



# Career Management & Service Consulting, Inc. (CMSC, Inc.)

Dr. Caron Dunn, President/CEO  
PhD in Organizational Psychology

Mission of CMSC, Inc. is to provide quality professional services and facilitate networking opportunities that increases performance and success for people, businesses and organizations.

## Impart Newsletter

June, Issue, 1 VOLUME 5 YEAR 2018



Dr. Caron Dunn, Host of the Triumphant In Life Show, with Maxine Theriot, MD at the Lone Star Campgrounds in Athens, Texas. Interviewing Dr. Theriot for June 26, 2018 show. See the Media Section, under the Announcement Section to listen.

Note from Editor: According to Vocabulary.com, “impart” means to “communicate, convey, contribute, give, and share with others information, wisdom, and knowledge”.

The CMSC, Inc. Impart Newsletter is published quarterly and meant for pondering, informing, educating, and updating you about important events, research, training, services and so much more...“I hope you enjoy reading this Issue of Impart Newsletter”. Thank You, Dr. Caron Dunn

### Introducing the Special Guests Featured to Share their Triumphant In Life Journey Stories between the Jazz Selections:

### Mark Your Calendar for Tuesday, Dec. 4, 2018 Mix and Mingle Networking Appreciation Program/Event Series: Dinner After Dark: A Night of Jazz and Inspiration with Triumphant In Life Journey Stories

This one night event will be an inspiring one with the CMSC, Inc. Mix and Mingle Networking Appreciation Series: Dinner After Dark, a Night of Jazz and Inspiration with Triumphant In Life Journey Stories. It will feature Jazz R US. Enjoy the sounds of inspirational and gospel jazz renditions for your listening ears. Food will be prepared by Chief Noel Porter with your choice of vegetarian meat or regular meat option to leave you feeling satisfied.



Jazz R Us

**Dress for this function:** Business or Business Casual.

**Vendors:** To be Announced.

**Exchange Business Cards:** Meet people while you are there.



**Hassan Rasheed-** He is a Fitness Trainer, Entrepreneur, Author, Acrobatic Performer for the Memphis Grizzlies and an Actor in the blockbuster Marvel Movie, Black Panther as one of the Kingsguardsmen.



**Paul and Deborah Rainwater-** A married couple of 35 years, with four (4) children will share the challenges and triumphants through their inspiring journey of Autism .



**Dr. Rhonda Mattox-** Psychiatrist, Entrepreneur, Radio Personality, former Hollywood Mental Health Consultant on several popular TV shows (i.e., 90210) and former Health Policy Adviser for John Dingell, Jr. ~ U. S. House of Representative (Ret.).

**Ticket Special:** Only \$35 each, buy early and you will have a chance to be included in a drawing for a \$50 gas card. **The regular price for each ticket is \$40.**

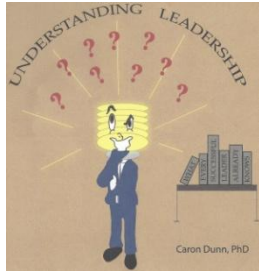
**Event Time:** 4:45 p.m. - 7:30 p.m.

**Location:** Camp Aldersgate in the Commons Room.

**Address:** 2000 Aldersgate Road, Little Rock, Arkansas.

**Excerpt: Quotes to Inspire from Dr. Caron Dunn's  
New Book...**

***Understanding Leadership: What Every Successful  
Leader Already Knows***



*Successful Lifestyle Habits = Successful Leaders. The following list was developed from the collective insights gathered after analyzing each of the leader's interviews. It was quite telling, enlightening and educational to drive the point across... "What every successful leader already knows." The list below also reveals who are successful leaders in general and a glimpse into their attitude toward success and leading.*

- 1) *Happiness is a lifestyle it is not a moment.*
- 2) *Self-evaluation and adjusting based on importance of what one needs to do.*
- 3) *Always remain busy to attain the next success.*
- 4) *Push yourself based on the criteria you set to be the best. Sometimes there are times you have to redo some things, when that occurs, forego the frustration and re-evaluate to achieve this measure; until it meets your satisfaction.*
- 5) *If you want to do something your way, it is your prerogative. When others think you should do it their way, and it's not how you do it, resist the urge to conform, govern your own actions and make it a priority. Remain confident with your decision not to please.*

Pick up your copy or E-Book of *Understanding Leadership What Every Successful Leader Already Knows* at the CMSC, Inc. locations:

- 1) Mosaic Templars Cultural Center, website <http://www.mosaictemplarscenter.com>. Address: 501 W 9th St, Little Rock, Arkansas.
- 2) VIP Hours of Hair, website [www.viphouseofhair.com](http://www.viphouseofhair.com) at 44245 10th Street W. Suite 104 Lancaster, California.

The hard copy purchase price is \$25, and the E-book price is \$18 on Amazon (you can read a sample of the book) at the website below, visit: [https://www.amazon.com/s/ref=nb\\_sb\\_noss?url=search-alias%3Daps&field-keywords=caron+dunn](https://www.amazon.com/s/ref=nb_sb_noss?url=search-alias%3Daps&field-keywords=caron+dunn) or contact via email [understandleadershipbook@gmail.com](mailto:understandleadershipbook@gmail.com) to arrange a local pickup with Dr. Caron Dunn in Little Rock, Arkansas to purchase your book from her and have it signed.

**Impart Featured Music Project:**

**Contributor:** Caron Dunn, PhD

**Album: Unity Makes Strength  
Artist: Runaway Slave  
Produced by: LAHIYECIA RECORDS**



Credit: LAHIYECIA RECORDS WEBSITE

Using music to educate the masses about the historical significance of the past (as current events evolve each day) there is a need for people of color to feel a sense of pride and be uplifted. Runaway Slave was born out of this need. This is a tribute in honor of the heritage and the struggles of so many who were enslaved. These resilient and remarkable people persevered to gain freedom and for some live the *American Dream*...

Through Runaway Slave's music, it is riveting, eye-opening and enlightening, a refreshing break from the regular rap music most are accustomed to. With slow, medium and fast tunes the music is deep and will make you think. People of all ages will enjoy the music.

Take it for someone who reviewed the music and found it to be inspiring from the beginning to end. There was one song that resonated with me, it was "Don't Give Up". I proclaim it as my new anthem, it is so encouraging and uplifting, the lyrics and rapping was eloquent and the vocalist sounded beautiful". It moved me.

Take a listen to Runaway Slave's new album. He has taken the excuses away from being able to listen to the music. The commitment, getting this music out to the masses is at "zero" cost to you, yes, I said it, and it is **FREE**. Share the music with your associates friends, frenemies, and family members; they will be glad you did.

Visit <https://lahiyecia.com/runaway-slave> to learn more. Stream to listen to this new musical project, "Unity Makes Strength". Browse the website there are interesting blogs and other items to find.

**There is still time to Participate through Advertising/Promotional Bundles for the 2018 Mix and Mingle Networking Appreciation Program/Event Series**

*(Revised Price List – Current as of June 30, 2018)*

**Bundles – Business and Organizations**

- 1) Full Page Ad in the Mix and Mingle Networking Appreciation Program/Event E-Commemorative Ad Booklet, Contact Ad-1- CMSC, Inc. Impart Newsletter and Booth Space. The business or organization will receive “two” free tickets (\$40 value), and two additional tickets if purchased, \$5.00 off additional tickets (\$35). **Price \$455**
- 2) Half Page Ad 1-Year of Advertising in the Mix and Mingle Networking Appreciation Program/Event E-Commemorative Ad Booklet, Contact Ad- 1-Year of Advertising in the CMSC, Inc. Impart Newsletter, “one” free ticket (\$40 ), with additional tickets if purchased with a \$5.00 discount off additional tickets (\$35) - **Price \$430**

**Ad prices**

Full-Page \$150    1/3 Page \$75    Business Card Page \$45  
Half-Page \$100    Quarter Page \$65

**Appreciation Patron Ad:** *This is for individuals you respect and want to publically recognize.*

**Standardized Appreciation Patron Ad** with pre-printed message “I appreciate your hard work”. No picture, name associated with the standard message - **Price \$15.00**

**Ads for Appreciation and Recognition of Someone (Not for Advertising)**

Quarter Page Appreciation and Recognition Ad Price- **Price \$55**

**CMSC, Inc. accepts**, cash, business checks, money orders, debit and credit cards. We also use PayPal, and the Square Cash, and Google Pay System for payments. *All Sales are Final.*

**SPONSORSHIPS**

**Individual (non- business or organization)**

**Sponsorship:**

Your personal name will be listed in the Recognition section of the **CMSC, Inc. Mix and Mingle Program booklet** and a list to recognize individual sponsors on the website at [www.drcarondunn.com](http://www.drcarondunn.com). You will receive “one” ticket at half price (\$17.50) with additional tickets (\$40.00), and a discount of \$5.00 off each. **Price \$70**

**Sponsor a Banquet Table:** Your organization or individual will receive a reserved banquet style table, (listing the person(s), organization or company name) for 6 people, with three (3) free tickets (\$40.00 each ticket \$120 value) and an additional \$5.00 off each ticket (\$35 each ticket) for the next 3 tickets purchased. The person(s) or organization’s name will be listed in the CMSC, Inc. Mix and Mingle Program booklet for recognition. There will be a list on the website ([www.drcarondunn.com](http://www.drcarondunn.com)), with the website of the organization/company or for an individual(s) dedication to

someone or for a charitable organization. If no website, the organization’s phone number or email will be listed. **Price: \$400**

**Organization or Individual Sponsorship:**

Your organization’s name will be listed in Recognition section of the person(s) or organization’s name in the CMSC, Inc. Mix and Mingle Program booklet. A list will be posted on the website ([www.drcarondunn.com](http://www.drcarondunn.com)), with the website of the organization/company or for an individual(s) dedication to someone or for a charitable organization. If there is not a website, the organization’s phone number or email will be listed. The individual or organization will receive “one” free ticket with additional tickets (\$40.00), and a discount of \$5.00 off each ticket (\$35.00) - **Price \$100**

**Booth Space Plus Tickets:**

One rectangular table with two chairs + total # of People at table (maximum of 2 at each table).

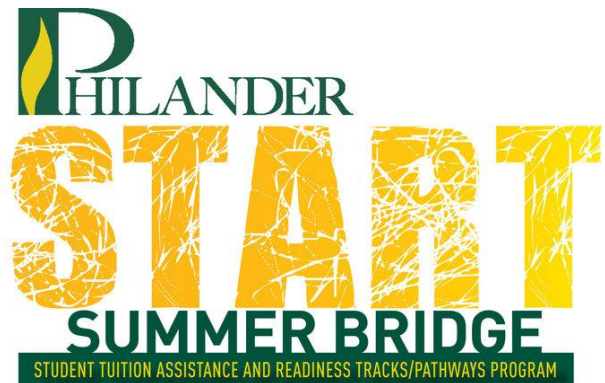
**1) \$125 + 1 Ticket** (at early bird rate of \$35)= \$160.00 (1 person at table) **Total Price: \$160.00**

**2) \$125+ 2 Tickets** (at early bird rate of \$35)= \$195 (2 people at a table) **Total Price \$195**

**Note:** *After the early bird special is announced, tickets increase to the regular price of \$40; add \$5 to each ticket for a total of a booth space, and ticket(s).*

**Impart Featured College Program:**

**Contributor:** Christopher Smith



The Philander Smith College S.T.A.R.T. Summer Bridge Program is a six-week academic enrichment and leadership development program. It provides a seamless transitional opportunity for first-time freshmen to get an early and strong start on their college career by staying on campus, and completing at least nine (9) credits during six (6) weeks in the summer. This intense and exciting summer experience offers students the opportunity to prepare for the academic, personal, and social challenges that they may encounter while in college. Students are provided with a structured environment conducive to building the fundamental skills and relationships necessary for successful completion of a bachelor’s degree. In addition to tutoring, study skills training, and academic and leadership development workshops, the

Program provides extensive academic and personal counseling to equip and support participants. Students selected as Philander Smith College S.T.A.R.T. Summer Bridge Program Scholars are offered an all-inclusive Tuition Rate of \$2,220.00\* for all participating students.

The S.T.A.R.T. Tuition Rate of \$2,220.00\* includes the following: Earning at least nine (9) credit hours, housing, meals, books, and all supplies and/or equipment related to participating in the various social development activities. The program fee of \$2,220.00\* will be funded by a combination of Family Support, Need-Based Aid (Pell Grant) or Institutional Scholarships. To determine the funding method, every participant is required to complete a Free Application for Federal Student Aid (FAFSA) Application for 2017-2018.

## Impart Author & Book Spotlight

**Contributor:** Teresa Carthron



**Teresa Carthron, Author**

Teresa Carthron is the author of a newly released financial self-help book, 'Financially F.I.T.' As a serial Entrepreneur, ambitious autodidact, public speaker, Life Preparedness Coach, and founder of the F.I.T. Club, Teresa has become a sought after speaker and trainer. She is best known for her ability to take the most complex material and relay it in an effortlessly straightforward way. Evident throughout her training sessions are her passion to and compassion for helping others to live educated through their best decision making.

Teresa was inspired to write her new release by the countless examples of financial brokenness she witnessed in her clinical practice as a nurse and her observance of how the lack of financial preparedness impacted families facing a health crisis. As she began to research financial preparedness in the general public, she found that the financial struggles she experienced in her own life as well as those she observed in others was not uncommon. Through her own struggles, Teresa developed proven strategies to help the everyday person stabilize their finances, save for emergencies and prepare for the future.

As you read her book entitled, 'Financially F.I.T.', you will discover why you make the financial decisions that impact you daily, thus your future life. It tells you how to develop a plan that will

eliminate All debt including your mortgage in 10 years or less using the money that you make today. 'Financially F.I.T.' also teaches the young adult how to protect their identity and manage newfound credit as well as it teaches the reader how to prepare for the care of an aging loved one. Get your copy of Financially F.I.T. today by visiting [www.Amazon.com](http://www.Amazon.com) or [www.TeresaCarthron.com](http://www.TeresaCarthron.com).

To learn more about Teresa Carthron and the F.I.T. Club, go to [www.TeresaCarthron.com](http://www.TeresaCarthron.com). Join her on Facebook, Twitter and Instagram @TeresaCarthron..

## Impart Update

**Contributor:** Dr. Caron Dunn

**More than a Gospel Concert on April 4, 2018 at the Robinson Performance Hall in Little Rock, AR, it was a Musical Stage Play**



**(Credit Google Images)**

People received more than what they expected. I and many others in attendance thought we were going to enjoy your run of the mill gospel concert. This would entail a lot of singing and praising with these male gospel artist; it was more than that. We received a musical stage play written and produced by Fred Hammond. The actors and music were awesome, but the message with the gospel music made it a powerful one- *a black man's worth*. It was so impactful that it left an impression on all the audience members.

The running theme of this musical stage play was as men there are many pressures from society, their friends and families place on them. It was about the weight of the world on their shoulders and how they constantly playing the role of the strong man; the rock everyone can count on. This play pointed out the unrealistic

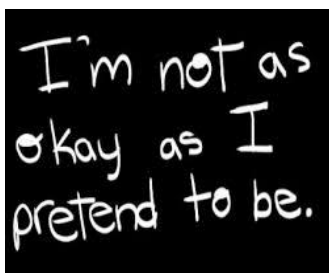
expectations we place on our men having to never show their weakness by crying, talking about their issues, being sensitive, and always needing for them to be hard and in control. We expect them to have all the answers when that is not always possible.

The audience was privy to what men of color go through as it dealt with infidelity, temptation, vices such as drugs and alcohol, the way women are treated. As a man they are expected to be “Mr. fix it” with whatever is going wrong they believe it is on them to work it out. Many other aspects the play touched on was what being a man is in today’s world, the bread winner, supporting the family and taking care of their children, and being a good father in general. Fred Hammond dealt with incarceration and release also. There was a call for the need to support our men, because they are fighting everyday to show their worth as a “man” to the world and their significant others.

## Impart Mental Health Note:

**Contributor:** Dr. Caron Dunn

# Suicide



(Credit: Google Image)

In May of this year, a 23 year old cousin ended her life. It was shocking and devastating for the family, especially her mother who was bedridden and only 45 years old. Her mom was heartbroken about her untimely death, and soon passed away this month of June from complications of a long illness. I shared my story and talked about this issue of Suicide on the Triumphant In Life Show (TIL Show)™, June 12, 2018 and June 26, 2018 with Dr. Robert Williams, Jr., Clinical Psychologist in private practice, located in California. Dr. Williams, Jr.’s interview is posted under the Announcement Section of the Triumphant In Life Show (click the black bar to listen), with links to help people who feel suicidal and in despair. It is my hope that whoever sees this information and listens to the show will save their life or others who may be in crisis.

Are you paying attention to family, friends, associates and even strangers who may not seem like themselves or something is seemingly not right with them? It only takes a few seconds out of your busy schedule to truly ask the question: *Are you ok, really ok? As the image above suggests, this person looks good on the outside, but on the inside they are dying inside and crying for help. Won't you help someone today or even yourself if you are going through a difficult situation?*

*Please seek help, if I can save one person's life from "suicide", it will be worth it. My only wish is that someone would have*

*reached out to my young cousin; it may have made a difference in her life. Take some time to care and save a life.*

Check out the Media Section, scroll until you see the Announcement Section to read and listen to the show about Suicide. Let others know about the contact information for the National Suicide Prevention Lifeline (call: 1-800-273-8255) on my website. Click the link below.

<http://www.drcarondunn.com/media-triumphant-in-life-til>



Kenron Dunn, Announcer/Co-Producer & Dr. Caron Dunn, Host

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## A Note from Dr. Caron Dunn: The CMSC, Inc. Triumphant In Life (TIL ) Show™

In May of 2017 the TIL (Radio Broadcast) Show™, began and a year later Kenron Dunn, and I are continuing on as the TIL Show™. It has truly been an honor to serve my Triumphant In Lifer Listeners. Inspiring and encouraging everyone who listens is what I and my son enjoy doing. I want to touch the world and bring a small piece of joy to their lives and help them learn something they need to know. Bringing a smile to people’s faces and laughter helps me to know I am doing the right thing. We appreciate you listening to others who inspire you. Please tell everyone you know about the TIL Show™.

As always, if you have a story to share, you are invited to email the CMSC, Inc. TIL Show™ [cmscshow@gmail.com](mailto:cmscshow@gmail.com), leave your name and phone number. We will accept inspiring stories after the vetting process, and contact you when a decision is made.

The TIL Shows™ are never deleted; therefore, you won’t miss a show. All shows are under the Announcement section, click on the black rectangular bar under the TIL™ interviewee’s picture(s) and description(s). If for some reason the audio does not play, click on the download button to use the Music Player for Google. Visit to listen to the shows at <http://www.drcarondunn.com/media-triumphant-in-life-til>.

**Reminder:** As you already know the Dec. 4th CMSC, Inc. Mix and Mingle Networking...Series function is scheduled. You have an opportunity to vote as many times as you like for your favorite TIL Show™ Interviewees from 2017. Visit our website to listen at [www.drcarondunn.com](http://www.drcarondunn.com), once there, go to the top left, click on the 2018 CMSC, Inc. TIL Show™ Person of Honor Award Nominations' red button to vote. The winner will be announced during the function.

***“Be Inspired, Become a Triumphant In Lifer”***

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Tom Johnson Automotive [tzman1jc@comcast.net](mailto:tzman1jc@comcast.net) Contact James Clark Johnson 501-951-7215/501-351-6085

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WC Mitchell TAX & Financial Services – Contact Monica Jenious 501-324-2690/201 W. Broadway, Suite F North Little Rock, AR

The Nash Law Firm Contact Mary Nash 501-851-0040. [www.maumellelaw.com](http://www.maumellelaw.com).

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Jackson Hewitt Tax Service. Contact Mary Harris. To ask about tax school registration or tax services. Call 501-219-9393 or 1-866-551-1040.

Goddess Products, Inc. [www.goddessproductsinc.com](http://www.goddessproductsinc.com). Contact Leanna Godley 501-372-4002.

Terry's Paint and Body Contact [terryspaintandbody@att.net](mailto:terryspaintandbody@att.net). Call 501-568-7467 (SHOP). 7604 Geyer Springs Little Rock, AR

Secretary of State Business and Commercial Services. Contact Kevin Niehaus, Director 501-682-1010 [www.sos.arkansas.gov](http://www.sos.arkansas.gov).

## Impart TIL Kenron's Corner™

Contributor: Kenron Dunn



Head Coach Darrell Walker and Kenron Dunn

### University of Arkansas at Little Rock Trojan Basketball Camp

Hello everyone and welcome to another edition of Kenron's Corner. In this edition, I will talk about my time at the basketball camp June 25-28, 2018 at the University of Arkansas at Little Rock (UALR). I had a lot of fun and I learned some things that have made me a better basketball player. I had a chance to meet and take a picture with the new head coach Darrell Walker (which some of you may or may not know). He played basketball for the University of Arkansas in college and then played in the NBA for the following teams, the New York Knicks, Denver Nuggets, Washington Bullets (which is now the Washington Wizards), Detroit Pistons, and Chicago Bulls where he won his only NBA title when Michael Jordan and Scottie Pippen were on the team. He played in the NBA from 1983-1993 and was known as a very physical defender who could guard the best NBA players with ease. After that, he became a coach and often teetered around from being an assistant coach to a head coach in the NBA and in the past couple of years has been coaching at the college level and was most recently hired to coach at UALR.

After going to the camp I learned techniques for how to play defense and how to on offense set screens and ball handle better. I think that after this camp ended, just about everyone had gotten better at some part of their game. For me, it was that I could defend better and dribble the ball better too. I met some new people who became friends and we often competed for who was the best player there. I can't say who won but I think you know who won the competition for who was the best (wink, wink), LOL. Anyway, I am grateful for my leaders who helped me become a better basketball player. One of them was Coach Brandon Brady he helped me play defense better and I am grateful for him.

Thank you for reading this edition of Kenron's Corner and I will see you later!!!

Kenron Dunn  
TIL™ Announcer, Co-Producer, Founder/Writer for the 2kFantic Website

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#### About 2kFantic

Please visit my new 2kFantic website for basketball video game lovers. Click the link to go directly to...

"Be Inspired, Network"



CMSC, Inc. offers expert advice and services to facilitate networking opportunities that increase performance and success for people, businesses and organizations.

CMSC, Inc. promotes opportunities for those who are pursuing various endeavors and desire to increase their "sphere of influence", by providing an arena to make new contacts through attendance at the annual Mix and Mingle Networking Appreciation Program/Event, and other personalized services offered, intended to meet the client's unique need(s).

Dr. Caron Dunn has over 10 years experience working with individuals and entities. Hire CMSC, Inc. to work with you and/or your organization through providing expert quality professional service(s) you deserve. Find out how CMSC, Inc. is able to serve your particular needs. **Contact Dr. Caron Dunn today at: 870-898-0401 or email [dr.lottdunn@gmail.com](mailto:dr.lottdunn@gmail.com). Subscribe to CMSC, Inc. Visit often the CMSC, Inc. Website at: [www.dr.carondunn.com](http://www.dr.carondunn.com)** to read testimonials and Dr. Dunn's vitae; stay informed about important professional training, research, events, services offered, engaging and informative "tidbits" of information. The next issue (to be posted on the website/emailed) of Impart Newsletter is September, 2018.

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*If you are enjoying the TIL Show™ and Kenron's Corner, especially this article Kenron wrote, tell us about it. Email the CMSC, Inc. TIL Show at [cmscshow@gmail.com](mailto:cmscshow@gmail.com). We look forward to hearing from you about your thoughts...*

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## NOTES

### **IMPART NEWSLETTER QUOTE OF THE QUARTER**

*“When you are at the end of your rope, please don't give up hope.  
Remember there is always a better day ahead, just wait for it!”*

*~By Dr. Caron Dunn*

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**Mailing Address:** CMSC, Inc. P.O. Box 4382 Little Rock, AR 72214

Visit the website at [www.drcarondunn.com](http://www.drcarondunn.com)

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