

TO

1-11-2019

Whoever may take time to try and understand my handwriting before I think to write one word on this paper "Happy New Years and I wish you many more New Years to come!"

Whereas, my name is as stated above Charles Anthony Raschal JR. GDC#1031292, I've been incarcerated in the Georgia's Penal system for 17 years straight so far off a 30 year prison sentence! I'm currently taking a chance to share from my point of view an essay about the challenges of Physical and Psychological survival within prisons as well as mass incarceration!

First, I think some individuals allow being sentenced to serve time in Penal systems let their sentence or sentences break them down Psychologically in which such Psychological break down leads to some individuals physically breaking down or their health to failing even though no matter where you're located

incarceration is a state of mind! I think Physically some individuals' health starts to fail because they gave or give up on life! Some individuals gave or give up on life by the previous actions; not properly taking care of themselves such as taking showers, brushing their teeth, taking needed medication or needed medications, cleaning up their living area, as well as assisting in cleaning up in their living environment! Whereas, because some individuals allow being given a Prison sentence to Psychologically break them down I think worry, stress, and depression are the four Psychological factors that leads to some individuals Physically breaking down after being given a Prison sentence to serve! Lastly, on this matter of Physical and Psychological survival in prison I think some of the individuals that individuals who allow being given a Prison sentence Psychologically to break them down which leads to Physically breaking them down are serving their sentence or sentences around has a major impact on their Physical and Psychological survival! I think whenever some of the individuals that allow being given a Prison sentence Psychologically to break them down which leads to some individuals Physically breaking down serving their sentence or sentences around has a Major impact on their Physical and Psychological survival

because not getting in others' business but I think some of the individuals that's serving a sentence as well, and aware of others' Physical and Psychological states should take some of their time to strengthen others by sharing their Personal wisdom, knowledge, and understanding of Prisons' Physical and Psychological survival from their experience with others only if they'll listen!!

Next, I think Mass incarceration ~~is~~ is a Big business that'll never stop! At the same time even though I think mass incarceration is a Big business that'll never stop I think Mass incarceration can be better controlled by some of the individuals that's a current static or have been a static in the numbers of Mass incarceration taking not time but a minute or couple minutes at the most to educate anyone or anyones they can educate about the life of serving a sentence or sentences! In which, for some individuals the life of serving a sentence or sentences comes with deathrow, life without the possibility of parole, multiple life sentences, life plus sentence or life plus sentences, and some sentences that's so big they can't be spoken with

Words or written on paper!

In conclusion, even while serving a sentence I don't have time to think to write much more but I Greatly appreciate everyone's support in giving me a chance to share my individual view points about Physical and Psychological survival in prison as well as my point of view on Mass incarceration!!

Sincerely

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