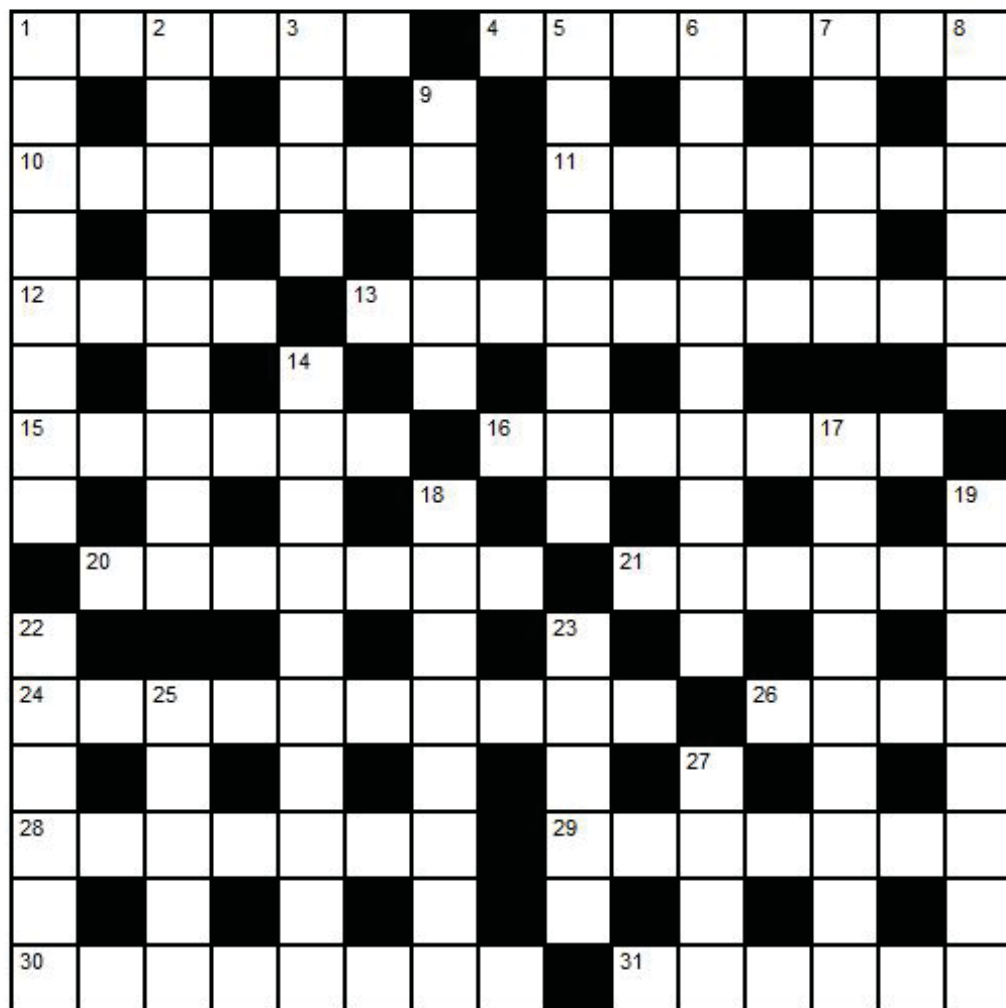


CROSSWORD

THEME: HOW DO YOU LIKE YOUR EGGS?

Hot Tip for Crossword n00bs: If a clue lists several items, that means they're usually examples of the answer. So the clue Donatello or Michelangelo could mean the answer is painter (it could also mean the answer is ninja turtle, but that's for you to figure out). If the clue uses «and» instead of «or» that means the answer is plural: the answer to De Niro and Pattison could be actors (or Roberts). 20 Across and 26 Down are this type of clue.



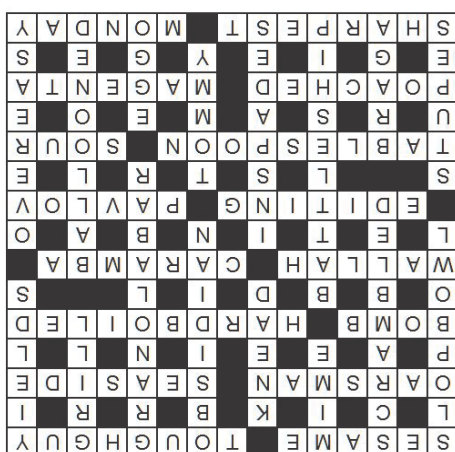
- 14. 2012 movie based on a game popularized in the 1960s
- 17. Swelled up
- 18. Aplenty
- 19. Too simple?
- 22. Dum-dums
- 23. He sure plays a mean pinball
- 25. Portuguese town
- 27. «Leggo my _____!»

Across

- 1.«Open _____!» (Magic phrase)
- 4. Goon
- 10. Rower
- 11. Ocean-adjacent
- 12. Fail, to a comedian
- 13. Many a detective
- 15. Mumbai servant
- 16. «Ay _____!» (Simpson kid catch-phrase)
- 20. Correcting
- 21. His name may ring a bell
- 24. This x 16 makes one cup
- 26. Word with ball or puss
- 28. Hunted illegally
- 29. «Rocky Horror Picture Show»'s Transylvanian domestic
- 30. Most perceptive
- 31. Least favourite time of the week for lazy cat

Down

- 1. Messy-sounding tea set
- 2. Mixed up
- 3. You might find one trapped in an invisible box
- 5. Volcanic glass
- 6. Hippie saloon?
- 7. Give the third degree to
- 8. Produces
- 9. Massage



THE WORD IS OUT

summer 2019 | issue #21 | Your Food Weaponized: Eat at your own Risk

Hello Loves!

We hope this end-of-summer newsletter finds you all well! A special welcome to all our new friends and readers, and lots of love all of you that have been reading and submitting beautiful art and writing to us for many years. The theme of this newsletter is all about FOOD (the good, the bad, the ugly). In honour of this summer being the 50th anniversary of PRIDE we also included some pride-related news tidbits and a special section from the Jailhouse Lawyer's Manual. We've got some spicy homosopes, a new crossword, and submissions galore! Check out the theme for next issue and send us all you've got!

In struggle and solidarity,

Your friends at the Prisoner Correspondence Project xoxo

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TO PRISON MAILROOMS:

If you are refusing this newsletter for any reason, please send us a digital copy of the rejection notice to info@prisonerconcordanceproject.com so that it is received within the appeal period.

The books that the world calls immoral are books that show the world its own shame.

- Oscar Wilde

SINCE WE'VE BEEN GONE

Well lovelies, spring has been a sloooooow build here in Montreal. We're now in June and honestly, we've just about had it with light jackets and sweaters and bringing a scarf "just in case". We're ready to peel off our layers and get into a sweaty summer!! Fortunately, we at the PCP headquarters have been keeping things hot and heavy with all our activity—here in our little board room, it's summer all year round! Put on those shades!

Back in February, we embarked on our annual visioning retreat and spent a weekend out in the boonies talking big picture stuff. Since then, we've been going nonstop with hosting events, including resource request blitzes almost monthly where we gather volunteers, newcomers and the occasional stranger who wandered in by accident, and send out resource requests en masse! In addition, we hosted two workshops in a row to introduce people to the different aspects of the project: one workshop on how to become a pen pal, and another on how to become a boxchecking volunteer. Come for the snacks, stay for the chance to dismantle the prison industrial complex!

At the end of May, we hosted our much-anticipated fundraiser/dance party, the Glamarchist Lookfair! This year we split the profits with Taking What We Need, another Montreal-based project that helps low income transwomen through discretionary funding. The theme of the party: the Mx. Glamarchist Pageant! Folks showed up in their finest gowns and tiaras ready to steal the sash. A gay old time was had by all!

And finally, our incredible Vancouver collective has stepped into the creative zone and taken over the design, production and distribution of The Word Is Out! We in Montreal are honoured and delighted to have them on our team! Over in Washington, Amber has helped to start an LGBTQ gender and sexuality study group at MCC-WSR called «Alliances»! The group meets once a month and has been intentional about using consensus-based decision-making and working with the other existing groups at the prison--we're excited to see how the group develops!



Hello from the west coast! Vancouver newsletter collective here aka Aimee, Tinx, Cooper, Kim and Bridget. Many of us are former Montreal PCP members, including some of us who were around for the very beginning of this project, oh so many years ago! HUGE shout out to the team in Montreal who works tirelessly to do penpal match ups, organize events, get you all the resources you desire and deserve! We are so excited to be able to support the project from afar and take on making and getting you these newsletters. [left to right - Aimee, Tinx, Nelly (the wee dog), Cooper, Kim] Xoxo Vancouver Collective

THEME FOR THE NEXT ISSUE: GRIEF

We're looking for submissions on grief: how do you deal with loss inside? Whether of another inmate, a family member, lover, friend - we all grieve, we all process this differently depending on the circumstances. Share your skills, stories, art, or anything else! This seems like an appropriate place to mark the passing of three of our inside members that have come to our attention since the publication of our last issue:

RIP TO WALTER FROM FLORIDA <3 RIP TO JOSE FROM FLORIDA <3 RIP TO JOSEPH FROM TEXAS

Sending love to those who knew them and miss them.

I want us to be there and be able to stand up for our rights for them to appreciate us as human beings and to realize that there is a brain underneath this wig, I have a heart underneath this bra, and I'm a human-fuckin'-being. And you know you can't just do this to me because you don't like the clothes I happen to be wearing – and how I pee – that's my business. If I stand, then shit, that's on me, if you're that curious come in there with me and you can shake me dry!

[all laughing]

We don't need this crap from the rest of the world and so you know, I want to train the community to be able to understand that stuff.

And like I'm always telling the girls, that we need to realize that a lot of crap is going on this world and in both countries – the States and here – and when the dust settles for all this bullshit to stop from happening, I want my community to stand and to say "I'm still fucking here, and I ain't going any-godamn-where! I ain't running back in the closet, I'm not gonna hide, and I'm not gonna deny who I am because you can't take the truth!" So.

[Audience Cheers]

Nora: Watching your documentary, reading about your life you, to me, and I think to many people, are a revolutionary in terms of the spirit of your work and the vision that you have is all-encompassing to the kinds of work you've done that has spanned across so many different movements, from harm-reduction and HIV-related work that you've done in the past in the Tenderloin, and outreach to sex workers, to being involved in prison abolition movements and a real leader, and an incredibly important voice not only in the United States but internationally, here in Canada as well, you're well known for that work that you have done.

I'm wondering about alliance-building and the role of people here, in the room who might not be trans women, or in the community but still working and still seeking to find ways to leverage the support that moves beyond the token visibility and the marginal participation – the bus tokens at the end of the day, for example, or the glossy pictures, but what can other organizations do to participate and to build those alliances, building that power to support communities that are most impacted?

Major: Okay well for these organizations as you all probably know a lot of them talk a really good game 'oh yeah we do transgender services, oh yeah we want to take care of the community' and they wouldn't know what a transgender man or woman if it walked in there and spit on them because they haven't got a clue who we are. They don't know who we

are and they're not curious enough to find out about us, and then they have the audacity to only be interested in or notice the girls that are supposedly more passable than the rest of us.

You know, the Laverne Cox' and the Janet Mocks – well I'm sorry but not all of us are going to be fucking pretty, and not all of us are going to be smart and have money behind us to get shit done. And it's not just the Black girls, it's the white girls, the Asian girls, Indian girls – all of us, you know, just being Trans is enough of a problem... don't add colour to this shit. And so, the thing to do is to find people to believe in who we are as a community. Work with people who want things to be better not just for us but for everybody. If this world could get their head out their ass and appreciate us for the talents and the skills and the abilities that we have and have to hide because they can't take where it's coming from.

You know, these ignorance's need to be held to task, and only you all can do that. If they're not servicing the community like they should, call them out about it. You know, find out who they're funders are and let them know they don't deserve this money because they're not taking care of the people that they're claiming to take care of. And if it's you, step up to the plate; Bitch it's me! I've been there, they've told me no, fuck 'em. We have to work together, we have to work intersectionally, who aren't of your age, size, demeanor, ethnicity, you know... but, they think about things like you do, they care about stuff that you do, and so we have to learn how to not get caught up in this box of "oh, whites over here, Blacks over there", how about people together for whatever. And so you can do that, and my thing is that to get to these places, call them out about the bullshit that they're doing and get them to wake up. Tada!

Stay tuned for the rest of the conversation!



IN CONVERSATION WITH MISS MAJOR

Part Two

In August of this year, Miss Major was invited to be the Grand Marshal of Montreal's 2018 Pride celebrations. While she was in town, we organized a discussion with her hosted by our very own Eve Parker, a former member of the Prisoner Correspondence Project and Nora Butler Burke, and we've transcribed it for you all, dearest readers.

Since it was a long, compelling conversation, we can't fit it all in this issue—but we don't want you to miss a thing, so we'll be publishing the rest of the transcript in installments in forthcoming issues of the newsletter! Without further ado, here's part 2!

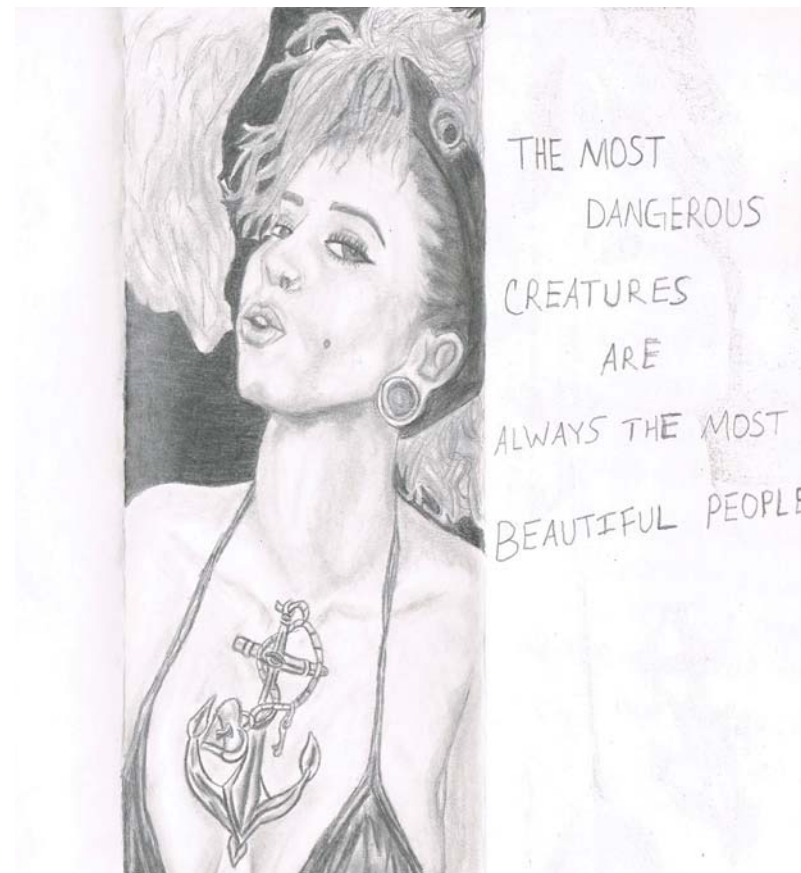
Nora: So I just wanted to ask a follow-up question, but also it's just a real pleasure, I had the opportunity to be with you yesterday and had the chance to talk to you, so thanks for honoring us with your time. So, the follow-up question: the work that you're doing now, I think the work that you've always done, about building up your own community, and you know there's this upswing of visibility for trans women, including black trans women; such as yourself, Janet Mock, Laverne Cox but this visibility has rarely translated into power. And that goes for within the movements that people within this room are involved as well – and so you do a lot of educational work outside of your community – like coming to

Pride here in Montreal but you're invested in building up the women in your own community, supporting their own development.

So the first part I wanted to ask was could you talk a bit more about building and sustaining leadership?

Major: Well the thing about leadership is, you're not leading anybody. It's like that phrase "taking a horse to water and you can't make them drink" – That's not what I'm trying to do. What I'm trying to do is give my community a chance to realize that they don't have to accept this bullshit that's been shoved on us by society, by the government, by people who don't approve of us, you know because everybody doesn't hate us – the whole world of people doesn't hate us for who we are, that we exist, and we're not all going to hell because we're not some sort of abomination according to the bible.

I want the community to look and realize who they are, to be proud of themselves, to stand up on their own two feet and to let people know, no I'm not going to do that and you're not allowed to do this shit to me and that you have to learn to negotiate through this society because there's more of them than there is of us. And so I don't want them to wash over us like a tidal wave does sand on a beach.



DISCLAIMER REGARDING YOUR ART!

We absolutely love love love receiving and gazing into the profundity of all the wonderful art that is sent to us, so much so that we want to share with the world!

If you send us your work in your letters to us, we will assume you would rather it be spread around for all the lovely eyes of the world to see than be buried within the depths of our filing cabinets.

We reserve the right to post any of the art we receive on any of our social media accounts or featured in our Newsletters unless explicitly told otherwise. We will also include your first or chosen name to credit you beautiful, creative cuties, but omit any other information about you - again, unless explicitly told otherwise.

Your art always warms our bitter gay hearts and we want to share that warmth with everyone we possibly can.

<3 Happy Arting!

INSIDE MEMBER CALLOUT!

Calling all Ghouls and Gays!

The Prisoner Correspondence Project is looking for reliable and motivated queers to join our "Inside" Member Collective!

Being a - relatively - new part of the project, the Inside Collective originally germinated from our desire to center the voices of those experiencing the full force of the incarceration system: You.

What does our Inside Collective do, exactly?

Unfortunately a lot of the work we do isn't easily accomplished from within those daunting, yet fragile walls you find yourselves in. But! You have the most important role of all; being a voice to those who are rarely given a space to speak. We need your guidance, your input, opinions, advice, in addition to any other contribution you think would be valuable to the project.

Your main task would involve receiving our monthly collective meeting minutes and responding to them As Quickly as Possible with whatever you think would be helpful for us to hear, so that we can include your responses in the next meeting.

So! Send us a letter with a cute lil intro about yourself, expressing your interest in becoming a member, and why you think you would be a good fit. Our goal is really to involve as many of your voices as possible, however, since it's hard to predict the number of responses we will get, it is likewise impossible to for us to know exactly what the decision-making process will look like.

Best of luck, and we hope to hear from you soon!

Signed,

The Outside Collective xoxoxo

PRISONER CORRESPONDENCE PROJECT
QPIRG Concordia c/o Concordia University
1455 de Maisonneuve Ouest
Montreal QC H3G 1M8
CANADA

ARIES

Yum aries. The ram is cooking up some especially mouthwatering delicacies this summer, especially gay bbq, baby back ribs, and baby cakes. Just because you are the child of the zodiac does not mean that you aren't an ideal feast. Don't apologize for your smoking brilliance and we will continue basque in your succulent juices.



TAURUS

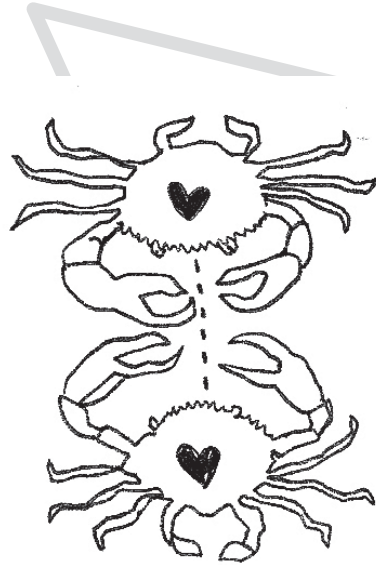
How do you like your steak, taurus? It is definitely okay for you to ask for what you want this summer. In fact, the transits through your 10th house suggests you must have things catered exactly to your particular tastes. You will notice how those around you will be eager to fry you the perfect egg each morning. We all want to bake you a rainbow cake. So please communicate clearly what you desire so we can spoon feed it to you patiently while wearing muscle shirts and sequins.



things catered exactly to your particular tastes. You will notice how those around you will be eager to fry you the perfect egg each morning. We all want to bake you a rainbow cake. So please communicate clearly what you desire so we can spoon feed it to you patiently while wearing muscle shirts and sequins.

GEMINI

For you, gemini, we are preparing an ice cream sundae that melts a little in the heat but never drips. Please accept double hot fudge and hot nuts and lots of spoons so we can all share. You are feeling extra loving and social and charming at the moment, so why not mix and mingle like it's a soda shop and you just ordered the kitchen sink.



CANCER

Happy birthday sweet cancer. Your cake this summer is a lemon meringue, soft and delicate and made with care and covered in cream. Sweet but not terribly so. Your family is finding new ways of connecting to you right now and new ways of making home so be open to all the love and sweetness that emerges as we celebrate another year of you.

LEO

It's almost leo season which means we are all enjoying you like a sweet table. We want a slice of pie and some chocolate cake and a small cream puff and a scoop of sorbet and maybe a side of pineapple wedges. You are a buffet of wonderful choices and we are lining up with our plates to wait for you. Worth it.



VIRGO

Your appetite feels unreliable these days, which is no surprise as Neptune moves through your personal planets. Your stomach is filled with mass anticipation and big secrets and all kinds of mystical things that really may become overwhelming. So please do not forget to remember that under this

anxious belly is something wonderful and really solid.

Since this summer was the 50th anniversary of Pride, and we know that being Queer and Trans continues to be criminalized in a variety of ways, we thought it made sense to include the introduction to the Jailhouse Lawyer's Manual chapter that is specifically for LGBTQ prisoners. If you'd like to read the full chapter please write us and we'll send it your way!

SPECIAL INFORMATION FOR LESBIAN, GAY, BISEXUAL, AND TRANSGENDER PRISONERS

Lesbian, gay, bisexual, and transgender ("LGBT") prisoners face the same challenges as other prisoners, but due to prejudice and a lack of knowledge about issues surrounding sexual orientation and gender identity, LGBT prisoners often encounter additional difficulties. Many of the issues unique to LGBT prisoners have not been litigated extensively. And many of the issues that have been litigated may change significantly in light of relatively recent Supreme Court decisions. The outcomes of these claims are now less predictable. This unpredictability, combined with the fact that



prejudice against LGBT individuals may play a role in many judges' and juries' decision-making processes, means that LGBT prisoners face uphill battles when they bring claims in court. For this reason, you should consider contacting an LGBT impact litigation organization to see if its lawyers would be willing to take your case.³ This is especially important if you are seeking to apply new theories about sexual orientation or gender identity to your case. Even if such an organization cannot take your case, someone may be able to refer you to an attorney who has experience working with LGBT plaintiffs. Throughout this Chapter, the term "transgender" is used to describe people whose gender identity is different from their assigned sex at birth. Gender identity is used to describe the gender a person identifies as, regardless of whether that gender is the same as the one they were assigned at birth. This Chapter attempts to address the most pressing concerns of LGBT prisoners. Part B explains what to do if you are being treated unfairly because of your sexual orientation or gender identity. Part C through Part H address day-to-day issues that may arise as a lesbian, gay, bisexual or transgender person in prison. Part C addresses your right to control your gender identity while in prison and includes a discussion of your right to gender-related medical care such as hormone treatment. Part D explains your right to confidentiality regarding your sexual orientation or gender identity. Part E addresses assault and harassment by prison officials and other prisoners. Part F discusses protective custody and housing placements for transgender prisoners. Part G discusses visitation rights. Finally, Part H discusses your right to receive LGBT literature. Part I of this Chapter discusses important Supreme Court cases and how they may affect past and future prison regulations more generally. Finally, Part J discusses your remedies if you feel that homophobic or transphobic beliefs (prejudice against LGBT individuals) led to jury bias in your conviction.

MOTHER CAT

HEALTHY SELF MEDICATING FOR THE TRANSWOMAN

This will not do those in prison a lot of good, but once you are out, this Info should help you out a lot.

The reason for writing this is simple, I tried to get my HRT out in the real world and they want to charge you hundreds of dollars for blood tests, then you have people refusing to prescribe for religious reasons.

But did you know that God/Nature gave us a way to do this on our own?

Estrogen is found in nature in the very foods we eat, and so are anti androgens.

The two biggest estrogen based foods are :

Flax seed

Soy Beans

And the biggest anti androgen food is Soy Beans.

So if worse comes to worst, you can do it naturally but watching what and how you eat.

I've had no choice being stuck In the Bible belt and facing a bunch of gender hatred as well as financial obstacles.

One other thing a out this that is good news for the poor among us, is that you can acquire this using the food stamp program or what is called SNAP out here now.

Oh, you will be eating a bit of it to get to levels you need, but proper exercise should help you stay in your svelte form for as long as you wish it.

Well that's it for now, for a listing of other estrogen rich foods, just go online or Google it, you will be amazed at what is available.

MOINEZ MUNOZ

Hello,

I hope you all enjoy the holidays and brought in the New Year with a bang. First off I want to thank you for my winter newsletter, me and my cellie both enjoyed it.

I would like to take a few seconds to touch the theme for the next issue of The Word is Out. Food in prisons is not something many of us inmates can look forward to but those who have no family support it's all they got to eat. Here where I'm at in the High Desert State Prison in Susanville California the food you simply got to imagine taste to it for it gots no taste whatsoever and it's always cold and barely enough. It's lacking salt and seasoning and I don't think it has the right calories we need. As for those who are cultural or health related dietary requirement it is as first difficult to get your meals established and staff are not consistent with the meals so, yes, this has been an issue for us inmates in California. I would love to see this food situation improved for us and everyone in prisons statewide. We may be inmates but we are still human beings!

Once again thank you for involving me in all your programs and helping us behind the walls cope and give us something to look forward to.

KINK PUNK

Dear LGBTQ Family at the Prisoner Correspondence Project,
How are you all doing? This ya bi-boy Kink Punk Thinking Kinky Thoughts That Are Punk Rock! Ha!Ha! Anyway, I am writing in to submit a recipe, give an address update, and request back issues of Word is Out.

The recipe is:

- 2 oz syrup
- 6 oz Powder Koolaid Mix

And a bowl

Put Koolaid powder in a bowl. Then pour syrup over powder and mix til it's a thick goop. Make multiple little balls out of your mixture and let the balls sit for 24 hours. Soft chewy sweet n sour candies! Easy, fast, fun, and delicious...like sex with some Kink.

Thank you fam! Love Kink Punk!

LIBRA

You are meatballs on spaghetti, Libra. You are filling and hearty and adorable and classic. With a dusting of cheese and a checkerprint table settling, I just want to stick my fork in you and enjoy what you bring to my belly.



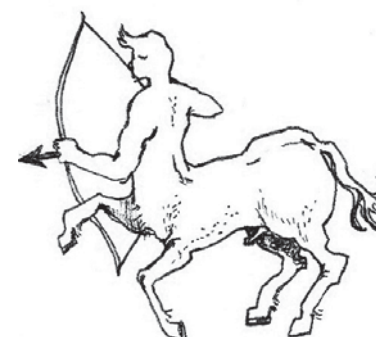
SCORPIO

While some foods are scarfed and dreamed about and loved by all, you want to eat the strange things that swim under the current and grow in the shade and hide in the back of the fridge for a midnight snack. I want to sneak you into my cooler and never share you. I want everyone to wait for the treats like you, the ones that don't come easy if at all.



SAGITTARIUS

You are a pizza fresh out of the oven. I want to hold you in my hand and stare lovingly at you. You are a classic, an old favorite. So timeless. You are liked by children. You can be folded in half or made the reason for a party and you are still really great the next day. Most find you fun. And versatile!



CAPRICORN

We have a lot to learn from you this summer, capricorn. As the moon enters Cancer, we start to feel the benefits of making the perfect grocery lists, saving up, washing up, doing things with utmost determination and care. We are all looking to you, hopeful earn your respect and your trust, longing for you to share just a forkful that dessert.



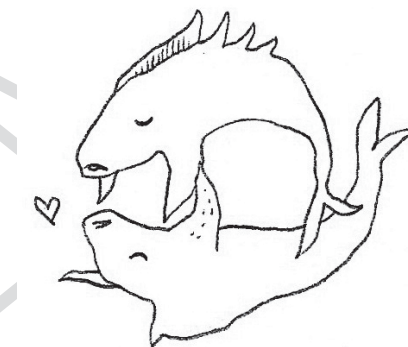
AQUARIUS

There is no food metaphor that can be used for you. You are so special and rare that i cannot describe you as something edible, as a known taste, or as the act of eating itself. It seems that the closer we get to inspecting your charms, the more puzzling and wonderful you become. Please don't hide this summer, everyone could use an increasing amount of your influence.



PISCES

Succulent little fish! I want to grill you and squirt lemons onto your skin while i fillet your tiny bones. To have you on my dish and in my insides is full happiness this summer. I imagine your underbelly and it makes me fold my arms into an unusually casual position and giggle a little bit.



ACLU SUES OVER INADEQUATE HEATING

In January, the ACLU filed a class-action lawsuit against the Rhode Island Department of Corrections due to complaints from inmates that the facility had not provided adequate heat to at least two cell blocks from more than a month and a half. Inmates were experiencing numbness in their feet and hands and were unable to get out of bed some days. The attorneys confirmed that not providing heat made the cells dangerously cold and constituted "cruel and unusual punishment". The department had been repeatedly made aware of the prisoners' suffering. In response to the demands to provide consistent heating, the Department of Corrections took action and started providing the ACLU with daily reports of temperature in the cellblocks. Inmates have confirmed the problem is now solved, allowing the ACLU to drop the lawsuit in March. The ACLU stated, "While we have dismissed this action because the cold condition has been rectified, we are ready to take action again if the very basic rights to adequate heat, shelter, and security are later denied to these inmates,".

NO MORE MEDICAL VISIT COPAYS IN CALIFORNIA

California no longer requires inmates to pay a \$5 copay fee when going in for medical help. The California Department of Corrections and Rehabilitation recognizes that copays may prevent patients from seeking care for health issues. This is not only dangerous but also may lead to exacerbated conditions because patients may wait a long time before seeking medical assistance. Since 1994, the state corrections department has been allowed to charge \$5 for every medical or dental visit. As of March 1st there will be no more copays.

FIRST OVERDOSE PREVENTION SITE IN A PRISON OPENING IN CANADA

At the end of June, Drumheller prison in Alberta opened a safe injection site, the first of its kind in a North American prison. Inmates will be able to consume their drugs under medical supervision. While the prison states the intention of the site is to bring the rising number of overdoses in prisons down, there are many concerns regarding confidentiality and stigma. The Canadian HIV/AIDS Legal Network wonders

what the response of both prison staff and fellow inmates will be of inmates openly bringing smuggled drugs into the site and whether this could lead to further criminal charges. In the midst of a national overdose crisis, the Canadian HIV/AIDS Legal Network urges the need for a Prison Needle Exchange Program. This is an evidence based, safe program that provides prisoners with easy, confidential and effective access to sterile injection equipment and all of its benefits. The Legal Network urges that injection sites or overdose prevention sites must NOT replace needle and syringe programs in prison.

STONEWALL'S 50TH ANNIVERSARY

This summer pride celebrations across North America honored the 50th anniversary of the Stonewall riots. World pride took place in New York City. And while parties and rainbow flags and homosexual decadence took place from coast to coast, many also took time to honor the trans women of color and sex workers who started the riot in 1969 which paved the way for this gay fabulousness to be openly celebrated today. Marches and demonstrations called for the immediate release of queer and trans and migrant prisoners, photos of Stonewall heroines Sylvia Rivera and Marsh P. Johnson were held up on signs throughout the streets, police out of pride demonstrations happened amidst protesters twerking on top of police cars and moments of silence were held for all the trans women we have lost along the way. WE'RE HERE! WE'RE QUEER! AND WE ARE STILL FIGHTING FOR ONE ANOTHER!



DAVID S. CARDWELL AKA SCOTTY-TO-HOTTY

I'm in a F.M.C. here in Kentucky for the past 8 years. When I first got here the food was amazing, had napkin dispensers and a condiment rack on every table. We had grapefruit, oranges, pears, peaches, strawberries, watermelon almost daily. Now we're lucky to get an apple or banana that's not rotten. Now we have to buy and bring our own condiments and a hanky is helpful since they always seem to run out of napkins. Now there's a hot bar in every dining room but none of them have a plug to plug in so the food comes out of a hot box then put on the bar. If you're lucky by the time you get there it's still luke warm. I've seen them run out of food on the 2nd unit. There's 7 units. They're supposed to follow the national menu but they like to be clever and make their own dishes out of the national menu, which sucks. Last night was roast beef, green beans, mashed potatoes and gravy. Well the roast beef was paper thin and smaller than your hand, no green beans and we needed a straw to drink the gravy and potatoes with no spices at all. So I eat out of my locker most of the time. But when there's a big government inspection we eat like kings for the day. On a side note I like to comment on the mail censorship. I've been lucky on that, penpalling is my thing. I've been able to send and receive letters from state inmates only so currently I have 17 sexy men I write. Porn is not allowed nor nude pics of any kind unless they're covered in certain spots, but bare butts are ok. And we can get sexually related reading matter like gay erotic novels .

JORDAN BERG

I'm an inmate in the Wisconsin DOC. Food's good. Food's bad. It all depends on where you go.

In my 8 years of incarceration I've been to 2 facilities. New Lisbon and my current Bick box Columbia Correctional to which I've only just arrived.

Food was pretty good at the New Lisbon, especially during summer months because they have a pretty robust garden with about 1 1/2 acres of growing space. They grow cucumbers, lettuce, onions, peppers, tomatoes, beans, herbs, watermelon, zucchini, squash, you get the point.

The institution reaps its bounty and passes the good diverse food thru the kitchen to be cooked into the bellies of inmates on the units.

I worked 3 years in that garden and proud. There's nothing better than eating something healthy and nutritious that you yourself planted and can say so. It sure beats the heavily processed food of where I'm at now. Since I've arrived at Columbia I've detested the food. All vegetables are canned whereas at New Lisbon they bought flash frozen veggies. Here at Columbia you barely get meat with your meals. I'd loaded with soy. Now, I'm a farmer, so I support soy but in moderation!

Wisconsin's DOC is hurting for money. Soy may be healthy but it is also more expensive than beer, turkey, or pork. Plus red meat is essential in the American diet. The over consumption of soy in a lazy 21st century society contributes to more fat on our bones. You don't burn it you gain it. Simple as that.

Look at the vast amount of inmates in Correctional Systems in Wisconsin. People are overweight. Due to lack of funds food, also due to lack of funds for hiring employees which leads to "modified movement." Essentially nothing happens.

The world loves processed food. It's cheap and affordable. That's why institutions love it. But processed food is terrible. Look at our canteen. What isn't processed? How do you stay healthy? It's a toss-up. Eat the institution's crap or try to make a "healthy" meal yourself. You really can't. Even the tuna has preservatives in it. A couple years ago I had a discussion with a prison doctor at a Diabetes Awareness Group about preservatives. He told me about a recent study of the rates of decay of those pre-preservative and those post preservatives. The results are astonishing. Our bodies are literally preserving themselves. Just like beans in a can.

The healthy eating era is here with lower and lower prices. Institutions need to accept that and place better foods on our menus and canteen sheets. Stop torturing us with food that even wild animals would pass on. This isn't 1960 its 2019! If you can't afford decent meals, let inmates go so those who have to stay get a healthy meal. Healthier meals leads to less health problems.

ON FOOD: YOUR FOOD WEAPONIZED

taking vegetarian or vegan diets, the prison only allows one-vegan-diet, in which every meal is one bag of rice, one "vitamin-enhanced" kool-aid packet and one other miscellaneous item. It's an inmate rule in our prison to not eat with other races at the chow hall, and we are discouraged from making meals with other races on our own time. Even if a person has money, it's hard to eat healthy here. For those of us without money, we have no option but to eat a diet almost exclusively consisting of bread, processed meats, and sweets.

VANESSA VAN VLERAH

So my story starts out like this...

It's a wonderful New years day. And Boy, the chow hall is serving one of their more palatable meals - BBQ pork with a baked potato.

Everyone comes. I'm standing in line, and the first thing I witness is someone with gloves on itching their face. In this prison, they sometimes serve by hand (as in literally grabbing a handful, no ladle, and plopping it on your tray). Usually they do this with a salad or coleslaw. This time was coleslaw.

Having witnessed offence #1, this should have forewarned me on how the rest of the meal was going to go. So I make it through the line, find a spot to sit, and as I glance down into my tray I see something strange in my pork.

Now it's not the best pork, so sometimes the meat does look funny. But upon closer inspection, I saw that it wasn't meat skin.

It was a used band-aid.

I shot up from my spot so fast, tray in hand, went to the serving window, shoved it through to the lead cook and asked loudly, "Can I have another tray? This one has a BAND-AID in it."

There started a chorus of people still waiting to get their trays.

"Ooo gross!" "nasty!"

They snatched my tray back and quickly handed me

another one. As I was walking away, a voice from the kitchen line worker said "oh, that was on my finger"

So happy new years to me. I take it as good luck, kind of like those cakes with the almond in it where the person who gets it has good luck for the rest of the year. I'm taking it that way - some people get lucky almonds. In prison, you get lucky band-aids.

So as you can see here, sometimes things are just gross, meals hardly change - ours are quick chill (in food bags). You heat and eat. No nutritional value, plus loads of carbs. I've been watching my food intake, and it's hard. The soy meat is the best I can get. I wish fresher options were available, and less carbs, but I don't think that will ever happen. Also some interesting things I've heard found in food: rocks, hair, nail clippings, a piece of brillo pad, and live maggots.

So watch what you eat...

DWAYNE R. SMITH

This is concerning the theme for the next issue of The Word is Out Magazine. Here at Florida State Prison and other institutions in Florida, food are constantly being weaponized as a method for the warden and his staff to procure financial gain. Canteen Provider and Prison administration all in collusion. Prison personnel are repeatedly utilizing Klu Klux Klan tactics to encourage inmates to buy high priced food items from the Canteen.

Tactics that reduce the serving inmates receive from the Prison Chowhall to the smallest possible amount.

Inmates should have access to a Canteen Provider that hold their best interest in mind and not in the interest of the Prison administration and the amount of capital gain from employing a particular Canteen Provider.

The kickback received by Prison administration amounts to bribe and are conflict of interest, 'if it ain't it should be'. The money gives Prison Personnel incentive to utilize tactics to discourage inmates from eating the food served in the

Prison Chowhall. We are lacking competition.

ON FOOD: YOUR FOOD WEAPONIZED

SPENCER BUTLER

I hope this letter finds all of you beautiful people doing great. I want to begin this letter by saying thank you very much for the wonderful newsletter. I look very forward to receiving it here in the US-TDCJ (Tx. Dept. of Criminal So-called Justice)

Through your last newsletter in 2017 there was an article entitled "The Butterfly Effect" and in the winter 2018 issue one on censorship with an address. I really thought the "The Butterfly Effect" was a nice article, so I wrote the author who responded to me and now...lol...well lets just say beautiful. My heart is in Canada and I'm doing my best to get there.

Well anyways in the winter 2018 issue it says the theme for the next issue is "Your food weaponized: eat at your own risk", and I wanted to say something. Here in Tx we are periodically placed on a unit wide lockdown where we have to tote all our property to the gym, get it searched and random things thrown away, while we look the other way (we're not allowed to watch) Anyway, this takes 2 weeks to 30 days and while this goes on we're not allowed out of our cells for any reason. And for breakfast we are brought 10 prunes (yuk!), two pancakes with p-nut butter and jelly on them that looked like they were stepped on, two orange? boiled eggs, (yes, orange!), and a small container of "scooters" cereal that are out of date. These items vary daily.

For lunch and dinner we are brought the same cereal but with a stepped on PB-Jelly sandwich that has been laying out so long the crust and most of the bread is as hard as you know what!

Anyways, for those of us that don't have commissary we eat and ask no questions or give no complaints. Recently though I noticed the "scooters" smelled funny, so just out of curiosity, I checked the date and the expiry date was nine months ago! Imagine that! I've come to see that part of the reason for the lockdowns are to get rid of old food! One year we even had bananas that dripped out of the black peels!

To top it all off for the past 2 ½ weeks the cell toilet has not flushed, so between that and the old, bad food (prunes, old meat, moldy bread, bad scooters) it's a pretty...uh... bad situation! It literally stinks! Anyways I just wanted to

send that to the theme. Thank you so very much.

P.S. I have enclosed a poem.

"Safe word"

The straps are tied tight
The blindfold is in place
The mouth gag is secure
I feel the lashes of the whip
And the blunt force of the paddle
The crop leaves it's mark
And the candle wax dries and tightens
This bondage is real
But there is no safeword

BRANDON ROBBINS

Most of the food is ok, even though there is a label on everything that says "for prison and farm use only." Armark is who does our food. Most of it is good but some of it, you don't know that it is! Like today was nachos, its mystery meat! There was a rock in my potatoes one year! Chipped my tooth : / I have to change the subject to Mrs. Major real quick. She says in the states the south fuck our cousins, HAHHAHA! That is simply not true! I was born in Georgia and was raised in Central Kentucky! WE DO NOT FUCK OUR FAMILY! Pretty funny though. And the celebrity gossip on Ellen Degenous. You telling me for over 15 years Ellen has been faking being gay? I watch her show faithfully Mon-Fri at 3pm for over 10 years btw! It's just hard for me to believe. And I used to live in Long Beach, CA and would go to Burbank and she/her face would be everywhere! I don't know about that one. Back to the food. I truly believe we are not getting the right portions of food/calories. Sometimes it will be so little, you don't even wanna use the restroom because you'll be hungry! Kentucky's prison system is so fucked up. A person can kill someone and get 20 years 85%. But dude makes Meth and gets 30 years 85%! I got 10 years for robbing my weedman! I've only got one newsletter from you guys but I love it. It's so open, I hope the project goes on.

ON FOOD: YOUR FOOD WEAPONIZED

MR FURRLY

Hello my dear friends. I got your letter and I was thrilled to hear from you. The food they have here is somewhat you call pink slime, but when you cook it it turns brownish red. When I work in the kitchen at another prison I seen the food before the workers cook it and it's an ugly sight. It look like a big square pink, red, purple and blue color of slime. The food is lacking the real quality of meat, not something that is made in a lab. The revolution I want to see is real food in prison. I like the pictures and how everyone be themselves. I hope to hear from you.

ROBERT SPAHR AKA RUFIO

From the pain of incarceration...there is no pleasure. In the state of Nevada the N.D.O.C goes off of one menu for all of its 7 prisons and camps in the state, and for the last 13 years I have been eating that food. In June of 2018 the prison Doctor told me I had really Bad High Blood pressure, and with the N.D.O.C menu having a lot of stuff on it that has way too much salt in its food and the lack of Healthy food it happened to me. Yes they do put a little handful of salad on dinner trays and a little vegetables, but this is not cutting it for healthy foods that an inmate should be eating. I am in a Max prison and some of the units are 23/7 lock down in your cell, so you lack the exercise you need to burn off the food you eat. On top of all this the Max prison is sitting in a small ass town where the 40 come from and 95% of them hate the L.G.B.T. community and sometimes try to not feed us if they know about your sexuality, so you have to hide your true self when they're working your unit.

So as a Bi male I have a hard time getting fed my food by my unit 40, because as of a couple months ago I told myself I will not hide who I am anymore. So I say to anyone dealing with any of the issues I'm dealing with, I say - stay strong and keep your head up, you're not alone out there. The L.G.B.T. community as a whole need to stay strong and needs you to not give up, so my last words are get tested/checked up by your doctor for high blood pressure your food might be hurting your beautiful self like it did me.

RANSOM TEMER

To my Loving Family,

Hello and how are you guys! It feels so good when I hear from you guys. It's like a big weight off my back. Well, you guys want to hear about the food we eat here in prison, well Potosi food is the best out of all the prisons I've been to. We eat a lot already. Bag foods that's already pre-cooked, but we also eat chicken patties, salisbury steaks, meatloaf, BBQ pork, BBQ roast beef, fish patties, chicken nuggets, dinner sausage, truck driver special, pasteys, biscuits-n-gravy.

Next subject, I really don't like it here, it's too racist, and a lot of gay haters here at potosi, you got co's here always harass you and push your buttons, but this prison was built for death row inmates, and life without parole inmates, but now its changed a lot since they been accepting anybody here now. I don't believe I'm safe here, that's why I'm trying to get away from here. I'm already far away from home.

Now far as healthy foods, they got diet trays, it's called (C.R.D.) Certified Religious Diet. It's got all healthy food on it. Vegetables, vitamin kooloids, milk, cottage cheese, vegetarian beans, peanut butter and jelly, tuna, raw spinach, raw cabbage, cold cereal, fruit, you got to sign up to get on these (C.R.D.) diet. It's very very healthy, I've been on it a few times on this bit I'm doing you know! Here real soon I'm gonna get back on it. I want to see more healthy foods on the regular trays but I doubt if it ever happens you know! Well I hope to hear back from you guys soon, and that I covered all what you been asking about our food. I also hope to hear some good news when you respond back to my letter! I hope you understand I'm lonely and I'm waiting.

God bless you all and hope you enjoyed your holidays and New Years!

Yours always,

~ransom with love~

ON FOOD: YOUR FOOD WEAPONIZED

TERRIE DRAKE / GYPSY ROSE

Dearest Family,

Thank you so very much for The Word Is Out, winter 2018 issue #20, I received it Christmas Eve while locked-down. I am a Transgender Female, in an all male federal prison. I've been in the federal system for 16 years now, I've been a Transgender Female for 2 years, I'm Hormone's Therapy for 1½ years, my prison name is Ms. Gypsy Rose. On November 13th, 2018, me and another Transgender asked the federal prison here at U.S.P. Marion, for the right to get married to each other, under the Same Sex Marriage Law. We are in hopes we get approved. We love each other dearly! Ms. Jamie's butch, I am all fem.

I am sending some of my poems in hopes you will print them in your summer issue? I pray you won't hold it against me, because I live in this fucked up country called the U.S.A.

Food at this federal prison is a sad joke, the food is always cold, never hot, we get chicken 3 to 4 times a week in some type of mess, we even get some shit called Chicken Tacos.

I eat in my cell most of the time, peanut butter, soups, refried beans, cheese, things me and my lover buy from commissary. We both work a Unicorn here at the prison, last month I worked 182 ½ hours was paid \$97.62, I earn 46 cents an hour or somewhere around there. Ms. Jamie made over \$300 for the same hours as me, she's a higher pay grade.

Hope this helps you to know me better.

I Stand before the MIRROR,
Often for Minutes at a time,
gazing at My Reflection;
At the WOMAN, i see there,
partially hidden, by my
perception of My
still-as-yet, male body.

He/She who AM I

The Mind-yearning, seeking, questioning,
emerging/Female

The Body-betraying the Mind/Male

Can one express/what it feels like
to be a Transgender Female

Before I was a man, and was treated
like a man/and-
after I will be a WOMAN,
Now I Am - both/neither

Is there anyone, who will Accept Me
As I am, or will I onl be
Accepted/Rejected
for who I WAS/will be

Is it too difficult, for others to Comprehend,
or is it/too difficult for me to explain.

Loneliness and Isolation
are all I now know/
who am I really/
can you please tell Me

DANIEL HUGHES

Almost every meal we receive has two pieces of bread, to help fill the minimum calorie requirements. Every other morning, for breakfast, we receive three small pancakes, oatmeal, and ground up meat - the box for which contains label "not for human consumption." Only on the weekend mornings are we served canned fruit, and only once a day are we provided vegetables, and also no vegetable options in the commissary. For dinner each weekday we receive 'socks' which consists of a small bag of popcorn, four slices of bread, a slice of meat, a bag of peanut butter, one mustard packet, and two cookies. We are not served lunch on weekends, but "enhanced breakfasts" which are supposed to last all day. On the outside, I was vegetarian for ethical reasons. In prison, to dissuade prisoners from