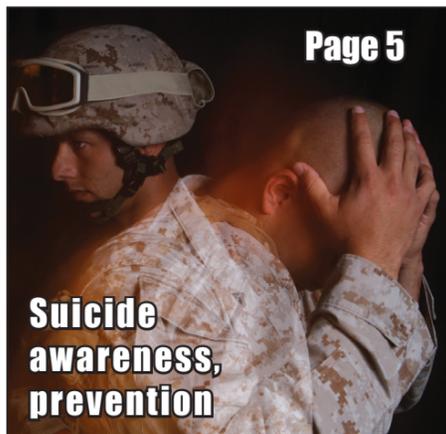


THE PARRIS ISLAND BOOT



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Suicide awareness, prevention

www.thebootonline.com

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Page 3

Sergeant Major of Marine Corps visits depot for drill instructor graduation

Photo by Lance Cpl. Caitlin Maluda
Sgt. Maj. of the Marine Corps Micheal Barrett, signs a class photo for one of the newest graduates from Drill Instructor School at Parris Island on Sept. 19. Barrett is the highest-ranking enlisted member of the Marine Corps.

NEWS BRIEF

Annual hunts scheduled to reduce deer population on depot

Hunts began to reduce the amount of deer on Parris Island Saturday and will continue through December.

As a result, shotgun fire may be heard in the vicinity of Page Field, Horse Island, Elliot's Beach and other wooded areas on Parris Island from 3 p.m. until dusk.

Other Saturday hunts are scheduled for Oct. 6 and 20, Nov. 3 and 10, and Dec. 1, 15 and 29.

Those wishing to participate in the deer hunts must register and be specially certified with the 10-, 12-, 16-, or 20-gauge shotgun.

Registration for hunts

may be done between 8 a.m. to 4 p.m., Monday through Friday, at the Parris Island Natural Resources Office, located in building 864 on Malecon Drive. Applications must be turned in by 4 p.m. on Oct. 5.

Certification firing is held each Saturday from 8 a.m. to noon on Parris Island's recreation fire range. Hunters must provide their own weapons and a minimum of 10 rounds of slug ammunition. Hunters must demonstrate the ability to safely use their weapon and place three out of five slug rounds in the black bull's-eye portion of the target at

a range of 25 yards.

Personnel who certified for a previous year's deer hunt are not required to recertify.

Beaufort-area active-duty service members, retirees, active-duty dependents ages 18 and older, local military civilian service and nonappropriated fund employees, and previously certified personnel are eligible to register for hunts.

More information on the deer hunts is available in Depot Bulletin 5090 or by contacting the depot's conservation officer, Van Horton, at van.horton@usmc.mil or 843-228-3799.

Notice of change in buffer, account balance threshold for housing

Atlantic Marine Corps Communities housing is schedule to begin implementing the Department of the Navy's Resident Energy Conservation Program that will take effect across all Navy and Marine Corps Family Housing areas starting Oct. 1

Under the RECP, there is a new buffer zone set at 10 percent versus the 20 percent used during the RECP Pilot Program. Additionally, once an account accumulates a balance of \$25.00, they will receive either a check in the mail and/or will be billed on the balance owed. This is a change from the previous amount at \$15.00.

Residents will receive their first consumption report in November from October's usage.



Photo by Lance Cpl. Octavia Davis

The Parris Island Marine Band marches in a formation as they perform on the football field during halftime at a game at The Citadel, The Military College of South Carolina, in Charleston, S.C., on Sept. 8. The band played songs for the school's annual Military Appreciation Day. Songs included Stars and Stripes Forever, Carolina in the Morning, and the Marines' Hymn.

Parris Island band performs for military appreciation

Lance Cpl. Octavia Davis
Staff Writer

As the football team players of The Citadel and Georgia Southern University cleared the field for halftime, the Parris Island Marine Band marched into the stadium and wooed the crowd with a musical performance Sept. 8.

The Citadel, one of the nation's military colleges located in Charleston, S.C., was celebrating its annual Military Appreciation Day, said Andy Solomon, associate athletics director at The Citadel. The school requested the Parris Island Marine Band to perform to add to the festive

atmosphere. "Nothing is more special to us than a military band," Solomon said.

The audience welcomed the band with a wild applause as the Marines assembled on the field. The band played a series of songs including Carolina in the Morning, Stars and Stripes Forever, and the Marines' Hymn.

"It was a good showing," said Vern McQueen, 47, a staff member from the game, from Charleston, S.C. "It was a very good representation of the military."

Cpl. Trevor Norris, a trombone

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Naval dentists keep recruits in fight



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AIR SUPERIORITY- HARRIERS CONTINUE OPERATIONS OVER HELMAND



Photo by Cpl. Timothy Lenzo

An AV-8B Harrier II Plus with Marine Attack Squadron 211, 3rd Marine Aircraft Wing, awaits its next mission on the tarmac at Camp Bastion, Afghanistan, Sept. 18. The aircraft provides air support to the ground units throughout Helmand and Nimroz provinces. While the past several days were difficult, Marine Attack Squadron 211 remained fully operational and continued to provide support to ground troops throughout Regional Command Southwest's area of operations.

Cpl. Timothy Lenzo
Regional Command Southwest

CAMP BASTION, Afghanistan – Two AV-8B Harrier II Plus aircraft appear to dot the gray sky, as ground crew members prepare for their arrival. The aircraft are more than 46 feet long and have a wingspan of 30 feet 4 inches. They roar through the Afghanistan sky, a symbol of air superiority.

After a recent insurgent attack at Camp Bastion, Afghanistan, Marine Attack Squadron 211 endured not only the loss of some of their squadron's aircraft, but also the tragic loss of their commanding officer, Lt. Col. Christopher Raible. Despite this tragedy, the squadron is pushing forward to complete their deployment in Helmand province.

The Harrier squadron remains fully operational and continues to provide support to ground troops throughout Regional Command Southwest's area of operations.

"We are used for close-air support for the infantry battalions," said Capt. Matthew Pasquali, a pilot with Marine Attack Squadron 211, 3rd Marine Aircraft Wing. "We

are providing patrol over-watch, scanning for known improvised explosive device implementing spots and looking ahead of patrols for typical ambush positions."

This is Pasquali's fifth deployment and third to Afghanistan. The squadron deployed in May 2012 and has stayed busy throughout their approximate five months in Afghanistan.

"I think we've been employed in support of ground operations more than 50 times thus far," said Pasquali, from Houston.

With a max speed of 673 mph, the Harrier provides fast air support to coalition forces throughout the area. Armed with a 25 mm five-barreled Gatling gun, the aircraft can do much more than provide reconnaissance.

"If it comes to it, we provide close-air support with 500 pound bombs or 25 mm gun runs," said Pasquali.

The squadron provides ground units with a precision targeting capability for close-air support, which makes the Harrier squadron a vital piece of the Marine Air-Ground Task Force.

"The insurgents have no air force," said Pasquali. "They

can attack our friendlies with rocket-propelled grenades and small-arms fire, but we can answer back from altitudes that they can't attack us."

Harriers allow a commander the flexibility to operate from ship or shore; providing the ability to conduct fire support, close-air support, aerial reconnaissance or be an aerial escort for other aircraft or troops on the ground.

"Without the Harriers, the Marine Corps would rely on outside sources for fixed wing attack aviation," said Capt. Tim Otten, a pilot and command adjutant with the squadron.

Otten said the Harriers are piloted and manned by Marines, which creates a level of familiarity between the air and ground units. This makes operating easier and more efficient.

"We have a better understanding of what is happening on the ground because those are our brothers that we went through boot camp or officer candidate school with," said Otten, from Norfolk, Va.

The squadron continues to support the ground units

"If it comes to it, we provide close-air support with 500 pound bombs"

Capt. Matthew Pasquali
pilot with Marine Attack Squadron
211, 3rd Marine Aircraft Wing

with the Harriers when needed. They understand the importance of their mission here in Afghanistan.

"Every Marine knows another Marine that is out on the ground," said Otten. "This job gives me the unique ability to help Marines. That's the best part, trying to provide the best support I can."

While the past several days have been difficult for the Marines, the squadron has overcome adversity in the past. During World War II, the squadron was attacked by

Japanese forces destroying seven of the squadron's 12 aircraft. Despite the losses, the two weeks following the attack VMA-211 continued to take the fight to the enemy. While fighting the Japanese, the squadron fought off several enemy attacks and destroyed four naval warships.

Just as VMA-211 did during World War II, they will push through. The Marines know they have a job to do and intend to complete their mission and continue to provide the close-air support for Marines on the ground.

Photo by Lance Cpl. Tyler Reiriz

Guests look upon the casket of retired Montford Point Marine LaSalle R. Vaughn, Sr., during his funeral at the recruit chapel on Parris Island on Sept. 26. Vaughn joined the Marine Corps in 1943 and trained at the segregated boot camp facility at Montford Point at Camp Lejeune, N.C. He was stationed at Parris Island, where he met his wife. Vaughn served for 22 years before retiring from active duty in 1965. Vaughn left his wife, seven children, 20 grandchildren and 23 great-grandchildren, who said they will continue to cherish his memory.



Depot honors fallen Marine

NEWS BRIEF

New religious ministries services offered

The Religious Ministries Center on Parris Island is offering new religious services for permanent personnel and their families. The Religious Ministries Center has always offered traditional Sunday worship services, but now also offers a more contemporary, relaxed service for Protestants called Kairos and Koinonia. The services are designed to build bonds of fellowship between members of the community. They feature a more relaxed environment and more contemporary music.

The Religious Ministries Center also began a Beth Moore Bible study, a group for women. For more information on these new religious services, contact the Religious Ministries Center at 843-228-3533.

THE PARRIS ISLAND BOOT

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Sergeant major of the Marine Corps attends Drill Instructor School graduation

Lance Cpl. Caitlin Maluda

Staff Writer

Parris Island's newest drill instructors received a surprise treat during their graduation Sept. 19 when they were welcomed into their new roles by the Sgt. Maj. of the Marine Corps Micheal Barrett.



Photos by Lance Cpl. Caitlin Maluda

The Corps' newest drill instructors watch as their classmates are awarded campaign covers during their graduation ceremony from Drill Instructor School on Parris Island, S.C., on Sept. 19.

After 11 weeks of intense training that transformed these Marines into drill instructors, the graduating class received an unexpected surprise as the Corps' senior enlisted Marine walked on stage as their guest speaker.

A former drill instructor himself, Barrett knows the importance of training recruits and the responsibility expected of a drill instructor.

"These Marines that just became drill instructors, they are privileged with leading those men and women who are going to defend our nation, and that is an awesome experience," said Barrett.

Sgt. Brittany Molina, 25, a new graduate, said she was both surprised and thrilled that Barrett attended the event.

"I feel completely honored. I had no idea that out of all the classes, we had the honor to have him as our guest speaker. I know he doesn't make it down to every graduation so I am just amazed," said Molina.

Barrett expressed his gratitude toward the new drill instructors, knowing they will affect the lives of those they will train.

"Thank you for your commitment, your competence, your high moral and ethical character. Thank you for coalescing as a team. Thank you for what you're about to do. We can't do it without you, and we wouldn't want to try," said Barrett.

Molina, who is assigned to November Company, 4th Recruit Training Battalion, said the feeling of finally completing school and becoming a drill instructor was amazing.

More than 81 new drill instructors put on their campaign covers during the ceremony.



Sgt. Maj. of the Marine Corps Micheal Barrett speaks to the newest graduates from Drill Instructor School at Parris Island on Sept. 19. Barrett, the highest-ranking enlisted member of the Marine Corps, was the guest speaker for the graduation.

"Thank you for your commitment, your competence, your high moral and ethical character... Thank you for what you're about to do. We can't do it without you, and we wouldn't want to try."

Sgt. Maj. of the Marine Corps Micheal Barrett

Naval dentists keep recruits in fight

Lance Cpl. David Bessey
Staff Writer

For some, dental hygiene is not seen as a major priority. However, for the Navy and civilian personnel at Marine Corps Recruit Depot Parris Island's dental clinic, it's their number one goal to ensure recruits and service members are ready to carry out the Marine Corps' mission.

"We want them to be dental ready for their next duty assignment and be deployable at anytime," said Jong Gamboa, clinic manager.

"During the time of extended deployment, untreated oral disease may result in pain and infection that impairs individual performance and unit effectiveness," said Gamboa. "Additionally improving dental health enhances force health protection by reducing illness and disability on our Marines and sailors."

The clinic is mandated by the Department of Defense to ensure active duty and recruits are dental ready, Gamboa said.

The DOD is able to save money by ensuring recruits or service members are dental ready before continuing their training in the Marine Corps by avoiding unnecessary loss of man-hours in training or the field, Gamboa said.

Recruits and service members are broken down into four groups that show their oral readiness.

A class one is the highest readiness level. The person

is deployable and projects no problems for one year.

The lowest is a class three, which requires immediate work done and is nondeployable. Class four means that a servicemember needs their yearly cleaning.

The clinic will automatically schedule appointments for recruits who need dental work based on the severity of the problem and training day, said Navy Petty Officer 3rd Class Robert Rauch, 22, manage coordinator at the clinic, and Petal, Miss, native.

The schedules are formed during receiving and processing when the recruits first arrive to Parris Island and have their dental records assembled, said Navy Petty Officer 2nd Class Craig Katzaman, 26, the receiving and processing supervisor, and a native of Hollywood, Ma. Therefore, most major procedures are delayed until training week nine or a day where a major training event doesn't take place.

The most common procedures are root canals, wisdom teeth removal, and cleanings, said Rauch a native of Petal, Miss.

It takes approximately \$1.6 million annually to keep recruits and permanent personnel on the depot fit for duty.

Recruits aboard the depot should not feel worried about receiving the proper treatment for their teeth. The Naval and civilians aboard the dental clinic do whatever it takes to ensure every recruit is fit for training on Parris Island and where ever the Marine Corps takes them next.



Photo by Lance Cpl. David Bessey

Navy Lt. Gustavo Lores, a dental officer at Parris Island's dental clinic, examines a recruit's teeth for a potential filling Aug. 14.

"It's important for the mission so they can get out of boot camp and go on deployment and not about any dental emergencies," said Navy Lt. Gustavo Lores, a dental officer.

ANTI-GRAVITY TREADMILLS GIVE RECRUITS SECOND CHANCES IN TRAINING



Photo by Lance Cpl. Octavia Davis

Athletic Trainer Joshua Lundgaard monitors Rct. Kevin Jardines, 18, with the Medical Rehabilitation Platoon, as he runs on an anti-gravity treadmill. The treadmills help patients run with reduced body weight so they can run with minimal strain on lower-body injuries.

Lance Cpl. Octavia Davis
Staff Writer

After outstanding results from a year's use of anti-gravity treadmills, Marine Corps Recruit Depot Parris Island, S.C., purchased a third treadmill that is expected to arrive in late September.

The machines cost about \$34,000 each. However, they are cost effective investments because they help rehabilitate recruits as fast as possible and get them back into training.

On average, recruits who use the treadmills shave two weeks off their recovery period, which is a significant amount of time, said Joshua Lundgaard, athletic trainer for the Special Training Company on Parris Island.

The treadmills are designed to relieve patients of up to 80 percent of their body weight while running, Lundgaard said. With the treadmills, recruits with lower-body injuries can begin reconditioning before they are able to run with their full body weight.

Typically, recruits who injure their legs or feet are put on a walk-run program to return to running, Lundgaard said. The program is designed to gradually strengthen the injured limbs by conditioning them with short, alternating periods of walking and running.

However, recruits who run on the anti-gravity treadmills can make light impacts on their injuries, resulting in a beneficial cardiovascular workout with minimal pain.

"It didn't hurt at all," said Rct. Kevin Jardines, 18, with the Medical Rehabilitation Platoon and a native of Miami. "I was excited to run again."

Recruits run for about 20 minutes per session, covering an average of 2.5 miles on the treadmill. They can add more of their body weight as their healing and cardiovascular strength improves.

Jardines, who suffered from a dislocated knee during training, said that after his sessions on the treadmill, he began running smoother and almost progressed to his previous speed.

"It's a very interesting piece of equipment, very valuable," Lundgaard said.

Depot recognized for energy efficiency

Sgt. Jon Holmes
Press Chief

Parris Island was honored for its energy program and conservation efforts Aug. 12 and is scheduled to receive a top award for energy conser-

vation for Navy and Marine Corps bases Oct. 3.

The depot was recognized for its "outstanding energy program and an exceptional year for energy project execution," as stated in the award letter released by Robert Work,

acting secretary of the Navy.

The Marine Corps has steadily increased its move toward renewable energy and becoming more energy efficient as part of President Barack Obama's 2009 Executive

Order 13514, which called for a reduction in the federal government's carbon footprint and energy usage by 3 percent a year.

Last year, the command reduced its energy usage by 4.59 percent, according to Richard E. Pierce, energy manager with Facilities Maintenance Division on Parris Island. Since 2003, the total energy usage has been reduced by 25.79 percent.

One way the command has achieved these goals is through the use of technologies, which has helped the base become more energy efficient, said Pierce. These include the use of geothermal heat pump systems and solar panels that provide heating as well as electricity.

Through the use of these technologies, the command has been able to reduce, and in some cases, almost nullify energy consumption for certain buildings.

One example of this is the recently completed child development center, which won a Leadership in Energy and Environmental Design Gold designation and was also submitted as a "net-zero" facility, which means it produces as much energy

as it consumes.

"We are constantly looking for new and improved methods to do our energy business," Pierce said. "We are looking at bio-

Pierce said.

As a result of the command's efforts, Parris Island will receive \$5,000 that can be used at the discretion of the commanding

"Many hard working Marines, sailors and civilian Marines make these awards possible."

Richard E. Pierce,
energy manager with Facilities
Maintenance Division

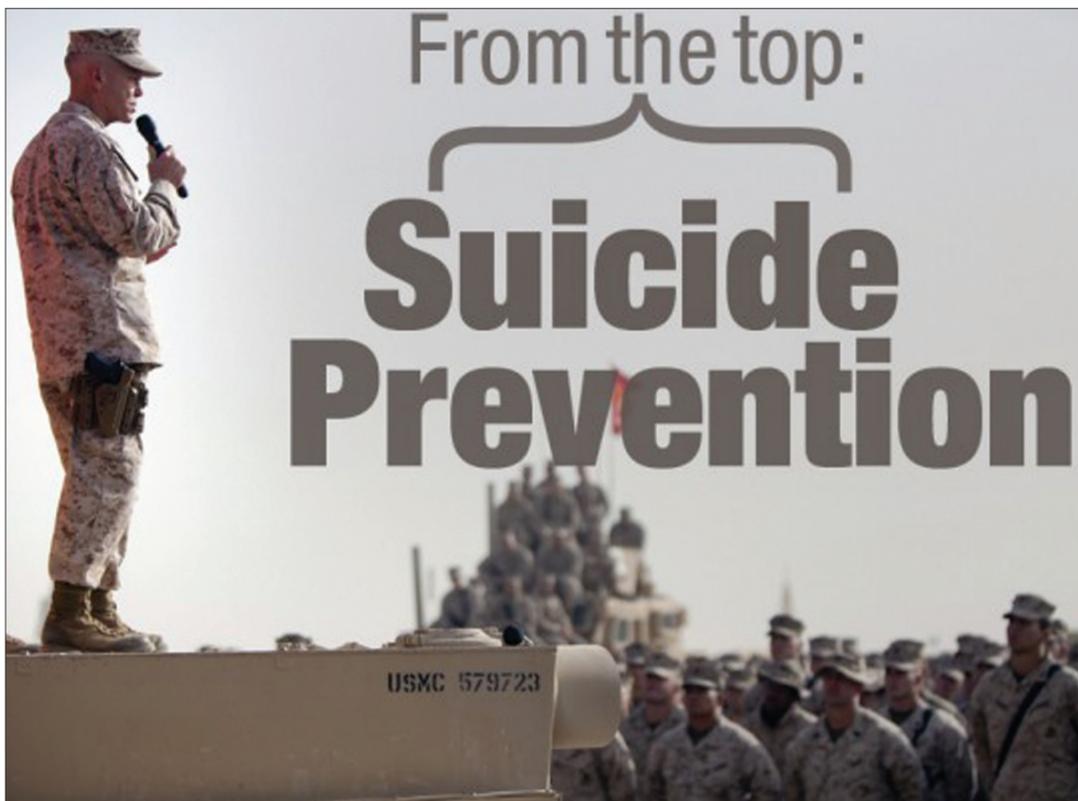
mass fuel, tidal energy sources, wind energy sources and more solar energy development. We are doing away with or reducing our dependence on fossil fuels wherever possible and when combined with improved energy efficiency, it all makes our bases more energy secure and mission ready."

Steps are already being taken to cut future energy usage including the planned use of electric and other hybrid vehicles,

general to improve quality of life, encourage further energy improvements, or for other purposes subject to limitations on the use of operation and maintenance funds.

"I am very happy about and proud of the award," Pierce said. "Many hard working Marines, sailors and civilian Marines make these awards possible."

Parris Island is scheduled to be formally recognized at the award ceremony Oct. 3 in Washington.



Commandant of the Marine Corps Gen. James F. Amos addresses a crowd of Marines and sailors at Camp Leatherneck, Afghanistan, Dec. 23. Amos expressed his admiration to the service members for their accomplishments and dedication to supporting the ongoing counterinsurgency mission, especially while deployed during the holiday season.

Image by Cpl. Chelsea Flowers

Gen. James F. Amos

Commandant of the Marine Corps

The key to preventing suicide among our Marines is engaged leadership, from small-unit leaders all the way up through the chain of command. Our noncommissioned officers are our first line of defense when it comes to recognizing the warning signs of personal distress. Suicide exacts a tremendous toll on our Marines, their families and our mission readiness. Every Marine is responsible for establishing a personal and professional relationship with their Marines such that they can see warning signs and intervene before the issue escalates.

We must make suicide awareness, prevention and intervention a priority. Marines may not want to discuss personal issues for fear of appearing to be weak. We have to make it very clear it is not a sign of weakness to ask for help. I charge all leaders to pay attention to their Marines. Pay attention to every aspect of their lives so there are no 'surprises.' You are accountable to foster an environment in which asking for help is okay; where it's seen as a strength and not a weakness. Learn to ask the hard questions: What's going on? Are you thinking about killing yourself? What can we do to help?

This is the tough part of our business of leading Marines — but it's a necessary part.

We all have an obligation as Marines to make a difference in the lives of our fellow Marines. As Marines, we pride ourselves in taking care of our own; we never leave a Marine behind on the battlefield — ever. And we will not do it in our daily lives either. Continue aggressively promoting suicide awareness and prevention at all levels. We absolutely need your help if we are to continue reducing the number of suicides within our Corps. A single suicide is one too many. I need every Marine in full battery, ready for the next fight!

If you or someone you know is contemplating suicide call the DSTRESSLINE at 1-877-476-7734.

Widow shares Marine's story to save others from suicide

Donna Miles

Headquarters Marine Corps

NATICK, Mass. — Kim Ruocco regularly relives her darkest days — her husband's suicide and the downward spiral that led to it — to save other military families from the same heartbreak.

Speaking Sept. 12 to standing-room-only audiences at the Natick Soldier Research, Development and Engineering Center at Natick, Mass., Ruocco described the chain of events that led to Marine Corps Maj. John Ruocco's death in February 2005.

Ruocco was a decorated Cobra gunship pilot with three deployments under his belt: to Bosnia, Somalia and Iraq, where he ran 75 combat missions. At the time of his death, he was preparing for a second deployment to Iraq.

By all accounts, Ruocco was the perfect Marine, Kim told the Natick audience, smart, athletic and full of life.

"Everyone loved and looked up to him," she said, seeking him out for advice and counseling in both their professional and personal lives.

What they didn't realize, his widow said, was that Ruocco suffered from bouts of depression and post-traumatic stress. He blamed himself for the death of an elderly driver from a head-on collision during his high school years and was haunted by a 1990s training accident in which he lost four friends when two Cobras crashed in mid-air.

But Ruocco lived by what he considered to be "an unwritten code," his wife said. He hid his troubles from everyone, particularly his chain of command, and insisted that she do the same.

"He was so afraid that everything he had worked so hard

for would be taken away from him," she explained.

A trained social worker, Kim detected the subtle changes: the "life-of-the party" who now withdrew from friends and family, the stellar achiever who inexplicably failed a performance test at work, the athlete who began losing weight and took on a pasty pallor. But particularly troubling, she said, was a distant, hollow look in his eyes — one she had never seen before and couldn't bring herself to understand.

"Even though I had master's-level training in counseling, I still, in the midst of it, could not really see how sick he was," she said during an interview with American Forces Press Service. "And I also didn't know where to go with it or what to do with it."

During her last phone conversation with him when she was home in Massachusetts and he was living temporarily in a hotel near Camp Pendleton, Calif., preparing for deployment — Ruocco told Kim he was considering seeking mental-health counseling.

She hung up the phone with a deep sense of dread, fearing her husband had reached the crisis point. Although he was due home within days, she raced to the airport, purchased a cross-country red-eye ticket and flew to California as quickly as she could.

She arrived too late. Ruocco had taken his life.

Seven years later, Kim said she'd give anything to turn back the clock and change everything. She would have forced her husband to go for counseling, she said, and made clear to everyone in his chain of command that he was in trouble.

Instead, she has committed herself to helping to save other military families from the gut-

wrenching loss she and her two sons have endured.

As national director of the Tragedy Assistance Program's suicide education and outreach program, Ruocco crisscrosses the country, sharing her story so others can recognize the risk and warning signs of a loved one, friend or co-worker. Last year alone, she made 50 presentations.

Ruocco is particularly busy this month, National Suicide Prevention and Awareness Month, and welcomes the opportunity it provides to focus on the problem.

"People are so busy with their personal and professional lives — especially in the military — that there is really not a moment for them to stop and think about it," she said. "And I think it is really important to put everything else aside and think about it for a moment."

That's what happened Sept. 12, as about 150 military members and 1,600 civilian employees participated in a mandatory suicide prevention stand-down. The agenda included Ruocco's presentation and one on substance abuse, as well as resilience and suicide awareness training.

Army Lt. Col. Frank Sobchak, the garrison commander, called suicide "a silent predator stalking our military."

Last year, it claimed 283 in the Army alone, counting active-duty, Reserve and National Guard soldiers and civilian employees. This year, the toll is about one per day, Sobchak said, with 39 deaths by suicide in August alone.

"If you say it doesn't happen in your organization, you are wrong," he said. "It does. Don't think it is not going to come to your unit or organization. So look out for each other and take action."

The best suicide preven-

tion, Ruocco told the group, is vigilance in recognizing when someone is in trouble and a leadership climate that encourages them to get help.

"Suicide prevention is paying attention to all the little things as they add up," she said. "It's looking at our soldiers and our Marines and saying, 'What are we asking of them? What are the pressures they are under? What are the stressors they have? What are the risk factors they have and how can we help them before their lives fall apart?'"

"We are all at risk," she said. Particularly military members who, like her husband, have suffered trauma and loss, she added.

Many people fear that seeking help would make them look weak, and choose to "tough it out" on their own. It's behavior "so typical of our service members," Ruocco said. "They sacrifice so much that they don't think of themselves," she added.

Ruocco said she considers it her personal calling to change that by helping military members recognize that seeking help when they need it is a sign of strength, not weakness.

She also strives to promote a climate within the military that encourages mental-health care without stigma. Citing several promising developments since her husband's death, she said she hopes to see more.

"It is about relationships, and it is about being aware, and it is about leaders fostering an environment of taking care of yourself and taking care of others," she said. "And it is leaders welcoming people who come forward to ask for help, praising them and saying, 'This is the right thing to do.'"

Meanwhile, Ruocco remains committed to helping military families who have lost a loved

one to suicide. She remembers her own loss as if it happened yesterday, and her voice still cracks when she discusses it publicly. "Your world has burned to the ground," she said.

As grieving families struggle with their loss, they, too, are at heightened risk, she said. Sixty-five percent of the TAPS suicide survivors tested high on scales for post-traumatic stress, even two years after the death. And studies show that families of suicide victims are five times more likely than others to commit suicide themselves.

What they need, Ruocco said, is a "listening, compassionate ear" and a way to channel their grief into something positive. "The death seems so meaningless," she said. "They want to do something with it, to find meaning and purpose for that loss."

And their biggest fear, she said, is that "how their loved one died would define him and wipe out all the good he did."

Ruocco makes a point during her presentations to share her husband's attributes — the qualities that made her fall in love with him — and his professional accomplishments so people can understand that nobody is immune to suicide.

"What started me doing this was the fear that everyone would remember my husband for how he died instead of how he lived," she said. "And I felt like it was so important to get out there and talk about what [led] him to that. It wasn't an act where he just said, 'I am dropping my pack, I am not going to take care of others and do my duty.'"

"It was a real sickness and a real challenge and a real struggle and a real journey for him," she said. "And that's what I want people to understand so they can learn from his story to help each other."



Photo by Lance Cpl. Octavia Davis

The Parris Island Marine Band performs on the football field during halftime at a game at The Citadel, The Military College of South Carolina, in Charleston, S.C., on Sept. 8. The band performed a series of songs for an enthused audience for the school's annual Military Appreciation Day.

BAND

CONTINUED FROM PAGE 1

player with the band, said it brings him great pleasure to perform for an enthused audience.

"If it wasn't for them there would be no us," he said. "The reason why we have a Marine Corps is because the people are excited about there being Marines."

"They were very inspiring," said William Tucker, 73, from Charleston, S.C. "We're fortunate to have a country that has a Marine Corps, and we're fortunate to have people that want to serve and protect our country."

"We wouldn't necessarily have the freedoms that we have if it was not for our military," McQueen said.





Drill instructor candidates take on Confidence Course

Photo by Lance Cpl. Octavia Davis

Sgt. Fernando Horta, 27, a drill instructor student from West New York, N.J., pulls himself over a bar of the Reverse Climb obstacle on Parris Island's Confidence Course on Aug. 31. The students mastered each obstacle on the course in preparation for training recruits. The class graduated Sept. 19.

Lance Cpl. Octavia Davis
Staff Writer

The students of the Drill Instructor School on Parris Island, S.C., conquered the Confidence Course on Aug. 31. They perfected each obstacle and further prepared themselves to train future recruits.

Drill instructor students must master the Confidence Course so they can effectively teach future recruits how to complete the course's obstacles, said Staff Sgt. Julio Mercedes, 36, a drill instructor student from

Bronx, N.Y.

If the drill instructors are unable to complete the course, they cannot expect their recruits to do so either, he added.

Watching drill instructors overcome the obstacles lets recruits know that completing the course is a feasible task, said Staff Sgt. Diana Anzaldo, 29, a drill instructor student from Burbank, Calif.

The students climbed walls and ropes, pulled themselves over ledges, and ran through the course with speed and intensity.

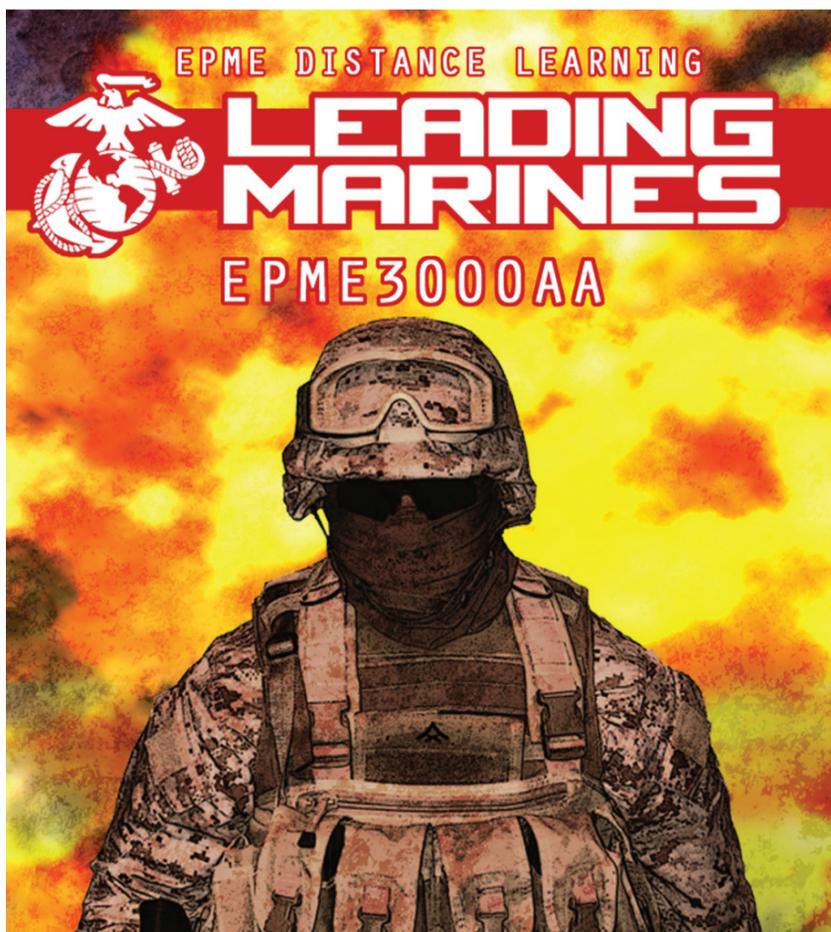
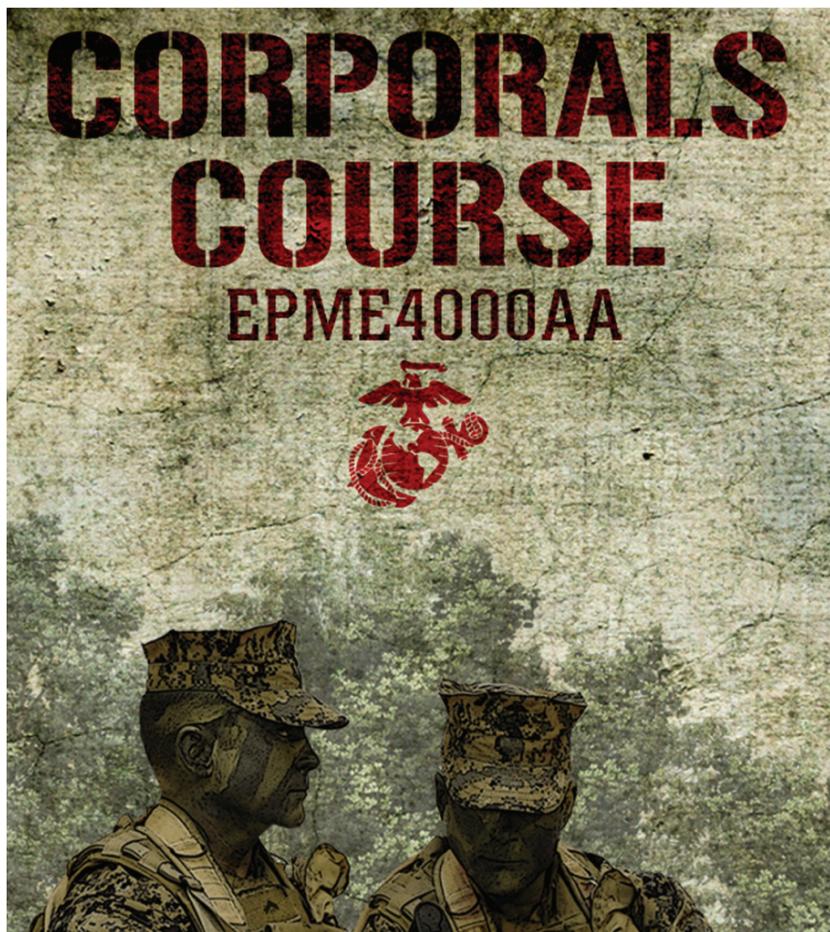
"It's all about the confidence you have in yourself to overcome the obstacle," said Sgt. George Caldwell Jr., 24, a drill instructor student from Beckley, W. Va.

Some of the students said they believe confidence is the most important trait for a Marine to have, particularly when interacting with recruits.

"Confidence is a building block for everything else," Mercedes said. "Drill instructors need to demonstrate confidence to the recruits because the recruits are ultimately trying to emulate the drill instructor."

If the drill instructors look scared or hesitant, then the recruits will be twice as scared, said Sgt. Mark Dickens, 24, a drill instructor student from Detroit. But a drill instructor who leads with confidence and intensity is more likely to have recruits that act the same.

Drill instructors leave lasting impressions in recruits' lives. For the drill instructor students, who graduated Sept. 19, it was made clear that personal confidence is a necessary tool when molding recruits into U.S. Marines.



NEWS BRIEF

Aerial spray over Parris Island

In an effort to control sand flea and mosquito populations, Parris Island is scheduled to undergo aerial spray activities during Oct. 1-5. Spray activities will occur approximately two hours before sundown if weather permits.

The insecticides used present no threat to humans, plants or animals in the area, and are approved by the Environmental Protection Agency; however, beekeepers within a five-mile radius are urged to keep hives covered.

Should you have any questions, please contact James Clark at 228-3102 or Cynthia Zapotoczny at 228-4293 in the Natural Resources and Environmental Affairs Office.



MCRD PARRIS ISLAND EXPANDED FAMILY DAY SCHEDULE

MCRD Parris Island has expanded the events and activities available to families who are coming aboard the Depot to see their son or daughter graduate and become a Marine. The adjacent schedule outlines the events that are now offered to our new Marines' families and loved ones. The times and locations of these events are subject to change. For the most current information, please visit <http://www.mccs-sc.com/recruitfamilies>.



Wednesday

Welcome to Family Orientation Day at Parris Island

- 6AM-10PMMarine Corps Exchange (MCX) Open
- 6AM-6PMMarine Corps Exchange (MCX) Food Court Open
- 7AM-5PMEngraving Shop open
- 7:30AM-4PMDouglas Visitors' Center open - please register upon arrival
Java Café (9AM-11:30AM)
Graduation Station (8AM-4PM)
- 9AM-4PMFamily Check-in at the Douglas Visitors' Center; Java Café open 9AM-12PM
- 10AM-12:30PM.....Marine Corps 101, including a "Behind the Scenes" tour, at Douglas Visitors' Center
- LUNCH.....Traditions (Officer/SNCO Club), Food Court, Subway, Golf Course, Back Yard Burgers
- 1:30PM-3:30PMFamily Orientation Brief at the Lyceum
- 5PM-8PM.....Steak Night at Traditions (Officer/SNCO Club).
Reservations required

Thursday

Welcome to Family Liberty Day at Parris Island

- 6AM-4PMDouglas Visitors' Center open - please register upon arrival
Java Café (6AM-2PM)
Graduation Station (6AM-4PM)
- 6AM-10PMMarine Corps Exchange (MCX) Open
- 6AM-6PMMarine Corps Exchange (MCX) Food Court Open
- 7AM-5PMEngraving Shop open
- 7AM.....Motivational Run - Peatross Parade Deck
- 8AM.....Depot Museum Opens
- 8:15AMAll Weather Training Facility (AWTF) Opens
- 9:30AM-10AM.....Battalion Commander's Brief to Families & Liberty Ceremony (AWTF)
- 10AM-2PMMarksmanship Training Unit Open House
- 10AM.....Liberty Begins
- 10:30AM-1PM.....Family Day Buffet at the Lyceum - new Marines eat for free!
- 2PMWarrior's Prayer at the Recruit Chapel
- 3PMLiberty Ends
- 3PM-4PM.....Marine Corps 101 at Douglas Visitors' Center
- 5PM.....Meet & Greet with Depot Command at Traditions Lounge
- 5:30PM.....Welcome from the Command
- 5:45PM.....Family Day Dinner with Depot Command at Traditions (Officer/SNCO Club)
Advance reservations guarantee admittance

Friday

Welcome to Graduation Day at Parris Island

- 6AM-2PMDouglas Visitors' Center open
Java Café (6AM-12PM)
Graduation Station (6AM-12PM)
- 6AM-10PMMarine Corps Exchange (MCX) Open
- 6AM-6PMMarine Corps Exchange (MCX) Food Court Open
- 7AM-5PMEngraving Shop open
- 7:45AMMorning Colors at Barrow Hall
- 9AM-10AM.....Graduation at Peatross Parade Deck (weather permitting)
- 11AM-1PMLunch Buffet at Traditions (Officer/SNCO Club)

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