2017 FIRST PLACE

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LYCEUM
A traveling fellowship in Architecture
mind the gap
mind the gap

window nook
Eric Cade book leashes by day
knitting in the evenings
sitting in circles drinking out scarves
moving bodies by sight

solitude with a novel (or without)

poles that let the sky in

and the backs

ivy at the bottom
celebrates the void

enter the portal

Very Hungry Caterpillar/Charlotte in the Room/Republic/pick a flavor here

everyone
discovers their own universe
the children read beside mammal costumes
young adults are free
grown-ups dream in the stacks

have hope

columns like Atlas allow for space
this feature of equality
will shield so you don't have to

a woman hides from

hurt and a loud sound

she is searching for a book

she finds more

this moment is brought to you by:

Washington Heights
tangled timelines tumbling together

lock

the caught-up between

a run rising

setting

and again
Eric Cash book launch by day
sitting in circles smoking and surves
smoking bullets by night
pars that hit the sky in
and the lands
sky at the bottom
celebrate the void
But I must explain to you how I arrived at this point. It seems that a recent study has shown that introducing green spaces into urban environments can have a profound impact on mental health. The study, conducted in several cities across the world, found that areas with more green spaces had lower rates of depression and anxiety. This is likely due to the enhanced opportunities for physical activity and social interaction that green spaces provide. It also contributes to a sense of well-being and connection to nature, which can be beneficial for mental health.

Furthermore, green spaces can help to mitigate the effects of urban heat islands, which are areas where temperatures are significantly higher than their surrounding areas due to the presence of concrete and asphalt. These heat islands can lead to increased energy consumption and higher cooling costs, but green spaces can help to absorb and release heat more effectively, thereby reducing the temperature of the surrounding area.

In conclusion, integrating green spaces into urban environments is a win-win situation for both mental health and the environment. By creating more green spaces, we can improve the well-being of residents, reduce energy consumption, and create a more sustainable urban landscape.