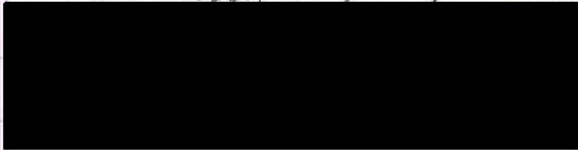


Chanel Wiest



Abolitionist Law Center
Jonas Cabellero, Legal Advocate



I give Abolitionist Law Center
permission to use any information
I have included in my writing
as well as my name included
in any information that is submitted
to the United Nations.

Also, you may reach out to me
if you have any questions on this
writing or any questions concerning
having a sentence of DBI
or any other questions.

Thank you.

Chanel Wiest 002972

1)
Dear Jonas Cabello,

2/28/2022

I am writing concerning the subject of information concerning Death-by-Incarceration (DBI) for the United Nations.

Death-by-Incarceration, I didn't know what this was until I was sentenced to Life-with-Parole in Pennsylvania.

I have seen it happen to some amazing sisters of incarceration and its unnecessary. Should DBI be changed - Absolutely - but its not for me to say because I'm incarcerated. Mandatory sentencing should be changed by each case is different and should be given the time dependant on that case. How may this happen - voices and votes!

Making people aware that they are paying to keep individuals incarcerated that should be given a chance to be released.

Some may say its unfair - I say its unconstitutional and inhumane.

To not be given a chance - to say someone can't change is unheard of.

To say someone is the same at age 20 as age 60 is just unrealistic.

2)

Giving the sentence of Life without parole can make a person disrespectful, angry, and bitter or worse.

They don't see a chance or any hope.

I have been given a sentence of Life-without-Parole.

I could have curled up and given up but

I made a conscious choice to do the better.

Commutation is my only option and there is a slim chance in that. But still I haven't given up.

There is little hope in commutation and the laws being changed but still I go on.

Because there have been those before me

that had the strength - more than me -

and they did it - so I will continue to

push myself to do more and to do better.

I have completed all of my required programming

as well as taken many other classes that

have not been required but I want to be better

than before. I want to look in the mirror and

see a better more accomplished version

of myself. There will be good days and bad

but I will continue on. One day I may

forgive myself and tell me again but until

then I will try to push myself to be a better me.

Not just for me, but for my daughter and my family.

Because if I'm given a chance one day to be released

I want to know that I did all I could do to heal me

and to be a better me.

Thank you.