

THE TRIPP-JONES FAMILY NEWSLETTER

10-01-2025

WWW.TRIPP-JONES.FAMILY

EDITION 2025-10

October Is Breast Cancer Awareness Month



Michael Green - 1
Carl McKenzie Jr. - 1
Darnell Jackson - 2
Anthony Fletcher - 3
Larry Driskell - 5
Lawson Reid Pope - 6
Andre Ford - 7
Ashlee Steward - 8
Carolyn Gibson - 10
Christin Coleman - 11
James Barr - 12
Cambrien M White - 12
Taylor Porter - 12
Shannon Knighton - 14
Matalie Mack - 18
Marshall Scott - 18
Khloe Ford - 18
Varius Cook - 19
Michael Fletcher - 20
Kejin Dorsett Jr. - 21
Addisyn Wormley - 23
Love Ellis - 24
Jill Dorsett - 26
Precious Crowell - 26
Curtis Maddix - 26
Afrika Jackson - 27

BRENDEN & BRITNAY MAY - 2

ASHELIGH & KEVIN MURRIEL - 5

SHANNON AND SAMMY SUMLIN - 16

BISHOP & TAYLOR STEWARD - 22

BREAST CANCER
AWARENESS MONTH



FAMILY BUSINESSES



Aaron Mountain Soaps
Wilma Prudhum
Green, Owner



LunaSola Crystals
Barbara Ealy
Owner

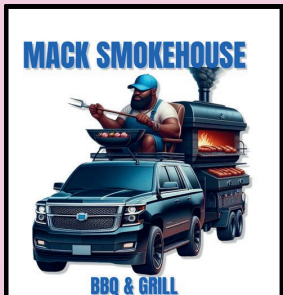


Sweets & Treats
By Lee
A'leshia Steward,
Owner



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

8 Tips to Help Women Live a Healthy Life

- 1) Eat a healthy diet
- 2) Limit alcohol and stop smoking
- 3) Engage in regular exercise
- 4) Get enough sleep
- 5) Build strong friendships
- 6) Enjoy peaceful relaxation
- 7) See your doctor regularly
- 8) Get your health screenings





October is recognized globally as **Breast Cancer Awareness Month**, a vital time dedicated to raising awareness, educating the public, and promoting action against this pervasive disease.

Key facts:

- One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime.
- In 2025, an estimated 280,000 new cases of invasive breast cancer are expected to be diagnosed in the U.S.
- While much less common, men can also get breast cancer.

The importance of this month cannot be overstated.

Early Detection Saves Lives: The central message of Breast Cancer Awareness Month is the critical role of early detection. Regular screenings, like mammograms, can find cancer at its most treatable stage, significantly improving survival rates and treatment outcomes. We encourage everyone to know their risk, talk to their healthcare provider about screening guidelines, and be familiar with the normal look and feel of their breasts.

Encouraging Action and Education: This month is a focused call to action for individuals, communities, and organizations to prioritize breast health. It serves as a platform to disseminate crucial information about risk factors, warning signs, and healthy lifestyle choices that can help reduce risk.

Supporting Research and Care: Breast Cancer Awareness Month helps to raise essential funds for ongoing research, which drives breakthroughs in prevention, diagnosis, and treatment. It also highlights the need for equitable access to high-quality care and support services for all patients, survivors, and their families.

Honoring and Supporting Those Affected: We dedicate this month to celebrating the resilience of survivors, honoring the memory of those we have lost, and showing unwavering support for everyone currently fighting this disease, including those with metastatic breast cancer.

By standing together and focusing our efforts this October, we can continue to advance the fight against breast cancer and work toward a future where no one has to fear this diagnosis.

Southern Seafood Boil

A seafood boil is more than a meal in the South, it's a tradition. This classic seafood recipe is meant for sharing. Grab your favorite seafood, potatoes, sausage, corn, and onions for this easy & fun one-pot meal.

Prep Time - 10 minutes

Cook Time - 30 minutes

Total Time - 40 minutes

Servings - 6 servings

Calories - 400kcal

Equipment

- 1 Large 16-quart stock pot

Ingredients

- 2 pounds Seafood (2 pounds total of your preferred seafood)
- 1/3 cup Old Bay seasoning
- 16 ounces smoked sausage, cut into 1-inch rounds
- 2 pounds red potatoes
- 4 ears corn, cut in half
- 1 large onion, chopped
- 2 cloves garlic
- 2 bay leaves
- 1 large lemon, cut into quarters

Instructions

- Fill a large stockpot with the water. If you don't have a pot large enough, or use 2 pots and divide the ingredients in half. Add the Old Bay seasoning, garlic, lemon, and bay leaves. Bring to a boil.
- Add the red potatoes, sausage, and onion to the pot. Return to a boil. Cook 10-15 minutes or until the potatoes are tender.
- Add the seafood & corn. Cook 5-10 minutes or until the seafood is cooked through.
- Drain the food through a colander & discard all the liquid. Serve on newspaper or a platter.



This is provided by from Ralph Dorsett

We are overjoyed to share the latest blessing in our family! Please join us in welcoming our precious twins, Jet Lucien Pierre (top left) and Elias Napoleon Pierre (bottom right). At just three months old, these little ones have already filled our hearts with so much love and joy.

Jet and Elias are the beloved sons of Brianna Dorsett and the cherished grandsons of Ralph Dorsett, all of whom call Polk County, Florida home. Our family is truly grateful for the gift of these two bright new souls, and we look forward to watching them grow together!



FAMOUS AFRICAN
AMERICANS
BORN IN OCTOBER

October 1 – John Brown Russwurm
October 2 – Robert Lawrence Jr.
October 2 – Johnnie Cochran
October 2 – Avery Brooks
October 2 – Nat Turner
October 2 – Chubby Checker
October 5 – Bernie Mack
October 6 – Fannie Lou Hamer
October 7 – Moses Fleetwood Walker
October 7 – Elijah Muhammad
October 7 – Amiri Baraka (LeRoi Jones)
October 8 – Rev. Jessie Jackson
October 9 – Eugene James (Jacques) Bullard
October 10 – Thelonious Monk
October 12 – Ann Petry
October 12 – Richard (Dick) Gregory
October 13 – Jerry Rice
October 17 – Mae Jemison
October 18 – Chuck Berry
October 18 – Ntozake Shange
October 18 – Camilla Williams
October 18 – Terry McMillian
October 18 – Evander Holyfield
October 20 – Snoop Dogg
October 20 – Bobby Seale
October 21 – Dizzy Gillespie
October 24 – Kweisi Mfume
October 26 – Mahalia Jackson
October 27 – Ruby Dee
October 29 – Melba More
October 31 – Ethel Waters

OCTOBER IN
AFRICAN AMERICAN
HISTORY

October 1, 1872 – Morgan State College was founded in Maryland.
October 1, 1952 – Joe Black became the first black pitcher to win a World Series game.
October 1, 1962 – James Meredith starts school. He is the first Black student at University of Mississippi after 3000 federal troops quelled riots over his admission.
October 2, 1967 – Thurgood Marshall is sworn in and becomes the first Black Supreme Court Justice.
October 3, 1956 – Nat King Cole becomes first Black performer to host his own TV show.
October 4, 1864 – First Black daily newspaper, The New Orleans Tribune, founded.
October 7, 1993 – Toni Morrison won the Nobel Prize for Literature
October 10, 1899 – Isaac R. Johnson patents bicycle frame.
October 15, 1966 – Black Panther Party founded.
October 11, 1887 – Granville T. Woods patents telephone system and apparatus.
October 14, 1964 – At age 35, Martin Luther King, Jr. becomes youngest man ever to win Nobel Peace Prize.
October 15, 1966 – Black Panther Party founded.
October 15, 1991 – Clarence Thomas confirmed as an associate justice of the U.S. Supreme Court, the second African American to serve on the court.
October 16, 1859 – John Brown attacked Harpers Ferry Virginia.
October 16, 1995 – Million Man March held in Washington, D.C.
October 17, 1888 – Capital Savings Bank of Washington, D.C., first bank for blacks, organized.
October 19, 1943 – Paul Robeson opens in Othello at the Shubert Theater in New York City. The show runs for 296 consecutive performances.
October 20, 1898 – The first African American-owned insurance company, North Carolina Mutual Life Insurance Company, founded.
October 27, 1954 – Benjamin O. Davis Jr. becomes first African American general in U.S. Air Force.
October 29, 1949 – Alonzo G. Moron becomes first African American president of Hampton Institute, Virginia.
October 30, 1979 – Richard Arrington elected first African American mayor of Birmingham, Alabama.