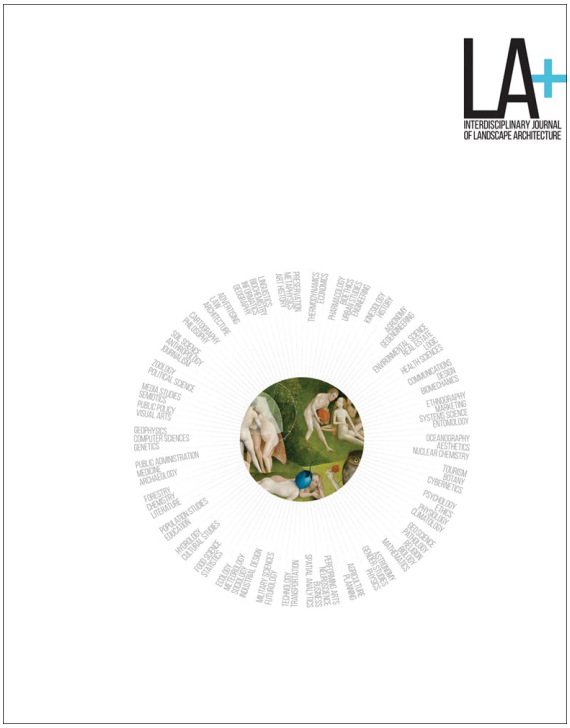
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# LA+ Vitality

## UPENN Landscape Architecture

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- Explores the notion of vitality as a proxy for the health of all things, and how design can improve the vitality of people, cities, systems, and landscapes

Vitality is liveliness, to be alive. To be alive is to have the ability to harvest energy for movement, growth, and self-replication. But without health, vitality is just mechanistic. In this issue of LA+ we explore the notion of vitality as a proxy for the health of all things. We explore how design can improve the vitality of people, cities, systems, and landscapes.

Articles include:
– Sara Jensen-Carr explores the intertwined epidemiology of ecosystems, cities, and human bodies.
– Through the intimate case study of a 15th century Roman noblewoman, historian Mirka Benes reveals the role of gardens in maintaining physical and mental health in the early modern era.
– Design anthropologist Chuan Hao Chen reflects on vitality through the metaphor of the medical emergency.
– Experimental psychologist Colin Ellard explores questions about the roots of our perceptions of life and agency.
– Urban designer Julian Bolleter shines a light on the practice of placemaking in contemporary Dubai.
– Public health scientists Billie Giles Corti, Jonathan Arundel, and Lucy Gunn explain why urban design is important in creating livable cities.
– Landscape architect Clay Gruber captures a case study of the potential for renewal of a rural American landscape drained of socio-economic vitality.
– Designer Colin Curley surveys the beautiful ugliness of Newtown Creek, New York's most-polluted waterway.
– Biodiversity conservation scientist Andrew Gonzalez explains his multi-year research into designing a comprehensive and practicable green network for the city of Montreal and its hinterlands.
– Landscape architect Jake Boswell offers a wide-ranging rumination on ecology and aesthetics.
– Psychiatrist and urban health scholar Mindy Thompson Fullilove reflects upon the vitality of main streets in small-town America.
– Philosopher Mark Kingwell takes on artificial intelligence in a series of provocative propositions dealing with notions of life and vitality.
– Architect and urban designer Christopher Marcinkoski considers Tokyo's landscape future in the face of significant population decline.
– Also includes interviews with the celebrated author of Vibrant Matter, Jane Bennett, MASS Design Group's Sierra Bainbridge, and The Nature Conservancy's lead scientist for global cities Rob MacDonald.

**LA+ VITALITY** is edited by the University of Pennsylvania Weitzman School of Design faculty Tatum L. Hands and Richard Weller.










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