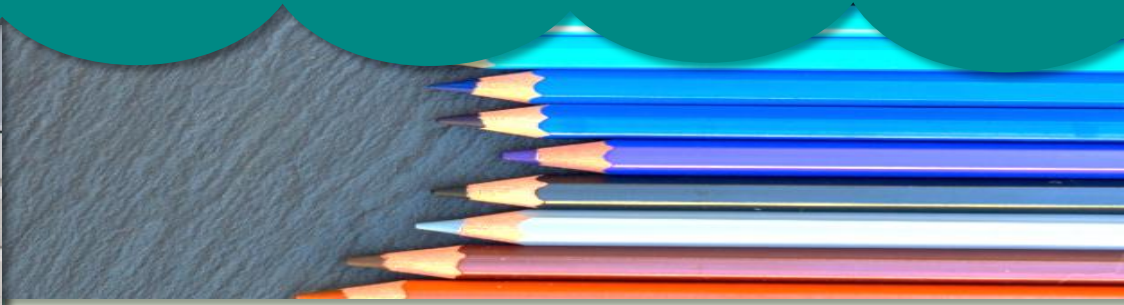


-Listen To Me-

Thoughts & Views from The Upcoming Generations



Dr. Recco's Corner

A special cape should be given to individuals who take a regular stand in the truth. In this day and hour, for some reason many people are not given to being truthful, honest, forthcoming and at the least, transparent. What the world needs now is for the upcoming generations to establish truth once again as a way of life in society. The laws of our land and civilizations are built on truth being the standard of operation. When everyone buys into the truth, social norms, and interpersonal etiquette work well when implemented with fidelity.

In the time of disparage and truth breakers, our focus must remain steadfast on doing what is right and required of us. This is our reasonable service and perhaps an indication of us being fully persuaded and vested in the truth and its benefits. Approaching and handling the truth as the standard of our existence is a good thing to do. Why? Because truth that is crushed to the earth shall rise again. Why? Because the truth can make us free of things that attempt to hold us down. Why? Because at the end of the day and before our final sunset, the truth always prevails over lies and darkness.

Moving forward, it is of the essence that we hang our hats on the truth and what it brings to the table of life. Truth! What a word. Truth! What a friend to have. Truth! The ultimate asset that battles on our behalf. Truth! One of the purest ideas remaining in the earth that has withstood the test of time, wars, recession, famine, hearsay, calamity, and deception. I have renewed my commitment to the truth. Have you done the same thing? Truth is now my battle axe. Is it yours? Truth and what it stands for is my pursuit, are you able to say this too?

The Listen To Me Newsletter

A publication dedicated to discussing topics and experiences of the coming generations.

*Silent Generation (born 1928-1945)
Generation X (born 1965-1980)
Generation Z (born 1997-2012)*

*Baby Boomers Generation (born 1946-1964)
Millennials Generation (born 1981-1996)
Alpha Generation (born 2010-2025)*

December 2024

Issue 3

Inside This Issue

- Dr. Recco's Corner
- Article: Michigan Shipwreck
- BEST Program Presentations
- Flyer: BEST Program

- Article: My Journey to Becoming A Therapist
- Article: Having an After High School & Young Adult Life Plan
- How To Contact Us

Michigan Shipwreck: Edmund Fitzgerald

By: Ben Huntley, Age 24 (Generation Z)

I want to discuss one of Michigan's many historical shipwrecks. The SS Edmund Fitzgerald was not only a ship, but also an important part of 29 shipmate's lives. Working on this ship allowed the sailors to feed their families and simply live their lives. People work many types of jobs, but it takes a special kind of person to work and live on a ship. Personally, despite the potential for this kind of catastrophe, I would prefer this type of work over working on a skyscraper.

The demise of this historical shipwreck hurt real people which is the greatest tragedy that could happen. The sailors were no longer able to see their families and their families could no longer see them. Unlike most people, their family members had no place to go to visit their loved ones grave site. The Edmund Fitzgerald was an important part of the American economy. Why? Because the shipping industry provided jobs and transported iron ore from the mines to steel mills located all over America.



This ship was named the SS Edmund Fitzgerald, and had many nicknames such as The Fitz, the Mighty Fitz and the Big Fitz just to name a few.^[1] The Fitz was named after Edmund Fitzgerald, who was the president of Northwestern Mutual Life Insurance Company, which owned the ship^[2]. The Mighty Fitz was ordered on February 1st, 1957, and would take her maiden journey on September 24th, 1958^[3]. It was 729 feet long and 75 feet wide^[4]. The mighty ship was powered by a coal fueled steam turbine with a 19.5-foot-long propeller. The engine was converted in the winter of 1971 to 1972 to a gas-powered engine^[5]. The ship had a max speed of 14 knots (16 miles per hour)^[6] and weighed 13,632 tons when empty. The maximum weight with cargo was 27,500 tons.^[7]

The fatal journey of Edmund Fitzgerald had begun on November 9th, 1975, at the Burlington Northern Railyard Dock No.1. The location was the coast of Superior, Wisconsin. The site allowed the ship to head to various ports along the coast of the Great Lakes^[8]. At times, the Fitz was hit with rogue waves as high as 35 feet. It is hard to imagine how the sailors felt when the huge waves hit. It is difficult for me to visualize the way the ship must have been rocking on those troubled waters. It is also challenging to imagine the amount of fear that these sailors felt as various storms raged on and attacked the ship.

"The wreck hurt real people which is the greatest tragedy."

**"There is a need to know, respect
and remember history."**

Dr. Recco



The last sail of the Fitz featured the entire crew being killed in a sudden and strong catastrophic storm. The ship sank to bottom of Lake Superior^[22]. The immense loss led to multiple dives and even a memorial of the loss to all the families left behind. This shipwreck occurred on November 10, 1975^[23]. There are many people around who can still remember that day. They heard about this tragedy through news outlets on radio or television.

The ship would go undiscovered for four days before being seen by a US navy pilot who flew over and used a Magnetic Anomaly Detector^[10]. It was found over 17 miles north-northwest of Whitefish Point in Canadian waters^[17] and was discovered to lay in two pieces. This gives the ship another one of its nicknames: The Titanic of The Great Lakes^[18].

Three dives were conducted during the years 1989, 1994, and 1995^[19] to find parts of the ship. It was during the 1994 dive that its nell was recovered and replaced with a bell that had all 29 seasoned crew members' names inscribed on it^[20]. The original bell is currently on display at the Great Lakes Shipwreck Museum at Whitefish Point in the Upper Peninsula of Michigan^[21]. For me, seeing the bell there was sad. However, it was an excellent memorial for the sailors who died that day.

At the Whitefish Museum, there are cork life jackets that were once part of the ships' inventory^[12]. During my visit there, a tour guide talked about the capacity that these life jackets could hold^[13]. She indicated that after about two hours, the life jackets would start to take on water^[14]. She also pointed out that if they were waxed, they could last an additional two hours^[15].

The tour guide also talked about how once the life jackets were filled, it would be 80 pounds holding down the person wearing it. ^[16] If you have ever been to Lake Superior, even in June the water is very cold. It is difficult to imagine how the sailors must have felt wearing such a heavy jacket in that bitter cold, choppy water.

It is important to remember those who lost their lives in this and other tragedies so that they will not have died in vain. They should and will be remembered for their contribution to society and each of our lives. Perhaps studying what happened could help to improve boatbuilding policies as well as regulations regarding when ships are allowed to be out on the waters.



Photo by Ben Huntley, July 2024,
Great Lakes Shipwreck Museum

¹ (Ley 2023) (National Weather Service n.d.)
² (Ley 2023)
³ (Ley 2023)
⁴ (Sadlowski 2023)
⁵ (Great Lakes Shipwreck Museum n.d.)
⁶ (National Weather Service n.d.)
⁷ (Sadlowski 2023)
⁸ (Ley 2023) (Sadlowski 2023)
⁹ (Minnesota Department of Natural Resources n.d.)
¹⁰ (Ley 2023)
¹¹ (Ley 2023) (Sadlowski 2023)
¹² (Tour Guide 2024)
¹³ (Tour Guide 2024)
¹⁴ (Tour Guide 2024)
¹⁵ (Tour Guide 2024)
¹⁶ (Tour Guide 2024)
¹⁷ (National Weather Service n.d.)
¹⁸ (Sadlowski 2023)
¹⁹ (Great Lakes Shipwreck Museum n.d.)
²⁰ (Great Lakes Shipwreck Museum n.d.)
²¹ (Tour Guide 2024)
²² (Ley 2023)
²³ (Ley 2023) (National Weather Service n.d.)

"History does not have to be
repeated in a negative way."
Dr. Recco

BEST Program Recent Speaking Engagements

"Social Emotional Learning & Student Wellness" Staff Training Lapeer County Intermediate School District November 8, 2024



Pictured: Dr. Recco and most of the training' participants

The Annual "Youth Explosion" Event Victorious Word Church, Flint, Michigan November 9, 2024



Pictured: Dr. Recco and other panelists & Dr. Recco answering a teen's question

**"I have learned that new knowledge
can change lives." Dr. Recco**

BEST Program

Professional Development Trainings

RSRC

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Business, Education & Staff Training

-BEST-

The Business, Education, Staff Training (BEST) Program is designed to meet the specific professional development training needs of private agencies, out-of-home placement facilities, corporations, school districts, daycare centers, religious organizations, and local businesses.

At the core of BEST are time-tested theories of counseling, traditional human development concepts, research-based frameworks, hands-on activities, practical interventions, self-empowerment, and optimum personal performance.

BENEFITS

- Organizations and staff remain in compliance with yearly training requirements
- Interactive and engaging face-to-face, on-site, and virtual sessions available
- Improved staff morale, productivity, creativity, and effectiveness
- Morning, afternoon, evening, and weekend trainings available
- Cost efficient, practical information, outcome driven, and timely delivery

TOPICS

- | | | |
|----------------------------------|-------------------------------------|--------------------------------------|
| -Stress Tolerance & Trauma | -Entrepreneurship & Business Growth | -Self-Care /Work & Life Balance |
| -Successful Team Building | -Working With At-Risk Populations | -Social Emotional Learning |
| -Suicide Prevention & Resilience | -Interpersonal Communication | -Multi-Cultural Classroom Strategies |
| -Understanding Mental Health | -Effective Behavioral Systems | -Clinical/Mental Health Supervision |
| -Organizational Behavior | -Program Integration & Development | -Professional Ethics & Standards |
| -Child Management Techniques | -Mentoring, The Missing Link | -Effective Leadership & Empowerment |
| -Behavior De-Escalation | -Employee Retention & Recruitment | -Workers' Role in Organizations |

PREVIOUS TRAININGS/PRESENTATIONS

Flint Community Schools
Flint/Genesee Job Corps
Genesee County Bar Association
Genesee County Intermediate School District
Genesee Valley Regional Detention Center
Inteva Products, LLPC (AAER Group)

Lapeer County CMH
Lansing School District
Pilgram Rest Baptist Church (Lansing, MI)
Prince of Peace Baptist Church (Flint, MI)
Uniquely Created Children's Center
Worship Temple C.O.G.I.C. (Flint, MI)



Recco Santee Richardson, Ph.D., LPC
Clinical Therapist, Author, Trainer

Contact us **TODAY** to secure your training date!

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"Quality training can improve
your place of employment."

Dr. Recco

My Journey of Becoming a Therapist

By: Ciara Crandon-Marsh, MS, LLPC (Generation Z)

Growing up, I always told everyone I was going to be a medical doctor (pediatrician). I thought that was my path, but you never know where life will take you. Since I wanted to be a doctor, my parents urged me to investigate an early college program. As such, I enrolled in Genesee Early College (GEC), which allowed me to explore the medical field, while still in high school. This is a program that is ran through the Genesee Intermediate School District. High school students have an opportunity to attend high school at a university. While in high school, I attended college classes at The University of Michigan-Flint. The focus of the program is to allow students to work towards a degree in the medical field. A lot of my classmates in the program were pursuing nursing. At GEC during the junior year, you are eligible to start taking college courses. You can take up to 60 college credits for free. If you do well in your sophomore year, you could take one college course, which is taken during the spring semester. You attend an extra year of high school, but your last year is all college classes, internship, and doing your exit presentation. This is a great program for high school students, especially to get experience within the medical field.



While at GEC, I did rotations at Hurley Medical Center. This is where I started to realize I might not be in the right career path. I had all the medical field rotations that I wanted, but something just did not feel right. During my 13th year, I took more pre-med courses at the University of Michigan-Flint and quickly realized that I did not like biology classes. I noticed that I did not put in the effort that I should, but I could not change my path. Well, that is what I thought at least. I did not want to disappoint anyone. I felt ashamed that my heart was not in the medical field. I tried to push through. I had lots of questions, such as, how can I tell someone that I failed them? Would I find my true path? Did I belong anywhere? These questions ran through my mind daily. I love to learn, but pre-med was not for me. I enjoyed certain parts of this path, but majority of it was not for me.



**Ciara Crandon-Marsh
MS, LLPC**

“Ciara is a treasure at our clinic. Because of her myriads of skills, I affectionally call her “Swiss” as in Swiss Army Knife. She is the total package and will only grow as a person and mental health counselor.”

Dr. Recco

**“Your passion and drive
should lead you.”**

Dr. Recco

Throughout my studies, I took psychology courses and fell in love with the human brain. Something that really intrigued me was the topic of Phineas Gage. He had a rod through his brain, and it completely changed his behaviors. That was fascinating to me, but I did not know what I could do in the field of psychology. I felt like psychology career options were not discussed often.

At this point, I started researching what options I had for a psychology degree, instead of the biology one I had started. I knew that I would have to get another degree after my bachelors, but that was all I knew. During this time, I decided to change my major and work towards becoming a Clinical Psychologist. However, if I am being honest, I really was not sure what that meant.

After I made the switch, I was nervous about what family, and friends would say when I told them I was being pulled in a different career direction. The first person I talked to about my new path was my sister. She told me who cares what anyone says and that I need to follow my heart. I knew she was right, but when I spent years saying I was going to become a doctor and then just switch, that made me feel like no one would understand. I was wrong because when I told everyone, they were not surprised. Something that I did not realize is that they noticed the passion I had when I talked about psychology.



Now looking back, I know they would have supported me no matter what. I think I was just disappointed in myself for not liking the field I thought I was going into. I have realized that it is ok to not know what you want to do. You can change your path at any point. Even after obtaining my bachelor's degree, I changed my path slightly. All my changes led me to where I am today. I ended up obtaining two master's degrees. I would not be surprised if one day I go back to college for a doctorate degree. I love being a therapist and helping others. I always knew helping people was my true path, I just was not sure how that would become reality until college.

"I took psychology classes and fell in love with the human brain."

"Attending college is a good option for young people." Dr. Recco

Having an After High School & Young Adult Life Plan

By: Recco Santee Richardson, Ph.D., LPC

In America, the expectation is that high school students and young adults (ages 22 to 30) will find their way in life sooner than later. Let's refer to these individuals as HSSAYA. The individual paths travelled may not look like each other. While some might land on their feet and start running immediately into adulthood and parenthood, others take a more standard approach and route.

For HSSAYA, there are myriads of options and opportunities to pursue their dreams, utilize their talents for the good of society, achieve a lofty status, live in peace and harmony, and contribute to the overall wellness of the community in which they live. The opportunities are there. More young people are seeking out opportunities with a whole heart.

Below are available life plans and pathways for the coming talented generations. One pathway is no better or worse than the others. As a result, HSSAYA and their family members should feel good about which ever path and plan is selected.

Life Plans & Career Paths

1). Trade School: There will always be a high demand for skill trades workers, especially those who were trained during high school at the local intermediate school district's career technology center, have membership at a union hall, or who secure employment with a large company. Enrollment and graduation from a trade school or apprenticeship program is an excellent opportunity for those who desire the following (*see chart #1*).

Chart #1 Benefits of Trades Careers

Work with their hands	Provide a service/product	Manage data & material
Move from job to job	Improve other's quality of life	Earn immediate high pay
Daily usage of their skills	Be driven by passion	Flexible work hours

Most of the trades people that I talk to really enjoy their job. They feel valued, important, and productive. Because of their high hourly rate of pay, they report that they can take care of their families and personal needs. Popular trades jobs are drywaller, welding, heating/cooling, pharmacy technician, fork lift driver, plumbing, electrician, masonry, retail, medical assistant, computer technician, and others.

2). Join the Military: I have personally talked with hundreds of active duty, reserve duty, retired and other former military persons. They enlisted and served our country anywhere from two years to 30 years. Some were deployed and saw action in a war while others never left the continental United States and never fought in a war.

For the individuals that I talked to, each of them reported having a specific job on a military base or in a federal government building that they performed Monday through Friday for 40 hours a week. The jobs included medic, supply chain management, mechanic, police officer, human resources, chef, airplane engineer, computer worker and much more. Joining the military is a good option for young people who want to the following (*see chart #2*).

"The expectation is that young people will find their way in life sooner than finding it later."

Dr. Recco

"Whatever you do, do it with everything that is within you."

Dr. Recco

Chart #2 Benefits of Military Enlistment/Career

Travel the world	Serve your country	Gain transferable work skills
Chance to save money	Have low debt	Earn a sustainable income
Housing assistance	Educational incentives	Opportunities to be promoted

Of all the military individuals I have spent quality time with, about 95 percent said they would enlist and serve our country again. They would do it again because of the many once in a lifetime experiences, the development of solid friendships, being part of an environment that promoted their personal growth and maturity, life-long medical insurance, and a wonderful pension for those that retire from a military branch.

3). Enroll in College: Each year, hundreds of thousands of young people select the option of going to college right after high school or soon after. College enrollment is appealing because of the following (see chart #3).

Chart #3 Benefits of College Enrollment/Graduation

Specific career training	Personal growth	Meet and engage with new people
Cultural enrichment	Internship opportunities	Potential for high level job duties
Financial aid	Educational incentives	Opportunities for regular raises

It is held that individuals that graduate from college, on average, make 30 percent to 40 percent more money over their career span than people who do not graduate from college. This is true because they usually secure salaried employees, tend to get promoted four to eight different times in their career, usually marry someone who has a college degree, and more. Traditional college majors are business, psychology, criminal justice, social work, computer science, physical therapist, engineering, accounting, law, school teacher, and others.

4). Start A Business: Highly motivated HSSAYA who already have well defined workplace skills often decide to start a business. They do not see the need or do not have an interest in pursuing one of the other career path options. Something in them does not want to work for someone else. These young entrepreneurs realize that America is built on small business ownership, and they want in on it. They are a growing population in America and the sky is the limit for them. Starting a business is attractive to the next generations because (see chart #4).

Chart #4 Benefits of Starting A Business

Set own work hours	Chance to develop a team	Build community/world
Meet unmet needs of others	Make important decisions	No income restrictions
Rewarding experience	Tax and property incentives	Opportunities to expand

“Advancement awaits those who stick with the military or graduate from college.”
Dr. Recco

“Business ownership offers the world to those that take on the challenge.”
Dr. Recco

Common business opportunities for those that hold a high school diploma include landscaping, painting, computer repair, real estate, small repairs, pet grooming, delivery service, catering, and youth travel sports.

5). Enter the Work Force: It is held that the majority of recent high school graduates and young adults opt to enter the work force. They have little to no interest in the other career plans. In the job market, they desire to start at entry level and work their way up the corporate ladder. They find their niche in the workplace and go all in for it. Entering the full-time work force as soon as possible has its advantages (*see chart #5*).

Chart #5 Benefits of Early Entrance into The Work Force

Earn money immediately	Secure independence faster	Learn a lot about self
Engage with friend group	Finance their fun	Gain work experience
Grow with the company	Fast tracked opportunities	Secure expertise

I have several dear friends who after graduating from high school, eventually found entry level work at Walmart, Target, Meijer’s, General Motors, local factors, or a marketing firm. Because they set themselves to learn the inner workings of every department, were committed to the organization’s vision and mission statement, parlayed with the right people, took part in employee training opportunities and worked hard to be promoted over and over, after 20 years employment at the same organization or in the field, they ascended to being a store manager, regional director, or another high-profile position.

Final Thoughts

I’m the first to admit that there are negatives and positives associated with each of the after high school life and career plans paths. It is expected that there will be ups and downs and highs and lows experienced by HSSAYA as they seek to navigate life and secure independence from their parents.

When working with and counseling individuals who are age 14 to 30, I often remind them of the following.

1). Secure Your Own; The first order of business is for the young people to position themselves and focus on securing their own things such as reliable transportation and suitable housing. It may take several years to achieve the stated. However, the goal should be to have their own. It is only a matter of time before living with others, couch surfing, abiding in the basement of a parent’s home, and borrowing other people’s car gets old and annoying.

2). On-Going Poverty: I often remind Alpha Generation, Generation Zs and Millennials that a life of poverty or crime awaits them if they do not have some type of career and life plan. It can be stressful living paycheck to paycheck, not having enough food to eat, depending on others for assistance, living in less than optimum communities, and having a low credit score.

“There is nothing wrong with working your way up at a company and into management positions.”
Dr. Recco

“Yesterday was the time for young people to start planning for their future”
Dr. Recco

3). Self-Confidence: A key attribute and character trait for HSSAYA to have is an abundance of self-confidence. It is of utmost importance for this age group to believe in themselves. They must preserve and never give up on their dreams. Self-confidence, motivation, drive, ambition, and persistence all work together to help the coming generations achieve and excel.



**“We are to let no one
forfeit our success.”
Dr. Recco**

4). Consistent Effort: Right behind self-confidence is the need to put forth consistent effort. Achieving life goals and career plans requires putting forth good and solid efforts daily. This, along with being prepared and well rested, are the difference that makes the difference for successful young people. At the most pressing times, the turning inwards to put forth outstanding effort, is necessary to climb every mountain and forward every sea.

5). Good Decisions: On a daily basis, good and wholesome decisions must be made if career plans and goals are desired. To avoid being railroaded and blindsided in life, well thought out decisions are needed. The single area that can make or break HSSAYA and their future, is decisions associated with and involving their friends, love life, and family members.

**“Navigating life properly takes
effort and skill.”
Dr. Recco**



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"At RSRC, we are here to help,
here to serve" Dr. Recco