



MIDWEST RAINBOW NEWS



MAY 2023

VOL. 3 ISSUE 5

"And Our freedom depends on other people's freedom, for our fates are inextricably interwoven with others', especially with those we love."

— Peter Lamborn Wilson

HOUSEKEEPING

DISCLAIMER

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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?

Although things seem to be improving in terms of uniform delivery of the newsletter, please reach out if you do not receive your copy for more than one month in a row. Thank you!

Midwest Rainbow News
PO Box 81624
Pittsburgh, PA 15217

MAMA SAYS

A lot of information has been coming across my plate of late—some good, some not so much.

Everyone knows by now that our State government has declared war on the LGBTQ+ community and the transgender community in particular. Those in the state house have been pushing bill after bill in an attempt to legislate us out of existence. If that wasn't bad enough, we also have an attorney general wanting to screw us without passing any laws.

Centurion has put into play a new protocol for diagnosing gender Dysphoria! Their current assessment is 13 sections long, 10 sections require you to present and three are completed by the person doing the assessment. They have extra sections for anyone with a sex crime or predatory behaviors while incarcerated. It breaks my heart when I read about their efforts to withhold treatment.

Prison is full of predators and almost all of us have fallen prey at one time or another. I tell all of you how important it is for our community to come together, to nurture and support one another. How do you think I have been feeling when I hear reports of our young women sitting in the hole, exposing themselves to prisoners and staff, declaring PREA on one of our own and stealing from their victim?

If you want to be treated like an intelligent, classy and beautiful woman, then that is how you should act. Give them nothing, no ammunition what so ever to deny you your constitutional right to be your authentic self.

I love each and every one of you, even through the craziness and the turmoil! No one ever said this journey would be easy, no one said there wouldn't be bumps along the way. But driving into a wall on purpose only inflicts needless pain and suffering on yourself and those in the car with you.

With a Mothers Love,
Patricia



RECIPE CORNER

Peppi, Cheese, and Beefy Chee-chee's

Ingredients

1 pkg. Pepperoni Slices
1 pkg. flour tortillas
1 bottle Sharp squeeze cheese
2 queso dip
1 bag rippled potato chips
2 dry beef soups
2 salami summer sausages
1 bottle of hot sauce (to taste)
1 cup hot water

Directions

In 2 bowls place crushed soups. Cook until soft then drain. Slice Summer sausage logs thinly then cut slices into small pieces, split summer sausages and crushed chips into both bowls. Add one seasoning pkg. to each bowl, as much sharp cheese as you want, and the two queso Dips to each bowl, then mix well. Then take a flour Tortilla and heat it in the microwave a few seconds to soften then lay them out flat and spread cheese on one side and place Pepperoni on top cheese and fold in 1/2 and enjoy.

Big Baller Burgers

Ingredients

2 pkg. beef barbacoa
5 jalapeño pepper slices diced up fine
1 bag sour cream and onion potato chips
1 bottle onions
1 bottle garlic
1 loaf of wheat bread
8 mayo pkg.
1 bottle ketchup
1 bottle hot sauce
1 emptied peanut butter jar
1 bottle sharp squeeze cheese
1 pickle
2 boxes Bacon

Directions

Open both meat pkg.s and add jalapeños to both barbacoa pkg.s add onions and garlic to taste and stir. Place beef pkg.s into a hot pot or big bowl with 2 stingers and cook for 1 hour. While waiting crush chips fairly fine and close the bag. Slice pickle as you would for a Burger. Once barbacoa is hot, put 1/2 of the crushed up chips into a big chip bag add the meat and knead and add more crushed chips if needed until it is all blended and looks like it's going to hold together. Flatten the mixture out in the bag as you would for a pizza. Wrap in a towel or newspaper. Allow to cook 15 minutes. While your Burger is cooking make your Boom Boom sauce put the Mayos in a small cereal bowl, put a good squeeze of ketchup and a good dash hot sauce, stir, and taste. add more ketchup and hot sauce until you get the taste you want. It should be a little spicy. Then put it into your cleaned-out peanut butter jar. it will stay good for several weeks if it lasts that long. Unwrap burgers and cut open bag. Using your ID card or knife, cut burgers the size you want or to the size of your bread. You should make 8-10 burgers. Place 1 Burger on a slice of bread and top with Boom Boom sauce, sharp cheese, pickle slices and Top with bacon and another slice of bread.

UNSOLICITED BUT LOVING ADVICE

Dear reader, this is a topic very important to me: inmates selling themselves short. Please y'all, be careful with who you surround yourself with. When we choose up, we give people authority and influence over us, so make sure they have your best interest at heart. Selecting a friend behind prison walls is one of the most important decisions you may ever make. Make memories and not more unnecessary mistakes. I am warning all of my Girls/guys to watch out, these guys are only about that thang and that thang only. To many, you're just a Thot! Don't be a bust down Thotiana. I've seen a big chunk of young girls who are Thotianas just running around and being savages, but not like Beyonce or Trina..... More like Ike and Tina.....LoL.....Ain't nothing wrong with doing you.....its yo thang do what you wanna do, but just understand you are what/who you do.

FYI, you are the singer of your own song so make sure that shit is a hit, a number one! if not, chile, you need to act like you got gum in your hair and cut that shit out. My young sisters don't be so quick to devour a stick....hold out.....see what else your John Doe has to offer! There is nothing more demoralizing than to be used and abused and then thrown away like refuse and you have nothing to show for it.....now tee tee ain't hating, I'm putting you up on game.....we teach others how to treat us so if you request diamonds, gold, furs, a new car, home, 401 k, marriage, etc you are doing something your future self will be grateful for. Your value has no price, has no ceiling therefore reach for the sky so when you and if you fall you may land amongst the stars. Ladies/Gents its best to think like a man and to act like a woman.....Make sure you have what you need or do not commit to anything or anyone. Be a leader in your relationships, lead for the benefit of you and your significant other be careful what you say, and watch how you move. Some people think if they slay their lay they will survive another day, but that's not always true, you may have to slay, slay and slay and in the end you may be slayed. Hold out, holding out is like insurance, it allows both individuals time to get to know each other and it sometimes ensures that we find the best fit for us. You don't wanna be in a hit in run with no Geico or Aflac! Don't be afraid to keep looking for what you want and need, don't settle for less. Dream big and always chase the dream that wants you. Auntie Summer Breeze



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 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.



ON OUR HEARTS AND MINDS



THE ROSE THAT CAUGHT EVERYONE'S EYE

Each day everyone from this small town called Lavender, this same particular area each and every day, went about their business without noticing this strange but special Rose just sitting there. It was beautiful just like my Transgender Sisters. So as spring becomes summer nobody still has recognized this wonderful creation from Mother Earth! so one day there was a couple having a picnic and so the trans woman just so happened to see it! and let's just call her Me'sha, and her boyfriend Kewon. She said what an odd place for this Beautiful Rose! They didn't realize they were the first and only ones who had ever seen this multi-colored Rose! The rose was Purple, Blue, Pink, and Velvet! Rare but Beautiful!! so they made this place a place for All Trans girls and Women as well as all the people who love them, to come together and eat or have dates or conversations there! to get away from the World of problems! Now it's a monument for The Gay Community!!

Mylowe

LOVE NOT HATE

In the past few weeks, our trans sisters and our drag queen friends have had their very way of life attacked! Here in Missouri, drag queen shows are under attack. Individuals filled with ignorance and prejudice have pushed to cancel the shows! Trans athletes are being banned from competitions! Trans children are being denied necessary medical treatment! But fear not my brothers and sisters do not be filled with hate, do not weep. We cannot eradicate hate with hate! We must understand the fight against our friends and family. We will show our unity with love and do what we can against our Puritanical oppression and show that they are NOT separating church and state! We show more bravery than most and yet are treated less than dirt. Love not hate!

Vinny

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*

WHEN THINGS GO AWRY

It matters not who you are or who you are not. No matter your status or class, age, sex, marital standing, or your level of happiness, we are all at risk for life's mishaps.

Many of us view whatever current incident seems to be wreaking havoc over our lives as the end of all that was, is, and will be. Whether it is true or not, the outcome always tends to be the polar opposite of that which we wish it to be. Oh how life tends to continue to curveball us, in the ninth inning. We view our situation as favorable and boom right in the kisser, all hell breaks out.

In instances where we are at the final scene of our show and the star character whom we dream will survive is suddenly killed in a sickening plot twist—that is how our life goes. It is simply written in the stars that one may not necessarily prosper, find a dream romance, build a family, live a daily life full of peaceful interactions and fun without the unfortunate hiccup of something going wrong, causing us to second guess things and even change our view on things.

Mishaps, drama, mistakes, thinking, and behavioral errors are all things that may cause our daily lives to become difficult. Though, it is not what the error or hiccup is or was, it is simply how we deal with and accept it. We can be Chicken Little and run around in a panic as the sky falls around us or we can be the Little Engine That Could and keep on trucking through the mud that has congested our path in life.

We can either choose the optimistic or the pessimistic route in life. The optimistic route tends to have less stress, less depression, and less hair-pulling from the confusion of the state of mind. However, those that choose the pessimistic route tend to have higher levels of stress, deeper bouts of depression, higher tendencies to make rash and even dangerous life-altering decisions.

Simply put, those that view life through rose-colored lenses with a positive attitude and a secure footing in life tend to have the same problems as the next person. Yet, that person seems to have fewer issues, drama, and headaches to deal with. Because they use each and every obstruction in life as a stepping stone to the next level of life. As happiness in life is found in the journey not the show.

So, the next time life throws a rock in your path, make the conscious decision whether to allow yourself to trip on that rock and pout or to simply walk around it. No matter what life hands you, it is you that creates the environment around it. For it is not that which has happened that caused the outcome but how you respond to that which has happened that caused the happiness or misery of our life.

If you have a tendency to be the half-empty glass of water person, make daily attempts to see it at least half full. Making changes in our lives take great amounts of conscious effort, but that effort will end up paying off in the long run. Remember your actions, inactions, and reactions create your own personal heaven or hell.

So cheer up buttercup, the sun is always shining even if you can't see it! Love yourself and if you can't right now, know that you are loved and will continue to be loved till you can love yourself. Take care and be healthy.

**SOME READERS WROTE IN WITH QUESTIONS ABOUT THE VARIOUS
LGBTQ FLAGS. HERE'S SOME INFO IN LARGER PRINT!**



Gilbert Baker Pride Flag

Harvey Milk challenged Gilbert Baker to design a symbol of pride for the gay community. The flag flew at the San Francisco Gay Freedom Day Parade on June 25, 1978. Each color represents an aspect of queer PRIDE.



Traditional Gay Pride Flag

The community landed on this six-color flag in 1979. The pink and turquoise colors were dropped because of the low demand in fabric. This flag is a world-wide symbol of the LGBTQ+ community.



Philadelphia People of Color Inclusive Flag

The city of Philadelphia added two lines—black and brown, to represent people of color in the queer community.



Progress Pride Flag

Daniel Quasar, who identifies as queer and nonbinary, designed this flag. He added the five-colored chevron to include the trans community, people of color and those lost to AIDS.



Lesbian Flag

The colors of the flag represent butch lesbians (orange), femmes (pink) and trans and nonbinary lesbians (white). A lesbian is a woman who is sexually or romantically attracted to another woman.



Bisexual Flag

The Bisexual flag was created by Michael Page in 1998 to bring more visibility to the bisexual community. Pink= same-sex attraction, Blue= opposite-sex attraction and purple= attraction to both sexes.



Pansexual Flag

The Pansexual flag started showing up on the web in 2010. A pansexual person is attracted to all genders. Pink represents women, blue represents men and yellow represents non-binary and gender-non-conforming people.



Transgender Flag

Monica Helms, a transgender woman, designed this flag in 1999. "The light blue is the traditional color for baby boys, pink is for girls, and the white in the middle is for those who are transitioning, those who feel they have a neutral gender or no gender."



Asexual Flag

The Asexual flag was created in 2010 to help raise awareness. An asexual person is someone who has no sexual feelings or attraction towards others. The black stripe represents asexuality, grey stripe stands for grey-asexuality or demi-sexuality, white for allies and purple for the whole asexual community.



Intersex Flag

Designed in 2013 by Intersex International Australia, this flag intentionally features non-gendered color to celebrate those living outside the binary. An intersexual person has ambiguous sexual anatomy. The circle represents wholeness and completeness and our potentialities.

This flag was designed by JJ Poole as a symbol for genderfluidity. A genderfluid person does not have a fixed gender identity. Pink represents femininity, white represents all genders, purple is a combination of masculinity and femininity, black represents lack of gender and blue represents masculinity.



Genderfluid Pride Flag

LEGISLATIVE UPDATE ON LGBTQ BILLS

MISSOURI



CURRENT AS OF 5/5/23

This is a scary time for LGBTQ people living in any of the many states where Republican lawmakers are stoking the flames of moral panic to target LGBTQ people, especially trans people. Unfortunately, there are too many anti-LGBTQ bills under consideration to list all of them here, so this list prioritizes those that seem to be moving through the legislative process the fastest.

There are also a number of positive bills that have been introduced to protect LGBTQ people from discrimination, but most have not moved beyond simply being introduced.

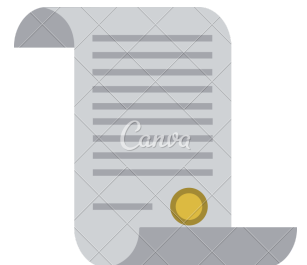
How a bill becomes a law in Missouri:

1. Bill is introduced in either the Senate or House
2. Bill is read twice.
3. Referred to a relevant committee
4. Committee hearing and vote -- the committee either votes to pass it, amend it, substitute it with another bill, return it without recommendation, or reject it.
5. If it passes, it goes on the perfection calendar and is debated and maybe amended. Then they vote to see if the bill moves on from this stage.
6. Third read
7. Final vote
8. Bill is sent to the other legislative body, where it starts in committee and goes through the same process.
9. If it passes both House and Senate, it goes to the Gov. to sign or veto.

The speaker of the house or president of the senate gets to decide whether a bill is referred to committee and where it goes on the perfection calendar if it passes committee, which is why those positions are so powerful. If they don't like a bill, they don't move it through the process. The speaker and the president always come from the majority party.

S.49 - Establishes the "Missouri Save Adolescents from Experimentation (SAFE) Act"	Bans gender affirming care for trans youth	Passed the senate Sent to house, passed committee - 4/20/23
S.39 - Establishes guidelines for student participation in athletic contests organized by sex	Bans trans youth from participating in sports with their peers	Passed senate, passed house committee 4/20/23
S.390/H.634 - classroom instruction on gender identity and sexual orientation in certain grade levels	Missouri's "Don't Say Gay" - No classroom discussion of sexuality or gender in public school	Senate: Referred to committee - 3/2/23 House: Passed committee 10 to 7 vote - 3/28/23
S. 410/H.489 - "Do No Harm Act"	Bans gender affirming care for youth	Senate: passed committee 4/6/23 House: on calendar for perfection 5/5/23
S.285 - Prohibiting certain mental health professionals from engaging in conversion therapy with minors	Bans conversion therapy	Referred to committee - 2/23/23
H.419 - provisions to gender transition procedures	Bans gender affirming care for minors and bans gender-confirmation surgery for people in the custody of DOC	Passed house, referred to committee in senate
S.14 - Modifies provisions relating to amending birth certificates	Bans minors from changing the sex on their birth certificate, requires adults to have had bottom surgery to change birth certificate	Passed committee - 2/20/23
H.494 -Creates the offense of engaging in an adult cabaret performance	Criminalizes drag performances	Committee hearing completed, no vote yet - 1/24/23
S.60/H.384 - Prohibits discrimination based on sexual orientation or gender identity	Missouri nondiscrimination act	Senate: Hearing conducted 3/29/23 House: read twice - 1/5/23

LEGISLATIVE SESSION ENDS 5/12/23



LEGISLATIVE UPDATE ON LGBTQ BILLS

KANSAS

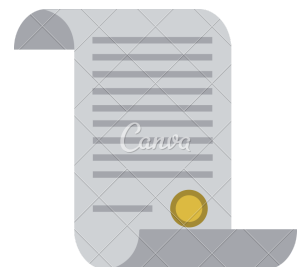


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The Kansas state legislative session is over for 2023. Below is an update on what passed and what didn't.

CURRENT AS OF 5/5/23

H.2238 - Fairness in women's sports act	Bans trans girls from participating in school athletic teams with their peers	Passed house and senate, vetoed by gov, legislators override -- signed into law
S.180 - Establishing the women's bill of rights	gives non-scientific definition of sex designed explicitly to exclude transgender people across Kansas law	Gov vetoed, legislators override veto -- this became law
S.26 - Banning trans care for minors	Bans gender-affirming care for minors	Gov vetoed, legislators failed to override, bill is dead for this session
S.255/H.2427 - Separating students by sex	Requiring school districts to provide separate accommodations for students of each biological sex on overnight school sponsored trips.	Bill is dead for this session
S.12 - Banning trans care for minors	Bans gender-affirming care for minors	Bill is dead for this session
S.241 - related to juvenile justice	Requiring certain records and files to be automatically expunged from a juvenile's record.	Bill is dead for this session
H.2355 - removing consensual sodomy from criminal code	Removing sodomy between consenting members of the same sex from the crime of criminal sodomy.	Bill is dead for this session
H.2178 - Nondiscrimination act	Amending the Kansas act against discrimination to include sexual orientation, gender identity or expression and status as a veteran.	Bill is dead for this session





**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 411794
Kansas City, Mo 64141
Chair Person: Kathy Franklin

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

