

DRUG ABUSE RESISTANCE EDUCATION

*D.A.R.E.*

2014 ANNUAL REPORT

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## EXECUTIVE SUMMARY

The Florida Drug Abuse Resistance Education (D.A.R.E.) Training Program continues to have strong commitment and enthusiasm from Florida D.A.R.E. law enforcement officers and their respective agencies with the new D.A.R.E. “keepin’ it REAL” school curriculum.

The new state-of-the-art training facility at FDLE’s Fort Myers Regional Operations Center was the site of this year’s 80-hour D.A.R.E. Officer Training. Twenty new D.A.R.E. officers were trained and five former D.A.R.E. officers were re-certified.

This year’s Florida D.A.R.E. Officer Conference was held in conjunction with the Florida Association of School Resource Officers Conference in July in Daytona Beach. These two training conferences will be combined again in 2015, since most D.A.R.E. officers are also School Resource Officers. The 2015 Training will be a National Conference for the Association of School Resource Officers and will be held in Orlando, Florida July 5-10.

D.A.R.E. America continues to focus on awareness, education, and prevention of bullying involving students at school, in classrooms, on the playground, and after school. The safety and health of children is the highest priority of the D.A.R.E. program.

The 2014 D.A.R.E. International Conference had a special focus on innovative ways to address and to prevent bullying. Session topics included current information on the relationship between drugs and crime, identification of high risk students and their “hidden” youth language among others.

## FROM THE DESK OF...

### *Florida's D.A.R.E. Statewide Coordinator*

After teaching the new “keepin’it REAL” curriculum at many schools this year, with hundreds of kids graduating from this 10-week course, I know personally the excitement it generates among 5th grade students and the effectiveness of the training. The goal of this course continues to be providing the tools, resources and skills students need in order to make *safe and healthy choices*.

This year, I had an opportunity to take personal leave from FDLE and travel to the Middle East and work with a team from D.A.R.E. International as a mentor for the 5th Bahrain D.A.R.E. Officer Training. This training enhanced my skill set in multiple ways which will further benefit our Florida D.A.R.E. program greatly.

The D.A.R.E. Officer Training in Bahrain was with students that spoke English as a second language, which is similar to many students to whom we currently teach D.A.R.E. in the State of Florida. It allowed me to further develop my skills in the areas of communication and instruction, which are important to ensure that those students with language difficulties clearly understand the important concepts in each of the lessons. This emphasized our need to continue to connect with our students through the use of visual, auditory and kinesthetic styles of learning.

The facilitators and mentors teaching at this training were the most senior and experienced D.A.R.E. instructors in the D.A.R.E. program. Two were statewide coordinators (Louisiana and Virginia), one is the former Director of Training for D.A.R.E. America, and three have been recognized as D.A.R.E. Officers of the Year. Having the opportunity to learn from these facilitators and mentors allowed me to identify ways for us to enhance the Florida D.A.R.E. program and our training.

We are excited for what 2015 will bring in our continued effort to provide Florida with an established and proven program for our children. We are grateful for the officers dedicated to the time and work it takes.



Inspector Stephen A. Emerson  
D.A.R.E. Statewide Coordinator

## FDLE AND THE D.A.R.E. PROGRAM

### ROLE AND RESPONSIBILITY OF FDLE

In 1988, the Florida Department of Law Enforcement (FDLE) and the Florida Department of Education (DOE) entered into a partnership to bring a statewide drug prevention program to Florida's schools. The D.A.R.E. program was determined to be the best drug prevention program available, and was selected for implementation in the state of Florida.

The primary role and responsibility of FDLE in the D.A.R.E. program is to serve as the state administrator, which includes, but is not limited to, the preparation and oversight of the budget, training and certification of officers, and preparation of the Annual D.A.R.E. Report. Additionally, the FDLE Training Program is responsible for ensuring compliance with national standards, delivery of technical assistance, and providing statewide program management.

### SERVICES PROVIDED BY FDLE

FDLE provides the following year-round support to the D.A.R.E program:

- Deliver D.A.R.E. training to state and local law enforcement agencies in Florida, thereby assisting them in the prevention of future drug crimes and acts of violence.
  - ◆ Maintaining guidelines for the Florida D.A.R.E. Program
  - ◆ Serve as a liaison with the National D.A.R.E. policy-making board
  - ◆ Render oversight of the Florida D.A.R.E. training accreditation
- Ensure compliance with standards of local D.A.R.E programs.
  - ◆ Verify qualifying credentials on D.A.R.E. officer candidates
  - ◆ Maintain training records on all Florida D.A.R.E. officers
  - ◆ Coordinate the statewide evaluation of the D.A.R.E. program in Florida
- Provide D.A.R.E. trainers and classroom instructors.
  - ◆ Substitute for local D.A.R.E. officers who may be absent from the classroom
  - ◆ Assist other state training programs throughout the United States
  - ◆ Provide an annual report of D.A.R.E. related activities throughout Florida
- Assist local law enforcement agencies in identifying supplemental funding resources to enhance their D.A.R.E. programs.
- Provide workshops and presentations to businesses, civic groups, and other community-based organizations concerning drug and violence prevention.
- Facilitate communication to certified D.A.R.E. officers to enable sharing of resources and news further enhancing the training program efforts.

## FLORIDA D.A.R.E. OFFICER TRAINING



### Congratulations to graduates of the 2014 D.A.R.E. Officer Training

Florida's D.A.R.E. Training Program continues to be recognized by D.A.R.E. America as one of the premier training programs in the United States. This year's two week training program and graduation celebration was held June 16-27 at FDLE's Fort Myers Regional Operations Center (FMROC). This was the first time the training was held at FMROC. The new state-of-the-art training facility served the training extremely well, as it met all of the training demands associated with hosting a two-week D.A.R.E. Officer Training class.

Along with the 20 new D.A.R.E. officers, who were certified during the program, five additional D.A.R.E. officers were recertified in the new D.A.R.E. "keepin' it REAL" elementary and middle school curriculum. The recertification program is a refresher training for officers and deputies who were previously D.A.R.E. certified but have been away from D.A.R.E. for two or more years due to promotions and/or other assignments. It demonstrates the value and dedication of being a D.A.R.E. officer when seasoned law enforcement personnel strive to return to this assignment of teaching D.A.R.E. to the children of our state. FDLE Inspector and Florida D.A.R.E. Statewide Coordinator Stephen Emerson facilitated this training. Dr. Susan Bridges-Tomkins provided all of the students with the latest information on the most effective ways to teach children so that they can apply the important life skills they are taught, and the tools and ways to prevent drug abuse. Also serving as mentors were Terry Allen, a Lake County Deputy Sheriff, and FDLE Special Agent Kevin Sapp and Dale Crosby.

Two new mentors completing their training were Collier County Sheriff's Office Corporal Ken Vila, a D.A.R.E. officer for over 21 years and this year's runner up for the 2014 D.A.R.E. America's Officer of the Year, and Gadsden County Sheriff's Office Sergeant Anglie Hightower, a D.A.R.E. officer for over 17 years. Congratulations to Ken and Anglie for completing this three part process to become a D.A.R.E. mentor!

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## FLORIDA D.A.R.E. TRAINING PROGRAM TEAM

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Inspector Stephen Emerson	Florida Department of Law Enforcement D.A.R.E. Statewide Coordinator Criminal Justice Professionalism
Special Agent Dale Crosby	Florida Department of Law Enforcement
Special Agent Kevin A. Sapp	Florida Department of Law Enforcement
Corporal Ken Vila	Collier County Sheriff's Office
Deputy Terry L. Allen	Lake County Sheriff's Office
Sergeant Anglie Hightower	Gadsden County Sheriff's Office
Dr. Susan Bridges-Tomkins (not pictured)	Statewide D.A.R.E. Educator
Denise Carrier	Florida Department of Law Enforcement

## The New D.A.R.E. Program ~ This One Works

SCIENTIFIC  
AMERICAN™

### The New D.A.R.E. Program—This One Works

The “keepin’ it REAL” substance-abuse curriculum focuses on elementary and middle-school students’ decisions, not drugs  
Sep 10, 2014|By Amy Nordrum



If you were one of millions of children who completed the Drug Abuse Resistance Education program, or D.A.R.E., between 1983 and 2009, you may be surprised to learn that scientists have repeatedly shown that the program did not work. Despite being the nation’s most popular substance-abuse prevention program, D.A.R.E. did not make you less likely to become a drug addict or even to refuse that first beer from your friends.

But over the past few years prevention scientists have helped D.A.R.E. America, the nonprofit organization that administers the program, replace the old curriculum with a course based on a few concepts that should make the training more effective for today’s students. The new course, called keepin’ it REAL, differs in both form and content from the former D.A.R.E.—replacing long, drug-fact laden lectures with interactive lessons that present stories meant to help kids make smart decisions. Beginning in 2009 D.A.R.E. administrators required middle schools across the country that teach the program to switch over to the 10-week, researcher-designed curriculum for seventh graders. By 2013, they had ordered elementary schools to start teaching a version of those lessons to fifth and sixth graders, too. “It’s not an antidrug program,” says [Michelle Miller-Day](#), co-developer of the new curriculum and a communications researcher at Chapman University. “It’s about things like being honest and safe and responsible.” Even so, keepin’ it REAL has reduced substance abuse and maintained antidrug attitudes over time among students in early trials—an achievement that largely eluded the former iteration of the program.

D.A.R.E.’s original curriculum was not shaped by prevention specialists but by police officers and teachers in Los Angeles. They started D.A.R.E. in 1983 to curb the use of drugs, alcohol and tobacco among teens and to improve community–police relations. Fueled by word of mouth, the program quickly spread to 75 percent of U.S. schools.

But for over a decade research cast doubt on the program’s benefits. The Department of Justice funded the [first national study](#) of D.A.R.E. and the results, made public in 1994, showed only small short-term reductions in participants’ use of tobacco—but not alcohol or marijuana. A 2009 report by Justice [referred to](#) 30 subsequent evaluations that also found no significant long-term improvement in teen substance abuse. “Thirty years ago, everyone believed that if you just told students how harmful these substances and behaviors were—they’d stay away from them,” says Frank Pegueros, president and CEO of D.A.R.E. America. “I’ve actually had officers tell me, ‘You mean I was doing it wrong for 15 years?’ Evidently, we were.”

Behavioral scientists started to suggest a different approach as early as 1998, based on research into successful behavior-change techniques. Instead of bombarding students with information in 45-minute lectures, they called for a hands-on program that would build communication and decision-making skills and let children rehearse these tactics via role play. Eventually D.A.R.E. started to search for a new curriculum, and the program’s scientific advisory board selected keepin’ it REAL from over 200 listings on a [national registry](#) of evidence-based programs maintained by the [U.S. Substance Abuse and Mental Health Services Administration](#).



## The New D.A.R.E. Program-This One Works (Continued)

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Now instructors speak only for about eight minutes during each lesson, partly so students can spend more time practicing tough decisions in activities with their friends. “If we teach good decision-making skills, it should transfer from one high-risk behavior to the next,” Pegueros says.

Sgt. Christine Rapp, who has been a full-time D.A.R.E. officer at the [Hancock County Sheriff’s Department](#) in Indiana for 16 years, says these exercises are as popular in the classroom as they are with prevention researchers. “The interaction and group work is awesome because we learn by doing—much more than just by hearing,” Rapp says. “When [students] learn the ways to say no to friends, they absolutely love getting up in front of the class and acting those out.” Officers teach four ways to say no: *Refuse, Explain, Avoid and Leave* (hence the acronym).

The elementary curriculum focuses on developing these four basic skills, says [Michael Hecht](#), a communications researcher at The Pennsylvania State University who developed *keepin’ it REAL* with Miller-Day. And the middle-school curriculum, intended for seventh graders, has the students apply the guidance much more to drugs. The four strategies that make up the acronym were teased from 300 interviews that the two researchers conducted with kids across the country.

Hecht and Miller-Day have authored several of the [handful of studies](#) that demonstrated the program’s effectiveness and convinced the D.A.R.E. scientific advisory board to adopt it. [The largest one](#), published by Hecht, Miller-Day and their colleagues in 2003, asked 6,000 students to fill out questionnaires about their use of alcohol, tobacco and marijuana at several points over a two-year period. The reports from students who completed *keepin’ it REAL* indicated that they sampled these substances less than those in a control group, and used a wider variety of strategies to stay sober. Their antidrug attitudes were also more likely to stick over time. A [subset of that study](#) with 1,300 students who were already using drugs, showed that the program reduced substance use at a rate that was 72 percent higher than the control group. [Steven West](#), a rehabilitation counselor at Virginia Commonwealth University who once published a meta-analysis showing D.A.R.E. to have negligible effects, is encouraged by these results. “They are going the right route now—it’s based in science,” West says.

[Richard Clayton](#), a retired prevention researcher formerly of the University of Kentucky, was also once an outspoken critic of D.A.R.E. but has since been responsible for many science-based improvements to the program after it invited him to join its board of directors and chair its scientific advisory council, which is now stacked with prevention researchers. “They listened to the notion that comes from the literature that you need to be interactive—not didactic lecturing,” he says. “I think what they’ve done is pretty amazing.”

West and Clayton also argue that the D.A.R.E. program is worth saving, because it has built a remarkable network of schools and police stations that have proved willing to work together to encourage kids to lead smart, healthy lives. With that network firmly in place, D.A.R.E.’s biggest responsibility is finding the best way to put it to work. “We want to be on the cutting edge of research and science,” says John Lindsay, a regional director for D.A.R.E. America. “If you believe in that, you can’t just talk the talk, you have to walk the walk—and I think that’s what we’ve done over the last few years.”

## 27th D.A.R.E. International Training Conference



Members of the Collier County Sheriff's Office D.A.R.E. unit along with D.A.R.E. Statewide Coordinator Steve Emerson at the 2014 D.A.R.E. International Training Conference, accepting the trophies for best D.A.R.E. car in their Annual D.A.R.E. car show.

Left to Right: Thad Rhodes, Sandra Sprenger, Ken Vila and Steve Emerson.

The 27th D.A.R.E. International Training Conference was held on July 8-10, 2014, in Grapevine, Texas. The conference provided opportunities for attendees to gain enhanced knowledge, useful strategies, and practical skills that will have a positive impact within schools and local communities.

Session topics included:

- D.A.R.E. curricula and classroom delivery.
- Skill development in the effective use of the latest internet and classroom technology.
- Current information on the relationship between drugs and crime.
- Identification of high risk students and their "hidden" youth language.
- Raise participant's awareness of their contribution to school, neighborhood and community safety.
- Strategies to develop citizen participation and citizen-oriented public safety programs.
- Programs that demonstrate best practices and efforts to enhance safety in schools, neighborhoods, and communities.
- Community prevention programs.
- Achieving successful community engagement.
- Working with young people to reduce crime and anti-social behavior.

Ken Vila with the Collier County Sheriff's Office D.A.R.E. car, a 2012 Camaro, which earned two first-place trophies in the Specialty Division and Best Overall D.A.R.E. Vehicle. This is the third consecutive year the car has been honored. In addition, Cpl. Vila of CCSO's Youth Relations Bureau was nominated and considered for the D.A.R.E. Officer of the Year award.



## Commentary from Florida's Representative to the National D.A.R.E. Youth Advisory Board

*By Mariana DiMercurio,  
D.A.R.E. America Youth  
Advisory Board Florida*

Most teenagers don't smoke pot, but if Amendment 2 passes in Florida, you can expect to see more young people getting high throughout our state.

I care enough about my peers that I am not willing to sit back and watch as voters conduct a dangerous experiment on my generation. In the last few months, I've been joining my family and friends at local events to help raise awareness about the impact of allowing medical marijuana in our state. During this time, I've come to realize that this is not about medicine, but rather legalizing another addictive drug.

I am a senior in high school and currently represent Florida on the National D.A.R.E. Youth Advisory Board. We provide input to D.A.R.E. America as it works to enhance the D.A.R.E. program for the young people of the world. We do this as a body representing all drug and violence free youth from each of the fifty states.

With almost 1,800 projected pot shops; 417,252 medical marijuana card-holders; and 250,351 caregivers expected under Amendment 2 in Florida (according to Florida Department of Health estimates), we will see a huge spike in marijuana use throughout the state. Unfortunately, the biggest population of users will not be people with serious illnesses, but rather the young.

Marijuana's addictiveness is not debatable: 1 in 6 kids who ever try marijuana will become addicted to the drug, according to the National Institutes of Health. Also, more than 400,000 incidents of emergency room admissions related to marijuana occur every year, and heavy marijuana use in adolescence is connected to an 8-point reduction of IQ later in life.

Marijuana is already harming too many young people and legalization is not the solution.

I do know what it's like to lose a loved one to a debilitating disease. My grandfather struggled with Parkinson's and other illnesses later in life. His medicines were scientifically tested to help and did not include smoking a joint. I remember him as a loving person who was always looking to protect his children and grandchildren. Florida was special to him and I know he would have hated to see the state go to pot.

I ask everyone to think about the negative consequences that legalization will have on those who are not yet old enough to vote. Our future depends on it.



*1 in 6 kids who ever  
try marijuana will  
become addicted to the  
drug, according to the  
National Institutes of  
Health.*

Posted on October 8, 2014 by  
[D.A.R.E. in Drug Legalization and  
Student Drug Use, Florida,  
Hometown, Spotlight](#)

## FLORIDA D.A.R.E. ESSAY CONTEST

In April, 2014, 190 students of Emma Love Hardee Elementary graduated after completing the elementary curriculum. The winner of the essay contest was Ian Head. His essay is below.

### **MY D.A.R.E. ESSAY**

**IAN HEAD**

**March 19, 2014**

**Nassau County**

**DARE is an amazing class that helps kids stay away from drugs, alcohol, smoking, bad behavior like committing crimes and bullying. I learned a lot because I didn't know some of these things could be so dangerous. DARE taught me that I make decisions every day that effect my future. Decisions like what I'm going to eat that could be good or bad for my body and the friends I choose to hang out with that could be dangerous or a good or bad influence on me.**

**My DARE class has taught me that I don't need to be perfect or need to act like someone else I just need to be myself and do what I know is right. If friends at school try to get me to do things I am not comfortable with or that I do not think is right, I know I need to leave the group if they don't stop trying to coax me to do something I don't want to do. I want to make my black belt in karate and I want to join the military and if I do drugs or commit crimes or hurt my body or other people, I will not be able to achieve my goals. I think DARE is similar to my karate program because I've learned in karate not to do anything that will harm my mind or my body or other people.**

**The DARE Decision Making Model has helped me with my school work. I used it when I had a report and a test due at the same time. I had more days to study for my test then I had to do my report. I applied the Define, Assess, Respond, and Evaluate model and chose to do what was due first which was my report. Once I completed my report I focused on studying for my test. The DARE Decision Making Model helped me decide what to do first. I ended up doing well on my test and report.**

Continued on next page..

## D.A.R.E. Essay Contest (Continued)

**In my karate classes I have learned to use what I know constructively and defensively and never be abusive or offensive. I am taught to be my best at what I learn and what I do. The DARE classes teach me not to be mean or rude to people, not to hurt my body with drugs or alcohol, and to try to make good decisions every day. If I want to achieve my goals of a black belt and being in the military someday, I know I need to constantly apply what I've learned from DARE on a daily basis.**

**I think the DARE program is very important to kids because it teaches us how to resist drugs, alcohol, and peer pressure to do bad things. It also teaches us to understand that it is OK to be ourselves and not try to be something we are not. Growing up can be very hard but the DARE program teaches us that it can be a little easier if we do what we know is right instead of just doing what someone wants us to do.**

EMMA LOVE HARDEE ELEMENTARY SCHOOL ESSAY WINNER



From left: Deputy Lisa McCumber, Essay Winner Ian Head and Ian's Fifth Grade Teacher Mrs. Jennifer Albert.

## FLORIDA D.A.R.E. PROGRAM STATISTICS

Agency	Elem. Schools Taught	K-4 Students Taught	5th/6th Grade Classes Taught	5th/6th Grade Students Taught	Middle Schools Taught	7th Grade Classes Taught	7th Grade Students Taught	Certified D.A.R.E. Officers
Altamonte Springs Police Department	6	0	23	538	0	0	0	1
Aventura Police Department	1	700	6	120	0	0	0	1
Charlotte County Sheriff's Office	2	0	8	320	0	0	0	2
Coconut Creek Police Department	3	600	23	532	0	0	0	4
Collier County Sheriff's Office	39	0	160	3,800	0	0	0	44
Coral Gables Police Department	3	0	5	307	0	0	0	2
DeLand Police Department	5	0	17	440	0	0	0	2
Dixie County Sheriff's Office	2	0	5	160	0	0	0	1
Doral Police Department	7	0	21	540	0	0	0	7
Florida Dept. of Law Enforcement	2	25	10	220	0	0	0	3
FL School for the Deaf & Blind PD	2	61	24	24	1	10	10	1
Florida State University PD	1	0	4	25	0	0	0	1
Gadsden County Sheriff's Office	9	700	30	550	4	20	450	7
Gulf County Sheriff's Office	2	0	6	126	2	6	131	2
Highlands County Sheriff's Office	12	0	14	728	0	0	0	7
Holmes Beach Police Department	1	50	2	50	0	0	0	1
Indian River County Sheriff's Office	11	280	53	1,000	0	0	0	5
Key Biscayne Police Department	3	207	12	275	2	0	0	1
Lake Mary Police Department	3	0	15	319	0	0	0	2
Maitland Police Department	2	0	12	240	0	0	0	1
Marco Island Police Department	3	180	5	110	0	0	0	1
Margate Police Department	5	1,110	18	406	1	0	0	4

Program Statistics (Continued)

Agency	Elem. Schools Taught	K-4 Students Taught	5th/6th Grade Classes Taught	5th/6th Grade Students Taught	Middle Schools Taught	7th Grade Classes Taught	7th Grade Students Taught	Certified D.A.R.E. Officers
Martin County Sheriff's Office	12	0	60	1,370	5	0	0	7
Miami Police Department	54	0	405	1,200	0	0	0	11
Miami-Dade County/Village of Palmetto Bay	3	300	15	350	1	0	0	2
Naples Police Department	3	0	14	249	0	0	0	3
Nassau County Sheriff's Office	8	100	21	412	0	0	0	1
New Smyrna Beach Police Department	4	900	25	675	1	15	350	2
Ocala Police Department	14	0	43	974	1	3	45	2
Ocoee Police Department	5	0	27	540	0	0	0	3
Orange Park Police Department	2	0	7	130	0	0	0	1
Ormond Beach Police Department	7	150	26	535	0	0	0	2
Oviedo Police Department	4	200	27	592	0	0	0	1
Pinellas Park Police Department	6	75	23	575	0	0	0	2
Punta Gorda Police Department	1	0	4	80	0	0	0	2
Sarasota County Sheriff's Office	2	0	11	190	0	0	0	1
Sebastian Police Department	3	80	5	175	0	0	0	1
Seminole Police Department	1	32	1	8	0	0	0	1
Sunny Isles Beach PD	1	0	9	227	0	0	0	2
Tarpon Springs Police Department	3	0	13	286	0	0	0	3
Vero Beach Police Department	3	0	10	245	0	0	0	3
West Miami Police Department	1	0	5	120	0	0	0	1
<b>GRAND TOTAL</b>	<b>261</b>	<b>5,750</b>	<b>1,224</b>	<b>19,763</b>	<b>18</b>	<b>54</b>	<b>986</b>	<b>151</b>

**CALENDAR YEAR 2014 EXPENDITURES**

		January thru December
<b>Salaries and Benefits</b>		<b>\$ 171,002.45</b>
<b>Expenses</b>	Telephone	\$648.66
	Postage	\$118.16
	Printing	\$100.94
	Travel	\$9,036.22
	Supplies	\$232.61
	<b>Total</b>	<b>\$10,136.59</b>
<b>Contracted Services</b>	Training	\$3,000.00
	Maintenance	\$35.00
	Mail Service	\$63.14
	<b>Total</b>	<b>\$3,098.14</b>
<b>Total Estimated Expenses for 2014</b>		<b>\$184,237.18</b>