurring diseases and medical diagnoses, coordinate complex care.

Date of Birth: August 2, 1981/08-02-1981

NPI: 1548523582

Medicaid: 1983462-01

CAQH: 12440381

PTAN: TXB162970

Business Info:

Carl R. Darnall Army Medical Center

Russell L. Collier Health Care Clinic

Bldg 94043 Loop Rd.

Fort Hood, Texas 76542

Office: 254-553-3147

Fax: 254-553-3119

Professional Licenses:

Family Nurse Practitioner (FNP) Texas Board of Nursing, License No. AP121926-(June 2012)

Family Nurse Practitioner (FNP) Minnesota Board of Nursing, License No. 5867-(June 2018)

Registered Nurse (RN) Minnesota Board of Nursing, License No. 2459527-(June 2017)

Registered Nurse (RN) Texas Board of Nursing, License No. 715566-(May 2005)

Licensed Vocational Nurse (LVN) Texas Board of Nursing, License No. 188961-(June 2002)

Certifications:

Mental Health First Aid USA (August 2018)

American Academy of Nurse Practitioners Certification Program (AANPCP)
Certification as Advance Practice Registered Nurse, Certification No. F0612199-(June 2012-June 2022)

Basic Life Support (BLS) Provider-(March 2018-March 2020)

Certified Tobacco Cessation Treatment Specialist (February 2013)

Advance Cardiac Life Support (ACLS) Provider-(October 2010-October 2012)

Pediatric Life Support (PALS) Provider-(June 2009-June 2011)

Trauma Nurse Core Course (TNCC) Provider, Course No. TP20090227-44A-60-
(February 2009)

Forensic Nursing Certification (October 2008)

Certified Medication Aide (CMA) Texas Department of Human Services, Certificate No. MA00023103-(November 2003)

Certified Nurse Aide (CNA) Texas Department of Human Services, Certificate No. NA00860340-(November 1999)

Education:

Regis College (2019)- (**In Progress**) Post Master's Psychiatric Mental Health Nurse
Practitioner Certificate

Weston, Massachusetts

GPA 3.51

Grand Canyon University (2017)-Doctor of Nursing Practice

Phoenix, Arizona

GPA 3.54

Texas A & M University Corpus Christi (2012)-Master's Science Nursing

Corpus Christi, Texas

GPA 3.31

University of the Incarnate Word (2006)-Bachelor's Science Nursing

San Antonio, Texas

GPA 3.16

San Antonio College (2004)-Associate Degree Registered Nurse

San Antonio, Texas

GPA 2.93

St. Philips College (2002)-Licensed Vocational Nurse

San Antonio, Texas

Direct Practice Improvement Project/Publication:

Lower Socioeconomic Status Type 2 Diabetes Mellitus patients and Glycemic Control

Professional Nursing Fellowships:

Duke-Johnson & Johnson Nurse Leadership Fellowship Program (04/2019)

Transformational Project:

Nurturing Our Nurses: Theta Eta Chapter, Incorporated of Chi Eta Phi Nursing Sorority (2019)

Educational Development:

NU-664CX-Psychiatric Mental Health Care of the Family I: May 6, 2019-August 26, 2019

NU-664C-Psychiatric Mental Health Care of the Family I: May 6, 2019-August 26, 2019

NU-643-05-18PCFA-Advanced Psychopharmacology: August 27, 2018-December 16, 2018

NU-646-06-18PCFA-Theoretical Practice Contemporary Psychotherapy: August 27, 2018-December 16, 2018

DNP 967-XODNP15-Project Continuation II: July 20, 2017-September 13, 2017

DNP 966-XODNP15-Project Continuation I: March 23, 2017- May 17, 2017

DNP 965-XODNP15-DPI Project Part III: January 19, 2017-March 15, 2017

DNP 960-XODNP15-DPI Project Part II: November 3, 2016-January 11, 2017

DNP 955-XODNP15-DPI Project Part I: September 1, 2016-October 26, 2016

DNP 840-XO0402XA-Leadership for Advancing Nursing Practice: July 7, 2016-August 31, 2016

DNP 835-XO0402XA-Patient Outcomes and Sustainable Change: May 12, 2016-July 06, 2016

DNP 830-XO0402XA-Data Analysis: March 17, 2016-May 11, 2016

DNP-825-0500-Population Management: January 21, 2016-March 16, 2016

DNP-820-0500-Translational Research and Evidence-Based Practice: November 12, 2015-January 16, 2016

DNP-815-XO0402XA-Scientific Underpinnings: September 17, 2015-November 11, 2015

DNP-810-0502-Emerging Areas of Human Health: July 23, 2015-September 16, 2015

DNP-805-XO0402XA-Health Care Informatics: May 28, 2015-July 22, 2015

DNP-801-0500-Introduction to DNP studies: April 2, 2015-May 27, 2015

Experience:

Carl R. Darnall Army Medical Center: Russell L. Collier Health Care Clinic Doctor of Nursing Practice Family Nurse Practitioner/Licensed Independent Practitioner

Bldg. 94043 Loop Rd. Fort Hood, Texas 76542 254-553-3147/0151

Full time: Family Practice Setting **Duration:** January 7, 2019-Present

Duties: Function as a primary care provider in the patient centered medical home (PCMH) setting. Provide comprehensive diagnostic, preventive, and therapeutic health care service to patients, family members of all ages and groups (2 weeks- 65 y/o). Perform basic physical assessments; perform special screening and developmental tests and laboratory tests and interprets both laboratory and image results. Provide health care and preventive services to healthy individuals including guidance in nutrition, common illnesses, accidents, child growth and development, and child rearing/parenting. Plan, evaluate, track/trend and coordinate health care given with other health care professionals to improve the quality of care in all patients; maintain patient records/updating and summarizing medical records and reports. Participate in planning, instituting, evaluating and revising program plans, assist in determining conditions, resources and policies of delivery of health care services. Assess the health status of individuals, managing the care of selected patients and provide treatment. Provide health teaching, counseling guidance to individuals/families in a plan of care. Identifies and manages both minor, acute, and chronic illnesses. Makes diagnoses and decisions concerning medical and nursing care need of patients. To coordinates and supervises the delivery of complex patient care. Orders and/or performs screening and diagnostic tests and procedures. Makes diagnosis and decisions concerning medical and nursing care needs of patients. Prescribed medications as delineated in the approved clinical privileges for symptoms and illnesses. Collaborates with other health care professionals to develop treatment protocols, standards of practice and policies. Carrying out health promotion and disease prevention activities. Initiating and expediting requests for consultations and scheduling special tests and studies. Making interim summaries of the patient's medical record. Dictating notes on procedures performed for which this APRN is responsible for. Provide education and counseling of patients and families in preventive care, medical conditions, and use of prescribed treatments and drugs. Serves on committees, teams, workgroups, and chart reviews as requested/approved by administration. Establishes priorities to meet the health needs of the individual, family, or community. Formulates individualized treatment plan. Prescribes appropriate specific pharmacologic agents and/or non-pharmacologic therapeutic interventions as indicated. Follows any standardized procedures accordingly. Implements current clinical guidelines/pathways. Makes appropriate referrals to other health care professionals and community agencies. Participates in peer reviews as assigned. Performing medication reconciliation. Utilizes advanced nursing practices to improve outcomes cost-effectively. Provides leadership in improving and maintaining standards of care. Provides leadership to facilitate the delivery of quality nursing care. Provides clinical expertise to affect system-wide changes in organizations to improve programs of care. Provides and coordinates comprehensive complex care for patients with multiple chronic co-morbidities. Minor surgical procedures to include but are not limited to the treatment for abscesses, skin biopsies, wart removal/cryotherapy, cyst removal, laceration repair, punch biopsy, shave biopsy, suture/staple removal, toe nail avulsions, and Nexplanon insertion/removal. Utilize telework/virtual visits to increase patient access to care. Documentation of all consultations with the Chief Medical Officer with whom this position reports directly to, and all additional duties as assigned under the Patient-Centered Medical Home (PCMH) model.

Act as a mentor/preceptor all clinical staff.

Total hours: 40 (+)/week

Grand Canyon University: Adjunct Instructor

3300 W Camelback Rd. Phoenix, AZ 85017 602-639-7004/7201

Part time: Academic Setting **Duration:** August 27, 2018-Present

HLT-305 Legal and Ethical Principles in Health Care (TO101)-20180827.15.1216-Traditional-035750-Online Adjunct Class, Type-Credit Based, Duration-105 days, Credit Hours-4.0

Duties: Provide instruction to undergraduate college students across the entire academic healthcare spectrum. Is responsible for the coordination, planning, preparation, presentation and evaluation of classroom instruction and any additional related activities. At a minimum the related activities include instruction, instructional counseling, academic advising, serving on various committees, participating in local, state, regional and national professional activities and organizations. Completes established competencies for the position within designated introductory period. Other related duties as assigned.

Total hours: 25/+

Family First Care Clinic: Healthcare Provider/Clinician

9135 Schaefer Road # 4 Converse, Texas 78109 [210-281-5507](tel:210-281-5507)

Full time: Family Practice Setting **Duration:** June 19, 2012-December 1, 2018

Duties: Provided healthcare across the entire lifespan (wellness/preventative to chronic disease management), performed comprehensive medical assessments, ordered appropriate tests/procedures for diagnostic purposes, formulated treatment plans, obtained specialists consultations as needed. Functioned as a primary care provider in the patient's medical home setting. Assessed patient status by obtaining health history through patient/family interviews and chart reviews; assessing presenting illness, risk factors, and family history, psychosocial situation, and cultural factors; and performing appropriate physical examination. Responsible for the initial evaluation of a broad range of assessments, diagnosis, treatments, ordering/performs appropriate laboratory diagnostic and other therapeutic screening tests/images/studies. Sought other information as needed, included consultation with physicians and other clinicians, for evaluation of illness. Integrated data to determine diagnosis and therapeutic plan, including identification of any health risks. Developed and implemented treatment plans by prescribing/dispensing medications and/or injections in compliance with medical practice guidelines and state laws. Handled minor lacerations. Instructed patient/family regarding medications and treatments. Educated patients regarding health promotion/illness prevention. Recommended appropriate community resources to meet patient/family needs. Communicated appropriate case management information to other professionals

and community agencies. Prepared documentation for medical records including updating patient medical chart by posting examination and test results, diagnosis, medications, and treatment in written/computerized manner. Participated in peer reviews, chart reviews, staff education, clinical guideline development, and other continuing education and quality assurance activities to demonstrate compliance with standards, regulations, policies, and procedures. Acted as consultant/collaborator to clinical team on area of specialty. Complied with patient confidentiality requirements. Promoted patient advocacy. Collaborated with physicians in managing acute and long-term medical needs of patient. Provided monitoring and continuity of care between visits according to treatment plan including triaging patient calls/e-mails. Guided, document, and appraise the performance of others as well as identify, analyze and resolve problems that impede the delivery of patient care. Conducted statistical studies and data analysis for clinical quality management operations to improve patient outcomes. Work involved consultative, advisory, educational, clinical, and administrative policy duties, planning, development, implementation, coordination, evaluation. Supervisory skills included clinical mentoring and coaching expertise. Provided coordination and oversight for patients who are one the various insurance panels. Ensured that all ancillary staff were following both internal and external regulatory standards. Worked under limited supervision, with considerable latitude for the use of the independent judgement and initiative.

Precepted Nurse Practitioner students to include clinical/laboratory instruction and student project advisement

Total hours:40 (+)/week

Texas Transplant Institute: Critical Care Services: Registered Nurse

8201 Ewing Halsell Drive # 100 San Antonio, Texas 78229 [210-625-8370](tel:210-625-8370)

Full time: Liver Failure Specialty Clinic **Duration:** November 2011-May 2012

Duties Coordinated all aspects of the complex hepatic/liver transplant patients while serving as a case manager. Completed in-depth assessments of functional status, acuity level, prognosis, and assessed the need for treatment services and resources. Observed, assessed, intervened, evaluated, rehabilitated; provided care and counsel; educated those who were ill, injured, infirmed or experiencing changes in their healthcare processes; and administered medications and treatments ordered by a licensed physician and/or other healthcare providers.

Total hours: 40 (+)/week

All About Staffing: Critical Care Services: Intensive Care Units (All Sub-Specialties)
Registered Nurse

8109 Fredericksburg Road San Antonio, Texas 78229 [210-593-0570](tel:210-593-0570)

Full time: Various Intensive Care Units of the Methodist Healthcare System **Duration:** July 2005-November 2012

Duties: Provided healthcare for hemodynamically unstable, high acuity patients independently while being skilled in the care of the complex patients with multiple comprehensive needs. Worked collaboratively with multidisciplinary teams, taught both patients and families about their concerns regarding the ICU patient. Maintained the physical capabilities to initiate crisis intervention measures and the ability/knowledge to perform in nursing care emergencies. Demonstrated effective communication skills and professionalism while dealing with patients, families, and staff. Established interdisciplinary interactions with physicians and other healthcare professionals. Worked on multiple interdisciplinary teams. Utilized the ability to plan, coordinate, and manage staff to ensure evidence-based practice and while practicing as a professional nurse who provided patient care.

Total hours: 36-40/week

Brooke Army Medical Center: Critical Care Services: Surgical/Trauma/Neuro Intensive Care Unit Registered Nurse (2South)

3551 Roger Brooke Drive Fort Sam Houston, Texas 78234 [210-916-5100](tel:210-916-5100)

Full time: Critical Care Services **Duration:** October 2009-January 2011

Duties: Provided direct patient care for hemodynamically unstable patients on a Level 1 Trauma Military Teaching Facility in the Intensive Care Unit. Provided an advanced level of specialized comprehensive nursing care to medically complex, critically ill patients who endured multiple complications with their complex disease processes. Higher levels of acuity resulting from the facilities designation as a Level 1 Trauma Center, required specialized professional nursing care with patients who presented with actual or potential life-threatening healthcare crisis problems. Provided continuous assessments, observation, and interventions to prevent further complications and attempt to restore health and improve patient quality of life. Independently made decisions and implemented proper emergency measures after identifying and interpreting life-threatening conditions. Transported critically ill patients for diagnostic procedures/images. Provided care in accordance with patient-specific nursing care plans. Performed demanding patient advocacy tasks. Collaborated with residents at various stages of their education, physicians, other members of the healthcare team and family to assure accurate delivery of the optimal level of overall care to severely critically ill patients.

Total hours: 36-40/week

St. Louis University Hospital: Critical Care Services: Surgical/Trauma Intensive Care Unit Registered Nurse (6I)

3635 Vista Ave. Saint Louis, Missouri 63110 [314-577-8000](tel:314-577-8000)

Full time: Critical Care Services **Duration:** August 2009-October 2009

Duties: Provided direct patient care for hemodynamically unstable patients on a Level 1 Trauma Center in the Intensive Care Unit. Provided an advanced level of specialized comprehensive nursing care to medically complex, critically ill patients who endured multiple complications with their complex disease processes. Higher levels of acuity resulting from the facilities designation as a Level 1 Trauma Center, required specialized professional nursing care with patients who presented with actual or potential life-threatening healthcare crisis problems. Provided continuous assessments, observation, and interventions to prevent further complications and attempt to restore health and improve patient quality of life. Independently made decisions and implemented proper emergency measures after identifying and interpreting life-threatening conditions. Transported critically ill patients for diagnostic procedures/images. Provided care in accordance with patient-specific nursing care plans. Performed demanding patient advocacy tasks. Collaborated with residents at various stages of their education, physicians, other members of the healthcare team and family to assure accurate delivery of the optimal level of overall care to severely critically ill patients.

Total hours: 36-40/week

Brooke Army Medical Center: Critical Care Services: Surgical/Trauma/Neuro Intensive Care Unit Registered Nurse (2South)

3551 Roger Brooke Drive Fort Sam Houston, Texas 78234 [210-916-5100](tel:210-916-5100)

Full time: Critical Care Services **Duration:** January 2008-July 2009

Duties: Provided direct patient care for hemodynamically unstable patients on a Level 1 Trauma Military Teaching Facility in the Intensive Care Unit. Provided an advanced level of specialized comprehensive nursing care to medically complex, critically ill patients who endured multiple complications with their complex disease processes. Higher levels of acuity resulting from the facilities designation as a Level 1 Trauma Center, required specialized professional nursing care with patients who presented with actual or potential life-threatening healthcare crisis problems. Provided continuous assessments, observation, and interventions to prevent further complications and attempt to restore health and improve patient quality of life. Independently made decisions and implemented proper emergency measures after identifying and interpreting life-threatening conditions. Transported critically ill patients for diagnostic procedures/images. Provided care in accordance with patient-specific nursing care plans. Performed demanding patient advocacy tasks. Collaborated with residents at various stages of their education, physicians, other members of the healthcare team and family to assure accurate delivery of the optimal level of overall care to severely critically ill patients.

Total hours: 36-40/week

Methodist Specialty Transplant Hospital: Critical Care Services: Cardiac/Medical Intensive Care Unit Registered Nurse (CVA)

8026 Floyd Curl Drive San Antonio, Texas 78229 [210-575-8110](tel:210-575-8110)

Full time: Critical Care Services **Duration:** January 2007-January 2008

Duties: Provided healthcare for hemodynamically unstable, high acuity patients independently while being skilled in the care of the complex patients with multiple comprehensive needs. Worked collaboratively with multidisciplinary teams, taught both patients and families about their concerns regarding the ICU patient. Maintained the physical capabilities to initiate crisis intervention measures and the ability/knowledge to perform in nursing care emergencies. Demonstrated effective communication skills and professionalism while dealing with patients, families, and staff. Established interdisciplinary interactions with physicians and other healthcare professionals. Worked on multiple interdisciplinary teams. Utilized the ability to plan, coordinate, and manage staff to ensure evidence-based practice and while practicing as a professional nurse who provided patient care.

Total hours: 36-40/week

LifeCare Hospital San Antonio: Progressive Care Services: Telemetry/Medical Surgical Registered Nurse (2 West)

8026 Floyd Curl Drive (2W) San Antonio, Texas 78229 [210-575-8000](tel:210-575-8000)

Full time: Progressive Care Services **Duration:** September 2005-January 2007

Duties: Provided professional nursing care for the comfort and well-being of hemodynamically stable moderate acuity patients. Prepared equipment and assisted physicians during examinations and treatments. Administered prescribed medications, changed dressings, cleansed wounds, and monitored patient vital signs. Observed and maintained records on patient care, condition, reaction, and progress.

Total hours: 36-40/week

San Pedro Manor: Long Term Care Services: Supervisor/LVN Charge Nurse

515 W. Ashby Place San Antonio, Texas 78212 [210-732-5181](tel:210-732-5181)

Full time: Long Term Care Services **Duration:** July 2003-September 2005

Duties: Provided direct nursing care to the residents, and to supervise the day-to-day nursing activities performed by nursing assistants. Make written and oral reports/recommendations concerning the activities of shifts. Performed administrative duties such as completing medical forms, reports, evaluations, studies, charting, etc. Completed and filed required recordkeeping forms/charts upon the resident's admission, transfer, and/or discharge. Performed routine charting duties as required and in

accordance with established charting and documentation policies and procedures. Made daily rounds on the units/shift to ensure that all nursing service personnel were performing their work assignments in accordance with acceptable nursing standards. Administered professional services such as; urinary catheterization, gastric tube feedings, suction, wound care to include applying and changing dressings/bandages, packs, colostomy, and drainage bags, obtaining blood specimens, giving massages and range of motion exercises, caring for the critically ill, etc. Any other duties as assigned by Director of Nursing and/or Administrator.

Total hours: 32-40/weekend

Job Related Training:

Duke-Johnson & Johnson Nursing Leadership Fellowship Program (04/2019)

Merck Clinical Training Program for Nexplanon Implant-Student No. 52984171 (08/2015)

Skin, Bones, Hearts & Private Parts Concussion Management Certification Course (06/2014)

Skin, Bones, Hearts & Private Parts Surgical Techniques Course (06/2014)

Scott & White Healthcare Post Conference Track 1 Skills Advanced Practice Nursing Procedures (02/2012)

CSL Behring Training Program for Hizentra (Immune Globulin Subcutaneous-Human) (08/2011)

Professional Initiatives:

Safe Sex Campaign at Family First Care Clinic-condom distribution (2018)

Mentorship:

Nurturing Our Nurses Mentoring Program: Theta Eta Chapter, Incorporated of Chi Eta Phi Nursing Sorority (2019)

Providers Clinical Support System Medication Assisted Treatment Mentoring Program (2018)

St. Philip's College Students: Licensed Vocational Nurse Certificate Program (08/2018)

University of Texas Arlington Student: Master of Nursing Program, Family Nurse Practitioner (08/2018)

Drexel University Student: Masters of Nursing Program, Adult/Geriatric Primary Care Nurse Practitioner (07/2018)

University of Texas Health Science Center Houston Student: Masters of Nursing Program, Family Nurse Practitioner (05/2018)

Simmons University Student: Masters of Nursing Program, Family Nurse Practitioner (04/2018)

St. Philip's College Student: Associate Degree Nurse Program, Registered Nurse (01/2018)

Baptist School of Health Profession Student: Associate Degree Nurse Program, Registered Nurse (08/2014)

Texas A & M University Corpus Christi Student: Masters of Nursing Program, Family Nurse Practitioner (07/2014)

Professional Presentations:

Lower Socioeconomic Status Type 2 Diabetes Mellitus patients and Glycemic Control (2017)

Awards:

Daisy Award Nominee from Russell Collier Health Care Clinic (05/2019)

Certificate of Appreciation for Preceptorship for 144 hours-Drexel University (10/2018)

Excellence in Advanced Practice (08/2018)

Honorable Mention in the Chi Line, National Newsletter May 2018 pg. 7 (05/2018)

Neophyte of Leadership-Theta Eta Chapter of Chi Eta Phi Nursing Sorority, Inc (05/2018)

Certificate of Appreciation for Preceptorship-NP HUB (04/2018)

Dean's Honor List-University of the Incarnate Word (08/2006)

Professional Memberships:

Psychiatric Advanced Practice Nurse Texas Organization (2018)

Texas DNP (2018)

Nurses on Boards Coalition (2018)

Society of Critical Care Medicine (2018)

Chi Eta Phi-Theta Eta Chapter (2017)

American Academy of Nurse Practitioners (2012)

National Black Nurse Association (2012)

Sigma Theta Tau International Honor Nursing Society Eta Omicron Chapter (December 2012)

Texas Nurse Practitioners (September 2012)

American Association of Critical Care Nurse Ambassador (2011-2012)

American Association of Critical Care Nurses (July 2011)

Volunteerism:

Elected Epistoleus of Theta Eta Chapter, Inc. (2019)

San Antonio Taste of New Orleans First Aid (2019)

Grievance and Jurisprudence Committee (2019)

Middle South Regional Chi Response Team (2019)

Saturday of Love for the Battered Women's Shelter (2019)

Battered Women's Shelter Christmas Dinner (2018)

Raul Jimenez Thanksgiving Dinner Theta Eta Coordinator (2018)

Texas Disaster Volunteer Registry (2018)

Medical Reserve Corps (2018)

Medicaid EHR Incentive Program Audit Ad Hoc Review Panelist (2018)

Team Building/Unity Event Theta Eta Coordinator (2018)

Health Awareness (Hypertension and Renal Disease)/Kidney Sunday (03/2018)

Randolph High School Sports Physical Examiner (2017, 2018)
San Antonio Food Drive/Stamp out Hunger (2016)

References:

Angela Mitchell-Williams, MSN, APRN, FNP-C

Family First Care Clinic (Supervisor)

9135 Schaefer Rd # 4

Converse, Texas 78109

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Elmendorf, Texas 78112

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Dr. Bridgette Sterling, MSN, MHA, RN

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Schertz, Texas 78254

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