

THE TRIPP-JONES FAMILY NEWSLETTER

12-01-2025

WWW.TRIPP-JONES.FAMILY

EDITION 2025-12

DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH

**HAPPY
BIRTHDAY**

Jackson May - 1
Brittany May - 1
Addison Deni Mack - 3
Erin Porter - 4
Trayvis Shaw III - 4
Leonard "Lenny" Pope IV - 10
Briana Dorsett - 10
Patrick Steward - 11
Charity Manns - 15
Shenetria Sterling (Nikki) - 15
Desmond Q. Simmins - 15
Kobe Kegler - 19
Aisha S. Hart - 21
Xin Frazier - 23
Savola Knighton - 24
Kennedy Iverson - 26
Curtisene Simmons - 26
Taletha Dorsett - 27
Aivalyn Steward - 28
Jhakeria Phillips - 28



**Happy
ANNIVERSARY**

Gabriel & Terrell Lawson - 16



NATIONAL IMPAIRED DRIVING PREVENTION MONTH

December is **National Impaired Driving Awareness Month**, a time dedicated to reminding everyone just how dangerous—and preventable—impaired driving really is. With holiday gatherings, travel, and celebrations in full swing, incidents of alcohol- and drug-related crashes often rise sharply this time of year.

The numbers are sobering: according to the National Highway Traffic Safety Administration (NHTSA), over 13,000 people in the U.S. are killed each year in alcohol-impaired driving crashes, and about 31% of all traffic fatalities involve a drunk driver. **During the holiday season specifically, impaired-driving deaths can increase by as much as 25%**

Raising awareness isn't just a campaign—it's a responsibility we all share to protect our families, friends, and communities. By choosing sober rides, planning ahead, and encouraging others to do the same, we can help prevent tragedies and make the holiday season safer for everyone.



NATIONAL
IMPAIRED
DRIVING
PREVENTION MONTH
DECEMBER

Managing Stress During the Holiday Season

The holiday season is meant to bring joy, celebration, and connection — but it can also come with its fair share of stress. Between family gatherings, gift shopping, travel, and busy schedules, it's easy to feel overwhelmed. Here are some practical tips to help you stay centered, calm, and focused on what truly matters this time of year:

- **Set Realistic Expectations:** Let go of the pressure to make everything perfect. Embrace simplicity and enjoy the moments that count.
- **Create a Simple Budget:** Overspending is a major stress trigger. Set limits for gifts, food, and travel — and stick to them.
- **Prioritize Rest:** Make room in your schedule for sleep, quiet moments, and mental breaks.
- **Say “No” When Needed:** Protect your time and energy by setting boundaries.
- **Delegate Tasks:** Share responsibilities instead of carrying everything on your shoulders.
- **Plan Ahead:** Use a calendar to track events, meals, and commitments so nothing sneaks up on you.
- **Stay Active:** Even a short walk or light workout can boost your mood and reduce stress.
- **Eat and Drink Mindfully:** Enjoy holiday favorites, but balance them with healthier choices.
- **Practice Gratitude:** A quick daily moment of reflection can shift your mindset.
- **Limit Family Drama:** Step away from heated conversations and keep your peace.
- **Make Time for Yourself:** Whether it's reading, music, or a relaxing drive, take moments just for you.
- **Stay Connected:** If the holidays are emotionally tough, reach out to friends, family, or support groups.
- **Keep Traditions Simple:** Choose a few meaningful traditions rather than overwhelming yourself.
- **Try Deep Breathing or Meditation:** Just five minutes can reset your mood.
- **Focus on Experiences, Not Perfection:** The best memories come from shared moments, not flawless planning.

Taking care of yourself isn't selfish — it's essential. A calmer, healthier you helps make the season brighter for everyone around you.

**Pictures from
Meaghen Wooden's
recent trip to Dubai.**



FAMILY BUSINESSES



Aaron Mountain Soaps
Wilma Prudhum
Green, Owner



LunaSola Crystals
Barbara Ealy
Owner

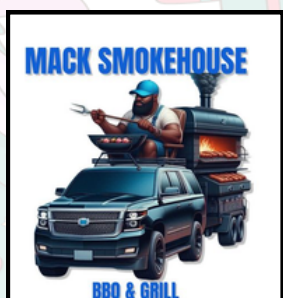


Sweets & Treats
By Lee
A'leshia Steward,
Owner

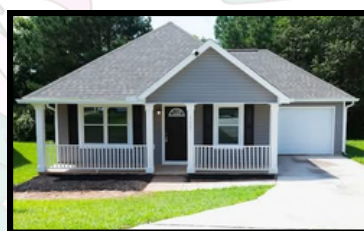


Ms. Lucy's Couture
Meaghan S. Wooden,
Owner

<https://www.mslucyscouture.com>



MACK'S
SMOKEHOUSE
Antonio "Dee Dee"
Mack, Owner



Airbnb in Stockton
GA.
hosted by Afrika and
Darnell Jackson

The Tripp-Jones Business Spotlight

Ms. Lucy's Couture

Ms. Lucy's Couture was founded out of my love for fashion and my frustration with the availability of true plus size fashion. When I decided to open a boutique my mission was to provide garments for curvy women that were trendy and could be worn in the workplace, to date night, or brunch. I wanted to give honor to my grandmother in my business, therefore Ms. Lucy's Couture was born. Established in Feb 2019 as a completely E-commerce boutique.

We can be found online at www.mslucyscouture.com

**FAMOUS AFRICAN
AMERICANS
BORN IN DECEMBER**

- 1 – Lou Rawls
- 1 – Richard Pryor
- 2 – Charles H. Wesley
- 2 – Cowboy Bill Pickett
- 5 – James Cleveland
- 5 – Little Richard
- 8 – Flip Wilson
- 8 – Sammy Davis Jr.
- 8 – Zelma Watson
- 9 – Reed Foxx
- 9 – Roy DeCarava
- 9 – David “Deacon” Jones
- 11 – Mos Def
- 11 – Mo’Nique
- 11 – Willie Mae Thornton
- 12 – Dionne Warwick
- 12 – Joe Williams
- 12 – Josh Gibson
- 13 – Ella Baker
- 13 – Larry Doby
- 14 – Clark Terry
- 18 – Benjamin O. Davis
- 18 – Ossie Davis
- 18 – DMX
- 19 – Carter G. Woodson
- 19 – Cicely Tyson
- 19 – Reggie White
- 21 – Florence Griffin
- 21 – Samuel Jackson
- 23 – Madam C.J. Walker
- 25 – Cab Calloway
- 28 – John Legend
- 29 – Tom Bradley
- 30 – Bo Diddley
- 31 – Donna Summers

The Montgomery Bus Boycott

On **December 1, 1955**, Rosa Parks made a decision that forever shifted the course of American history. After a long day at work in Montgomery, Alabama, she refused to surrender her seat to a white man on a segregated city bus. Parks wasn’t physically tired—she later said she was simply tired of giving in. Her quiet courage instantly became a powerful symbol of resistance against racist laws that restricted the freedom and dignity of Black Americans. Her arrest sparked outrage and ignited a movement that would inspire generations.

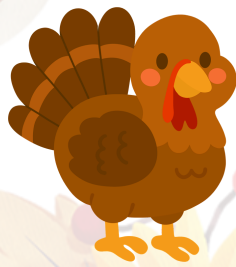
In response to Parks’ arrest, Montgomery’s Black community organized a citywide bus boycott that started on **December 5, 1955** and lasted for an astonishing 381 days. Led by a then-26-year-old Dr. Martin Luther King Jr., the boycott was a masterclass in unity, discipline, and collective strength. Thousands of Black residents walked to work, carpooled, and coordinated daily transportation efforts to avoid riding the segregated buses. Despite threats, harassment, and violence, the community held firm, showing the nation what peaceful resistance could achieve when people stand together for justice.

The boycott ultimately led the U.S. Supreme Court to rule that segregation on public buses was unconstitutional, marking a major victory for the Civil Rights Movement. Rosa Parks’ courageous stand—and the unwavering commitment of the Montgomery community—remains a reminder that meaningful change often begins with a single act of bravery. Their legacy continues to encourage us to challenge injustice, stand firm in our convictions, and work toward equality for all.



Pictures from Zoe and Elder Commings from Thanksgiving in Fort Mitchell, Alabama, Reverend Thomas McCarty's funeral in West Palm Beach Florida. And celebrating "Mrs. Good Things" 72nd Birthday





THANKSGIVING DINNER

2025

AT WALTER GIBSON'S HOUSE

Happy
Thanksgiving



NOVEMBER IN AFRICAN AMERICAN HISTORY

- December 1, 1955** – Rosa Parks refuses to give up her seat on a Montgomery, Alabama city bus.
- December 2, 1859** – John Brown hanged at Charleston, Virginia.
- December 3, 1847** – Frederick Douglass and Martin R. Delaney launch The North Star, an anti-slavery newspaper.
- December 3, 1935** – Dr. Mary McLeod Bethune receives Spingarn Medal for her work in building and founding Bethune Cookman College.
- December 4, 1915** – The Great Migration of 2 million Blacks from Southern states to the North begins.
- December 4, 1906** – Alpha Phi Alpha Fraternity, Inc. the first Black Greek-Letter Organization was founded.
- December 4, 1969** – Ebony magazine photographer Moneta Sleet Jr. makes history as the first Black man to win a Pulitzer Prize and the first Black person to win a Pulitzer Prize for journalism.
- December 5, 1955** – Montgomery Bus Boycott begins.
- December 6, 1865** – The 13th Amendment to the U.S. Constitution, which abolished slavery, was ratified by the 38th Congress.
- December 6, 1849** – Harriet Tubman escapes from slavery in Maryland.
- December 8, 1850** – Lucy Ann Stanton makes history as the first Black woman to graduate from college.
- December 10, 1964** – Dr. Martin Luther King Jr. makes history as the second African American to win the Nobel Peace Prize.
- December 16, 1859** – The last slave ship, the Clothilde, lands, bringing a shipment of enslaved people to Mobile Bay, Alabama.
- December 16, 1976** – President Jimmy Carter appoints Andrew Young Ambassador and Chief US Delegate to the United Nations
- December 25, 1971** – Rev. Jesse Jackson organizes Operation PUSH (People United to Save Humanity).
- December 26, 1908** – Jack Johnson makes history as the first Black world heavyweight boxing champion.

The Florida District Thanksgiving Gathering

