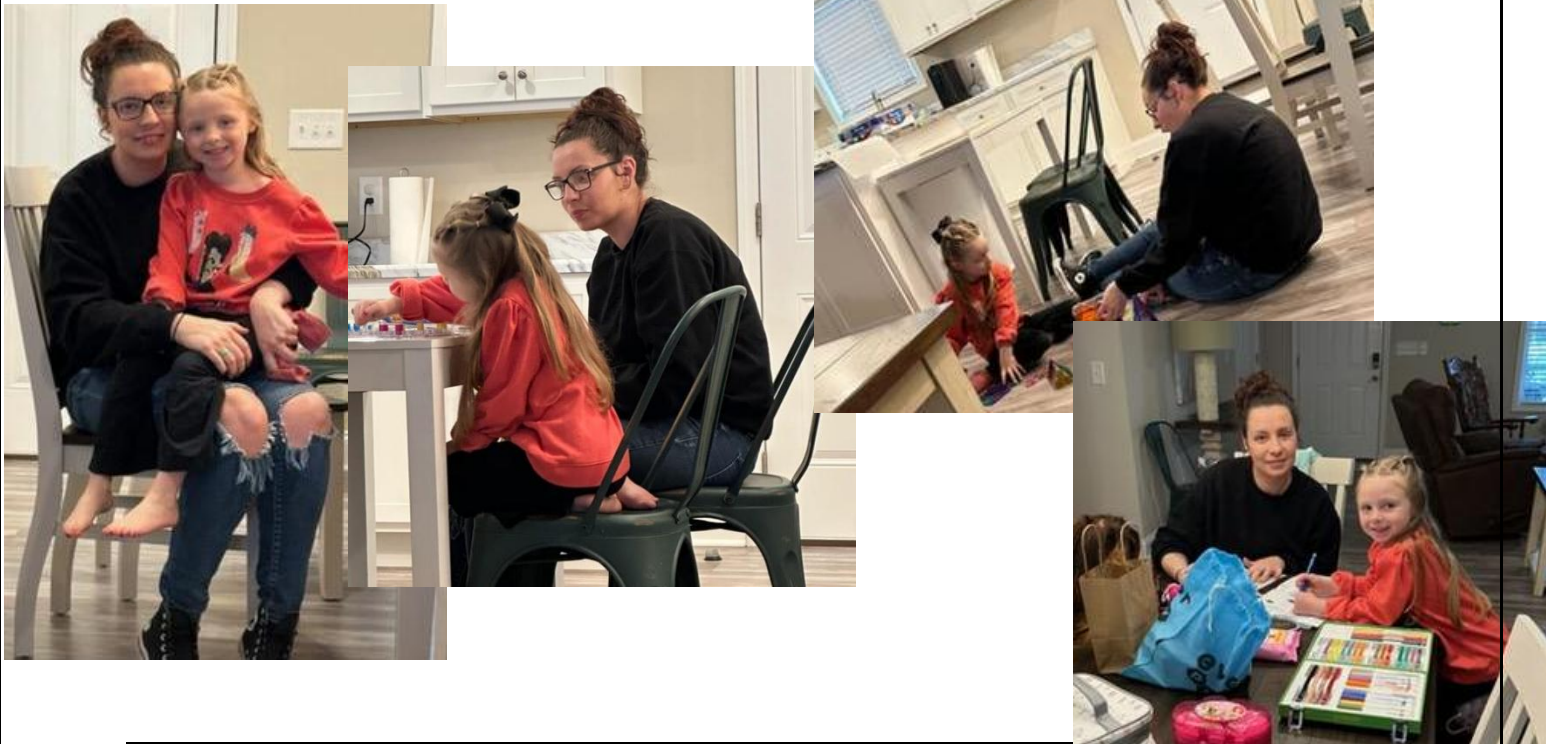


BCJ TIMES



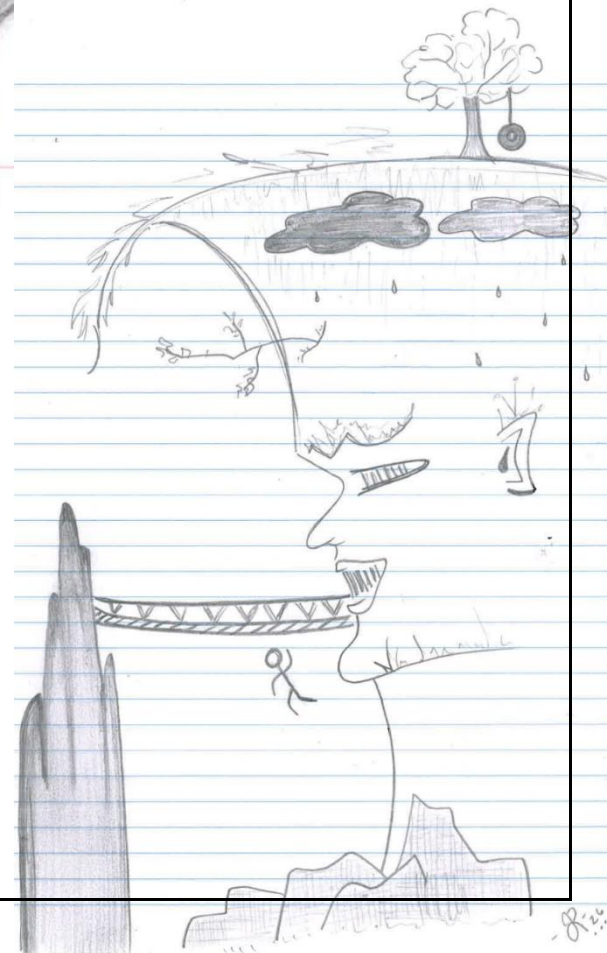
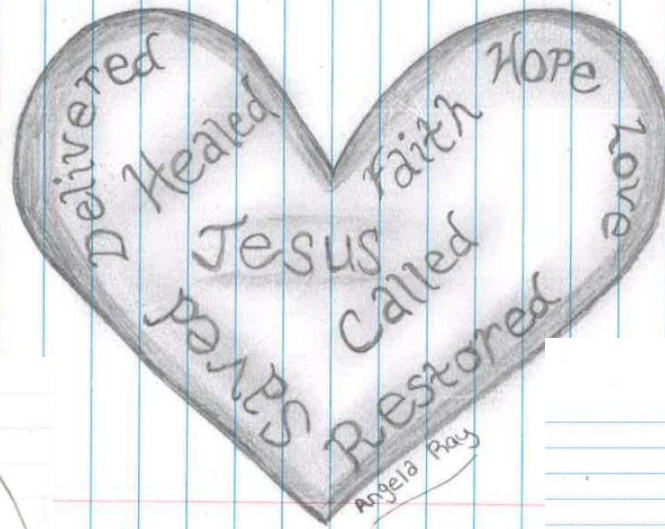
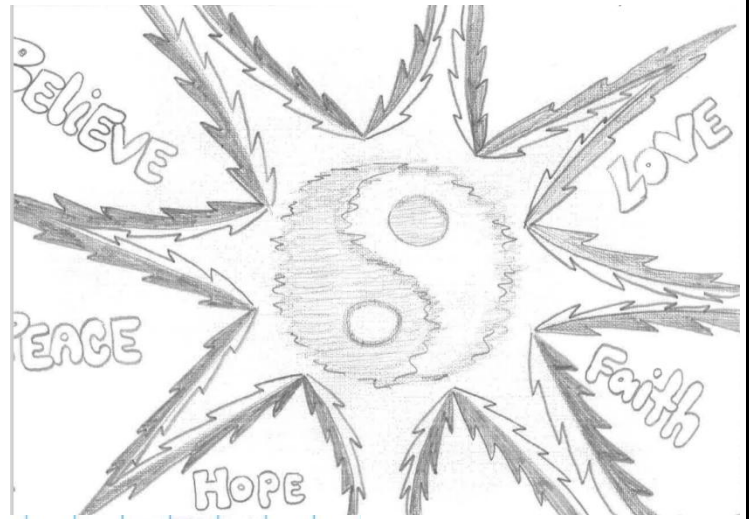
Mommy's Day Out

(March 16, 2026 - Lorna Mitchell)

I had so much fun at mommy's day out. As soon as Warren got out of the car she ran and hugged me! I am so grateful to have the opportunity to spend time with her. Thank you to everyone who made this possible. I have never been to a jail that does things like this. It really means the world to us/me! I was able to help fix her mannequin's hair. She did my makeup, painted my nails (two colors that she picked), and we put a puzzle together. She told me all about registering for kindergarten, everything that she has been doing lately. It was a blessing getting to spend a couple of hours with her, this is a start to making up for lost time. You never really understand how your bad decisions affect your family until your daughter tells you how much she misses you. She is my motivation to keep doing the next right thing.



Artwork



Cedar Recovery

Cedar Recovery is a program we provide for inmates who struggle with opioids and alcohol addiction. If you are 90 days out from getting released, then this program is for you. They combine a shot and therapy program to help you with your addiction. It cost nothing to participate. You can go and speak with the doctors to see if this program is perfect for you. Please contact the nurse to let her know you are interested or you can let any transport officer know. Below are words from someone who is a part of the program.

Recovery: The Hell within

To start off recovery is defined as the process of combing a disorder or problem. If someone is or has a dependent issue with any type of drug it is a major uphill battle to begin the recovery process. The hell within recovery is finding and developing the courage first off to say to yourself that you need help and then to open up to the correct people in order to receive the proper help to aid you in recovery! Recovery is a very difficult event that you will ever start in your entire life. It starts within yourself "I have a problem; I need and want help". Once you have the inner strength to utter those words your world will begin to change.

Through the cedar recovery staff and their resources, you have a strong support system to start on your new way! To go along with therapy and counseling they will help you to build the courage you need to seek within the wisdom you have to have in order to make proper/correct changes to be able to fulfill and live your new life without the "problems of any addiction"! You become the strong person to admit to yourself, God, Cedar Recovery, and your family that you have a problem. Thank you for standing behind me in your efforts to see me through a changed and a brand-new individual who is free from addiction! (Below is a picture of the males who go to cedar recovery.)



Spiritual

Get Out of the Judgement Seat *By Brian Potts Aka Frog*

We condemned a man for stumbling this morning, but we didn't see the blows he took yesterday. We judge a woman for the limp in her walk but cannot see the tack in her shoe. We mock the fear in her eyes but have no idea how many stones they have ducked or darts they have dodged. Are they too loud? Perhaps fear being neglected again. Are they too timid? Perhaps they fear failing again. Too slow? Perhaps they fell the last time they hurried. You don't know. Only one who has followed yesterday's step can be their judge. Not only are we ignorant about yesterday, but we are also ignorant about tomorrow. Dare we judge a book while chapters are unwritten? Should we pass a verdict on a painting while the artist still holds the paint brush? How can you dismiss a soul until God's work is complete? "Being confident of this very thing, that he who has begun a good work in you will complete it until the day of Jesus Christ." (Philippians 1:6 NKJV)

Matthew 7:1-5 NKJV "Judge not, that you be not judged. For with what judgement you judge, you will be judged, and with the measure you used, it will be measured back to you. And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye? Or how you can say to your brother, 'Let me remove the speck from your eye', and look a plank is in your own eye? Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye."

"Do not think yourself better than other men and set yourself up as their judge. Since you can not discern motive; you are incapable of judging another. In criticizing him, you are passing sentence upon yourself; for you show that you are a participant with Satan, the accuser of the brethren." – The Remnant Study Bible with E.G White Comments

Romans 14:13 NKJV "Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in our brother's way."

James 4:11-12 NKJV "Do not speak evil of one another, brethren. He who speaks evil of a brother and judges his brother, speaks evil of the law and judges the law. But if you judge the law, you are not a doer of the law but a judge. There is one law giver, who is able to save and destroy. Who are you to judge another?"

1 Thessalonians 4:11 NKJV "That you also inspire to lead a quiet life, to mind your own business, and to work with your own hands, as we commanded you."



Recipe

Chi-Chi's Jalapeno and Red Hot *By Ashton Koah*

What you'll Need:

1 clean trash bag

1 to 3 bags of Cheetos (Jalapeno or Red Hot)

2 noodles (2 noodles for every bag of chips.)

1/3 of a tumbler of water for every bag chips

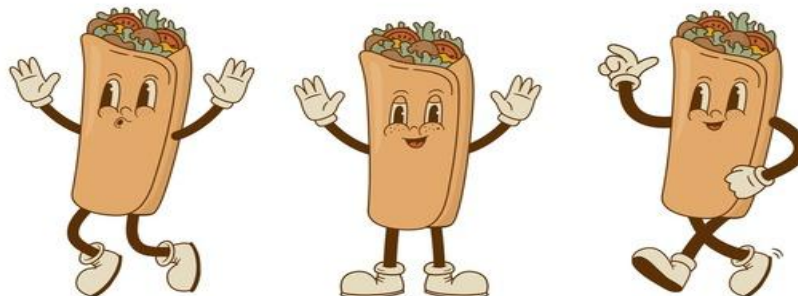
2 summer sausage

1 pickle

The Chi-Chi wraps

What you'll do:

Take your bag of Cheetos and crush to powder. Crush your noodles. After both are smashed to powder drop into the clean trash bag. Add seasoning and shake well. While preparing $\frac{1}{4}$ to $\frac{1}{2}$ of summer sausage to the bag. Make sure it is in small pieces. Make sure bag is mixed well. Slowly add water to bag until the contents are in a dough like consistency. Let it sit for 10 minutes. Form into a burrito shape. Cut evenly and place on wraps. Cut up pickle add as topping. Add condiments if you prefer. Feeds 2 to 4 people.



“One of the most courageous things you can do is identify yourself. Know who you are, what you believe in, and where you want to go.”

-Shelia Murray Bethel

Inspirational

Take Back Control *By J. Dutton*

My entire life I have let feelings rule me. I believed that I couldn't help how I felt I couldn't control how I loved and I constantly sought out instant gratification. Just recently I learned those beliefs are completely wrong even though feelings can be very strong and demanding. We don't have to let them rule our lives. We can learn to manage our emotions and not let them manage us. We all have free will and are capable to make decisions not based on feelings. We have to be willing to make the logical right choices regardless of how we feel. I'm not sure about you but for me that's much easier said than done. Let me give you an example, I had gotten myself in a sticky situation and found myself walking down the side of the road inside my purse I know I had at least five felonies. I was scared the police would stop me and acted on impulse. I saw a car parked with the keys in the seat. I didn't think I just reacted because of the fear I was facing. I stole a car and took off. I didn't think of the consequences. I didn't think of the man who wouldn't have a way home from work. I let my fear control me. That's a very extreme example but you get the idea. We have all felt anger and lashed out on someone we love. We have all lied somewhere down the line because we were scared of the results. And some of us have been so angry that we lose control and punch someone in the face. I am not saying that having feelings are wrong. Feeling in and of themselves is neither good nor evil. They are just unstable and need to be managed. Someone compared emotions to the inner child within us. That it's the selfish part inside us that we constantly have to keep in check. To do this, we can't just instantly react. You can feel like punching someone but walk away instead. This is not typically our natural response, but we can train ourselves to do this. We can learn to control our emotions and be the master of our feelings. It's a daily battle, but with practice it can be a battle we win.

Poem

On the Way Down *By Kyle Bramer*

On the way down, you don't care who's around. As long as you can get that new vice you just found. Stuck in a town where the voices are loud, but when its time to go they just back down. And when you are up, they just think you are the clown. Sitting around wondering if there is a way out of this town before one of my "friends" brings me down. There is no lover in this dark town and if you stay here the only way is down.

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.

Weather

Saturday: 58/35



Sunday: 67/44

Monday: 71/56

Tuesday: 77/61



Wednesday: 74/62

Thursday: 72/61

Friday: 67/62



Thank you to everyone who made issue 8 possible! We a finally getting participation from a lot of different voices, so please be patient. If you do not see what you submitted keep reading. If you need pencil or paper to contribute to the paper let Transport Caldwell know.