



# MIDWEST RAINBOW NEWS



DECEMBER 2022

VOL. 2 ISSUE 12

**"Every gay and lesbian person who has been lucky enough to survive the turmoil of growing up is a survivor. Survivors always have an obligation to those who will face the same challenges."**

**-Bob Paris**

## HOUSEKEEPING

### DISCLAIMER

The ideas and opinions in the Midwest Rainbow News are solely those of our contributors and do not necessarily reflect the views of the Midwest Rainbow News.

The Midwest Rainbow News makes no representations as to the accuracy of statements made by individual authors, including but not limited to legal and medical information.

By sending submissions to the Midwest Rainbow News, you are agreeing to have your submission published. We may edit submissions to fit our anti-oppression values and/or our own editing guidelines.

## Missing your copy?

We had some trouble last month with several camps rejecting the newsletter due to the new mail policy, but we are working on fixing that! If you didn't get the first issue of Midwest Rainbow News last month, look for last month's and this month's coming to you from FL.

Midwest Rainbow News  
PO Box 81624  
Pittsburgh, PA 15217

## MAMA SAYS

Another year is drawing to a close with the season of giving and joy for most. Please come together this holiday season, and be mindful that this can be a time of serious depression for some. Make peace within the community and help uplift those who may feel left behind.

One of our beautiful Transgender Women needs all of us to come together and contact everyone we know for help!! Missouri intends to execute Amber McLaughlin, on January 3rd, 2023. Amber is the first Transgender Woman to face execution in our country! We cannot let her down, we have to do everything we can to save her life! There is a petition asking Governor Parsons to grant clemency for Amber and commute her sentence to life. As of this writing, the petition has 1281 signatures, but many more are needed! Ask your friends and family to electronically sign this petition! The easiest way to locate the petition is to go to our new quick link:

[tinyurl.com/saveamber](https://tinyurl.com/saveamber)

This year has met with so many blessings! Many of our transgender men and women have successfully obtained their legal name changes, and some were able to get their level lowered for a transfer to a better facility. Think back at all that we have done in 2022, and I can promise, 2023 will be even better!

For those who may not know, Centurion has added a new group in their list of Mental Health Classes. Here is how it reads:

"Gender Dysphoria Support Group

6 module group provides participants with a safe accepting and gender-affirming setting to experience acceptance including for their identified and/or expressed gender while building resiliency skills."

Write a kite to Mental Health and sign up for the group today!

Thank all of you for your continued readership and steady submissions of stories and advice. I especially want to thank Jordana for all of the work she does with this newsletter! Every month she picks up the mail from our P.O. Box, processes all of the emails sent in, prints, stuffs, places a stamp and address label on each and every copy and mails them. To be sure, this newsletter would not exist if not for her dedication and love of our community!

With a Mothers Love,  
Patricia

# WRITE FOR US!

We are actively seeking material from our readers to publish in future issues. We will no longer publish messages from one reader to another.

We are looking for:

- Articles with accurate information about relevant DOC policies, legal developments, and current affairs (cite your sources!)
- Tips, life-hacks, and how-to articles that our readers would find useful
- Media recommendations – books, authors, podcasts, tv, movies etc. Preference given to free things. Write a little bit about why you're recommending it and/or what you got from it.
- Personal essays on topics relevant to our community, including but not limited to: mental health, personal growth, what sucks about being LGBTQ in prison, what's cool about being LGBTQ in prison, pride, shame, self-acceptance, friendship, liberation from oppression, dealing with difficult family relationships, etc.
- Good news – if you have something to celebrate!
- Reports from your camp on conditions for LGBTQ prisoners
- Responses – If you have something constructive to add to a particular conversation, you can write a response to a previously published piece

## SEND SUBMISSIONS TO OUR PO BOX OR THE BLACK-PINK GAZETTE TABLET CONTACT

IF YOU'RE A NEW SUBSCRIBER AND DON'T HAVE THE CONTACT ON YOUR TABLET YET, PLEASE BE PATIENT. IF YOU'RE STILL MISSING THE CONTACT AFTER A COUPLE WEEKS, WRITE TO OUR PO BOX.

## CHICKEN NUGGETS

- 1 package chicken breast
- 1 sleeve snack crackers
- 1 ranch dressing
- Ms. Dash seasoning
- garlic seasoning
- 2 pizza kit cooking pads

### Directions

- (1) Shred chicken breast in medium bowl.
- (2) Stir in Ms. Dash and garlic seasoning (to your taste).
- (3) Smash snack crackers inside its package into crumbs. (4) Add crackers to your bowl. (stir and mix well).
- (5) Add ranch and stir to a dough-like texture.
- (6) Use a seasoning lid top to make perfectly round Nuggets.
- (7) Place Nuggets on the cooking pads in the microwave (8) Cook for 4 minutes on 1 side, then flip over,
- (9) Cook until golden brown or when they began to fry.
- (10) Enjoy your meal (best served with Mac and Cheese).

Stay Warm and Safe

This Holiday Season

From Michelle Sauce Queen Miller

## BEEF, CHEESE, POTATOES

- 1 (1.3oz) jalapeño pepper's
- 1 salami beef stick 5.0 oz
- 1 Block mozzarella
- 1 (1) coffee mug four cheese instant Potatoes
- 6 coffee mug's Hot water
- 1/2 packs beef ramen seasoning

### Directions

Dice the jalapeño and salami into small pieces. In a large bowl combine instant Potatoes and Hot water. Whip until smooth and creamy. You may need to whist the amount of water for your desired taste. Once whipped, add the remaining ingredients and mix well. This makes a great side dish with your favorite main meal.

## FROM THE EDITOR:

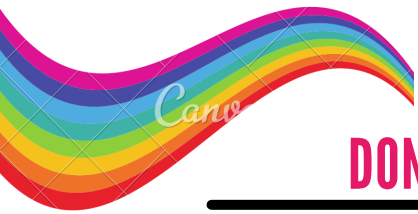
Thank you to everyone who wrote to the Midwest Rainbow News this month. If your name is in the heart below, we received your submission but weren't able to publish some or all of it, probably because it was a personal message. We do not publish personal messages from or to our readers. Thank you for your time and creativity!



## THE PRISON JOURNALISM PROJECT

*The Prison Journalism Project is a great place for any prisoner to express their views while working to establish themselves as a credible writer and journalist. Many first time authors have been published on the Prison Journalism website. It only takes imagination and willingness to write your story. It is 100% free, costs you only time and dedication. Ask about their writing program and upcoming correspondence-based classes. For more information on how to get started, contact them at:*

*Prison Journalism Project  
2093 Philadelphia Pike #1054  
Claymont, DE 19703*



## DON'T FORGET YOUR MENTAL HEALTH

Many of us face difficulties in the journey of life. Finding acceptance amongst our peers takes a lot of effort, much of the time. Sometimes finding acceptance within ourselves can be the greatest task of our lives. With these struggles, we often find ourselves in a state of mind that is dark, lonely, and at times inescapable. And that leads to thoughts of self-harm to alleviate the built-up stress, harming others to stop the pain, and even suicide to end our suffering.

Our mental health is a vital element to success in life. The LGBTQ+ community has a suicide rate many many times higher compared to people who identify as heterosexual, understanding our mental health is a key and essential life skill so that we may flourish without hindrances.

Mental health is a new focus in mainstream media to raise awareness of the necessity to accept those with mental health issues. People who suffer with depression, manic episodes, paranoia, gender dysphoria, or any other mental health issues, normally suffer alone. While mental health in the past was stigmatized as a horrible disease, it is now being brought into the limelight to rid the stigma and bring acceptance, as well as open lines of communication to help those in need.

If you are having thoughts of self-harm, harming others, or suicide, talk to someone in whom you feel safe to confide. Here in the institutional setting, we do not all have those we can tell our deepest and darkest secrets to, but when it comes to saving your life you may need to put trust in an individual whom normally you would never trust. So put trust in someone that is a close friend, pulling them aside and saying, "Hey, I am really in my box, and in the darkest time of my life, I really need someone I can talk to". Or put in a Health Service Request to mental health. No matter which you choose asking for help is much better than suffering alone.

JD



## NHL TAKES STANCE SUPPORTING TRANS ATHLETES

By Ryan Adamczeski for Advocate Channel, 11/23/22

The National Hockey League has officially voiced their support for transgender athletes. Over the weekend, the Team Trans Draft Tournament took place in Middleton, Wisconsin. The event hosted six teams comprised of exclusively transgender and nonbinary athletes as a chance to showcase their skills.

The tournament was hosted by Team Trans Ice Hockey, a team formed in 2019 hailed as the first-ever ice hockey team made up entirely of transgender athletes. Team Trans features players from the United States, Canada, and Japan, hoping to "show transgender athletes of all ages—especially younger generations—that their dreams are not only valid but possible."

To mark the event, the official NHL account Tweeted: "The NHL is proud to support this past weekend's Team Trans Draft Tournament in Middleton, Wisconsin. This was the first tournament comprised entirely of transgender and nonbinary players, with around 80 folks participating! #HockeyIsForEveryone #NHLPride"

When one user replied, "So men playing on a womans team?" the NHL shot back. With a separate Tweet in response to the account, the League wrote: "Trans women are women. Trans men are men. Nonbinary identity is real."

The Tweets have since been flooded with thousands of upset commenters, prompting the account to turn off replies. While many have voiced hatred, the NHL statement affirming transgender identities remains up, with nearly 42,000 likes.



# RESPONDING TO ANTI LGBTQ VIOLENCE



## REFLECTIONS ON COLORADO SPRINGS

I'm watching MSNBC and it is heart-hurting to see the Colorado Springs shooting against our sisters and brothers in the ("L.G.B.T.Q.I.+") community who was at a nightclub for us! shot and killed! why does everyone want to cause harm to us? We love everyone. And for them to call our sisters and brothers child molesters, and to use that to encourage people to kill us, this has to S.T.O.P!!!! WE ARE PEOPLE TOO! I need to say I love my trans sisters and bi/ gay brothers fully! it brings tears to my eyes to feel the hurt we are still going through today in America! we are citizens to and born here so we have the right to express who we are because this supposed to BE The land Of The FREE!!!! to express who we are!. and big ups for the ones who held the shooter down!!!! when are we gonna say enough is enough? Let's Pray for the 5 who were killed and the 18 who were injured!!!! and for their families as well!!! Know this I LOVE ALL My L.G.B.T.Q.I.+ Family every single one of You! Love your brother Mylowe.

## SAGITTARIUS SEASON

When Sagittarius season arrives at the end of November, it's like a breath of fresh air. You can relax and stop worrying so much, stop trying to control everything. You can finally start having fun again. The sun is in Sagittarius each year from about November 22 to December 22, and during its time there, it encourages us to live generously and expansively. Whereas Scorpio encourages us to deepen our understanding of the world by digging for hidden truths, Sagittarius emboldens us to broaden it — to explore and ask questions, to meet new people and try new things, to make big mistakes and learn from them. In short, to experience all that the universe has to offer. At its core, fire sign Sagittarius is driven by a hunger for knowledge, understanding, and purpose.

But just because Sagittarius desires knowledge doesn't mean this sign is scholarly and serious. In fact, it's often the opposite. After all, knowledge isn't just information and ideas, but experiences, too. Sagittarius is the sign of travel, particularly across long distances, and of daring to try things that others might deem reckless. After all, this is the sign traditionally symbolized by a centaur — half rational human, half lusty, untamed animal. It's also ruled by Jupiter, planet of abundance, generosity, and luck — or, to put a different spin on it, of excess, overconfidence, and making a giant mess. Sagittarius season isn't a time for observing, but for getting out there and doing.

But if Sagittarius gives us the condition of restlessness, it also offers the strength to break free. And in Sagittarius season, escape can be a simple and straightforward thing — it doesn't require cunning or trickery or deceit, just a direct, courageous bluntness. All we need to do is feel our desire — for purpose, for knowledge, for a life of abundance — and let that desire move us.

Sagittarius season will ask you to accept some amount of disorder, even if you tend to like things tidy and predictable. Think of this not as an inconvenience, but rather an opportunity to make your mind, your existence grow bigger. In Sagittarius season, you don't have to plan five steps ahead; you can trust that each step you take will create extraordinary, unimagined possibilities. You can behave as if the rules that normally bind you aren't even there. You can feel your mind and your heart expanding, reaching out toward the whole wide world.

## STOP THE HATE IN 2023

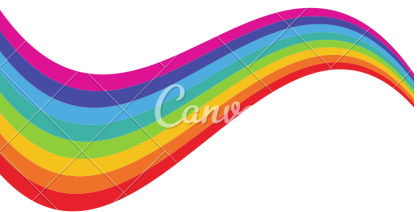
2022 was a year filled with hate! Haters to my left, haters to my right, I even had a hater snoring feet away from me in the middle of the night. Dear readers, I am sick and tired of people hating on others. We need a hate vaccine, and I'll be the first to take it. I am also guilty of hating on people myself, secretly and in the open. So I decided to make a change, to first admit and accept my flaws and then move forward, find a new purpose, and to sign a new lease on my life. There is much more I can be doing instead of hating on others and attempting to diminish their shine so in 2023 I am going to be a M.E.G.A. (Make everyone great again) bitch. I will make everyone and everything around me great again, even my haters. I am hitting the refresh button and I am changing my thoughts to delete the hate.

I am going "Up" everything, my finances, level of education, physical appearance, mental state, choices of activities and words, the people whom I surround myself with, and other things. I will love more, because love heals everything. Dear reader note this, Mama Tee loves you and I will love you until the end of time, 100% pure love.

Family starting now, I am going to carve out a sweet spot in my life, a place where I can build something beautiful. My foundation will be kindness and the cornerstone of my temple will be love. Out with the hate in with the love. Hate is dangerous, as we all can see, hate drove the guy to Buffalo to kill those innocent people at the mostly black grocery store, hate sent the lunatic inside the Colorado Springs gay club to slaughter partygoers, hate sent many of us to jail. We must delete the hate, start with yourselves, elevate yourselves, know that we are gods and goddesses, kings and queens, people who can make the impossible possible. But first we have to do better. Even on the inside we got haters who do the most. People especially seek out transgender people to hate on us. "I can't cell with your kind" or "I like you but my bros told me stay away from you"! Is it because we are fabulous people who daily make attempts at perfection?

I was always taught when you got haters your future must be bright, so I will continue to shine bright like a diamond and design my destiny with creativity and desire. So Haters stop hating! It's not cool, when we have closeted gays hating on the wide open, we got religious fanatics using propaganda to push hate on gays all while some of them are participating in homosexual activities. In spite of the hateration I am going to love myself more and live my life like it's golden. 2023 is our year for greatness, for favor, to live our best lives.

I ask all my sisters to stop hating on each other and I ask the brothers to stop hating on the brothers who are friends of the girls and are LGBTQ. When there is unity in the community we can accomplish great things and prosper. When you hate on others and then have to tuck your tail and ask for a soup or sammich, it doesn't feel good, does it? Stop letting counterfeiters lead you down a lonely hopeless alley, cutting you off from greatness while they prosper and watch you suffer. We all we got! If it's us versus them who do you think gone win? I pray that in 2023 that all of our dreams and desires come true. Dream big Dream wise! Sending you strength courage and wisdom, Mama Tee a.k.a. Summer Breeze!



# TIPS AND TRICKS



## HOW TO VISUALIZE YOUR SUCCESS

For this exercise, you will need a notebook and a pencil. Go to a quiet room by yourself and sit down and relax. Clear your mind. Now ask yourself this question. What does success look like for me? If you got everything you wanted out of life and were successful in all your dreams, what would that look like? Draw that picture in your mind and say it out loud. Now that's what success looks like for you. Now we have a goal, something to shoot for and to aim at. Now say it again and be more detailed.

Now open your notebook to a random page and write one of those details at the top. Maybe it's a car or a house or maybe you want to start a business, put the name at the top of a page and then do it again with another detail and keep doing it until they are all out. This will be everything that you want out of life.

Now the reasoning for the random pages is so that you don't get stuck at a standstill. As you flip through, things will catch your eye and create new thoughts.

Now turn to any one of your details. Say you want to open a business called Lexi. Now write down everything that you know about your restaurant. What its gonna look like, be detailed, and once you get done, go back and detail your details. What are the prices? What kind of licenses? Where's it going? And the list goes on. And with each new question, you have your next step, you have something to conversate about, and anytime you seem to lose your focus, just open up your book and find your next step. Some help from a friend.



THANKS FOR READING

## IRR WRITING TIPS

The grievance process is something that you may find you have need of, for one reason or another. Throughout my time in prison, I have filed several grievances over a variety of issues. As a result, I have gained a great amount of knowledge of how best to navigate this process and have the best chance for a successful outcome. Below I will detail the grievance practices I recommend following.

Step 1. Keep detailed records, including dates, times, names, places, and what happened. These could be your medical and mental health appointments, issues you had with COs or other staff, or anything that you feel is important to not forget. Accurate records will help you be able prove what happened.

Step 2. Never write your irr or grievance while you are upset. Your anger will show in your writing and it may affect your ability to express yourself. Always wait until you are clear-minded.

Step 3. Know policy. When filing an irr or grievance and taking a stance that policy was broken, it is very important to be knowledgeable of what policy says and does not say. It is also important to remember to watch for updates in policy. Though it is not often, policy does change over time. It is also important to remember that while there are statewide policies there are also policies that each individual camp makes.

Step 4. Refrain from using insulting wording as it will only put them on the defensive.

Step 5. Be logical and reasonable in your remedy request.

Finally, I would like to say that I have found that sometimes writing a letter to address the issue can have the same result as the irr, you getting your needs met. When filing a grievance, central office may look at it as the first step toward a lawsuit. My advice is to only file an irr if all other means have failed. I hope that this has been helpful.

## POEMS

A Father's Love -- for Flo and others without outside family

Don't ever worry, babygirl, life is hard at times!  
But there is always a father's love that runs deeper than any river or sea!

you're never alone in this crazy world.  
I'm here and I ain't planning on going anywhere soon! I got you and your mother's back!!!!

if I have to swim across an ocean to see y'all I'm swimming to and toward both of y'all! but a father's love runs so deep and his protection can't be matched! just remember I will never leave your side and will love you and your mother for eternity!!!! that's forever and ever!!!! a father's love runs deeper than you can ever dream of.

Flo who I love so so dam much!

It was 2017 I think when I came into Jeff city it was starting to become winter. Then I meet a man name Mylowe that I talked bad to, but he would not give up! It was a good thing because our daughter Flo came into the picture and it made me become a mom which I wanted so so dam much! She has been there for me and her dad Mylowe and it has bought so so much joy to our lives! She is Flo and she can't be replaced by anybody. I want her to know this and to feel the pain and loss I am having being away from my little baby girl Flo. I have been setting down here in the hole worrying about her and hoping that I will get to be her mom again and be able to take care of her when she needs me to push her around. I want her to know that my heart is crying out for her! Flo I need you to help momma because my heart is pouring out to you! Baby girl momma loves you so so much and I need you to be by my side forever! Your dad and you bring so much joy to me!



**Reach us at:  
Midwest Rainbow News  
PO Box 81624  
Pittsburgh, PA 15217**

**LEGAL/ADVOCACY**

**NEWSLETTER**

**RESEARCH**

Lambda Legal  
C/O Help Desk  
4221 Wilshire Blvd  
Los Angeles, CA 90010

Missouri Cure  
P.O. Box 28931  
St.Louis,MO 63132

Liberation Lit (inquire for free books)  
P.O. Box 45071  
Kansas City, MO 64171

ACLU  
906 Olive St., Suite 1130  
St. Louis, Mo. 63101

LAGAI (Ultraviolet)  
3543 18th St #26  
San Francisco,CA 94110

Library of Congress  
101 Independence Ave. S.E.  
Washington, DC 20540-4660

Missouri Protection and Advocacy Services  
925 S. Country Club Dr.  
Jeff City, Mo. 66109-4510

Black and Pink  
6223 Maple St., #4600  
Omaha NE 68104

Centurion  
1400 Edgewood Drive  
Jefferson City, Mo. 63109

Transgender Law Center  
P.O. Box 70976  
Oakland, CA 94612

Prison Health News  
4722 Baltimore Avenue  
Philadelphia, PA 19143



National Center for Transgender Equality  
1032 15th St NW  
Suite # 199  
Washington, D.C. 20005

Slingshot (quarterly radical newspaper)  
3124 Shattuck Avenue  
Berkeley, CA 94705



GLAAD  
18 Tremont St Suite # 950  
Boston, MA 02108

Prisoner Express (twice a year)  
Prisoner Express  
PO Box #6556  
Ithaca, NY 14851



TGI Justice Project  
370 Turk St # 370  
San Francisco, CA 94102

**LEGAL/ADVOCACY**



Southern Poverty Law Center  
400 Washington Ave.  
Montgomery, AL. 36104

The Midwest Innocence Project  
3619 Broadway Blvd., Suite 2  
Kansas City, MO 64111



MacArthur Justice Center  
906 Olive Street, Suite 420  
St. Louis, MO 63101

National Lawyers Guild  
PO Box 1266  
New York, NY 10009-8941

