

BCJ TIMES

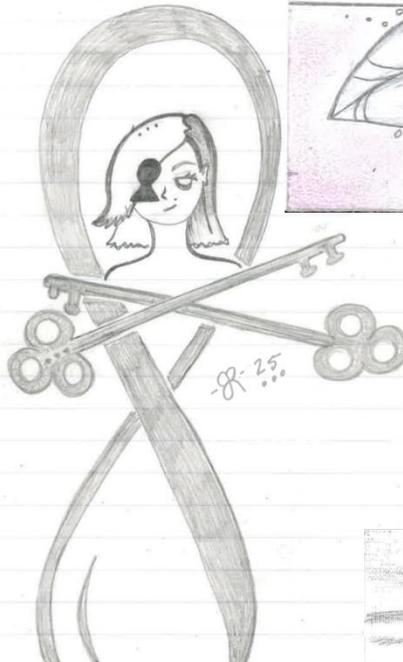
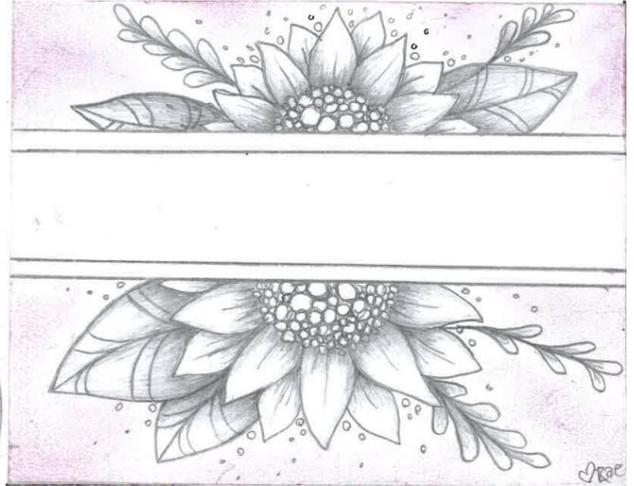
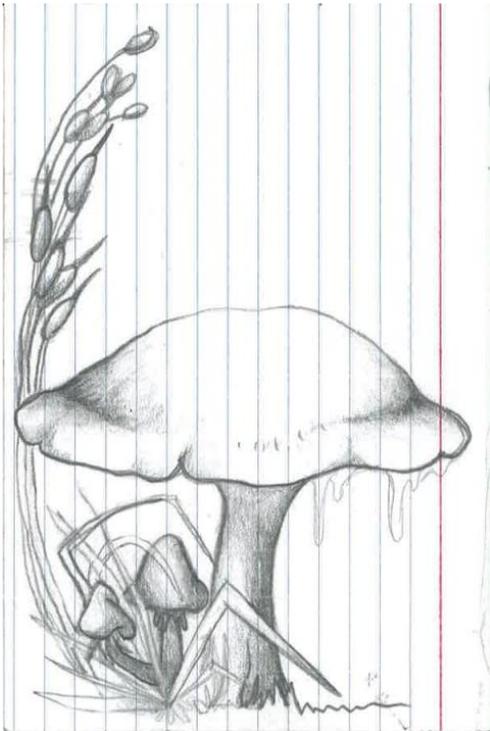


Father's Day Out: Dustin Hopper

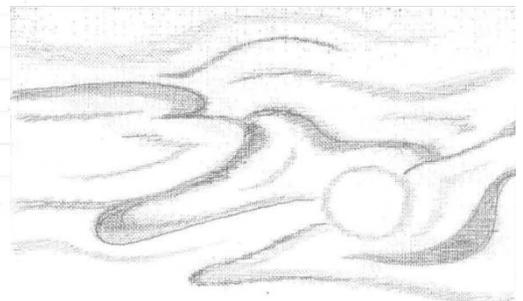
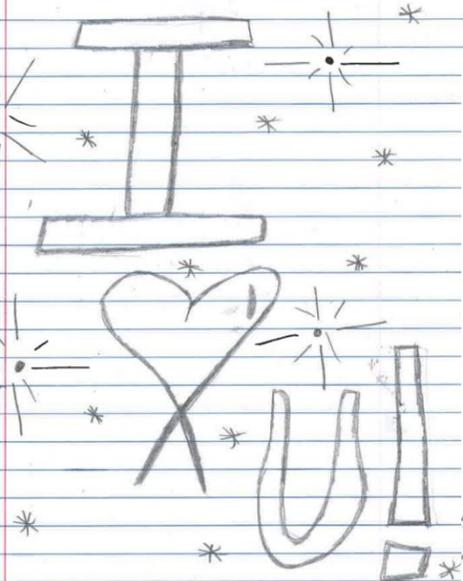
First off, I'd like to say thank you so much to Lt. Cook and J.A. Ronnie for making this a possibility. You two are really making impacts in people's lives. I don't know if you realize the stuff that you put together what it does for us, but its pretty crazy the things this jail is allowing us to do. I got to see my kids off-site in street clothes, no hand cuffs. It was pretty weird at first but as soon as the jitters went away me and my boys were rolling around on the floor wrestling, playing cars, watching TV, and just hanging out. I caught myself just looking at them, listening to them, and it's really crazy to see the effects of my crimes in physical form. They are struggling without me, and it was very humbling. I appreciate all the volunteers and everyone who had a hand in this. Thank y'all so much.



Artwork



Prayeros 25:28
A person without self control is like a city with broken-down walls.



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Showing off for Shelby

J. Dutton

Wednesday 02/25/26 Dennis Jordan came to BCJ and shared his heart wrenching story about his daughter, Shelby and her battle with addiction. So often we inmates hear these kinds of stories, but not from the victims. It broke my heart to hear his suffering. We don't think about the people we leave behind when we choose to use drugs. The reality is we hurt them more than we hurt ourselves. We let them pick up the pieces of the lives we have shattered. His testimony opened my eyes and heart up to all the people affected by my addiction.

Dennis shares his story to bring awareness and help people understand that both parties need patience and grace when fighting these battles. We keep Shelby's memory alive by sharing her story. Shelby was born on 12/28/1992. She was a star athlete at Cannon County High School. She played softball and basketball there. Her dream was to become a nurse. Shelby has a son Jason "Cash" who was born 07/21/2015. She was a sister, daughter, mother, friend, and much more. Shelby grew up in a family full of love. As we all know though, addiction does not discriminate. Shelby broke her toe playing softball and was prescribed OxyContin. That is where her addiction began. She tried rehab. She spent 18 months in jail, and in the end, she lost her life. 08/14/2019 Shelby was found in a homeless camp bathroom. The very last words her dad spoke to her, "If I can help you, call me." That is so heavy. I wish she had called. **The point of this story is, ask for help. Call your parents. Reach out to someone.** Don't become Shelby Jordan. Left for dead in a public bathroom with no one around her to even care enough to call for help.

Dennis was able to find a purpose in his pain. He goes around telling his story and bringing awareness to those willing to listen. He also has started The Shelby Jordan Foundation and has an annual car show. All the proceeds from the car show are given back to help fight the battle of addiction.

Some quotes by Dennis Jordan that spoke to me:

"I come to you as a heart broken dad."

"I didn't always like Shelby every day, but I loved her every day."

"This is your fight."

"I can't do it for you Shelby, you have to do it."

"She burnt me more times than I can count."

Continued on page 4





Interview of Dennis Jordan

Question: What would you like to say to any person struggling with addiction?

Answer: Don't be afraid to ask for help especially family.

Question: Being a victim of addiction, what advice would you give suffering parents?

Answer: Show love and not anger. Patience and grace.

Question: What would you have done differently knowing what you know now?

Answer: Be more loving

Question: Does giving back help your grieving process?

Answer: Yes. It's the only reason I do it.

(The flyer shows Shelby's first car on the cover and inside is a summary of the whole reason of the car show.) Picture below is of Shelby's son Jason Cash. He is 10 years old now and lives with grandparents. He enjoys sports.



5th ANNUAL SHOWIN' OFF FOR Shelby
HOSTED BY RSR

FIGHTIN' AGAINST ADDICTION
 FIDDLERS GROVE JUNE 2026

Sunday, June 7, 2026
 1-6pm

Registration: 1-4pm

Fiddlers Grove
 945 Baddour Pkwy
 Lebanon, TN

A Day of an Inmate *By Miranda Bumpus*

I woke up today and here I was again staring up at a metal bed above me. Shaking my head one more day, that's all, then I think to myself, "really", you just had to take the easy route because you were scared. Feet on the floor, follow the same routine, somehow, I've got to change this, make it different. This is my story, my journey to change and if you want a good giggle and something crazy, I will be writing in every issue.

Inspirational

Inspire *By Bridgette Miller*

Coming to jail saved my life. I'd like to share with you how that became possible. Upon arrival here at BCJ I could barely hold my head up. After 5 days in a daze, I was able to come to the realization that jail was my new home. I instantly ran to the nearest Bible I could find. I was lost in lockdown losing what little freedom addiction had left for me. Not even knowing God was about to give me the most freedom I ever had. God was already sending me messages through the Bible. I could barely understand but one day in rec yard I prayed, "God just show me I still exist to you." An hour later we got called for Katy Ivey's class and out of nowhere she gave me her Bible. The Bible is teal with butterflies. I knew it was a gift from God. It brought life to the pod. I started setting goals by sending ideas and articles to the newspaper. I started making bookmarks for Bibles and named it Bible -n- Bookmarks. Everybody had a bookmark I made O, P, N, and even G pod in Murfreesboro when I went there for court. Making those bookmarks brought joy, the word to many, and kept me grounded. I even wrote a book. As I prayed and set goals for myself, I knew MRT was where I needed to be. It wasn't easy. I had gotten used to the routine of jail and lockdown, being in a smaller pod it was quiet and I found comfort. But I knew in my heart this was not my home and I didn't need comfort; I needed to grow. So, when Mr. Cook called, I gladly accepted the opportunity. I looked at jail as nun college and suffering as a part of a nun's journey to get closers to God. Now MRT was my next step to my recovery. Going to court awaiting my sentence in two counties looking at 3 consecutive sentences I pushed through that stress stayed focused on God, my MRT book, and the classes. I was so uncomfortable. Moving to MRT pod helped a lot. It gave me space to have a prayer life and to sit in peace, meditate and work on me. It gave me the ability to work with my peers one on one on things I couldn't work out on my own. Graduating MRT is the first big goal I have accomplished since addictions took me down. It gave me freedom. It gave me confidence. It gave me the ability to organize my mind so I could push through my doubts and keep going after my goals. Now half way through my sentence it's time for the next big step in my master plan. Thankfully the Judge is allowing me to get treatment. Allowing me to go to a program so when my sentence is done, I can start community corrections ahead of the game. So, I can be successful again. Everybody working together for my greater good is the best feeling in the world. Knowing I am getting my babies back and our life back but even better because now I am the healed version of myself. I'd like to encourage you not to quit. To keep going. Set the goals and communicate with staff. We are all rooting for your success. As somebody who has always felt alone, I am here to tell you, you are not. You have a huge community and support system ready to not only help you figure it out but to also help you make it happen. Jail is just the beginning of your new life should you choose to accept that challenge. Reach out to your case manager and peer support to assist you so you can make the most of it. "God Planned my imprisonment. He will do something wonderful with it." Read Romans 8:28 for inspiration.

Poetry

People

By Demetrius Dotson

People lie to me.
 People lied to me.
 Why not tell me the truth?

People judge me.
 People judged me.
 Why do you not just pray for me?

People mislead me.
 People misled me.
 Why not show me the honest way?

People say they love me.
 People have said they loved me.
 Why do I not see it or feel it?

By Kyle Bramer & Dylan Pardon

Here I sit thinking of the decision that put me here. I feel so alone. I'm surrounded by my friends who love me. Thoughts in my head. Slamming locked doors. Dice games and people screaming poker. Bobo and Blair ten over here, ten over there or people not wearing shoes in the bathroom. I'm so glad I'm not around people in the streets who I know are police. Now I know for a fact God gave me this time to work on me. To do better than ever before. I love a lot of people, but I don't think they love me. Gods love is all I need. I trust in him and He in me.

My New-Found Vision

By Terrence R. Boughton

My eye sight is the same, my vision took a change.
 Now I view things wholly, yet it feels strange.
 It's hard to find the right words to explain, how the more I see that there is less pain.

My eyes were open, but I didn't know where to look.
 Until that bold brave move to open up His book.
 It was hard to understand as I began to read how He took my sins with all that He had to bleed.

Now my eyes wide through every word spoke, I see myself as a whole and I'm no longer broke.
 At first all that I visioned was fast and free, yet after a surrender I am no more an absentee.

Garden Update

The seeds have started sprouting, we have little plants. We have shaken down the greenhouse given it new shelves and fresh mulch. So far, we have about 800 tomato plants, 400 pepper plants, about 300 cabbage plants, we have also planted potato and onion patch, radish and lettuce rows. With joint effort and guidance from Lt. Cook, Mrs. Dale, and Dean it should be amazing this year. **Tree Update:** According to Dean a few of the trees planted by the MRT men have been donated locally and surrounding area to public spaces! We are very excited to hear the news!



Mental Health

Irrational Thinking

Here are some common forms of irrational thinking that can spark our anger and get us into trouble.

- **Running with assumptions.** An assumption is something that might be true...or might not. There might be many reasons that something happened, but we hit on one reason and act as if it is true before we fully check it out. We often make assumptions about a person's motivations for doing something – you might call this “mind reading”. We're “sure” someone intentionally bumped us, when the real reason maybe the person just wasn't paying attention.
- **Claiming personal rights.** We turn wishes (I want to be respected) into rights (I have a right to be respected!). and then we jump to fight to protect “rights”. A grocery store shopper who barks at the woman with small children and a fully loaded cart in front of him may believe he had a right to get through the checkout without waiting. He feels that she violated his right, so in his mind, she “deserved” his rudeness.
- **Imposing rules.** This might also be called the “tyranny of the should.” We place rigid rules on other people – often without their knowledge. “He should have listened to me.” “She should be home when I call her.” If they break the rule, they must pay.
- **Overgeneralizing.** This type of thinking is reflected in words like “never” or “always” or other terms of exaggeration. “You never listen to me!” “He's always picking on me.” “I have to do all the work around here!” Naturally, the more a person overgeneralizes, the more upset he becomes. As one doctor explains, “it is obviously far more painful for a person to be ‘always’ mistreated than mistreated on a single occasion.”
- **Seeing every situation as black and white.** This is extreme thinking. Something – or someone – is all good or all bad; all right or all wrong. No in-between, no shades of gray. This black-and-white thinking spills over into relationships and interactions: I am right; you are wrong. I am the victim; you are the offender. Once we get an image of a person as “bad”, we will screen out anything that contradicts that image. “So, what if he gave a \$1000 to charity? He is still a bad guy. He did it just to get his name in the paper.” This is room only for competition, no room for compromise. If you offend my rigid sense of justice, I must dole out the punishment.
- **Demonizing people.** We project onto people image of “enemy,” which threatens our safety or interests. Often such images are projected onto whole classes of people – black, white, Hispanic, female, those in authority.... And those incarcerated. Perhaps you have felt demonized by many in the outside world who see all prisoners as worthless people who deserve only harshest punishment.

“Happiness depends upon ourselves.” – Aristotle

Surrender *By Mirand Fuller* ***Trigger Warning***

Facing my trauma and learning of things I have repressed from my past has given me the courage to share myself with the readers of the newspaper. My hope is that this reaches at least one person and gives them hope and inspires them to keep going. If sharing my testimony can encourage anybody to find sobriety, to get into therapy and not feel alone then it's worth it to open myself up and take y'all on this journey with me even if just for a moment.

I am a survivor of both physical, sexual, and substance abuse. The sexual abuse started at the age of 5 and would continue all through out my life by family members and "friends". Without me even realizing it, the abuse had distorted my mind into thinking this was normal. That meant they loved me, it was something I did wrong, or that it was my fault. As you see, the Devil is pretty good at masking lies for the truth. Eventually the turmoil and lies led me into addiction at the age of 14. I am now 29 years old, and I have been incarcerated over 27 times, spending more time behind these walls than I have with my own kids. I have overdosed more times than I can count. I have done things in my addiction that I would never have done otherwise. I've become a monster that I even didn't want to be around. Each time I would get high I'd see addiction slowly sucking the life out of me, but I couldn't stop. That is until I made the courageous decision to turn myself in. I am now in the MRT program for the second time, and I am truly blessed to have been given the opportunity again. Although I may have stumbled after being released in September, that fall has now given me more of a understanding of my purpose in life as well as behind these walls in here. That is why I went ahead and put my time into effect; it was a hard decision but the right one. In addiction and abuse we feel like there is no way out, but I promise you the first step is admitting there is a problem. The next step is making the choice to get help because addiction does not discriminate, it is ugly and deadly. I can't speak for everyone, but I am tired of watching my people die. So now I choose to be a positive example, to give hope to our community. Don't be afraid to stand up in a room or alone and surrender your addiction and change. There are so many ways and resources just say the word and help is there.

Substance Abuse and Recovery – Support groups

Celebrate Recovery (CR) 931-455-3138

1115 Bel Aire Dr Tullahoma, TN 37388

Substance Abuse Hotlines

National Substance Abuse and Addiction Hotline 1-844-289-0879

Suicide and Crisis Hotline 9-8-8

American Addiction Centers 866-606-4748

Recovery Meetings 800-899-9789

Rehabilitation Centers

*Brooks Healing Center 866-747-6231

1100 Cortner Rd Normandy, TN 37360

*Cumberland Heights TN Rehab 615-857-3807

745 South Church St #505 Murfreesboro, TN 37130

*Magnolia Ranch Recovery 888-308-4150

111 Stripmine Rd Pulaski, Tn 38478

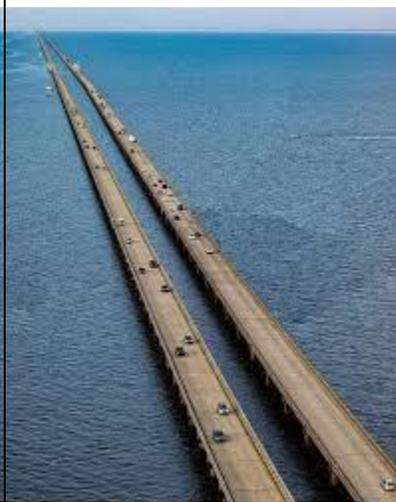
Fun Facts



Cathedral Caverns in Woodville, Alabama has the largest cave opening 126 ft wide and 25 ft high.



The Raleigh Beer Garden in North Carolina most beers on tap – 369



Lake Pontchartrain Causeway in Louisiana the longest bridge over water -23.9 miles

Largest hot air balloon ascent in Albuquerque, New Mexico every October – record 524



Largest cowboy boots sculpture in San Antonio Texas – 35 ft 3 inches tall



Largest rocking chair is 56ft tall

Largest mailbox is 5,743 cubic ft

Largest golf tee is 30 ft 9 inches tall

Most Complete T. rex skeleton – has about 90 % of her bones in tact and was uncovered in South Dakota



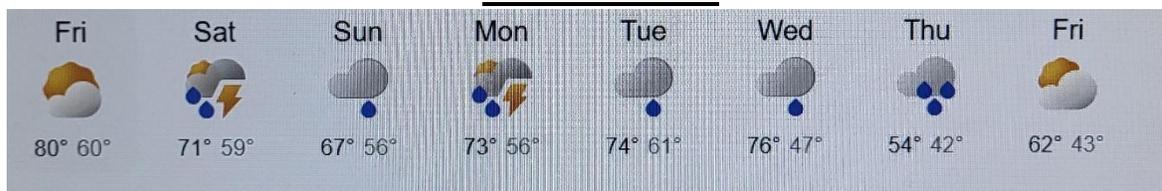
Largest wooden roller coaster “The Beast” is 7,341 feet of track at 65 miles per hour at Kings Island Amusement Park in Ohio.



ATTENTION

We are confident that BCJ is full of talent and we want to show that talent off inside and outside of these walls. We ask that you submit your talent! If there are any issues that you think we can fix to get more involvement let Transport Off. Caldwell know, please. All submissions need to be addressed to Transport Off. Caldwell. Here is a little of what we can put in the paper: artwork, poetry, recipes, testimonies, inspirational, spiritual, sports, news, mental health, wanting to know jail information, and much more! This paper is for YOU made by YOU! The more voices we have the more representation we will have.

The Weather



Thank you to everyone who helped make issue 6 possible! To those that submitted stuff for the paper but didn't see it in this issue, keep reading to see it in the next! Thank you for those that Read it!

