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TALLAHASSEE, FLORIDA

G. Coulliette
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COVER LETTER

TO: Amendment Section
Division of Corporations

SUBJECT: First Choice Health Plans, Inc. (Resignation of President/CEO)
(Name of Corporation) Wendel Walraven

DOCUMENT NUMBER: Letter # 306A 000 10603

The enclosed Officer/Director Resignation for a Corporation and fee are submitted for filing.

Please return all correspondence concerning this matter to the following:

Wendel Walraven
(Name of Person)

First Choice Health Plans, Inc./American Capital Holdings, Inc.
(Name of Firm/Company)

100 Village Square Crossings Suite 202
(Address)

Palm Beach Gardens, FL 33410
(City/State and Zip Code)

For further information concerning this matter, please call:

Wendel Walraven at (806) 863 5319
(Name of Person) (Area Code & Daytime Telephone Number)

Enclosed is a check for \$35.00 made payable to the Florida Department of State.

Street Address:
Amendment Section
Division of Corporations
Clifton Building
2661 Executive Center Circle
Tallahassee, FL 32301

Mailing Address:
Amendment Section
Division of Corporations
Post Office Box 6327
Tallahassee, FL 32314

**OFFICER / DIRECTOR RESIGNATION
FOR A CORPORATION**

I, Wende S. Wahan, hereby resign as Pres.
(Title)

of First Choice Health Plans, Inc
(Name of Corporation)

02/01/06, a corporation organized under the laws of the State of
(Document Number, if known)

Florida

Wende S. Wahan
(Signature of resigning officer/director)

FILING FEE IS \$35.00

Make checks payable to Florida Department of State and mail to:

Amendment Section
Division of Corporations
P.O. Box 6327
Tallahassee, Florida 32314

FILED
2006 MAR 17 PM 12:04
SECRETARY OF STATE
TALLAHASSEE, FLORIDA

February 1, 2006

Secretary of State
Florida Department of State
R.A. Gray Building
500 S. Bronough
Tallahassee, FL 32399-0250

To Whom It May Concern:

As of February 1, 2006, I, Wende L. Walraven, resign as CEO/President of First Choice Health Plans, Inc., federal tax identification number 20-3304931 (a wholly-owned subsidiary of American Capital Holdings, Inc., tax identification number 65-0895564). As of my resignation on February 1, 2006, I, Wende L. Walraven, am not responsible for and am not associated with the activities of First Choice Health Plans, Inc. and/or American Capital Holdings, Inc. In addition, I, Wende L. Walraven, am not responsible for and am not associated with the activities of Barney A. Richmond (CEO-American Capital Holdings, Inc. and Director-First Choice Health Plans, Inc.).

Please adjust state records accordingly. If you should have any questions, please do not hesitate to contact me at (469)744-2430.

Sincerely,



Wende L. Walraven

\wlv

cc: Mr. Barney A. Richmond
Mr. Richard Turner
Mr. Doug Siezmore
Department of State – Florida Division of Corporations
Florida Insurance Department
U.S. Securities & Exchange Commission