



MIDWEST RAINBOW NEWS



OCTOBER 2022

VOL. 2 ISSUE 10

"If I wait for someone else to validate my existence, it will mean that I'm shortchanging myself."

- Zanele Muholi

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.

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MAMA SAYS

I know many of you have been frustrated due to slow or nonexistent delivery of the Newsletter. Although policy says "Publications" can be sent directly to you, too many newsletters are being returned with directions saying they have to be sent through Florida. In an attempt to end the delays, we will now send the newsletter to Florida for delivery to your tablet.

Speaking of the new mail policy, a Virtual Town hall meeting was had last month to talk about just that. Some 85 members of various organizations (including the Department of Corrections) attended. The organizations involved include: MacArthur Justice Center, Liberation Lit, Missourians for Alternatives to the Death Penalty, NAACP Missouri State Conference, Missouri Prison Reform, Missouri Justice Coalition, Midwest Rainbow News (Patricia and Jordana).

Several Missouri Prisoners, including Mama, were given a chance to speak out against this new policy. We don't know where it goes from here, but I am told there is soon to be another town hall so those in the Department of Corrections who wish to voice their side will be given the opportunity to do so.

I am excited to announce our Chapter has partnered with Liberation Lit in an attempt to keep open the free exchange of educational material. Mama has always done her best to get informational material out to those most in need (about hormone treatment, diagnosis of Dysphoria, suicide prevention, sexual assault response, etc.). Those who may need access to these materials can write or email their request and we will pass it along to Liberation Lit for processing. We will still publish as much useful information as we can in the newsletter, but as you know we have limited space.

I know many of you are frustrated due to a delay in getting the Black and Pink News from Nebraska. Recently, I talked about Dominique leaving Black and Pink for greener pastures. With her departure, there have been a number of changes at our National Offices with people stepping up to fill vacancies and learn new jobs, not to mention the newly hired staff. As the new Black and Pink Administration settles in, we expect services will return to normal. Please be patient.

Before I close, I want to thank every one of you! Your Participation, Stories, Poems, tips and letters have kept our newsletter fresh and interesting. I promise you, we will always fight for your right to information and educational material!

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.

TUNA CHILI MAC

- 4 fish steaks
- ms dash or 3 chilli season packs
- 2 chili with beans
- Jalapeños
- minced onions
- bacon bits
- summer dog/pepperoni

put chilli bags in hot pot or in boiling water and let em cook. In a chip bag combine fish steaks, bacon bits, onions, pepperoni/summer dog, jalapeños, 3 soups, and 1 bag of rice. Add seasonings and a cup of water to bag and smush contents around. Use a bowl or trash can filled with water and put two stingers in and bring to a boil. Let cook for forty-five minutes or more. Remove chili from bags, pour in a bowl, add contents from chip bag, mix together and eat hot

Sprinkle minced onions honey and corn chips over top of meal to add pizzazzzzzz

I hope yall doing the most, living y'all best lives and staying peaceful. We got to eat good daily y'all. we deserve the best we must enjoy life richly wherever we are we are still human beings and we must not allow these circumstances to break our souls
Mama Tee aka Summer Breeze



TRANSGENDER DAY OF REMEMBRANCE

November 26th is "Transgender Day of Remembrance". We all have lost a trans brother or sister over the years. We cannot publish names of those no longer with us because we haven't the resources to verify every one. I would like to ask everyone to write a little story, poem, or letter about how you plan to honor those lost.

CHICKEN BOWL MEAL

- Ingredients
- 1 pkg. Chicken-flavored soup (crushed)
 - 2 squirts squeeze cheese
 - 1 pkg. mayo
 - 1 pkg. ranch dressing
 - 1/4 instant rice
 - hot sauce

Directions

In a large bowl put rice and chicken soup and add enough water to cover 3/4 the bowl.

Cook for 5 minutes then drain the water and cover with a lid to continue to cook for another 5 minutes. Then add all the remaining ingredients, Stir well and then Enjoy!! Makes 1 Serving

Michelle Sauce Queen Miller





RAINBOW NEWS RECOMMENDATIONS

Watch, read, or listen to something you think others might like? Write us with your recs and we'll include them below



AMBER WOLF

Two podcast recommendations for our readers:

Meditation Station - has guided meditations for sleep, among other nifty ones

Lovett or Leave it — Jon Lovett was the gay Jewish speechwriter for Pres. Obama. Although he is not trans, he often appears onstage wearing skirts, especially in Texas.



BLESS MY STARS

Astrology By Sophie St. Thomas for Allure Magazine

Welcome to Scorpio season, creeps. It's the spookiest, sexiest, most controversial time of year. Running from October 23 to November 22, Scorpio season is Halloween time, Election Day, and the birthdays of millions of Scorpios hiding in dark corners of the world with their stingers poised to strike. Like Cancer and Pisces, Scorpio is a water sign. Water is the element that rules emotions, and Scorpio has plenty of them. Scorpios are intense, mysterious, brooding, emotional, and sexual creatures who are not afraid to use their stinger. If you have dated one or are one, you already understand that there is nothing chill at all about this sign. Even the most evolved Scorpios can still fall into a fit of jealousy over an ex's Instagram post. They are also, however, loyal, honest, and typically fantastic in bed.

Even if you aren't a Scorpio, you have this sign somewhere in our chart, as we each contain bits of all 12 signs. A Scorpio will shred you to pieces or retreat into hiding if you make them feel unsafe, but if they deem you trustworthy, they will be the fiercest, most loyal and fun friend that ever existed. During this season, we all get a taste of the venom.

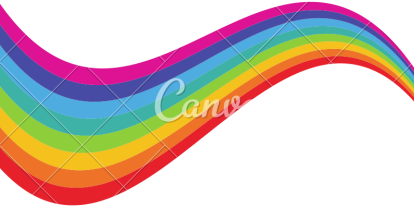
Embrace rebirth. Scorpio is a fixed sign. This quality can make them stubborn, resentful, and capable of holding a grudge for years. However, it's also why they are so loyal and determined. Despite their fixed nature, no sign does a comeback like a Scorpio. They can go through a breakup, career change, and even life-and-death situations and come out on top — and somehow even hotter.

Beware of paranoia. Each sign is represented by a card in the tarot, and Scorpio is the Death card. This doesn't mean literal death, rather a very dramatic makeover. It's also fitting that their season is during autumn when nature is shedding its leaves and getting ready for a rebirth of its own. If you are healing from a breakup or other big life change, Scorpio season is the perfect time to debut a new makeover and remind the world that you are more fabulous than ever. Take your time, heal in your own way, and then put on the most epic Halloween costume and have more fun than you have in ages.

Worship sex. They say that sex is rebellion against death, and no one knows this better than a Scorpio. If like so many people you feel shame or embarrassment around your sexuality, this is the time to work through your desires. During Scorpio season (and all year round), remember that sex is an expression of love. This doesn't mean you have to be in love with every person you sleep with, but it does mean that you take sex seriously. Yes, it's still fun, but it's a celebration of life and an acceptance of pleasure — and it's nothing to feel ashamed over. In the spirit of rebirth, try a new sexual fantasy alone or with someone you trust.

Investigate wisely. Scorpios are the detectives of the zodiac. They make excellent journalists, therapists, and researchers. If you are dating a Scorpio, they likely know not only your entire birth chart but the birth chart of your three most recent exes. Scorpio season has us all digging for deeper truths. In the mind of someone with this sign, there is no point in small talk. They want to get to the bottom of everything.

Nothing will feel shallow during this season. It's a great time for the infamous "What are we?" talk, so get ready to be DTR (down to relationship). Keep your mind open and accepting when it comes to realizations about yourself and your own personal motives. While digging deep can add more intimacy to our relationships, beware of paranoia. You may find a good mood ruined because you started social media stalking and came up with a thousand different narratives in your head. Meditate to stay grounded and try and limit time on social media. Nothing and no one is perfect, even though it's true that sometimes it's easier to think bad thoughts than good ones. This Scorpio season, your greatest task is to accept love.



ON LIVING WITH HIV BEHIND BARS



Amazing national and global recognition of the U=U (Undetectable = Untransmittable) transformative message aids in squashing the negative HIV/AIDS stigma. The U=U principle is that if someone with HIV is able to lower the amount of HIV in their blood to an undetectable level using a prescribed antiretroviral medication, they cannot transmit the disease to anyone else. HIV experts started getting the word out in a 2016 campaign built with scientific and clinical proof that spurred other clinical studies over the years such as the Partner to Partner study.

In the prison setting, HIV/AIDS is still seen and viewed quite negatively. People hear slanderous remarks such as having the ninja or the shit, even something Ajax won't wash off when others learn of their HIV status or even have a suspicion. The stigma is the same or quite similar to when the HIV epidemic was at a national height of paranoia. Even though modern medicine and science have made extraordinary progress from HIV/AIDS being a life-threatening disease to a chronic illness.

We, as people in prison who are HIV positive, need to stand up and do our part. By being open and not denying our status especially if we are sexually active, get up-to-date and educated by subscribing to the Positively Aware magazine or the POZ Magazine or any other HIV/AIDS-focused healthcare outlet. Also, we need to share and educate our peers on the safety and risks of HIV, that effective healthcare is available as well as treatment and PreP, which is a daily medication that prevents people who don't have HIV from getting it.

Being in the LBGQT+ community we are more susceptible to discrimination and stigma whether we are HIV positive or not. Therefore we need to arm ourselves with information and disarm those that attack us. Now I am not saying to wave a flag and scream your status by no means, but I am encouraging you to admit your status and educate if you are asked. Being open and smarter than the one asking normally gains you a bit more respect for your honesty and also creates a safer buffer zone. **A word to the wise: Missouri is still a HIV criminal state, meaning if you are found out to be HIV positive and sexually active without notifying your partner it is a crime, so be careful.**

For those that are positive and currently incarcerated it is the responsibility of the DOC healthcare provider to provide you with the proper anti-retroviral regimen, take routine lab work (ie. blood, urine), as well as optical care. The CDC has set standards for HIV care. However, according to the CDC only 16% of the US prison system strictly adheres to their guidelines. Personally, I know Missouri doesn't follow the CDC guidelines by allowing medication prescriptions to lapse causing missed doses sometimes a few, many times multiple doses are missed. So it is also our responsibility to ensure our health is properly monitored and taken seriously to ensure we are administered the correct medication, are receiving the proper and regular lab tests and our eyes are examined annually.

Also, a very important detail, once you are approximately 60 (not 30 days) from release you need to request that the Health Service Administrator helps you in the process of ensuring you have HIV healthcare lined up through a community free clinic, the county health department or another provider.

An incarcerated person with HIV has a 7 times higher death rate because of lapse of care or discontinued care once released due to lack of pre-release health care referrals! In a study of 1,350 offenders released who were on anti retrovirals only 18% (that's 243 people) filled their prescriptions for their medications. And only 34% (that's 459 people) were linked to health care pre-release. According to the MOUD re-entry study the lapses in pre-release care and assistance as well as personal failures in obtaining care can lead to further community HIV transmissions. Furthermore, we need to take medical care by the reins and make known that we demand the links to HIV after release care, at least 30 day supply of our medications, copies of our full medical chart and other HIV related resources such as housing and emergency aid.

Many people worry about not being able to pay for their medications and though it is a valid concern it is quite an easy fix. At local health department and community hospitals there are HIV clinics (often called infectious disease clinics) where you can be enrolled in the National Ryan White foundation. The Ryan White fund covers the full cost of your HIV medications, doctor appointments, dental costs, and also has programs that cover housing and emergency expenditure assistance and helps enrolling in other financial and assistance programs like food stamps, social security disability and more. There are also several drug manufacturers who offer prescription assistance programs as well. Reach out and don't allow yourself to be a victim to others' failures.

To subscribe to the Positively Aware Magazine for FREE write them at: T-Pan 5537 N. Broadway, Chicago IL 60640-1405.

Take care and love yourself, we will till you can!
-PJ

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





HOW TO STRAIGHTEN YOUR HAIR

What you need:

- A curling iron.
- Pink oil from the canteen.
- A comb

What you do:

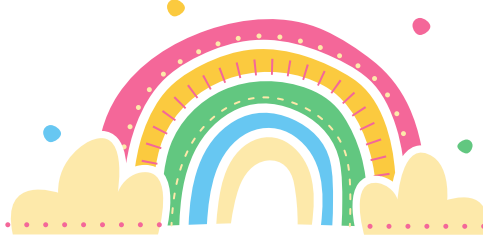
Take the pink oil and make sure to distribute it evenly throughout your hair.

Then take your curling iron (making sure it is on your desired heat setting) and take a small section of your hair and run your hair slowly through the curling iron until the iron reaches the very end of your hair. Take a comb through your hair after using the curling iron.

The end result, if done correctly, will be as if you had just used a flat iron. Your hair will now be straightened and beautiful.

I will end with something Momma P told me. Girls with curly hair are always wanting straight hair and girls with straight hair are always wanting curly hair.

-Lexie



TRUE LOVE THAT I'M SEEKING

For Tiffany:

I need a transwoman so I can love her unconditionally I can hug her after a long busy and hard days work! so I can hold her when she needs it the most! who will hold my Heart with care and confidence! Be there when she needs me the most, more than ever!!!! someone who could share the same Love for one another without even saying one word. A Life Partner who will say "no" and take charge of any situation! As well as in speaking her mind and you would feel her words and her strength that comes behind her voice and words!!!!. A woman who knows who she is and what she wants!!!! Who I can fix Dinner for after she comes home from work and Vice Versa!!!!. who I can Rub her feet when they hurt!. who Mylowe, can call one and only Love! make love to her until her body says "no more"! who I could play with Gently so she knows I wouldn't do anything to hurt her soft and pretty body. Someone who I could call my Queen!!!! as she call me her King!!!!

-Mylowe



GOOD NEWS

Write or email us with your good news so we can help you celebrate!

As of Oct. 10, 2022,
Courtney Renee has
been released!
Congratulations,
Courtney and we wish
you all the best.

Also big
congratulations to
Aunt Amber for the
successful
completion of her
legal name change!



**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

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