

Disrupting The Prison Cycle with Green Spaces

Dedicated to my love for Chicago
and hoping for a greener n'
brighter future for my homies <3

Second Release with
@delalunalibritos coming October 25'

A rendition of my 22' core capstone project of my dual major cross study of Animal Behavior, Ecology, and Conservation with Environmental Studies.

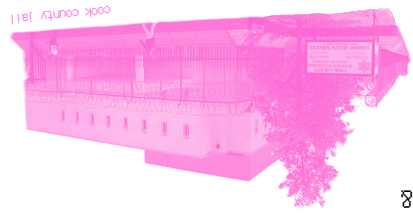
Focusing my study on utilizing green spaces in disrupting the inevitable effects of Systemic Racism and Environmental Rights at an urban level. Studying the implications marginalized BIPOC communities face when at the forefront of the environmental harm and leading the Environmental Justice movement, what it means to have lived experiences through a larger systemic issue, and understanding how to use surrounding neighborhood environments to disrupt a narrative they did not want to become; a statistic.

Somos Los Urbs In Horto
@wearethecityinagarden

25'

What is the "Prison Cycle"

The prison cycle is the unfortunate result of being released from incarceration without re-entry support, ultimately being the cause of becoming incarcerated again. This is due to poor diversion programs from lack of rehabilitation programs and re-housing programs to the social impacts from job prosperity, increased poverty levels & social stigma.



What is "Environmental Racism"

Environmental Racism is a systemic issue that ties the infringement of environmental rights to marginalized BIPOC communities who are often at the forefront of environmental harm & disregard.

Credit: Tyler LaBriere/Sun-#11mes
Chicago General from Protest 3/4/21

How does being in an urban setting effect these two?

- Urban infrastructure colors like black/gray have been studied to cause unrest, distress, quick temper, and irritability. Urban vacant lots and unkempt spaces can stir similar emotions.
- Urban areas commonly have been Red-Lined, a discriminatory practice where services (loans/transport/housing/etc.) are withheld from marginalized neighborhoods to cause unjust divide of resources, primarily targeting African Americans and Mexican Americans.
- Urban areas subject marginalized neighborhoods to be designated industry grounds or dumping locations, often needing environmental remediation after the land has been vacated/used.

....Is your environment causing you unrest?

Credit: Tyler LaBriere/Sun-#11mes
RIP The Dancin' Shoes 1906-2005

Physically

Working in gardens can boost your physical ability and endurance from pulling weeds to lifting pounds of soil. You can even learn new skills and potentially find new jobs. Some community gardens have beds for neighbors and friends to grow your own produce!

Mentally

Green spaces can be safe spaces to ground and meditate. Even becoming educational places to learn outside of a classroom/online through free workshops!

Green Spaces can be many things! & mean many things!

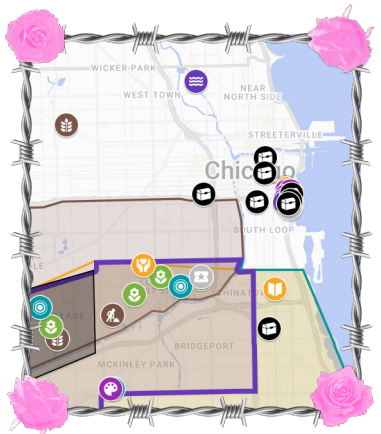
From natural environment to the built environment, the world around you can influence the very being we become! From community gardens, private green spaces, vacant lots to community hubs - a green space can be any space that provides you a connection to nature and influence you in ways you've never realized!

Biologically

Its known long term exposure to pollution can cause adverse effects on the living environment depending on particle size and type of chemical exposed to. However if soil is healthy it can create a suitable habitat for a micro-bacterium called "Mycobacterium Vaccae", when inhaled can increase serotonin levels which helps decrease anxiety & depression!

Socially

Most importantly you will find like minded people within these spaces. Make new friends through neighbors and various green space visitors in support of the space.



Find your local nature based groups/businesses/artists/clubs/etc. local to your neighborhood and across Chicago with Somos Los Urbs In Horto open-access "Community Connection Map"!

Or use our "CTA Nature Guides" to find the most commutable friendly green space near you!

Also available at: <https://somalosurbsinhorto.wixsite.com/chicago>

How You Can Disrupt the Prison Cycle with Green Spaces!

Visit your local green space and explore how your surroundings can work for you and in return how you can be there for your community!

- Volunteer your time during clean-up days, market days, and other times the space needs extra hands.
- Be part of a workshop as an attendee and meet new people!
- Explore new ways you can engage your neighbors in something your passionate about within the space(i.e. Clean Ups, Craft Club, Open Mic Night, Collage Club)
 - always ask land stewards for approval of using their space if holding events/workshops within the area.
- Spend time with friends/family/neighbors in these spaces!
- Create art from the green space; from visual scales to trash art!
- Take the time to ground, meditate, or read a book in the green space.
- If your green space has garden beds, start growing your own food (through applying with the land steward)!

Green spaces can become hubs of self-expression where you can find your intrinsic value and place in the world around you!