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Save the Date: WIFLE 2nd Annual Half Marathon

Plan to join WIFLE for the 2nd Annual WIFLE Half Marathon on March 6, 2016. All proceeds from the Half Marathon will benefit the WIFLE Scholarship Fund.

At this stage in the planning, the decision on the WIFLE Half Marathon location site for the 2016 race has not yet been made. Be sure to visit <http://www.wifle.org/halfmarathon/index.htm> and keep up-to-date on the latest information. We hope to see you there!



Spotlight on WIFLE Scholarship Recipient: Rowan Cornell

Rowan Cornell, a Criminal Justice major at Northeastern University, is a past WIFLE Scholarship winner. Currently a senior who has been accepted into the accelerated master's degree program at Northeastern, Rowan's story is an inspiring one; and we think our members would be interested, too.

<http://www.northeastern.edu/cssh/sccj/spotlight/rowan-cornell/>

Details on the annual WIFLE Scholarship Program are on the website, www.wifle.org. Check for instructions, information, deadlines, and application forms in February each year. Deadline for applying is usually May.



Partners in Education

MARIST

Women in Federal Law Enforcement (WIFLE)

Special programs and benefits include:

- Special scholarships for WIFLE members - over 50% off the regular tuition price for the MPA (\$333/credit, \$12,987/total tuition)
- WIFLE members receive a 25% tuition discount on all other non-discounted graduate and adult undergraduate degree programs
- Adult Family members receive a 25% tuition discount on all non-discounted graduate and adult undergraduate degree programs
- 100% online format, no residency required as well as classroom based programs offered in Poughkeepsie, Fishkill, NYC, and Albany

Note: Qualifying students must be 22 years of age or older and applying through either Graduate Admission or Adult Undergraduate Admission.

Application deadlines for the MPA:

- August 1 to start in September
- December 1 to start in January

Graduate Programs

- MPA - Master of Public Administration*
- MBA - Master of Business Administration*
- MA in Communication *
- MA in Integrated Marketing Communication*
- MS in Software Development
- MS in Information Systems*
- Master of Education M.Ed. (Initial Certification)
- Master of Arts in Educational Psychology (Professional Teaching Certification)*
- MA in School Psychology
- MA in Mental Health Counseling
- Advanced Certificate in Business Analytics*
- Advanced Certificate in Information Systems*

** Indicates programs that are also available in an online format.*

The best way to find out about our programs is to attend an information session! Visit our Website and RSVP at marist.edu/admission/graduate/entrsvp

888.877.7900 | E-mail graduate@marist.edu | www.Marist.edu/Admission

Email: wifle@comcast.net Phone: 301-805-2180 | Postal Address 2200 Wilson Boulevard Suite 102 PMB 204 Arlington, VA 22201-3324

To discuss an article for publication, contact Editors: [Dorene Erhard](#) or [Betsy Casey](#)



KAISER PERMANENTE®

Fall Back on Track

Get active and stay active!

Think of a health condition that holds you or a loved one back from thriving. Did diabetes, heart disease or depression come to mind? Would you take a pill to make it better? If you want to prevent or manage these conditions, in addition to high blood pressure, breast and colon cancer, osteoporosis or dementia, just fitting more activity into your day will make a difference. The benefits of exercise include:

- disease prevention,
- weight loss,
- weight management, and
- better quality of life overall

Adults should aim for 150 minutes of physical activity each week and children should strive for 60 minutes every day. If that sounds like a lot, start with what you can do and increase slowly. Physical activity and exercise mean different things to different people. It's important to know that it doesn't need to be a formal program that requires special shoes or a certain outfit. Exercise is anything that gets your heart rate up or makes you sweat. It includes things such as:

- walking the dog,
- doing housework,
- gardening, or
- dancing.

Being active for 10 minutes at a time adds up. You can work it into your day by

- taking the stairs,
- parking further away, or
- doing activity during commercial breaks.

If you'd like to be more active but need some help getting started, check out these resources on [kp.org/fitness](https://www.kp.org/fitness):

- Exercise podcast and video
- Ideas for fun activities for the whole family
- Ways to prevent injuries
- Tools to start a fitness routine and track your progress
- Calculators to find your target heart rate and determine your Body Mass Index

You can also talk with a wellness coach by phone to get support in making a plan for reaching your physical activity goals. Call 1-866-862-4295, Monday through Friday, 7 a.m. to 8 p.m., to make a phone appointment with a coach. Coaching sessions are no charge to Kaiser Permanente members.

Article courtesy of Kaiser Permanente Health Plans

Want to know more about physical activity?

Start by visiting kp.org/fitness to:

- Listen to our exercise podcasts.
- Use our Burn It Off fitness calculator.
- Learn your target heart rate.
- Get fit with our exercise videos.

Join in Everybody Walk, Kaiser Permanente's public awareness campaign to get America walking. Visit everybodywalk.org for:

- Community walking groups
- Walking tips
- Videos
- And much more!

By June Werdlow Rogers, PhD DEA SAC (Retired)



A Price Too High: Tragedy, Tribute & Triumph

What happened to FBI Special Agent Rebekah Elisabeth Morse haunts me. No, I didn't know her, but perhaps I'm absorbed because I can identify with her being a federal law enforcement agent. Perhaps it's because at age 34, she was young with a promising future cut short. Perhaps though, it's because I know but for the grace of God, go I.

SA Morse was the lead investigator on a high profile Ponzi scheme case – the multiple offender arrests and prosecutions made news headlines. Now came time to finish her quest for justice – testify at trial which is arguably one of the most challenging phases of casework. Navigating the pressures of a flawless oral testimony with the considerable down-time of motions, objections and other legal wrangling is a tedious endeavor. During the second day on the witness stand while waiting for the judge to finish a sidebar with the attorneys, her cell phone was spotted. The juror told the judge.

Under oath, without the jury present, SA Morse denied texting and testified that she was simply turning off her cell phone. Initially the judge was satisfied with her answer, but upon further reflection again “raised the issue with Ms. Morse, took possession of her cell phone and directed her to return for testimony the following day.” SA Morse would never return to court.

On March 20, 2014 Special Agent Morse died of a self-inflicted gunshot wound. People often commit suicide because they see it as the best alternative to what is perceived as a serious problem. It is true that being impeached can adversely affect one's federal career. But in SA Morse's situation it is not clear that perjury occurred. Although “the next day, she wasn't there, and the jury was told to take into account that she had lied on stand,” the United States

Attorney (USA) disagreed: “As the United States has maintained in argument to the court and in its pleadings, we believe that Rebekah Morse was truthful in her responses to the court and that a full examination of the facts warrants that conclusion. We understand and respect that the court saw this differently.”

The review of SA Morse’s cell phone activity revealed a short series of text messages with her husband about how she perceived her testimony was going, but the jury was not informed of those particulars. In fact, they did not learn about SA Morse’s death until after returning a guilty verdict for each of the defendants on trial. When they found out she had died, some jurors were so traumatized they planned to receive counseling. For certain, many are saddened upon learning of this tragedy.

Admonishing that “the human price of this case was too high,” USA Wendy Olsen lauded “SA Morse as an outstanding agent and person. In her less than four years as an agent, all stationed in Boise, she played a critical role in almost every significant white-collar prosecution, including three successful trials in the last 12 months. She displayed enormous integrity, intelligence, and honesty. She worked harder and better than any young, new agent I have seen in my more than 20 years as a federal prosecutor. Her vast ability was exceeded only by her great humor and joy. She was a tremendously warm and caring human being who held herself to the highest of standards, gave much to all around her and expected and asked for little in return. Rebekah Morse was greatly respected. She will be greatly missed.”

Well said. While I’m tempted to end this report of tragedy and tribute right there, triumph happens if I can convince you to always keep problems in proper perspective – things are rarely as bad as they initially seem. (I am reminded of an agent overseas who awakened after much drinking concerned that he had struck a pedestrian the night before. Rushing out to his assigned vehicle, sure enough he discovered blood and guts. He committed suicide. Subsequent investigation revealed that he had actually killed that which he had indeed struck - an animal.)

Resolve to be patient and forgiving of yourself and of one another. Moreover, recognize that acknowledging a misstep affords others an opportunity to help you see a situation in another light. Especially, I urge you to vow **never** to accept suicide as an answer to *any* of your problems – professionally or personally. Long live women in federal law enforcement!

i <http://blogs.wsj.com/bankruptcy/2014/04/11/dbsi-judge-confronts-fbi-agents-tragic-death-during-trial/>. Accessed 8/20/15.

ii Ibid

iii <http://www.ktvb.com/story/news/local/2014/07/03/12146273/>. Accessed 8/20/15,

iv <https://www.fbi.gov/saltlakecity/press-releases/2014/jury-convicts-dbsi-principals-of-fraud>. Accessed 8/20/15.

v <http://www.ktvb.com/story/news/local/2014/07/03/12146273/>. Accessed 8/20/15.

vi <https://www.fbi.gov/saltlakecity/press-releases/2014/jury-convicts-dbsi-principals-of-fraud>. Accessed 8/20/15.

Show Mom You Care: Have a Conversation about Long Term Care Insurance

This year, as you look back at the many years your mother cared for you, consider the possibility that she may require care herself someday. Long term care insurance can help ensure that your mother will get the care she needs, should there come a time when she requires help managing some of the activities we associate with independent living.



The **Federal** Long Term
Care Insurance Program™

www.LTCFEDS.com

Millions of Americans require long term care during their lifetime,¹ which includes assistance with simple tasks like bathing, eating, and dressing—trivial things we do every day without a second thought. In reality, the type of care needed to provide

assistance with these activities can be expensive and is generally not covered by traditional health plans or Medicare. It's important to keep in mind that women, in general, live longer than men. This means that women may be more likely to need care at some point in their lives than their male counterparts.² Should that need arise—whether it's assistance to perform activities of daily living or supervision due to a severe cognitive impairment—it's likely to be provided by a family member or friend. Unfortunately, this may not be an ideal option with many families living far apart from each other. And, your mother may not be willing to place that burden on you or even a close friend. The good news is, she is eligible to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP).

Encourage your qualified relatives to plan now

The best time for your family members to consider long term care insurance is long before they need it. Because the FLTCIP is medically underwritten, it's important for your qualified relatives to apply when they are in good health to avoid the risk that a future illness or condition may prevent them from obtaining coverage later. Also, premiums are directly related to age. This means the younger people are when they apply for coverage, the lower their premium.

You may wish to consider applying for coverage as well, as a way to help secure your family's future. With benefits designed specifically for the Federal family, the FLTCIP offers a smart way to help protect your savings and assets should you or your loved ones need long term care services someday.

Many members of the Federal family are eligible to apply for coverage under the FLTCIP, including Federal and U.S. Postal Service employees and annuitants, as well as active and retired members of the uniformed services. Certain family members, or qualified relatives, are also eligible. Qualified relatives include your spouse, domestic partner, parents and parents-in-law, and adult children.

For a complete list of who is eligible to apply, visit www.LTCFEDS.com/eligibility.

For personalized assistance, call **1-800-LTC-FEDS** (1-800-582-3337) **TTY** 1-800-843-3557 to speak with a program consultant. They are available to answer any questions you may have and can walk you step-by-step through the plan design and application process.

Register for a FLTCIP webinar

If you or your qualified relatives would like to learn more about the FLTCIP's comprehensive benefits and features, register for one of our upcoming webinars or view our existing library of on-demand topics at www.LTCFEDS.com/webinar.

More about the FLTCIP

Established by an act of Congress in 2000 and overseen by the U.S. Office of Personnel Management, the FLTCIP is designed to meet the specific needs of the Federal family. The FLTCIP provides industry-leading benefits and offers flexible options that allow enrollees to tailor coverage to meet their needs.

Certain medical conditions, or combinations of conditions, will prevent some people from being approved for coverage. You need to apply to find out if you qualify for coverage under the FLTCIP.

The Federal Long Term Care Insurance Program is sponsored by the U.S. Office of Personnel Management, offered by John Hancock Life & Health Insurance Company, and administered by Long Term Care Partners, LLC.

¹ Center for Disease Control and Prevention. "Long Term Care Services in the United States," http://www.cdc.gov/nchs/data/nsltcp/long_term_care_services_2013.pdf (accessed March 2015).² U.S. Department of Health and Human Services. "Who Needs Care?," <http://longtermcare.gov/the-basics/who-needs-care/> (accessed March 2015).



Public Administration

Online MPA Degree from a Nonprofit Leader in Adult Education

There is an increasing need for leaders in local, state, and federal governments as well as in nonprofit sectors to serve the public by developing policies and legislation, creating strategies, implementing plans, administrating projects, and managing programs, budgets, and personnel.

A **Master of Public Administration** (MPA) from Excelsior College provides you with the flexibility to move between government and nongovernmental careers by helping you develop the analytic and leadership skills necessary to prepare for positions across a spectrum of public administration jobs.

This online MPA degree emphasizes practical applications and is dedicated to producing graduates who contribute to the well-being of society.

A Master's in public administration is for you if:

- You desire a leadership position aimed at serving communities in making ethical decisions and influencing society's well-being.
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- A cutting-edge academic program designed by world-renowned educators. Take a look at the degree requirements for Excelsior's online MPA degree.
- Personalized academic support from advisors who know you by name.
- Expert guidance from faculty with extensive experience as practitioners in the field.

Excelsior College is accredited by the Middle States Commission on Higher Education. (Learn more about the MSCHE accreditation programs and specialized accreditations on our accreditation page.)

Excelsior College Master in Public Administration Outcomes

Excelsior College Master in Public Administration Degree Credit Requirements

Mark Your Calendar: WIFLE 17th Annual Leadership Training July 18-22 2016 Reston Town Center (Virginia)
Training site will go live on or about February 1, 2016. Visit www.wifle.org for details.