

# WARRIOR



**Reeling in  
the fun** pg. **8**

WAFB participates in CAF Day

**A R.A.D. Day**

Retirees receive a helping hand

pg. **5**



NEWS BRIEFS

Disposition of Personal Effects

1st Lt. Bryan A. Reil is authorized to make disposition of the personal effects of Airman Christopher K. Gillebaard, deceased, 509th SFS, as stated in AFI 34-511, Disposition of Personal Property and Effects. Any person having claims for or against Gillebaard should contact Reil at 660-687-6659.



**U.S. AIR FORCE**  
**EagleEyes**

WATCH.REPORT.PROTECT.

U.S. Air Force Eagle Eyes provides service members and civilians a safe, discreet and anonymous option to report criminal information, counterintelligence indicators or force protection concerns.

To submit a web tip go to the AFOSI web page at <http://www.osi.af.mil>.

How to report an anonymous tip using a smart phone:

1. Open the smart phone app
2. Manually select an agency
3. Choose USA then Federal Agency then select AFOSI
4. Create a passport, select New Tip and fill out the form with as much information as possible.

How to report an anonymous tip via text message:

Text "AFOSI" plus your tip information to 274637 (CRIMES)

Stealth Lounge

If you are a young Airman, let the Stealth Lounge make your time at Whiteman more enjoyable. Stop by after work to play some pool, darts, foosball, or the newest games on Xbox One or Playstation 4. The lounge opens at 4 p.m. during the week and noon on weekends. There is free dinner every Thursday at 5:30 p.m., with an optional discussion on spiritual resilience to follow at 6:30 p.m. There are also free premium snacks and Wi-Fi. Come for the free stuff, stay for the fun and friends.

Like the Stealth Lounge on Facebook to stay up to date on special events and tournaments.

WEATHER

Today

Mostly Sunny  
Hi 84  
Lo 60

Saturday

Mostly Cloudy  
Hi 85  
Lo 67

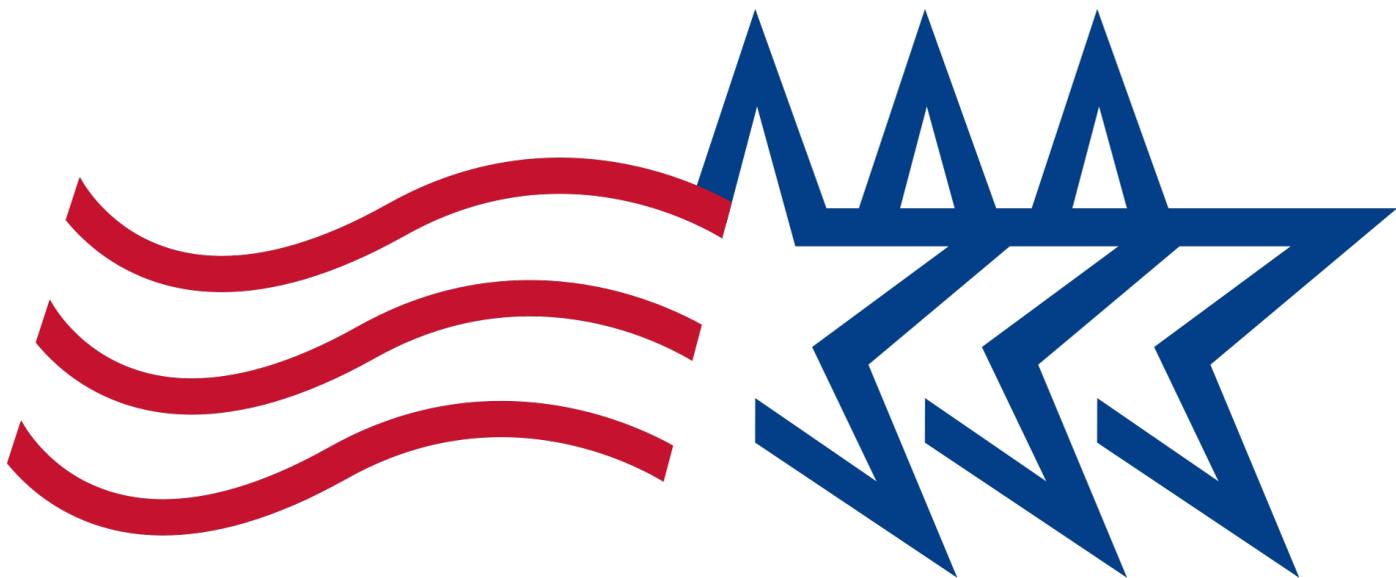
Sunday

Chance of Showers  
Hi 63  
Lo 55

Monday

Sunny  
Hi 66  
Lo 42

Major updates coming to TRICARE



**T R I C A R E**®

By Military Health System Communications Office

TRICARE beneficiaries will soon have increased access to health care through key changes that are set to take place in January 2018. With the benefit set to undergo some of the biggest improvements in more than two decades, beneficiaries will be able to take command of their health care through expanded choices. These improvements include wider access to network providers, updated enrollment to reduce disruptions in care and simplified copayments.

The Defense Health Agency recently met a key requirement for implementing these changes, with the publication of a formal document – called an Interim Final Rule – that establishes the legal “rules of the road” for putting in place changes mandated by Congress. The Interim Final Rule is now available for public review and comment.

“We are working hard to use the opportunity Congress gave us to continue building a health plan that does even better for our beneficiaries, the warfighter, and the taxpayers who support us,” said Vice Adm. Raquel Bono, the Defense Health Agency director.

The goal of this change is to keep beneficiaries healthy by providing better health care options. This includes allowing doctors to make the decisions on whether beneficiaries need a referral or specialty care instead of the regional contractors. Urgent care will be available without a referral through either the military hospital or clinic or at a civilian urgent care center in areas the military health facility is not an option.

TRICARE is changing. Here is what beneficiaries need to know: Some of the key changes that will become effective on Jan. 1, 2018, will affect region consolidation, TRICARE plans, enrollment, and costs. There are currently three TRICARE regions in the



United States, including TRICARE North, South, and West. Starting in 2018, these regions will become TRICARE East and West. They will be administered by Humana Military and Health Net Federal Services. This change will allow for better coordination between the military hospitals and clinics and the civilian health care providers in each region.

Several changes will also occur in coverage plans at the start of the new year. TRICARE Select will replace TRICARE Standard and TRICARE Extra. In the U.S., TRICARE Select will be a self-managed, preferred provider network option. Beneficiaries will not be required to have a primary care manager and can visit any TRICARE-authorized provider for covered services without a referral. Overseas, TRICARE Overseas Select will provide access to both network and non-network TRICARE authorized providers for medically necessary covered services. TRICARE Select, both stateside and overseas, includes additional preventive care services previously only offered to TRICARE Prime beneficiaries. Beneficiaries can review all available plans at [www.tricare.mil/changes](http://www.tricare.mil/changes) under the plan finder.

Starting Jan. 1, 2018, all current beneficiaries will also be automatically transitioned into their respective plan as long as they are

eligible. TRICARE Prime enrollees will remain in this plan. TRICARE Standard and Extra beneficiaries will be converted to TRICARE Select. Beneficiaries will be able to choose to enroll in or change coverage plans throughout the year-long grace period in 2018.

Beginning in fall 2018, enrollment will move to a calendar year open enrollment season like federal employee plans. During this time, active enrollment will be required to change plans for the following year. Those who are retiring will have to choose their plan and enroll to retain coverage. The open enrollment season begins on the Monday of the second full week in November and runs through the Monday of the second full week in December of each calendar year starting in 2018. All beneficiaries should make sure their information is current in DEERS now so they are converted to the correct plan in January.

Beneficiaries will shift to a copayment structure from the current cost-share structure also starting Jan. 1, 2018. With fixed costs for specific services, beneficiaries will be able to better predict their health care costs. Updated out-of-pocket costs for 2018 will be available at [www.tricare.mil/changes](http://www.tricare.mil/changes).

While the upcoming changes are significant, the goal of the Military Health System is to continuously improve health care for all its beneficiaries. Beneficiaries can prepare for the upcoming changes by visiting the TRICARE Changes page, where they can sign up for email alerts, complete a beneficiary checklist, and see available plans and updated costs for 2018.

“This marks a major milestone in our effort,” said Bono. “It highlights the opportunity for our beneficiaries to take command of their health plan, and our responsibility to ensure that these historic changes to TRICARE are a success for beneficiaries and the department.”

# Reel Time Theaters

We're saving a seat for you.

**FRIDAY, OCT. 13 • 7 p.m.**  
American Assassin (R)  
Adults - \$6.25

**SATURDAY, OCT. 14 • 7 p.m.**  
American Assassin (R)  
Adults - \$6.25

**SUNDAY, OCT. 15 • 3 p.m.**  
American Assassin (R)  
Adults - \$6.25



# THE OLD HERMIT OF KNOB NOSTER

**Commentary by  
Airman 1st Class Taylor Phifer**  
509th Bomb Wing Public Affairs

Gather around dear friends, as I tell you a tale filled with suspicion, murder and mad mobs. I'll warn you dear reader, ultimately it's up to you to decide what might be the truth and what might be an old Missouri myth.

There are some who say it all happened on a stormy night in the small town of Knob Noster, Missouri, with an eerie fog blanketing the town and cold rain chilling even the heartiest to their bones. Today, the citizens of Knob Noster say

none too quick I tell you, the townspeople began vicious rumors that the old hermit had murdered his slave and his next victim could be any one of them.

They refused to die by the hermit's hands and with a righteous vengeance in their hearts, and pitchforks in hand, they stormed the hill demanding the old man tell them where the slave was. Their threats did little to the old man's hardened heart and he brushed them away with a flick of his hand.

Several days passed after the slave's mysterious disappearance until one night the eerie fog engulfed the town. Lanterns were lit as the rain



when a storm barrels through the small town, a bright yellow lantern can still be seen glowing in the dark moving up a hill ... my dear reader, that lantern is where our story stems from.

Many, many years ago, on the top of a hill overlooking the town, lived what can only be described as a crotchety old hermit. With only his slave at his beck and call, he guarded his privacy like he guarded his dilapidated house. The mean old hermit made his slave do everything for him, from cooking to cleaning, all so he could avoid the townspeople of Knob Noster.

You must remember, dear reader, that at this time in the world slaves were treated poorly, but despite this, the townsfolk grew fond of the slave. Slowly, they began to welcome the sight of him as he went about his chores for his reclusive master. Then one day, nothing ... the slave had vanished, and in his place, the townsfolk were faced with the hermit as he purchased the things he needed.

The hermit treated everyone with disdain and,

pelted the homely shutters. As the legend goes, during the storm a citizen of Knob Noster was desperately trying to get home when he saw a bright lantern atop the hill. Straining his eyes to see who carried such a bright lantern, and before he could make out the culprit, lightning struck and thunder nearly burst his eardrums. The man couldn't tell which was worse, the flash of the lightning or the blood curdling scream lingering in the air after the thunder rolled past.

A blood curdling scream you ask? According to the story, the day after the storm finished drenching the town of Knob Noster, the old hermit's body was found on the exact same hill, in the exact same spot where the lightning struck ... his face was frozen in complete and total fear.

Now, it's up to you to decide if the the story of the old hermit who died on the hill and still haunts the small town is true or a tall tale. But I can tell you this, the next time a storm rolls through Knob Noster and there is a lantern moving with nobody holding it, it won't be my scream you hear.

# Appreciating those who served before us



Members of Team Whiteman extend their support to honor our former service members during Retiree Appreciation Day at Whiteman Air Force Base, Mo., Oct. 7, 2017. As the keynote speaker during the morning's brief, U.S. Air Force Col. Mark Ely, the 509th Bomb Wing (BW) vice commander, highlighted the heritage of the 509th BW and provided the retirees with insight on its mission and how today's innovative Airmen provide hope for the future. The day's events also offered retirees various informational booths and tours of the Oscar 01 facility and a B-2 Spirit.

*U.S. Air Force photos by Senior Airman Jazmin Smith*



# Air Force psychologist considers social media's role in suicide prevention

By Peter Holstein

Air Force Surgeon General Office of Public Affairs

Social media connects us to more people than ever before, but these contacts may not be the type that help build resiliency. Strong interpersonal connections play a critical role in suicide prevention. Used correctly, social media can be an important tool in the suicide prevention toolbox for commanders, friends, and family.

When people associate social media with suicide, it is often in a negative way. We think of cyber-bullying or lonely teenagers with thousands of virtual friends but none in real life. Those examples do exist and are a serious concern, says U.S. Air Force Lt. Col. Alicia Matteson, the chief of Air Force suicide prevention programs. However, she also says that social media can also play a valuable role in suicide prevention efforts, especially to help officers know the Airmen under their command.

"I recently served as a squadron commander, and I sometimes heard from the leaders in my organization that they were too busy to be connected to their Airmen," said Matteson. "It's true, we are very busy, but it is critical to take the time to know your Airmen, and what's going on in their lives, to ask the questions."

Keeping a finger on the emotional pulse of Airmen is extremely important for leaders to gauge the emotional well-being of their subordinates, and know when they may need additional assistance.

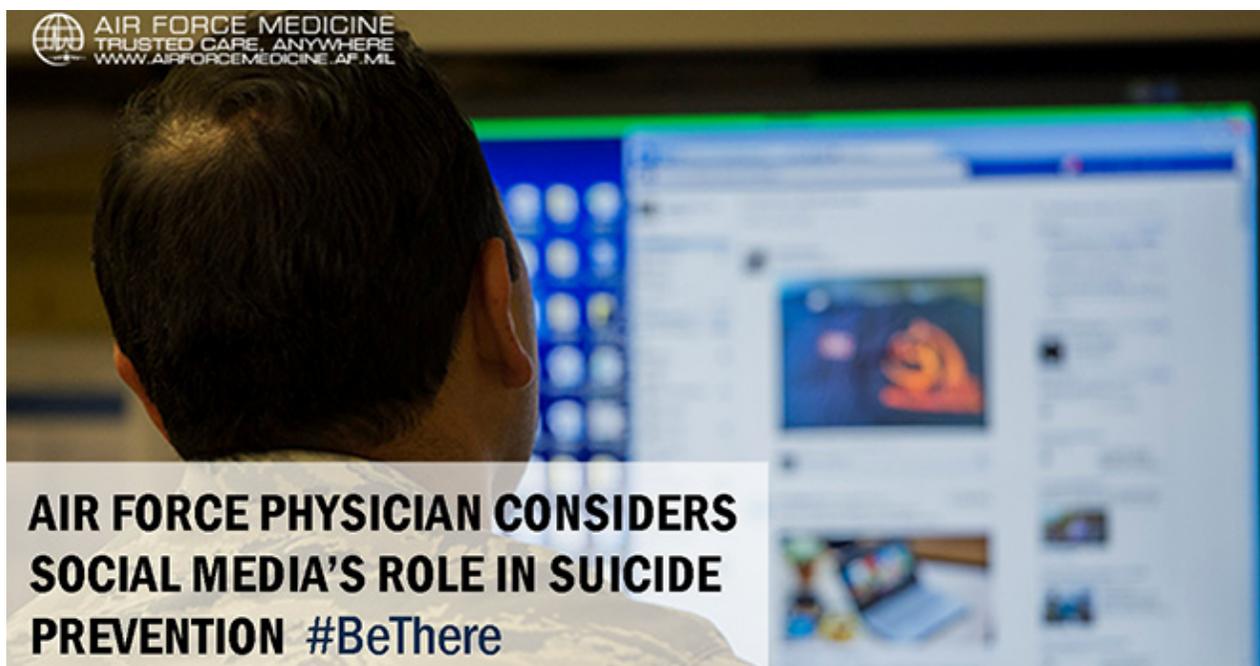
"Social media can be an effective tool to connect leaders to their Airmen, including civilians in the total force," said Matteson. "It can be texting groups, Facebook groups, or something else. It's a good way to get information out quickly, but it's also a means to look at what people are saying and posting."

Social media documents major life events, like the death of a loved one or a divorce which can be triggers for suicidal behavior. Sudden changes in online behavior, negative posts that are out of character, or even explicit contemplation of suicide, can all be warning signs.

"Sometimes, social media is where you will see the first sign that something is going wrong," said Matteson. "If their posts, or the tone of their posts change, if they are saying things that are uncharacteristic of them, or things like 'I'm done, I'm fed up, I hate my life,' it can be a sign that a leader needs to engage immediately."

Although social media can be an effective window into Airmen's inner thoughts, it is not necessarily the best tool to respond, says Matteson. An in-person interaction, or over the phone if that connection is not possible, is more likely to make an impact. The first line of defense against suicide is human interaction, and connecting with something bigger than yourself. Leaders can make their Airmen feel like valued members of the unit, and help build resiliency.

Preventing suicide is the responsibility of every member of the Air Force community, from the highest-ranking military and civilian leadership, all the way to the new trainees in basic training. Using every tool to build connections strengthens relationships within a unit, and helps build a sense of community that is a valuable bulwark against feelings of isolation, depression, and substance abuse, all of which are major risk factors for suicide.



# Team Whiteman builds Comprehensive Airmen Fitness



Members of Team Whiteman participated in the 509th Bomb Wing's 2017 Comprehensive Airmen Fitness (CAF) Day at Whiteman Air Force Base, Mo., Oct. 6, 2017. The day offered several different events aimed to bring like-minded people together in hopes of establishing a strong support system amongst the Airmen. The overall winner for CAF Day was the 509th Maintenance Squadron.

*U.S. Air Force photos by Senior Airman Jazmin Smith/Jovan Banks*



## Behind a smile:

# Becoming a voice of change

By Staff Sgt. Brittany Cannon

131st Bomb Wing Public Affairs

“People see a smile and think that everything is okay, but a smile doesn’t mean that things are okay.”

An acquaintance who experienced the devastating loss of her child to suicide recently shared this message with me.

I remember seeing Facebook posts about a young girl’s life cut short – a ray of sunshine that would no longer brighten the world. I knew the young girl’s family, but not well enough to ask what had happened to her. I just assumed she had fallen ill and passed away. I’d soon learn that was far from what happened.

Recently, while waiting in line with my family at a food truck frenzy, I ran into my acquaintance, and we began talking about life and our daily struggles. I finally garnered enough courage to ask her what had happened to her daughter.

“She committed suicide,” she replied.

Reality smacked me right in the face. I stood there stunned, unsure how to respond.

Her daughter was 21, going to college, my friend shared. She had a boyfriend and plans for her future.

I didn’t know how to reply in that moment. “Sorry for your loss,” was all that I could muster – which didn’t seem like much at all.

We continued to talk as we waited in line. What stuck with me most from our conversation was what she shared about all the things that a smile can hide, and how she wants to be a voice for her daughter.

In our culture, when a person smiles, we automatically assume this means that they are happy. We don’t look beyond the smile, because a smile is the universal symbol for happiness.

But, what if that isn’t the case? What if a smile can mean several things? It could represent happiness or contentment; mirror a memory of something pleasant; or it can be a Band-Aid for our sorrow. It doesn’t have to only symbolize happiness.

At the time that my friend shared with me her daughter’s tragic story, I had been having an extremely rough year myself. I was having a hard time juggling all of my responsibilities. My plate was overflowing with being a wife and mother to four young children. I was attending graduate school. To pay the bills, I worked a full-time job, plus three part-time jobs, one of which was the Air National Guard. Those were just the big things in my life that I was trying to tend to, and I was overwhelmed.

I hid all the tears and the stress that I endured behind a smile, every day. Looking inward and reflecting on my own experience, and thinking about the message my friend shared with me, I realized that a smile indeed does hide a lot of things.

Think for a moment about the last time that you had a bad day. How did you respond when someone asked you, “How are you doing?”

Honestly, most of the time my response has been to smile, and give with it a generic answer along the lines of, “I’m fine, how are you?” My goal was to appease them, so they wouldn’t ask me any more questions.

Once I realized that I was doing this, I saw the world in a different light. People come in and out of our lives and we don’t know them well enough to take the time to recognize when

someone truly needs help; when they are feeling depressed; or if that smile is genuine and filled with happiness – or masks something that is troubling them.

We often can’t see the struggle behind a forced smile, or a temporary smile. I’m not saying that no one ever smiles out of happiness, but I am saying that there can be a lot more behind every smile.

In the last couple of years, I have known three people who committed suicide. Out of those three, I didn’t think that any of them would ever resort to taking their own life.

But maybe that’s the point; I couldn’t see it. I assumed that all the smiles they had smiled meant that they were in a good place, and for the most part, were happy.

What I’ve learned from this time in my life is that just because someone smiles doesn’t mean that everything is okay. I learned that I want to be that person that goes the extra mile in a conversation and who strives to know what else is going on behind a person’s smile.

During that tumultuous season in my life, I struggled to find genuineness in a person asking, “How are you?” It seemed that every time someone asked that question, it was more out of civility or the need to make small talk.

It wasn’t until a lieutenant colonel with the wing staff stopped me in a hallway. She held both of my hands in hers, looked me square in the eyes, and asked me if I was doing okay; if I was finding a way to balance everything that I had going on.

Smiling as I always did, I responded with a polite, “Yes ma’am, I’m fine.”

She looked at me, unfazed by my response, and continued by saying, “I think of you all the time; you remind me so much of myself, and if you ever need anything, please don’t hesitate to reach out to me.”

In that moment, I was touched by a sense of honesty and tenderness that I hadn’t recognized in others that asked about my situation. I didn’t tell her all of the details of my struggles, nor did I change my answer. But her response to me stuck with me and gave me a sense that someone did care how I was really doing.

I want to be a voice of change like she was for me on that day, and I challenge everyone to do the same. Be the kind voice that someone hears when they are having the worst day. Be the voice that shares their heart and who struggles openly. And be the voice that is genuine and concerned for others. A single, real conversation can make a difference, and the conversations that I have had with these two women has made a significant difference in my life.

For my acquaintance and for the memory of her daughter; and for the lieutenant colonel who had a voice that touched me, I want you both to know that your voices do matter, they did make a difference in my life, and as I accept the challenge of your message and seek to share it more broadly to others, it can indeed change the world.

*Editor’s note: If you are struggling, our wing has a host of resiliency resources to help you, including your supervisor, first sergeant or commander, as well as our wing chaplain – at (314) 724-6115 – or our director of psychological health – at (660) 687-7407. If you are feeling suicidal, please immediately dial 1-800-273-8255 or text 838255 for free and confidential help.*

# A gift from the Jewish community to Whiteman AFB



Members of the Chaplain Corps and staff assigned to Whiteman Air Force Base, Mo., were honored with borrowing a Torah from the Congregation B'Nai Amoona in St. Louis on Oct. 10, 2017. This is the second borrowing of a Torah throughout the entire Air Force as part of creating proper rooms for various faiths.

*U.S. Air Force photos by Senior Airman Jovan Banks*

# Fall Bazaar

*Come on over!  
Open to anyone  
with base access,  
FREE admission!*

October 14th - 9am-1pm

Neighborhood Center - 105 N. Carswell



**Whiteman Family Homes is hosting their 2nd Annual Fall Bazaar. We hope you will join us and our vendors to start your Christmas shopping early!**

**THINK SAFETY**

# Download the WAFB App

The free Whiteman Air Force Base app is available to read the latest base news, find pictures of promotion ceremonies, locate needed phone numbers and even get information about various base events.



Now available on Android!

Search "Whiteman Air Force Base" on the Google Play Store or visit [whiteman.af.mil](http://whiteman.af.mil) for a link!



# October is Energy Action Month



By **Melissa Tiedeman**

Secretary of the Air Force for Installations, Environment and Energy

October is Energy Action Month across the federal government, and for the Air Force, it represents an opportunity to remind Airmen of the role energy plays in fulfilling the Air Force's mission.

The Air Force theme this year, "Protect the Power," calls on Airmen and the larger Air Force community to practice smarter, more efficient energy and water consumption behaviors to enhance mission assurance.

"With threats to our power infrastructure increasing - in numbers and severity - enhancing mission assurance through energy assurance is critical to readiness. Now is the time to address these challenges; every kilowatt-hour, every gallon, and every idea counts," said Richard Hartley, acting assistant secretary of the Air Force for installations, environment and energy.

"As we look to the future, improving resiliency through optimized demand and assured supply will play a key role in enhancing our combat capabilities. We need every Airman to play a part, reducing their demand for energy and innovating to bring resilient and efficient approaches to the table," Hartley said.

The Air Force consumes significant quantities of energy protecting the nation's interests. With so many of our missions operated from our bases, building resilience, reliability and efficiency into energy operations is vital to our combat capability. To achieve these objectives, Mark Correll, deputy assistant secretary of the Air Force for environment, safety and infrastructure, encourages Airmen to participate, both at work and at home.

"Energy Action Month is an important reminder to everyone that energy is a critical aspect of all Air Force missions," said Correll. "Regardless of where or what the mission is, we require electricity and fuel to operate. By increasing their energy awareness and understanding, Airmen make energy a consideration in all they do and, in turn, increase our capabilities."

"Fuel consumes 82 percent of the total Air Force energy budget, however increasing energy efficiency means more than just cost savings,"

said Roberto Guerrero, deputy assistant secretary of the Air Force for operational energy. "Making energy a consideration in future platforms and looking at current processes for ways to optimize energy use is the key to bringing greater combat capability, more training, and lower sustainment costs to the Air Force mission."

Airmen making smarter energy choices and integrating energy efficient technologies and fuel optimization measures has a direct positive impact on combat capability. That is why the Air Force is challenging Airmen to increase their awareness of the energy and water they use, understand its impact on the mission, and continuously look for ways to better utilize these critical resources.

This means many Airmen taking small steps, such as turning off lights. And it means the Air Force making large enterprise-level moves, such as energy savings performance contracts that finance multimillion dollar energy saving infrastructure improvements or optimizing fuel use and increasing training opportunities by adjusting aircraft training routes. No matter the size or complexity of the change, every Airman can take action to "Protect the Power."

For more information on Energy Action Month, visit the Secretary of the Air Force for Installations, Environment and Energy's Energy Action Month website at: <http://www.safie.hq.af.mil/Programs/Energy/Action-Month/>.

## Air Force Energy Facts (through fiscal year 2016):

- Spent \$5.8 billion last year for electricity, heat, and fuel
  - 82 percent for aviation fuel
  - 16 percent for installation electricity & heat
  - 2 percent for ground vehicle and equipment fuel
- Reduced facility energy usage by 10 percent since 2011
- Increased on-site renewable energy usage by 12 percent from 2015 to 2016
- Have more than 134 megawatts of on-base renewable energy capacity
- Reduced total fuel consumption for ground vehicles by 20 percent since 2008
- Improved aviation energy productivity by 5.7 percent since 2011