

Urban Restorative Landscape:
A Cultural Inquiry of Redesigning
Chester I. Lewis Reflection Square Park

by

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A REPORT

submitted in partial fulfillment of the requirements for the degree

MASTER OF LANDSCAPE ARCHITECTURE

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KANSAS STATE UNIVERSITY
Manhattan, Kansas

2018

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ABSTRACT

Living in a healthy environment is one of the basic desires of modern society, but is particularly hard to achieve in urban settings where the access to green urban space is limited. Restorative landscapes, healing gardens, and therapeutic gardens can improve mental and physical health. Environmental psychology has a long tradition of research from which landscape architects can learn the benefits of natural environments (Ulrich 1984). Exposure to a natural environment is known to result in increased physiological well-being, improved mood, pleasure (Ulrich 1984). More recently, cross-disciplinary research on spending time in nature has shown that it can provide benefits for human health, both physically and psychologically (Krinke 2005). Examples of restorative settings can be found throughout history and are still applied today in health-care facilities as healing or restorative gardens. A healing garden's wide significance in the urban public realm and outcome for community engagement remains insufficiently exposed. Many urban environments lack the beneficial restorative properties of nature for healing and recovering.

This report will focus on understanding and exploring how a restorative landscape can be implemented within an urban area to create a multi-functional place with potential to relieve different kinds of stress and improve overall well-being.

The site for this investigation is Chester I. Lewis Reflection Square Park (Lewis Park) in downtown Wichita, Kansas. Lewis Park focuses on a famous part of Wichita's civil rights history: Chester I. Lewis and his role in the Dockum Drugstore Sit-in of 1958. The park currently consists of an interactive fountain and series of sculptures. I will develop the design proposal through various methods, such as archival research, site inventory and analysis, precedent study research, stakeholder engagement and interviews. A team of three students addressed this project in partnership with Downtown Wichita. My specific project focuses on understanding the park condition, why Lewis park is failing, and how to improve the park to meet users' demands. The site needs to be redesigned for local people seeking a restorative environment for their daily lives.



URBAN



RESTORATIVE



LANDSCAPE

A Cultural Inquiry of Redesigning
Chester I. Lewis Reflection Square Park By Wei Sun

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Master's Project + Report
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Aerial view of Wichita (Source: Adapted from Google Maps)

Introduction

Introduction

Humans have an instinctive attraction to nature, which in terms of this research, refers to outdoor environments and their biophysical characteristics (Haggard and Hosking 1999). People intuitively spend time outdoors, whether for work, play or relaxation. This attraction implies that nature has a distinct, positive impact on people's emotions. Spending time in outdoor environments can provide a lasting improvement on everyday living. Restorative landscape design focuses on the innate human attraction to nature. Restorative in this sense refers to the psychological effects on human well-being. Restorative landscapes are typically designed to invoke specific outcomes for people, such as healing or contemplation (Kaplan 2001). Capturing the benefits of human interaction with nature can be an influential aspect of landscape design.

The restorative experience can be used in several ways to restore human attention. In the past several years, a number of psychologists have

demonstrated that spending time or taking breaks in restorative environments allows people to recover from mental fatigue and return to their work with increased productivity. Restorative experiences can occur in natural environments because they are rich in the characteristics necessary for attention restoration and require nominal mental effort (Kaplan and Kaplan 1989). To understand how restorative environments can help individuals recover from mental fatigue, one of the most credible theories is Attention Restoration Theory (ART) (Nordh 2009). Natural settings can aid in the restoration of reduced capacity to directed attention (Nordh 2009). According to ART, there are two kinds of attention: involuntary attention and voluntary directed attention. Involuntary attention is evoked and captured with something exciting or mesmerizing in an environment, such as watching birds, staring into a lake, or sitting in a forest (Kaplan 1995). On the other hand, directed attention requires one to

focus attention on something in an environment which may not be interesting, and to engage in higher mental processing, such as listening to a lecture, reading a book, or writing (Kaplan 1995).

My research interest is to better understand the landscape design strategies that promote a sense of psychological restoration from ART theory. I will investigate within the context of an existing site, a pocket park in downtown Wichita, Kansas, which currently lacks interest and functional use. Lewis Park, the site, is a memorial for an event of the modern civil rights movement: the Dockum Drugstore Sit-In of 1958. This site needs to be redesigned for local people seeking a restorative environment during their breaks and daily lives, while at the same time providing a restorative memorial for healing and remembering Wichita's civil rights history. I want to find out what people currently think of the landscape and whether it promotes healing, then develop a series of design proposals to improve

the landscape. My goal for this project is to offer suggestions that will increase the landscape's ability to provide a restorative space for people different from their regular daily experience, in which to recover from their mental fatigue.

Project Goal & Objectives

With varying cultural backgrounds, different people have different stressors based on their daily experiences. In addition, differing cultural values and subjects of commemoration influence how cultures are represented in the built landscape. Lewis park focuses on a famous part of Lewis' Legacy, the Dockum Drugstore Sit-in of 1958. This pocket park is located on Douglas Avenue of Downtown Wichita. It is necessary to identify the essential characteristics of memorials, successful urban pocket park, and restorative environments.

Goal: to demonstrate the potential value of restorative landscapes design/elements for urban area.

Objective: provide a design proposal for creating a restorative landscape in downtown Wichita urban area that will relieve stress for visitors to the park.

Dilemma and Research Questions

My research interest is to better understand the landscape design strategies that promote a sense of psychological restoration from ART theory. I will investigate within the context of an existing site. The site is an existing pocket park in downtown Wichita, Kansas, and currently lacks interest and functional use. The site needs to be redesigned for local people seeking a restorative environment during their breaks and daily routines. I want to find out what people currently think of the landscape and whether it promotes healing, and then develop a series of design proposals to improve the landscape. My goal of this project is to offer suggestions that will increase the landscape's ability to provide a restorative place for people different from their regular daily experience, so they can recover from their mental fatigue.

What components or characteristics of a restorative environment does Lewis Park currently lack?

What are the perceptions of people living, working, or otherwise inhabiting the area immediately surrounding the Lewis Park?

Knowing that marginalized populations experience higher levels of stress than general populations, how can this landscape design promote psychological restoration and be inclusive of diverse audiences ?



Aerial view of Wichita (Source: Adapted from Google Maps)

Background

Project Background

Project site:

The chosen project site is Chester I. Lewis Reflection Square Park in downtown Wichita, Kansas.

The park is a memorial park that recalls the first Sit-In history in the United States and it is also one of few green spaces in the Downtown Wichita area. The following introduction of the project background is written by the team.

In 1958, Wichita was a city of segregated public places, including variety stores and drug stores located throughout downtown, such as Dockum Drugstore. Dockum, the largest drugstore chain in Kansas during this time, was one of the most popular places to stop by for a Coke and a quick snack. African Americans were not allowed to sit in the store; they could only order in the back, and food and beverage had to be consumed outside. On July 19, 1958, twelve African American teenagers walked into the Dockum drugstore on Douglas Avenue, sat down at the lunch counter and remained there until the store closed for the day. This began the Dockum Sit-In of 1958, the first successful sit-in of the Civil Rights Movement. The protest was made successful by student participants from the National Association for

the Advancement of Colored People (NAACP) with the support of Chester I. Lewis, president of the Wichita branch of the NAACP in 1958. For over three weeks, the students protested Wichita downtown chain stores and their refusal to allow blacks to eat at the lunch counter. The students, with the support of their family members, set out to discredit the claim “that’s the way things are in Wichita” and to address the discriminatory act of segregation in the United States (Eick 2001, 5). Although the success of this Civil Rights sit-in was not widely known—and still is not widely known today—many more subsequent sit-ins were organized in other cities after word of this protest was discussed at a NAACP meeting (Eick 2001).

Following the Dockum Sit-In

The Chester I. Lewis Reflection Square Park (Lewis Park) is a pocket park on Douglas Avenue of Downtown Wichita, Kansas. Dedicated in 2000, this reflection park commemorates the life of Chester Lewis, a prominent lawyer and part of the “young turks” era of the NAACP. Chester I. Lewis was a significant leader for the modern civil rights movement (Chester I. Lewis 2017). Lewis’s childhood was influenced heavily by his father, Chester I. Lewis Sr., who owned and operated

the Hutchinson Blade in Hutchinson, Kansas. The Hutchinson Blade was a local newspaper which focused heavily on the issues of social segregation. Lewis served in the military during World War II, and after completion of his service, attended the University of Kansas where he earned his undergraduate degree (1951) and law degree (1953). Following graduation, Lewis began serving as a lawyer in Sedgwick County, Kansas. Lewis was also an active member within the Wichita chapter of the NAACP, and became president of the chapter in 1956. His career focused on developing change through non-violent protests and his knowledge of the law. After a lifetime of fighting racial discrimination, Lewis died in 1990. Some of his notable achievements throughout his lifetime include obtaining an injunction in Federal District Court against the city of Wichita for swimming pool discrimination, abolishing discriminatory hiring practices at Boeing, Cessna, and the Coleman Lamp Company, and the hiring of two African American bus drivers on the Wichita Transportation system.

Lewis was one of the largest influencers in our current civil rights laws (Chester I. Lewis 2017). Lewis Park focuses on a famous part of Lewis' legacy, the Dockum Drugstore Sit-In of 1958. Today, the park consists of an interactive

fountain for children and adults to play in, various sculptures, picnic tables, shade trees, and a decorative fountain. One of the more prominent sculptures of the reflection park is a life-size lunch counter with open seats and a waitress behind the counter. The sculpture appears to be a reference to the teenagers who participated in the Dockum Sit-In, and open seats at the counter invite visitors to sit down and be a part of the work of art. In reality, the sculpture was not meant to commemorate a sit-in, but this does not diminish its impression in the park.

There are currently initiatives to make changes to the underutilized park that improve the current condition and overall design. The Cultural Inquiry master's project team addresses the future potential of Lewis Park through three individual lenses: cultural inclusiveness, healing gardens, and linking civil rights history sites through city streetscapes.



Aerial view of Wichita (Source: Adapted from Google Maps)

Literature Review and Precedent Studies

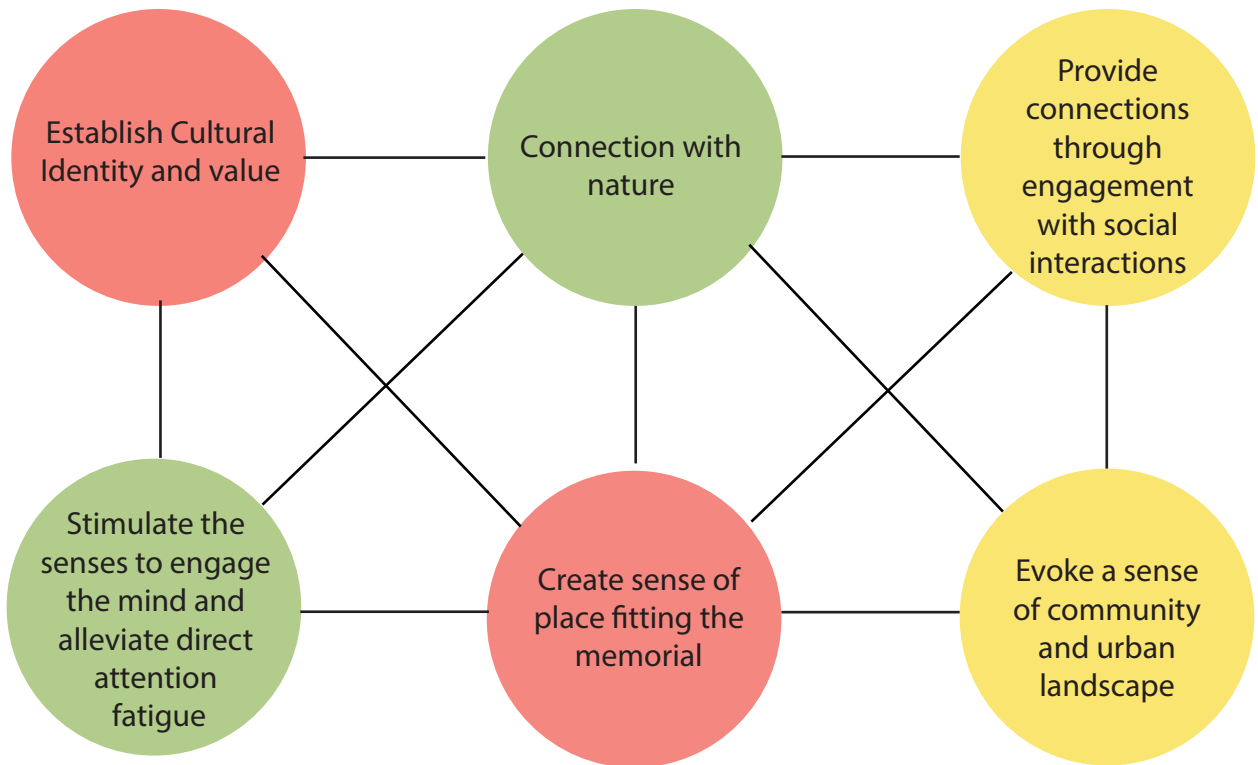


Figure 3.1 Literature diagram (by author)

The Restorative Landscape

Restorative or healing landscapes for the sick have been part of landscape design since medieval times (Figure 3.2). Throughout history, outdoor designs have frequently been created with the goal of restorative benefits for people. The common usage of the term “healing” is broad and generally refers to a beneficial process that promotes overall well-being (Marcus 1999). In order to achieve well-being, the first step to achieve a degree of “relief from physical symptoms.” This relief is an important function for patients with a chronic illness (Marcus 1999). Second, healing can reduce stress and increase levels of comfort for people with emotionally and physically trying experiences in a medical setting (Marcus 1999). People can benefit physically, spiritually and psychological from well-designed outdoor conditions (Thwaites, Helleur, and

Simkins 2005). The World Health Organization states that health is not the mere absence of illness, but includes physical, social and mental well-being (Mercer 1976). In this context, the term “restorative” is used in a general sense to explore the potential of designed outdoor settings in urban places to provide a sense of revival or renewal and mitigate stress and mental fatigue (Souter-Brown 2015). Restorative gardens need to be an integral part of our model urban framework; the contemporary health and benefits can spill over into education, crime prevention and social cohesion (Souter-Brown 2015). “noisy, chaotic, illegible, or dangerous even add to our perturbation” (Kuo 2010, 24). The natural environment can help people withstand and recover from threat and potential loss, which we

Healing Garden



Figure 3.2 Healing Garden Concept Diagram (diagram by author image by CelebrationHealth 2009)

experience on a physiological level as stress and anxiety" (Kuo 2010, 24). Exposure to nature occurs through gardens, parks, or vegetation, it has a considerable effect on enhancing psychological health (Kuo 2010). Nature elements that inspired with different feeling that after spending time in the garden, include trees, plants, or nature in general sense, such as smells, sounds or fresh air, physical elements such art feature or places for seating with tables and chairs, provide opportunity for seclusion or social interaction, which are the individual desires (Kuo 2010).

Urban Landscape



Figure 3.3 Urban Landscape Concept Diagram (diagram by author image by Tina Sheesley 2012)

Urban Landscape Design

Urban space degradation is impacted by the issues of sustainability, environment, natural and human health (Figure 3.3). Our perception and appreciation of urban spaces are largely part determined by the quality of green space (Rockport 2006). With fast economic development, people often have little consideration for sustainable public health. After development, utilization and production of waste, urban land is often abandoned and left to decay, which is the common area for brownfield development (Souter-Brown 2015). Restorative landscapes rely on high quality urban space which is developed through the collaboration with residents, landowners and local policy makers. This approach can lead to long-term success of any redevelopment project. In urban environments, green spaces have proven to act as ameliorating factors of some climatic features related to stress. For residents in large and dense cities, a good quality of life depends largely on

the urban environment (Lafortezza and Carrus 2009). Open space in an urban environment plays a vital role in recreational needs both formally and informally, from organized sports to walking, bird watching or eating lunch (Souter-Brown 2015). Access to open spaces for recreational activities are integral to sustaining a suitable quality of life (Souter-Brown 2015). Open space is not only for meeting friends, exercising and observing nature, it can also function as an educational space for children to interact with nature. In cities, an urban park can also be a part of the transportation system and function as movement corridors for pedestrians (Rockport 2006). Urban park is a good place for people to release their stress while waiting for their transportation. An urban park is a vital part to a city with aesthetic value of the urban environment and provide positively to human health (Souter-Brown 2015).

Memorial Landscape



Figure 3.4 Memorial Landscape Concept Diagram (diagram by author image by Skylar Brown 2018)

Memorial Healing

Human life is formed by different kinds of memories that affect everything from the ability to perform simple and everyday tasks to the recognition of one's self (Sturken 1999; Figure 3.4). Memory is what people continue to think about. Memory establishes life's continuity, and gives meaning to the present, as each moment is constituted by the past. Just as how we remember who we are, memory provides the very core of identity (Sturken 1999). "American culture is not amnesiac but rather replete with memory culture memory is a central aspect of how American culture functions and how the nation is defined" (Sturken 1997, 2). The collective remembering of a specific culture can appear like the memory of an individual, it provides cultural identity and gives a sense of the importance of the past. Culture is built around memory, and memory is integral to how we shape and understand our

environment. A culture's memory precedes its identity, and is dependent on that identity to establish continuity over time (Wolschke-Bulmahn 2001). Memorials serve as a way to preserve the memory of individuals, groups, or events to visualize and preserve the memories, cultural values and political symbolism of a society in the built environment (Wolschke-Bulmahn 2001).

Stress

Stress directly affects many other health outcomes. The health effects stem from the fact that stress responses include numerous psychological, emotional, physiological, biochemical and behavioral changes (Marcus 1999). The Kaplan developed a theory called the Attention Restoration Theory (ART), which the examines information exchange between people and the environment (Kaplan and Kaplan 1989). This process of information exchange is largely tied to human attention, which is voluntary or involuntary. Involuntary attention is effortless engagement of the mind. In contrast, voluntary attention requires effort and energy, and is referred to as “directed attention” (Kaplan 2001, 508). Voluntary attention is susceptible to fatigue through extensive mental effort. The result may have empathic negative impacts. Because of the possibility of fatigue, directed attention is an important consideration for human effectiveness (Kaplan 2001). It can influence problem solving, capability, thought or feeling.

Stress can be used as a motivation for healthy competition and to help improve performance (Mercer 1976). However, chronic stress has been associated with negative outcomes, such as physical illness, anxiety, depression, decreased production, social withdrawal and drug or alcohol experimentation (Rawson 1994). Stress is one of the most common problems affecting people in society. Everyone has experienced in many different ways and different aspects.

Chester I. Lewis Reflection Park is primarily a memorial park for African American Civil Rights. It represents the Dockum Sit-in that happened in Wichita in 1958. In Wichita, Kansas, about 11.42% of the population is African American (Harrell 2000). Stress for people of color is also one of the issues we need to focus on. The stress from the cost of daily living, such as bills, kids and jobs can occur across all sociodemographic groups. However, for people of color, stress for everyday

life also includes experiences related to racial bias and discrimination. "Experiences of racism are embedded within interpersonal, collective, cultural-symbolic, and sociopolitical contexts, and can be sources of stress"(Harrell 2000, 44). Racism affects well-being in everyday life such as the aspects of physical, psychological, social, functional, and spiritual health (Harrell 2000).

Psychological Perspective (ART theory)

In The Experience of Nature: A Psychological Perspective, Rachel Kaplan and Stephen Kaplan theorize that mental fatigue occurs when one's capacity for directed attention becomes exhausted. Attention Restoration Theory (ART) presents an analysis of the different environments that improve people's directed attention capacity. ART also promotes conditions for a setting that help with recovery from mental fatigue. The restorative function has four components: "being away, extent, fascination and compatibility" for the user (Kaplan and Kaplan 1989, 182).

"Being away" involves dissociating oneself from regular activities that lead to mental fatigue (Kaplan and Kaplan 1989, 183). "Being away" can be psychological in a place where often human beings are absent, or it can be physical, when you feel a sense of change from everyday living life or a stressful environment (Kaplan and Kaplan 1989, 183).

"Extent" exists in an environment which is sufficiently rich in context, such as a larger whole of nature (Kaplan and Kaplan 1989, 183). This environment provides enough to see, experience, explore and think about to fully engaging the mind involuntarily and give the directed attention a rest (Kaplan and Kaplan 1989).

The next condition is "**fascination**", which draws on an individual's attention and consists mainly of attractive elements (Kaplan and Kaplan 1989, 184). These "fascination" elements can occur in a variety of settings and situation that people find interesting (Kaplan and Kaplan 1989, 184).

The last condition of ART is "**compatibility**", this occurs when the setting fits the individual and corresponds to the individual's purpose or inclinations (Kaplan and Kaplan 1989, 185).

Green Window Theory

Window openings are associated with several thermal and visual abilities. Window preference is based on function, ventilation, light, vision, sound, and may add psychological and economic value to a building (Dodo 2013). The view out of a window contributes to the perceptual performance and the view has been established in several scientific studies (Dodo 2013). Studies suggest that people like to sit near a window because they find it pleasant to look outside. Depending on what is in the view, looking out the window provides opportunities for restoration. Kaplan (2001) conducted research at six low-rise apartment communities using a survey with both verbal and visual methods, this provided considerable support for the premise that having natural elements or settings in the view from the window contributes substantially to residents' satisfaction with their neighborhood and with diverse aspects of their sense of well-being. Results showed that the view

of built elements affect satisfaction but not well-being (Kaplan 2001). Nature content in the view contributes so significantly to satisfaction and well-being, suggesting a clear action mandate (Kaplan 2001). Another study of a view window in an office building from University of technology Malaysia Institutional Repository surveyed different people working in an office building. The study found that views from a window do not only allow the admittance of light, but indirectly affect the productivity and psychological wellbeing of office occupants, and has a link to sustainability in both conventional and green buildings (Dodo 2013).

A build environment constructed by human activity and guided by the field of environmental psychology is a good place for people to relax (Kaplan 2001). A windowless environment can have excellent light, good air quality and interesting things to look at, but is often not a

preferred environment (Kaplan 2001). Windows not only allows the admittance of light and views, but indirectly affect the productivity and psychological well-being of office occupants (Kandar 2013). Research also investigates therapeutic settings to study the health benefits from green window views. The most famous study is Roger Ulrich's study, which studies the impacts of green views compared to brick wall views by person recovering from surgery. Ulrich found that patients with a view of the green space had fewer complaints, took less self-administered pain medication and recovered sooner than individual viewing the brick wall (Ulrich 1984).

Healthy Community: Healing Gardens for children

Children learn through play, imitation and experience (White 1998). However, in many countries pressures on adults to succeed in a competitive environment have spilled over into the lives of their children. Concerns for parents have resulted in the removal or reduction of play time and is often seen as “wasteful” (Moore 1999). Children also have stress, as we see increasing rates of depression, anti-social behavior, and even teenage suicide. With the development of technology and science, large groups of children have their own electrical devices. Children spend time outdoors less than in the past that we were not advanced in technology (Rosen and Lim 2014).

Multiple studies have shown the link between health and the outdoor nature experience. Health, design and education professionals around the world agree that children and adults need outdoor exercise in a stimulating, and green environment

(Souter-Brown 2015). American children spend an average of less than half an hour per week in unstructured outdoor play and children between the ages of 8 to 18 spend 44 hours per week with electronic media (Ratcliffe 2007). Garden based learning experiences may affect children’s content- and skill-based knowledge, academic and cognitive skills, social and moral development and their attitudes with outdoor environments (Ratcliffe 2007). To build healthy communities, we need to ensure that children can connect safely and freely with nature and the outdoor environment.

Healthy Community: Healing Gardens for Adults

Working-aged adults are the ones who increasingly have to juggle maintaining a relationship with a life partner and building and maintaining their careers (Souter-Brown 2015). They potentially have to manage concerns for aging parents, alongside care of a family. Political unrest, natural disasters and growing financial pressures around mean that increasing numbers of young and middle aged people move to where the work is rather than staying close to their extended family (Souter-Brown 2015). Leisure time has changed due to working hours and stress levels are rising as adults have disconnected from their traditional social networks and with their families. Unhealthy sedentary lifestyles and poor diet choices become the most popular option for working people (Souter-Brown 2015). The unhealthy way most people choose to live is adding to the burden of disease.

To reduce stress in the adult population, we need to ensure that their working environments have green views. Part of the benefit of experiencing nature comes from being under natural lighting, such as sunlight (Souter-Brown 2015). In the early section of green window view study by Ulrich (see in the previous section), medical rooms should require more natural lights than residential settings. People are healthier when they have more natural light, and can improve their health issues while looking at green landscapes.

Pocket parks and attractive human-scaled plazas are also beneficial for working people, so that they can take a break during the day. At lunch time office workers can sit outdoors in the gardens to eat their lunch with friends under the leafy shade of trees. After lunch they can have a chat or even have meetings with their clients in the park as well. Urban parks can bring freedom for people to express themselves through experiencing outdoor environment.



Figure 3.5 Paley park entry view (Copyright: Jim Henderson 2008)

Paley Park, New York

Design Concept: Provide a space for people to get closer with nature for the high density urban life.

Paley Park is hidden amongst the office buildings on East 53rd Street and provides a welcoming respite from the concrete jungle of buildings (Figure 4.1). Paley Park is located at 3 East 53rd Street and was design by the landscape architectural firm of Zion & Breen Associates. Since it opened in 1967, the park has been favored by both midtown businessmen and tourists. The park is about 4,000 Square feet and offers a quiet urban oasis. The size and context is very similar to the design site, Chester I. Lewis Reflection Square Park. A waterfall, many trees, and ivy-covered walls transport visitors to an oasis and away from the sights and sounds of the city. The park is surrounded by walls on three sides and is open to the street on the fourth side. The waterfall spans the entire back of the park, creating a backdrop

of water sound to mask the sounds of the city (Figure 4.2). The park has one primary space with movable tables and chairs for people to occupy, a connection space with stairs, ramps and a gate and a secondary entry space (Figure 4.3).



Figure 3.6 Paley Park Waterfall with light (Copyright: Ryan Healy 2010)

Spatial Definition

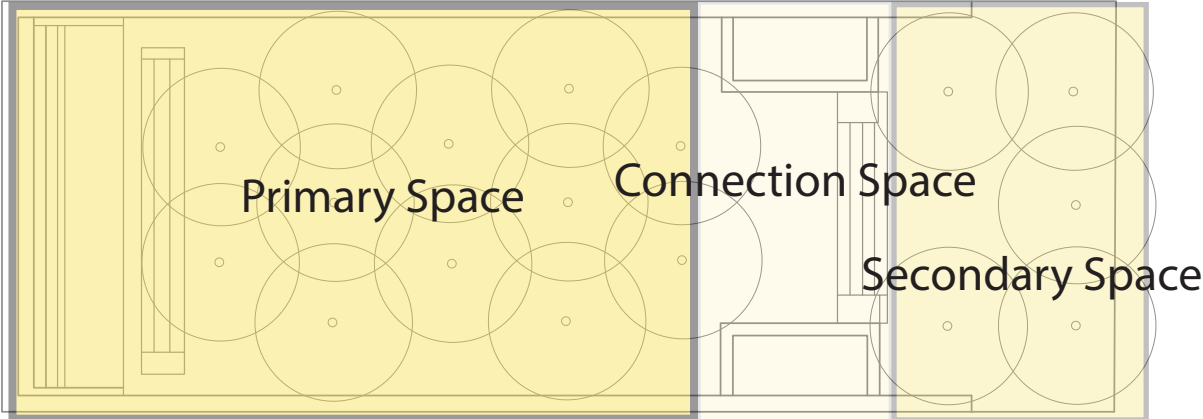


Figure 3.7 Spatial Definition Diagram (by author adapted from plan by Zion and Breen Associates)



Figure 3.8 People are using the park (Copyright: Sampo Sikio 2006)

Design Program

Programming (Figure 4.5):

- A space for people to relax, get closer with nature, have lunch, and to socialize (Figure 4.4)
- Significant 20-foot waterfall across the entire back creating a soothing buffer of sound, drown out the bustle of the city
- Encompassing ivy-covered walls and shelter of native trees provides a convincing illusion of privacy and seclusion, fostering an atmosphere of tranquility.
- There are also annual plantings in the small containers provide seasonal interests.
- Movable tables and chairs allow people based on their demand to move around.
- Stair up and ramp elevated the park from sidewalk level, provide a welcome entrance to encourage people come into the space (Figure 4.6).

Design Approach

There is a ramp positioned on either of the four steps that lead into the park, elevated from the sidewalk level. The stairs provide a welcoming entrance and encourage visitors to come into the space. The park uses regular brick pavement and low maintenance plants, such as the honey locust tree is the native plant of New York and the green of the ivy-covered side walls are evergreen

plant and contrasts colorful flowers with seasonal changes. There are also movable tables and chairs for people to create their own spaces. The waterfall blocks the noise from the busy street, creates a natural environment for this high-density city. There are movable tables and chair for people to occupy by themselves.

Key Elements

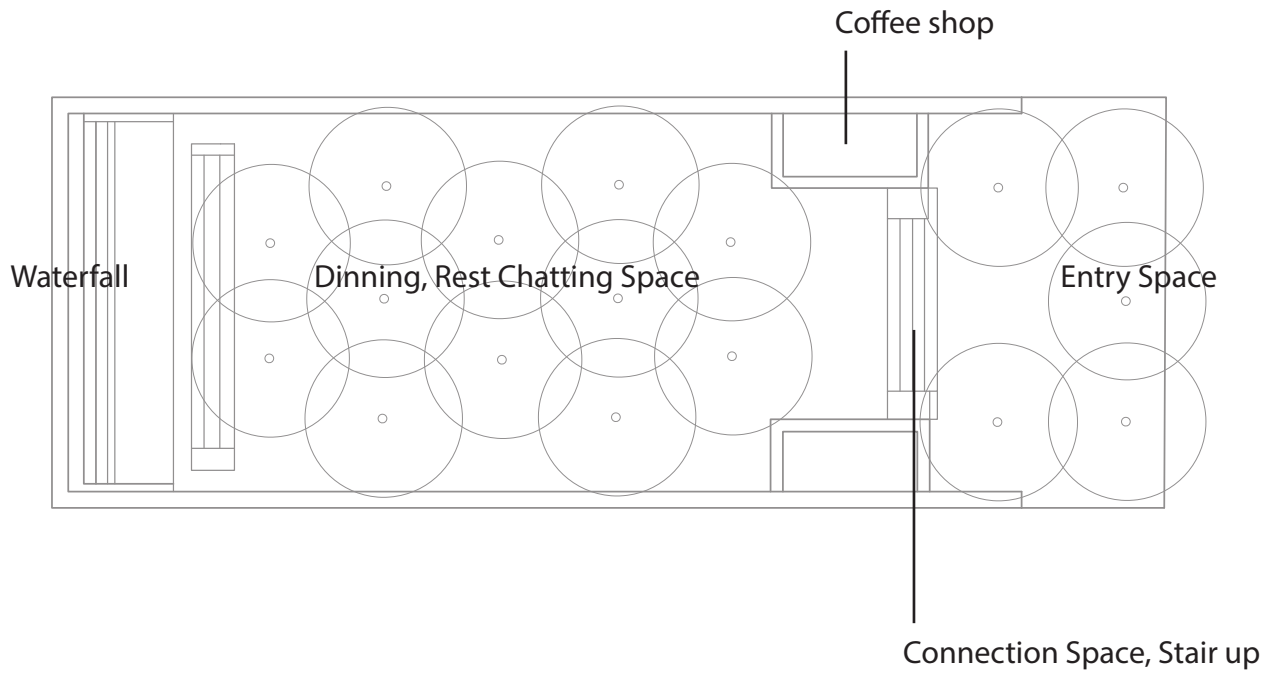


Figure 3.9 Function Elements (by author adapted from plan by Zion and Breen Associates)

Circulation

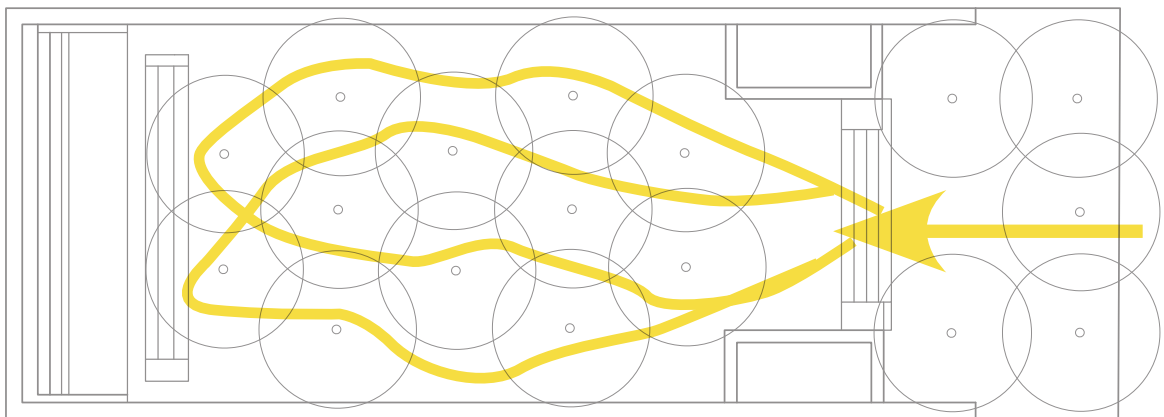


Figure 3.10 Circulation (by author adapted from plan by Zion Breen Associates)

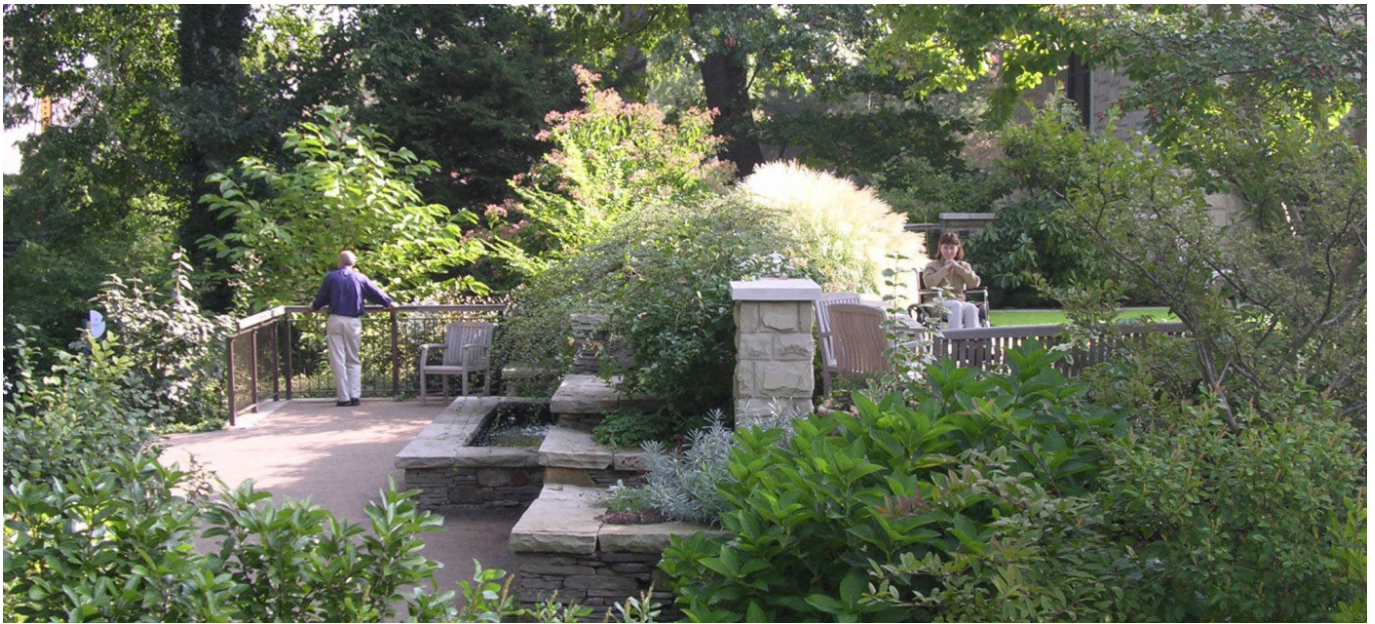


Figure 3.11 The exploring and learning garden (Copyright: Dirtworks PC; K. Duteil, Access ASLA.org)

Elizabeth Nona Evans Garden Cleveland, Ohio

Design Concept: the garden accommodates a range of needs and abilities by sensitively integrating project elements for the needs of disabled and aging populations. Provide different feeling with different elements.

The Elizabeth & Nona Evan Restorative Garden is a typical medical healing garden that won a 2006 ASLA design award. The space is designed based on health and ill health recovery for people who severe restrictions, like a wheelchair bound person with cerebral palsy, minor restriction, like a baby stroller, temporary problems, like a broken foot, and for progressive decline, like disease or aging issues.

One of the missions of this design is designing for everyone (ALSA.org, 2006). They believed that it would create a comfortable, restorative environment for all ages. The restorative garden features three distinct areas: a contemplative garden, a demonstration/exploration garden, and a horticultural therapy garden (Figure 4.7, 4.8, 4.9, 4.10).

Within the horticultural therapy garden, there is an increased use of color and a sensory engaging plant palette. The garden is more spacious for horticultural therapy activities. The design uses different types of plants with long growing season and various heights. Because the space is more public, planter walls and berms were used to create some sense of privacy for therapy programs (ALSA.org, 2006).

This garden is a great example of using the botanical and people-oriented design approaches. As an extension of a larger botanical garden, this garden focuses on seasonal and medicinal plants to enhance its spaces and proves the impact that people with nature. The design also focus on personal experience of the users (ALSA.org, 2006).



Figure 3.12 The Horticultural Therapy Garden (Copyright: Dirtworks PC;, K. Duteil, accessed from ASLA.org)

Spatial Definition

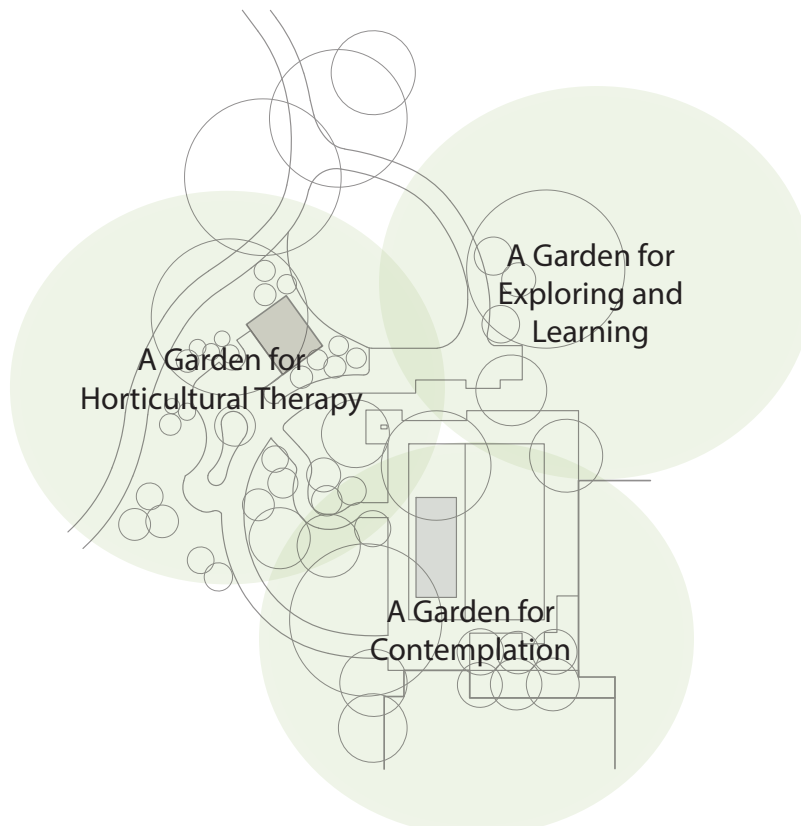


Figure 3.13 Spatial Definition Diagram (by author adapted from plan by Dirtworks PC)



Figure 3.14 Contemplation Garden (Copyright: Dirtworks PC; K. Duteil , Access ASLA.org)

Design Program

Programming (Figure 4.11, 4.12):

A garden for learning and exploring:

- Overlook area for people to pause to viewing
- Movable bench and chairs.

A garden for contemplation:

- Stone wall circumscribes the features of a pool and lawn to form a place.
- Mixed planting material.

A garden for horticultural therapy:

- Sitting area for people to hear and touch.
- Wall with local stone of different texture.
- Water feature and interesting native stones, landforms.
- A dozen varieties of basil provide a long growing season of plants with various heights and blooms.

Design Approach

This project provides an excellent example of using the botanical and people-oriented design ideas. Evans Restorative Garden used different enriching and medicinal plants to create different spaces. Time spent in the space provides a thorough restorative experience. within the horticultural therapy garden, there is an increased use of color and a sensory engaging

plant palette. The garden is more spacious for horticultural therapy activities. People are educated about gardening, taught techniques, and brought in closer contact with nature.

Key Elements

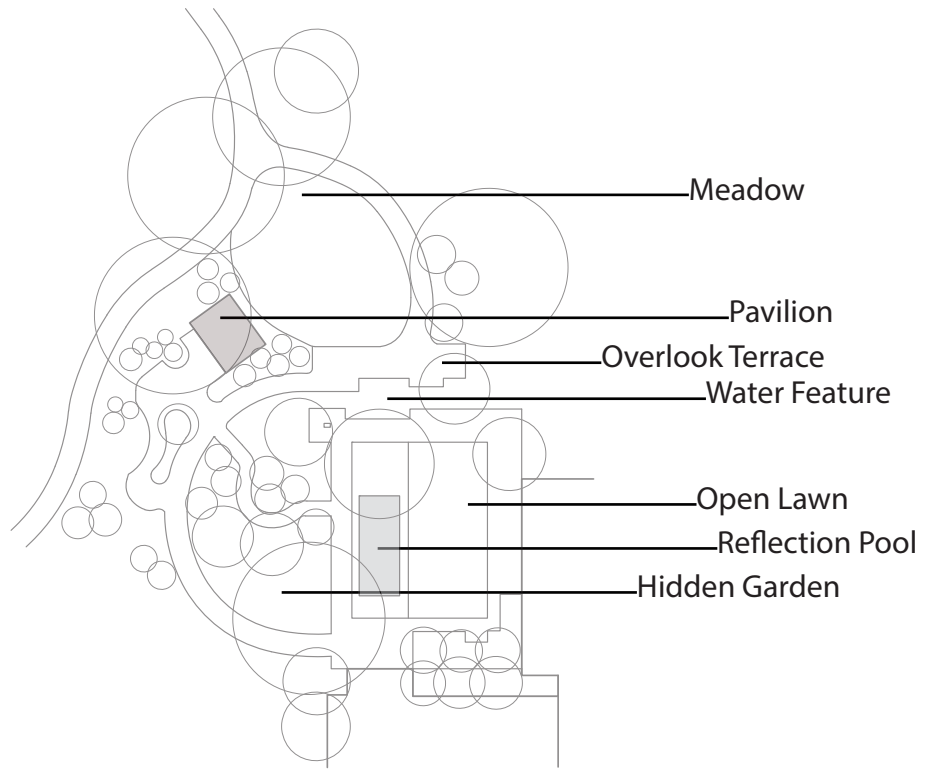


Figure 3.15 Function Elements (by author adapted from plan by Dirtworks PC)

Circulation

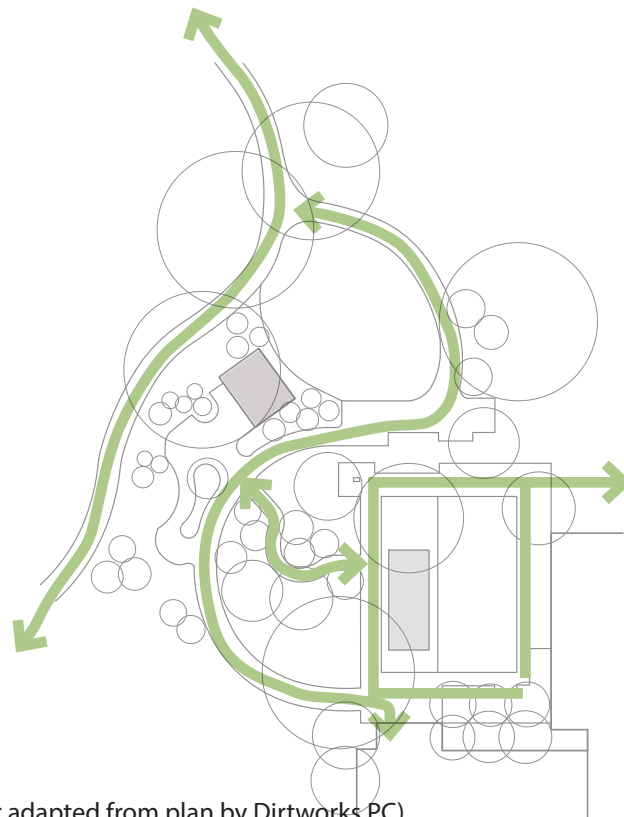


Figure 3.16 Circulation (by author adapted from plan by Dirtworks PC)



Figure 3.17 Vera List Courtyard aerial view (Copyright: Michael Van Valkenburg Associates; Access mvvainc.com)

Vera List Courtyard, New York City

Design Concept: Provide connection to the three buildings around this space and different function and beauty to this little space.

The Vera List Courtyard is an outdoor space between three buildings on New School Campus (Figure 4.13). It is used for special events and a daily routine for students. Set in a small courtyard that links two buildings with entrances at different elevations, the landscape enables and dignifies the simple acts of sitting, gathering space and walking from one level to another (Figure 4.15). An oval terrace on the mound serves as a small open space for lectures, concerts, and academic ceremonies. A dense perimeter landscape of bamboo frames the east side of the courtyard and creates a background for a curve, double-height sitting stairs that functions as an outdoor classroom and performance space. The lower level of the courtyard has connected with a gently

sloping walkway provides barrier-free access for wheelchair users and circles around a mound land form planted with grovel of small deciduous trees. There also three large seating structures (Figure 4.4), one of wood, one of granite, and one of steel mesh, they are placed at key points in the design and showed the connection between each space from inside to outside. The form of the structure is a large circular seating that allows visitors to sit facing out in all directions.



Figure 3.18 View to from the seating area (Copyright: Michael Van Valkenburg Associates; Access mvvainc.com)

Spatial Definition

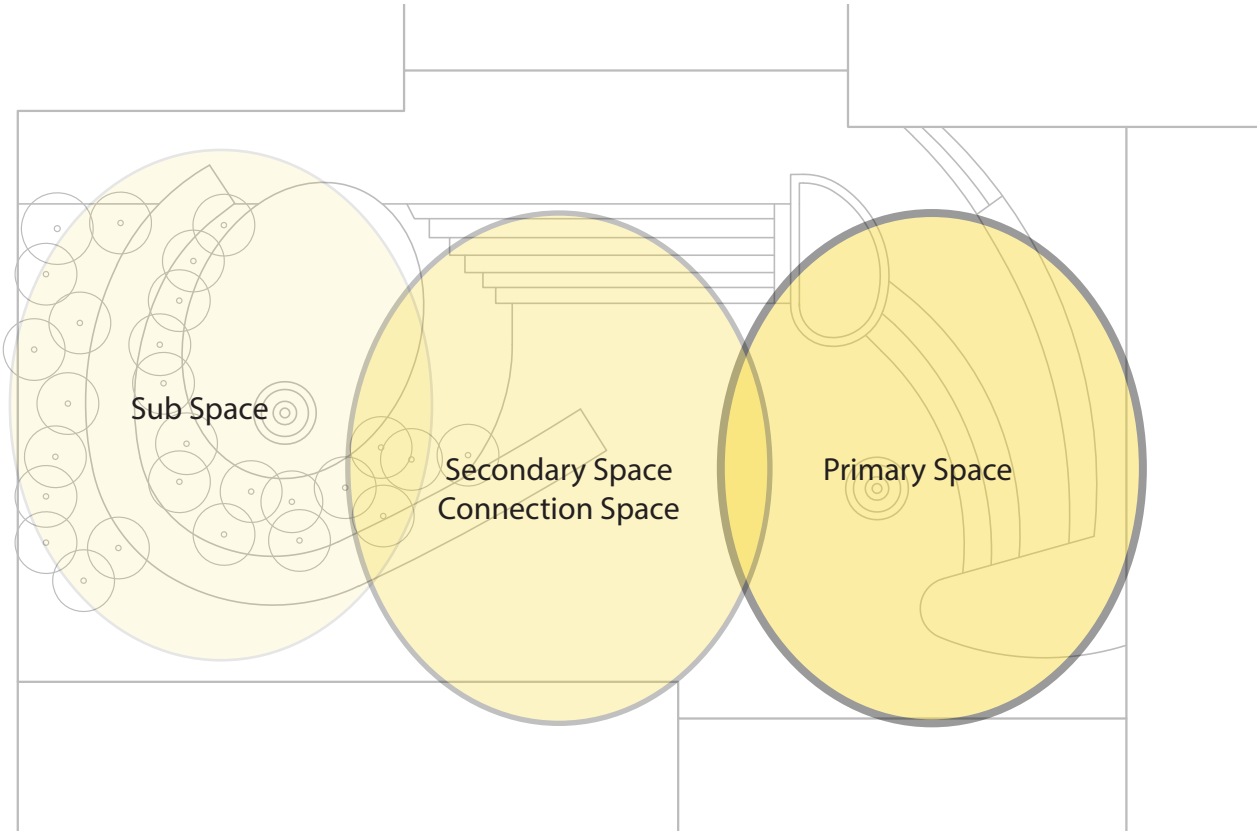


Figure 3.19 Spatial Definition Diagram (by author adapted from plan by Michael Van Valkenburg Associates)



Figure 3.20 People Activities (Copyright: Michael Van Valkenburg Associates; Access mvvainc.com)

Design Program

Programming (Figure 4.16, 4.17):

- The courtyard links two buildings with entrances at different elevations, the landscape frames with sitting, gathering, and walking from one level to another.
- A series of three iconic sitting elements, made from different materials, interact with the forms of the courtyard and provide attraction.
- Red maples' fall color, the sound of bamboo rustling in the breeze, and fallen leaves floating in the pool of water
- Seven step stair function as informal seating
- A ramp provides wheelchair access and moves around a sculpted landform of the landscape.
- An oval terrace serves as a stage for lectures, small concerts, and academic ceremonies (Figure 4.16).

Design Approach

Buildings surround the Vera Courtyard on the three sides, and create large areas of shade. The context is similar to the design site, Lewis Park. At Vera Courtyard, the designer used land form to provide connection with elevation changes. The design provides space for a range of activities,

both public and private. Landscape and the use of other design elements will combine to make the site to be a dynamic urban space.

Function Elements

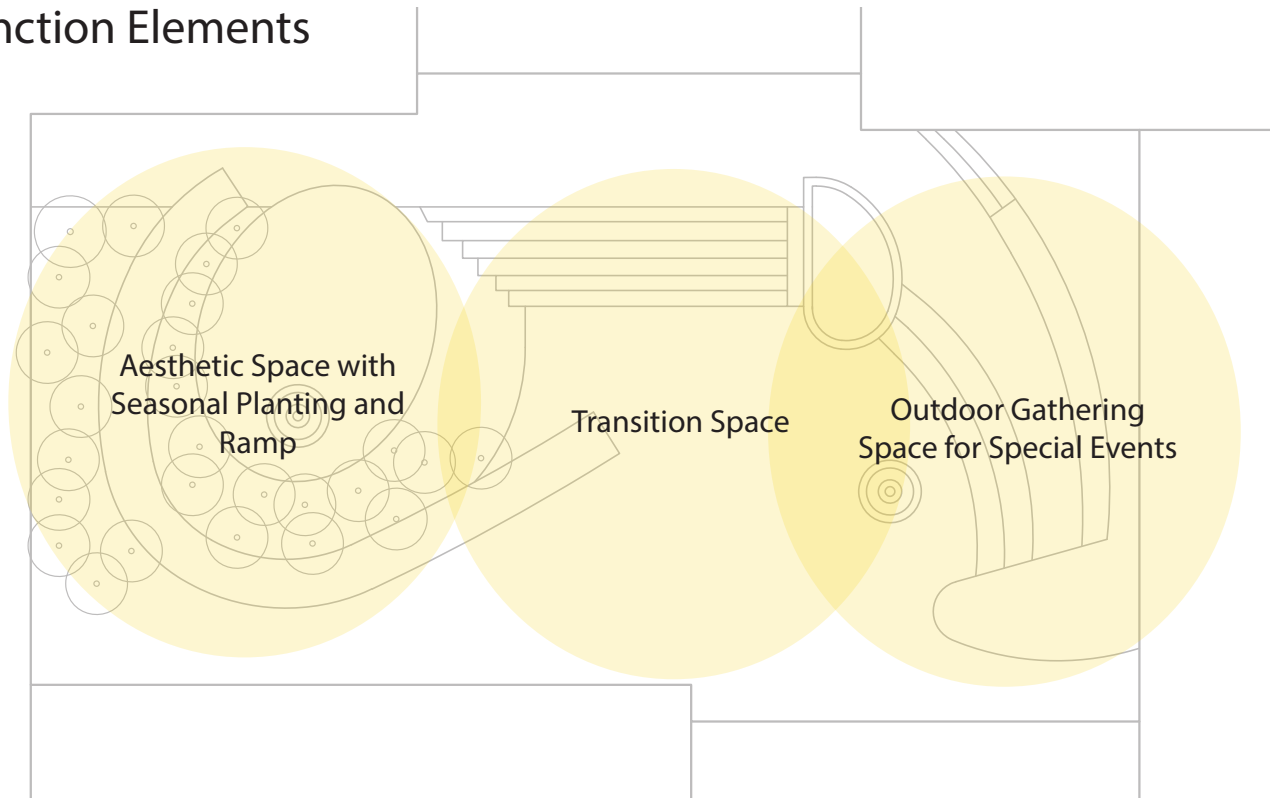


Figure 3.21 Function Elements (by author adapted from plan by Michael Van Valkenburg Associates)

Circulation

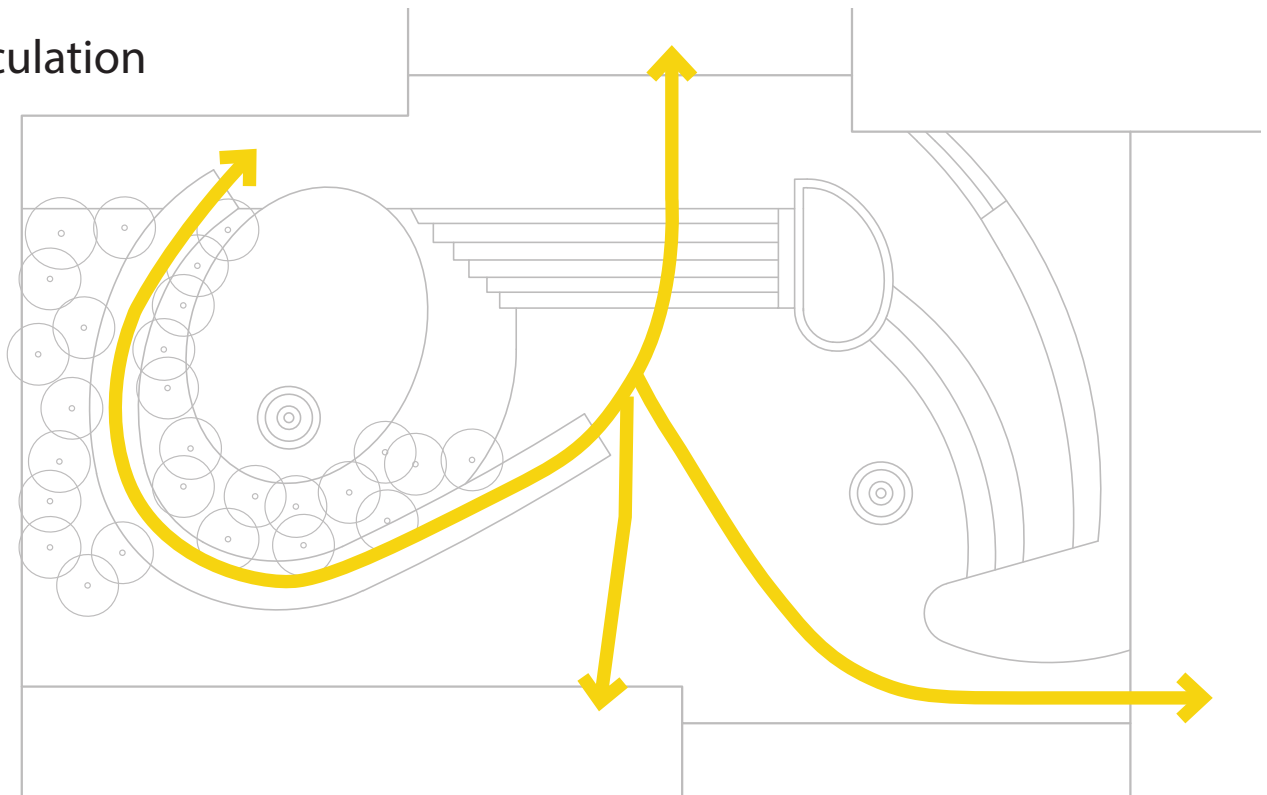


Figure 3.22 Circulation (by author adapted from plan by Michael Van Valkenburg Associates)



Figure 3.23 Smilow Cancer Hospital Roof Garden (Copyright: Towers Golde, access Architizer.com)

Smilow Cancer Hospital Roof Garden, New Haven, CT

Design Concept: A place for doctor, patient to relax and refresh, to forget they are in a hospital, to receive aggressive treatments for their disease.

Smilow Cancer Hospital Roof Garden is a roof garden on the seventh floor of the Smilow Cancer Hospital (Figure 4.18). The garden provides an outdoor place for relaxation, contemplation or intimate conversation. Patients can meet with family members or health care professionals at one of the seating areas, or they can visit the garden by themselves. The intent of the garden design was governed more by the needs and desires of cancer patients who favored images of nature, reminiscent of patients' own backyards (Figure 4.20).

The garden is relaxing. One can traverse the circulation loop on foot or via wheelchair, experiencing different views of the garden. There is an overlook area for people to view the city. The naturalistic stream meanders through the garden, terminating in a reflecting pool. There are some small level changes to provide a water sound. The sights and sounds of the garden can reduce anxiety and stress and have a restorative effect on the physical and mental health to the patients. Different kinds of planting design provide different interests with seasonal changes (Figure 4.19).



Figure 3.25 Seating Zone (Copyright: Towers Golde, access Architizer.com)

Spatial Definition

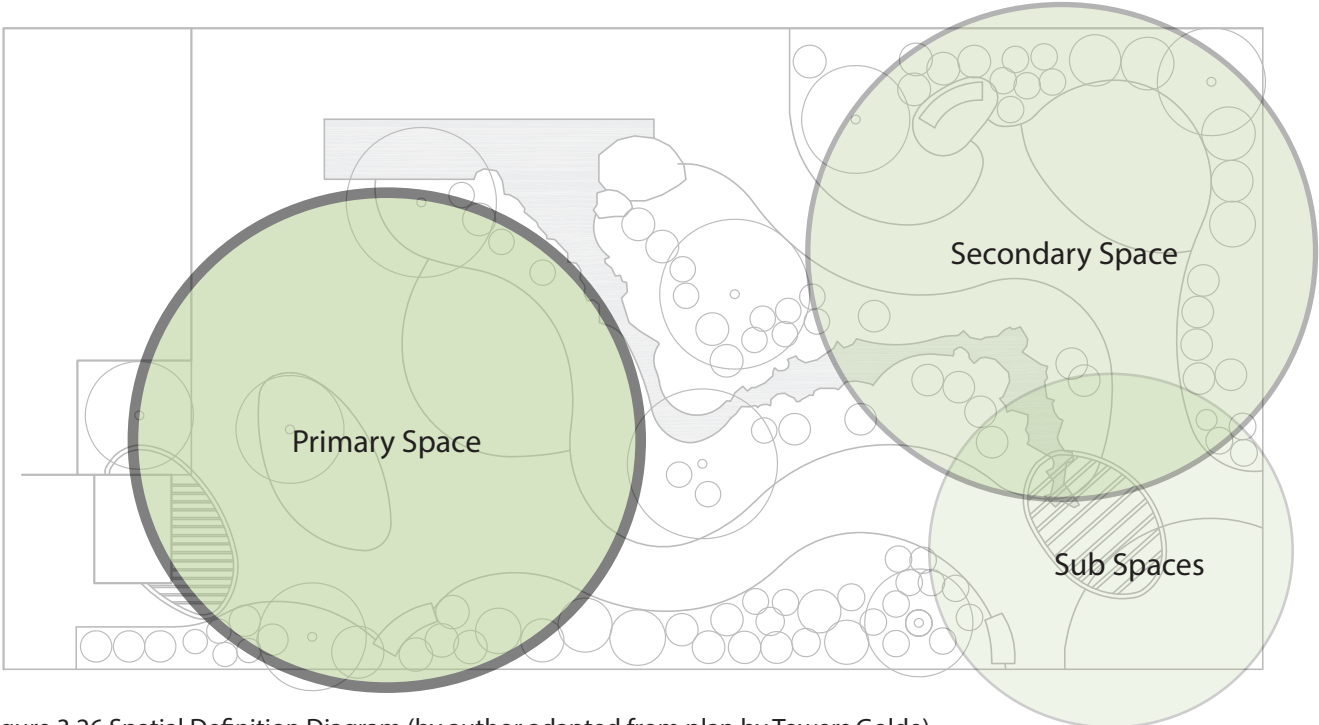


Figure 3.26 Spatial Definition Diagram (by author adapted from plan by Towers Golde)

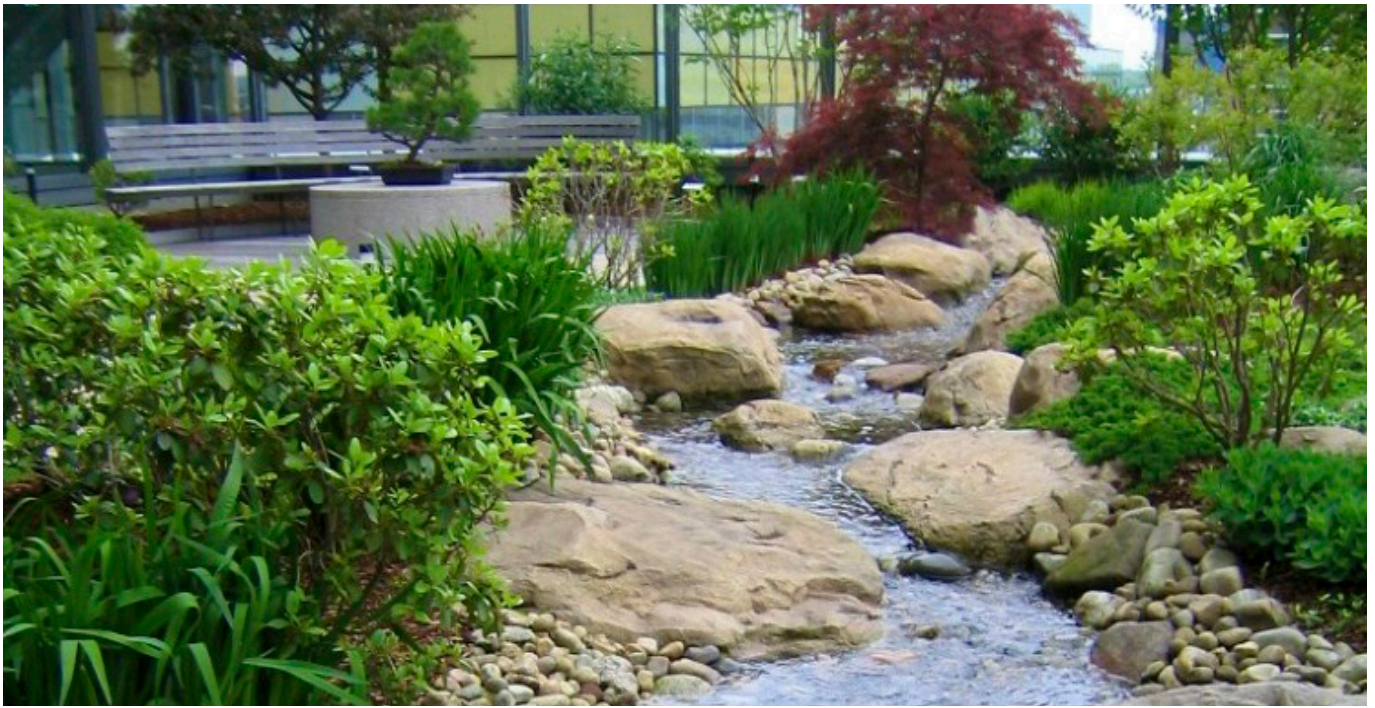


Figure 3.27 Rain Garden (Copyright: Towers Golde, access Architizer.com)

Design Program

Programming (Figure 4.22, 4.23):

- Located on the seventh floor of Smilow Cancer Hospital, this landscape is an outdoor healing garden for patients and family members to enjoy, complete with trees, shrubs, plants, a small stream and benches.
- The sights and sounds of the garden can reduce anxiety and stress and have a restorative effect on the physical and mental health
- People can listen to running water while sitting on one of the many beautifully crafted wooden benches that are placed along the outline of the path.
- Place to overlook the city, breathing, refreshing air and enjoy the sunlight.
- Spring, summer and fall are the best times to visit garden with seasonal planting design (Figure 4.21).

Design Approach

Smilow Cancer Hospital Roof Garden is an great example of restorative landscape design. The design followed the A.R.T theory, using high density of vegetation and water to provide an opportunity for people to get closer with nature, it provides several seating areas for people to chat and rest, providing a water feature and overhead

plane structure for attraction. Since it is a roof top garden, it can have an overview to the city, and has a lot of sunlight. The planting design provides seasonal interests and shade in the summer time.

Key Elements

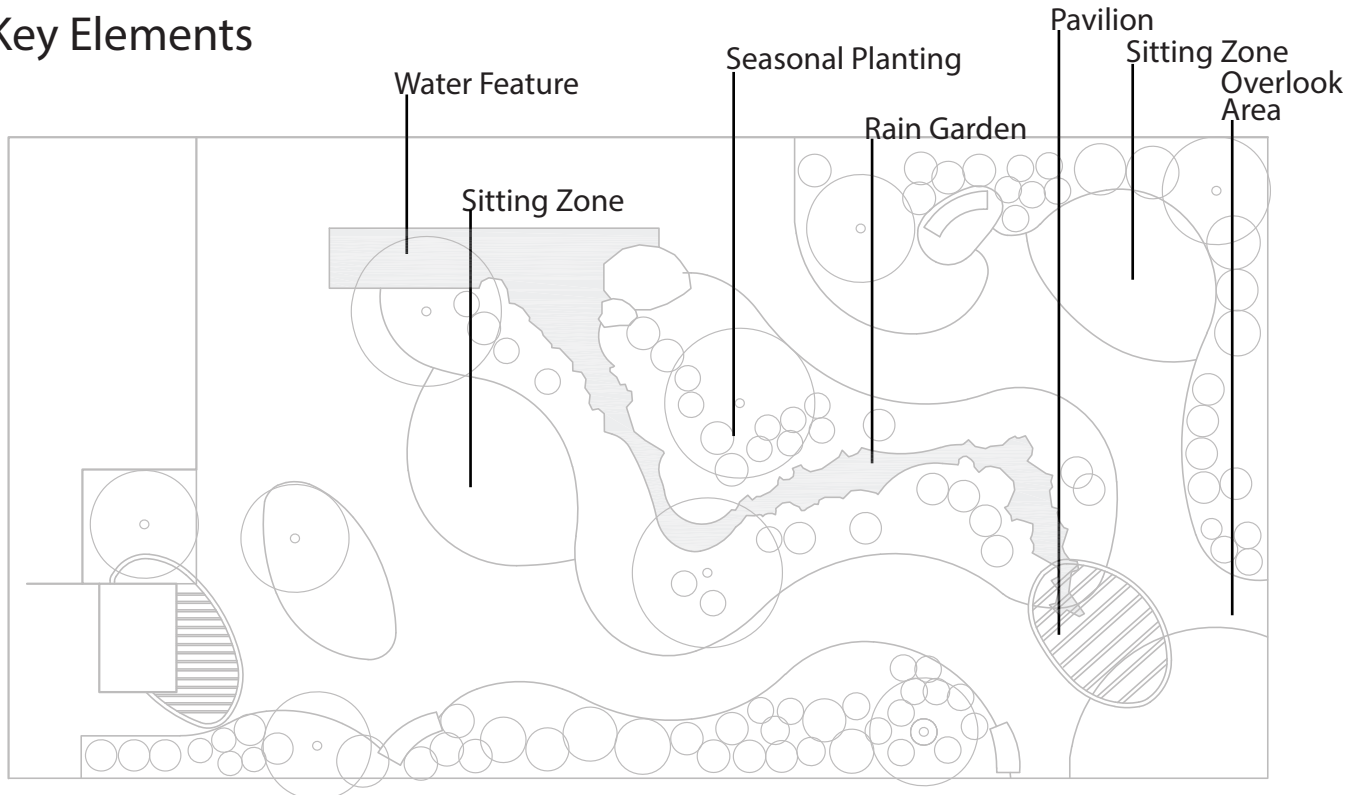


Figure 3.28 Function Elements (by author adapted from plan by Towers Golde)

Circulation

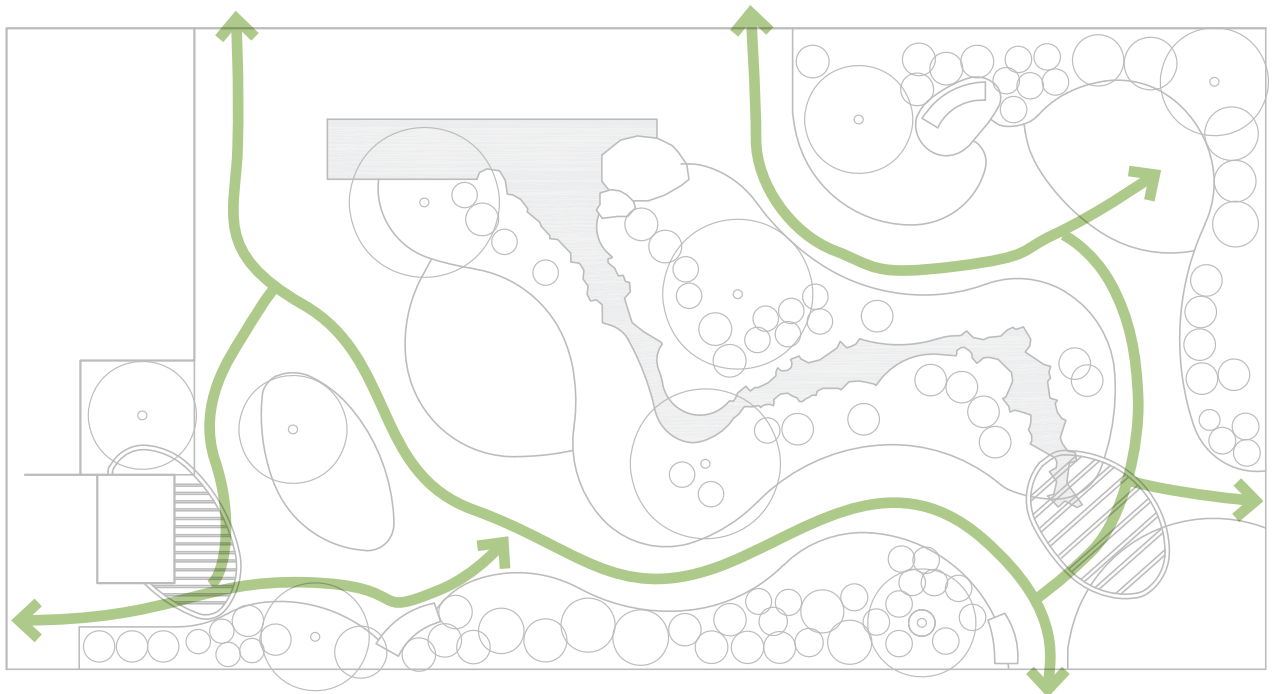


Figure 3.29 Circulation (by author adapted from plan by Towers Golde)



Figure 3.30 Portland's Japanese American Memorial designed by Robert Murase (image courtesy of Katie Kingery-Page 2009)

Japanese American Historical Plaza, Portland, OR

Design Concept: created the theme of the plaza to tell the story of the hardships suffered by Japanese immigrants and the prisoned Japanese during World War II

The Japanese American Historical Plaza in Portland tells an important story of the Japanese in Oregon (Figure 4.24). It has been designed with the plaza to tell the story of the hardships suffered by Japanese immigrants and the indignities imposed by the incarceration of Japanese Americans on the West Coast. The plaza was created to raise greater public awareness about the diversity of cultural experiences in America. The story continues with poems inscribed on the stones. The stone at the center of the plaza lists the ten internment camps.

Visitors can walk along the south end of the stone wall to the north, following the flow of the Willamette River (Figure 4.25), and consider the history of Japanese Americans from the early immigrants to the new generation today. The plaza designed to speak to the visitors, affirming ideals that are among the highest of the nation (Figure 4.26).



Figure 3.31 Portland's Japanese American Memorial designed by Robert Murase (image courtesy of Katie Kingery-Page 2009)

Spatial Definition

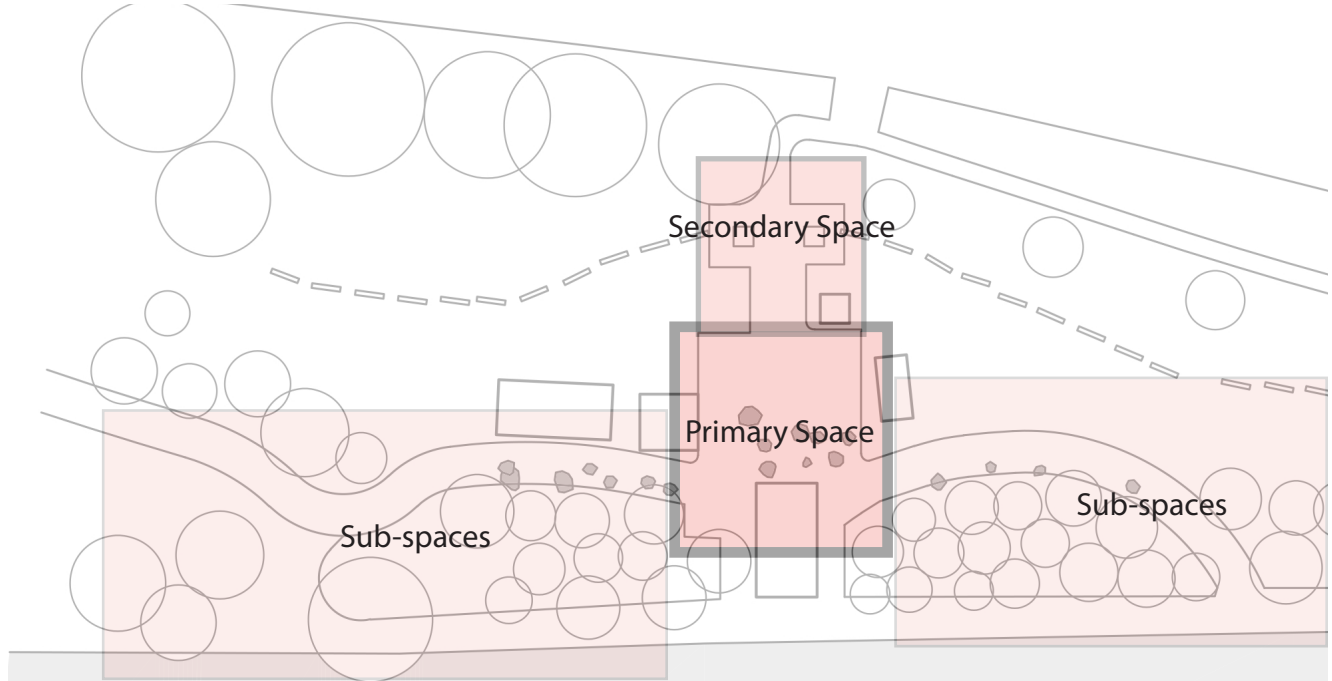


Figure 3.32 Spatial Definition (by author adapted plan by Google Earth)

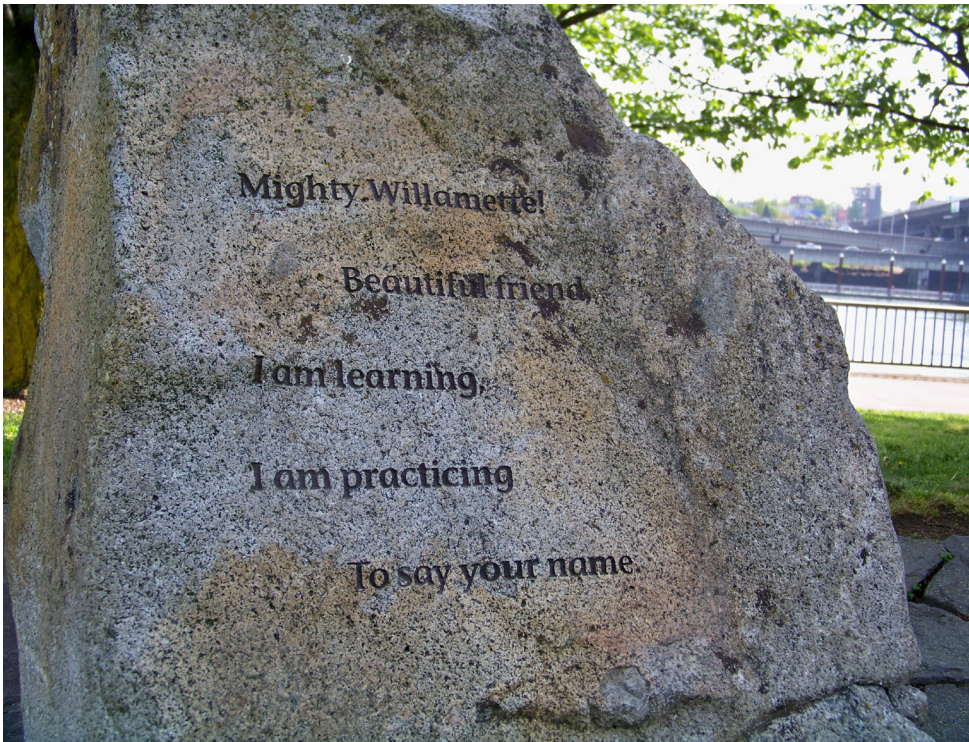


Figure 3.33 Inscribe poem on the stone (image courtesy of Katie Kingery-Page 2009)

Design Program

Programming (Figure 4.28, 4.29):

- Using thirteen engraved stones of basalt and granite to tell the story of the history
- The story continues with poems inscribed on the stone with different heights.
- Two berms on each side create a barrier.
- An entry plaza with signage and education signs.
- Overlook area for people to look at the river
- Cherry trees, bloom in the spring time.
- Path along the river
- Open lawn
- Central plaza, gathering space.
- Two column with human face help people recall the history.

Design Approach

The Japanese American Historical Plaza is a great example of memorial design. It has an entry space, a central plaza with groups of trees as a backdrop. The design used stone to tell the Japanese Immigrants' history. There are also education signs with introductions to help people learn this history. The design used berms with

elevation changes to frame the central plaza space, using cherry trees to create a background of the plaza. Cherry flowers are also the national flowers in Japan, providing a sense of meaning to this space.

Function Elements

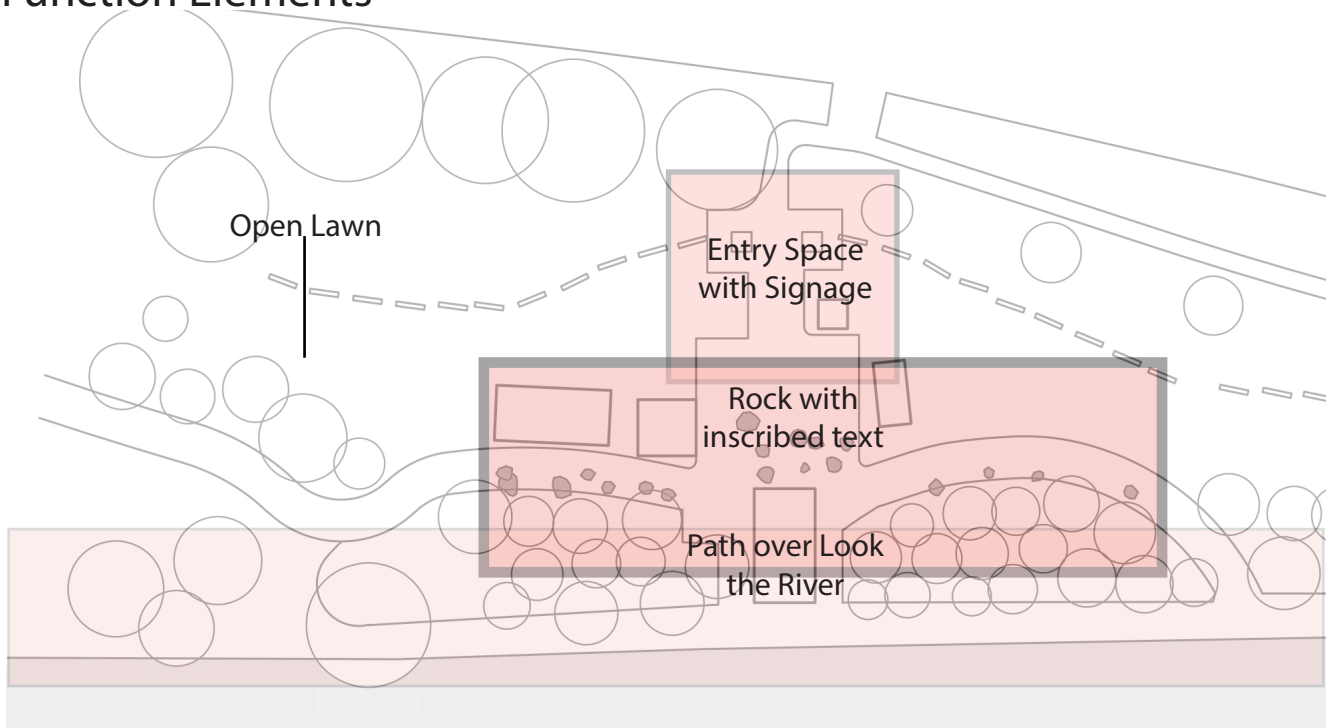


Figure 3.34 Function Elements ((by author adapted from Google Earth)

Circulation

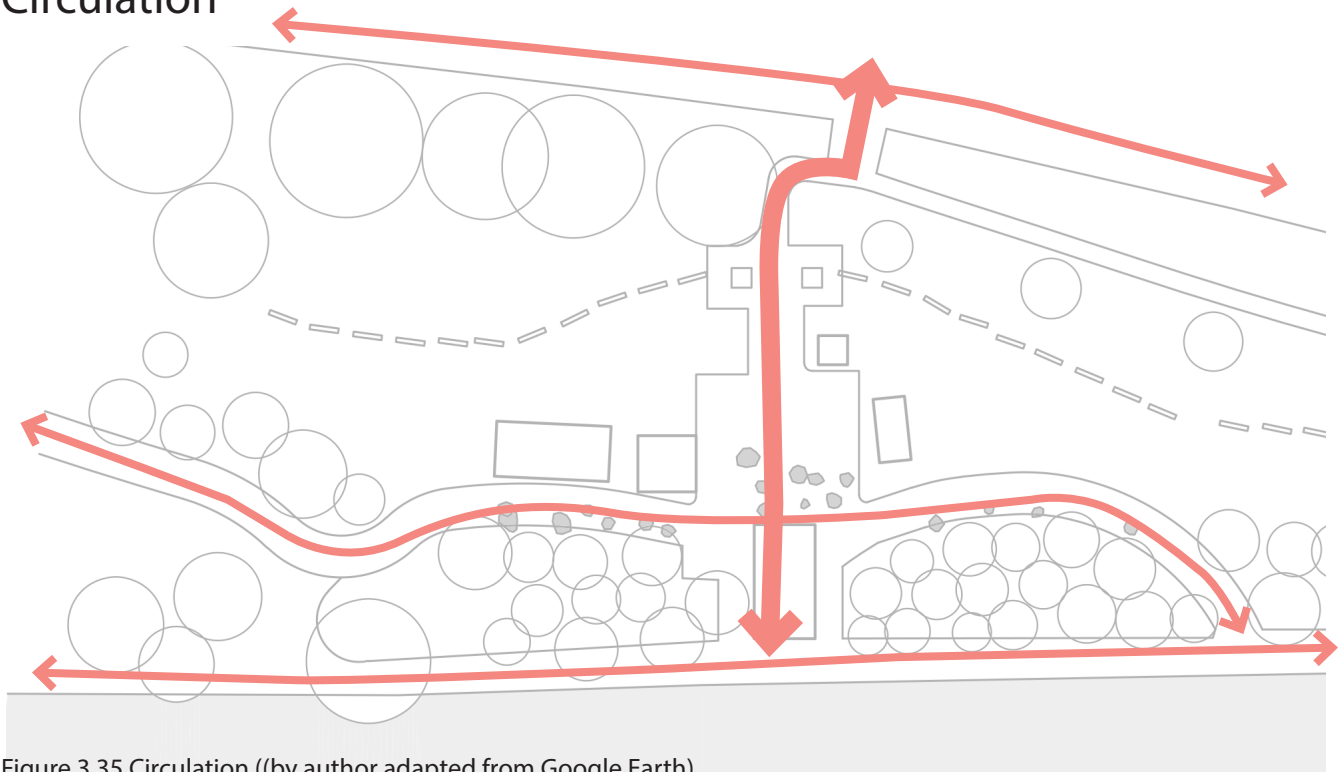


Figure 3.35 Circulation ((by author adapted from Google Earth)



Figure 3.26 Franklin Delano Roosevelt Memorial (Copyright: Wally Gobetz, 2001)

Franklin Delano Roosevelt Memorial, Washington, DC

Design Concept: Using four outdoor spaces to tell the story of Roosevelt.

The Franklin Delano Roosevelt Memorial, dedicated to Franklin Delano Roosevelt, the 32nd president of the United States, lies about half way between the Lincoln Memorial and the Thomas Jefferson Memorial in Washington DC (Figure 4.29). There is a meandering pathway that leads past waterfalls, bronze sculptures and some curved granite walls with powerful words (National Park Service 2013). Each space is built with different granites, inscribed with quotes emulating different times. Walking into these spaces, the engravings greet the visitor, the encompassing walls make one feel below the earth, and surround one by the thick fortress walls of the memorial. Halprin's design features elements of water and bronze sculpture elements of water and bronze sculpture scattered

along a staggered pathway (Figure 4.32).

All these spaces are handicap accessible in acknowledgment of Roosevelt's disability with multiple opportunities for access to different spaces (Figure 4.30). The first room presents the first year of Franklin Delano Roosevelt's presidency with Robert Graham's bronze bas-reliefs of the first inauguration. The second room has the George Segal's sculpture to represent the troubles of the American people during the Great Depression. Room Three features a waterfall roaring over scattered boulders to represent the troubling time of World War II. And room four consists of a Leonard Baskin's bas-relief to show the nation's grief over their president (Figure 4.31).



Figure 3.27 Aerial view (Copyright: Wikimedia Common)

Spatial Definition

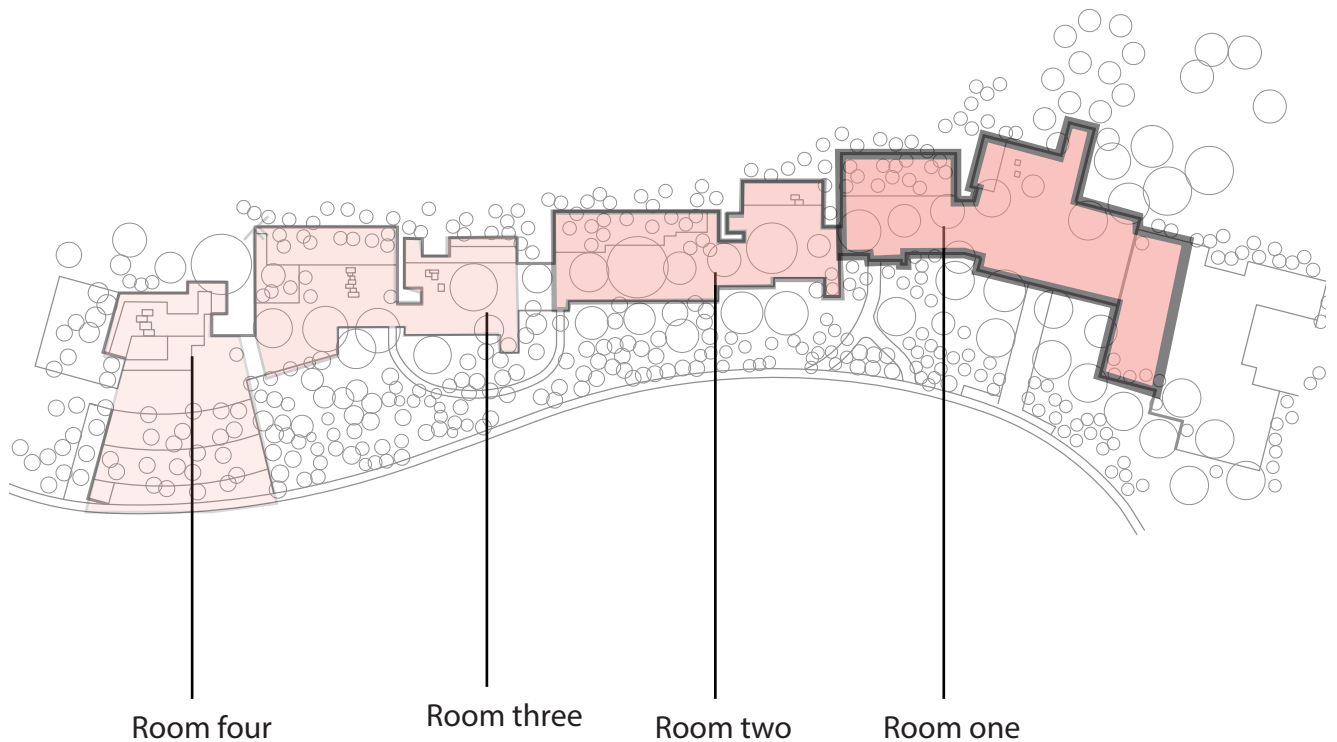


Figure 3.28 Spatial Definition Diagram (by author from plan by Lawrence Halprin)



Figure 3.29 Waterfall (Copyright: Stefan Fussen, 2012)

Design Program

Programming (Figure 4.33, 4.34):

- Sculpture of Franklin Delano Roosevelt
- With a secluded garden feel
- Forms a spine along the river
- Series made up of granite stone with water and inscriptions
- Wrapping along the shore, the memorial frames views across the water to another monument.
- Inscription on the granite stone with special quote and words
- All the spaces are handicap accessible
- Seating, benches in the spaces
- Vibrant yellow and orange fall color with sound of rustling leaves from the trees.

Design Approach

The Franklin Delano Roosevelt Memorial is dedicated to the history of this American president. The design using water feature with granite stone with the president's words and quotes help people to recall the history. The design also creates a healing environment with water fall and planting design. Each space has an area to sit, and so the stone and platers are

designed to be equal to human height. There are several paths which provide a connection to the river. The planting design uses different kinds of vegetation to provide different colors and product interest with seasonal change.

Key Elements

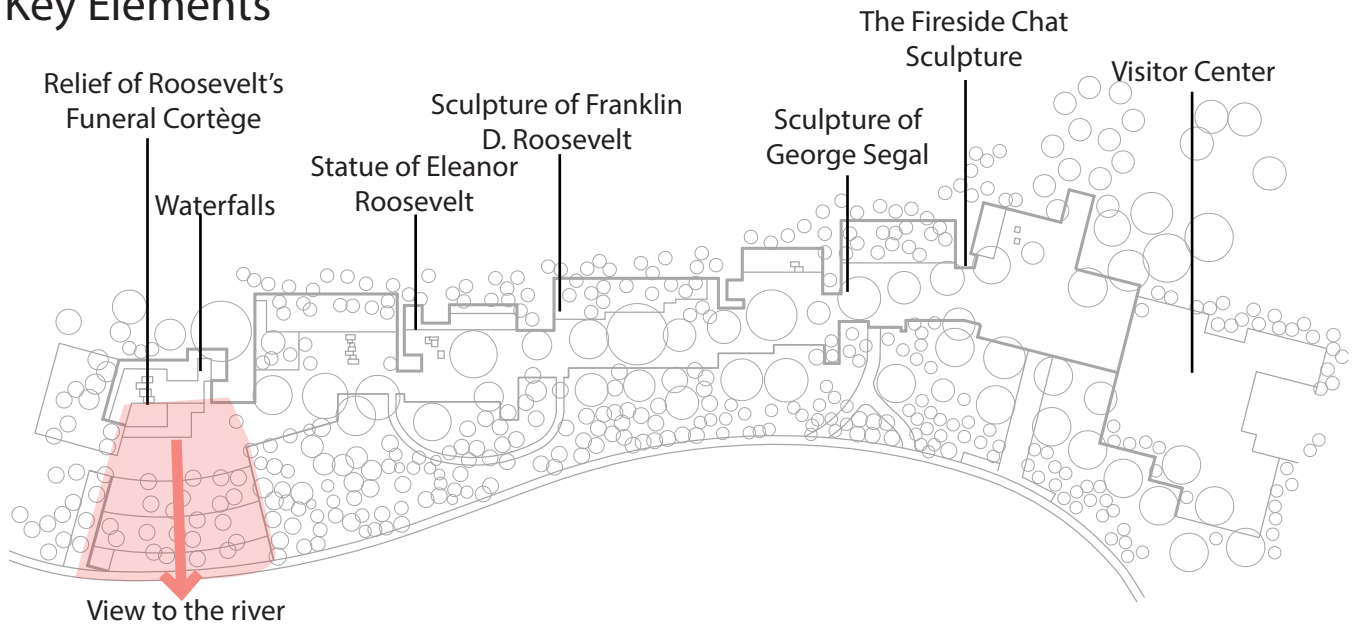


Figure 3.30 Key Elements (by author from plan by Lawrence Halprin)

Circulation

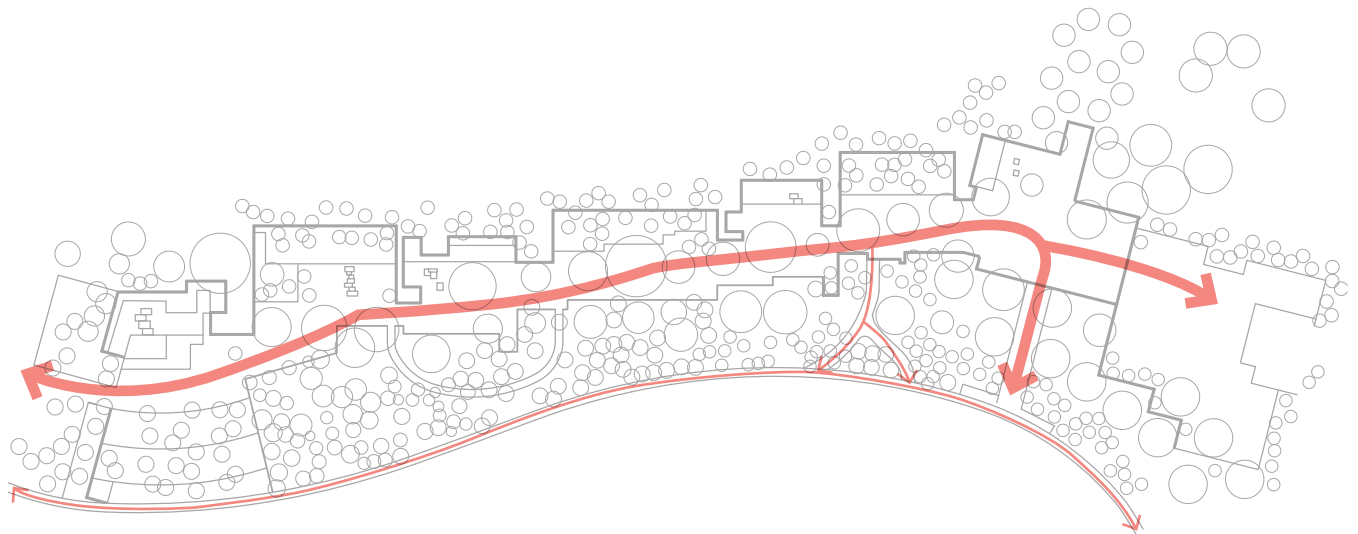


Figure 3.31 Circulation ((by author from plan by Lawrence Halprin)



Aerial view of Wichita (Source: Adapted from Google Maps)

Methods

To better understand the design possibilities for Lewis Park, I used literature review, precedent study and analysis. I studied a total of six different healing gardens, urban parks and memorial designs.

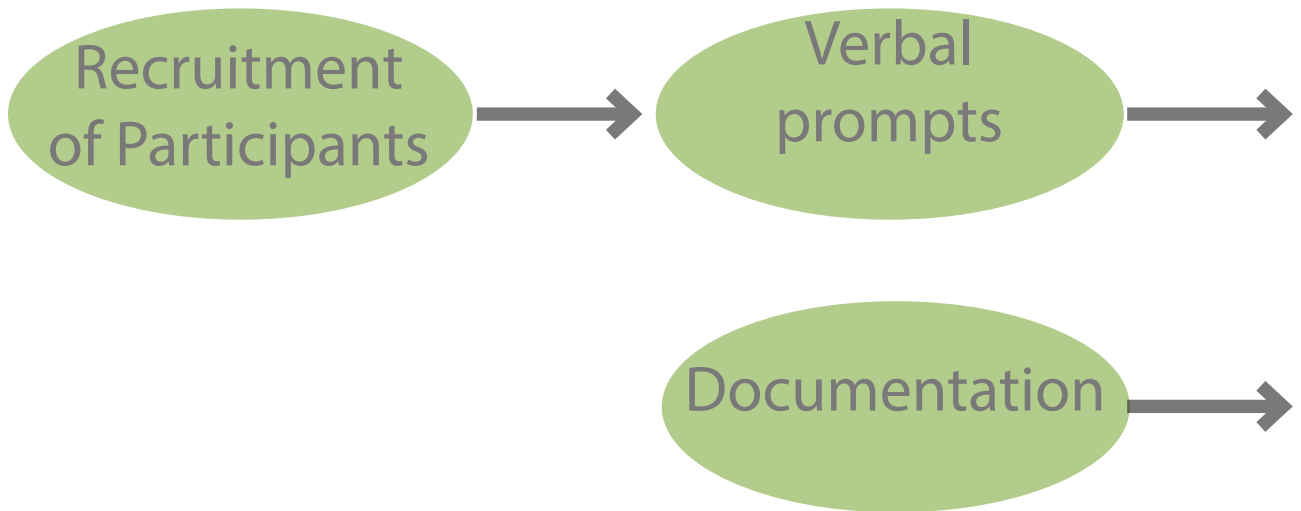
To better understand the site, first our team conducted a stakeholder meeting. I also observed Chester I. Lewis Reflection Square Park (Lewis Park) to see what it contains and how it was being used. Then, I interviewed the local people living or working by the park and asked questions about how they were using this area, what they thought of the condition of the park. Last, I asked if they could provide me an example of some other park that they would like to go during their leisure time (See Appendix A for IRB approval).

Literature Review and Precedent Analysis

I began the literature review to understand the broad range of restorative landscapes. The literature review helped me to understand healing garden theories and understand people's stress, as well as learn about urban park and memorial design. After the literature, I developed a series of operational definitions from relevant articles and books.

To understand the design principles that guide restorative landscape design and urban design, precedent study and analysis are important. An important step in this research is the selection of precedent studies. Precedents include examples of an urban "green window" park, a healing garden, and a landscape memorial park. In the studies, design elements and design theory were analyzed for stress recovery or attention restoration with the precedent's program. Precedents include: Paley Park, Vera List Courtyard, Smilow Cancer Hospital Roof Garden, Elizabeth and Nona Evans

Restorative Garden, Franklin Delano Roosevelt Memorial and Japanese American Historical Plaza. Paley Park is the selected since its location (a pocket park between urban buildings) is similar to the design site Chester I. Lewis Reflection Square Park. Vera List Courtyard has a the similar context with Lewis Park. Elizabeth & Nona Evans Restorative Garden and Smilow Cancer Hospital Roof Garden are a typical healing garden that focus on exploring the expanse of rich experiences and possibilities with health and recovery. Franklin Delano Roosevelt Memorial and Japanese American Historical Plaza are the most famous memorial design in the United States.



Initial stakeholder meeting

Our team, three students worked with Professor Kingery-Page for Chester I Lewis Square Park redevelopment. Our team name is Cultural Inquiry Team. We conducted a stakeholder meeting to have a better understanding of Chester I Lewis Square Park (Figure 4.35).

What components or characteristics of a restorative environment does Lewis Park currently lack?

What are the perceptions of people living, working, or otherwise inhabiting the area immediately surrounding the Lewis Park?

Knowing that marginalized populations experience higher levels of stress than general populations, how can this landscape design promote psychological restoration and be inclusive of diverse audiences ?

Goal: to get experience with meeting a group selection of community stakeholders, to understand what their thoughts about the current site and what they envision and expect for redesign of the park.

Recruitment of Participants: The initial meeting in a combination of a convenience sample and a snowball sample. Three participants are initial contacts who requested Prof. Kingery-Page engage students in studying the park; the other four were named by the initial sample.

Approach: The meeting was an open-ended, focused group interview. Verbal and visual prompts was used.

Verbal prompts: Cultural inquiry team developed a series of questions regarding 1) the mission of the park, 2) the existing conditions and functions of the park, and 3) future expectations, wishes, and aspirations for the park (Appendix B).

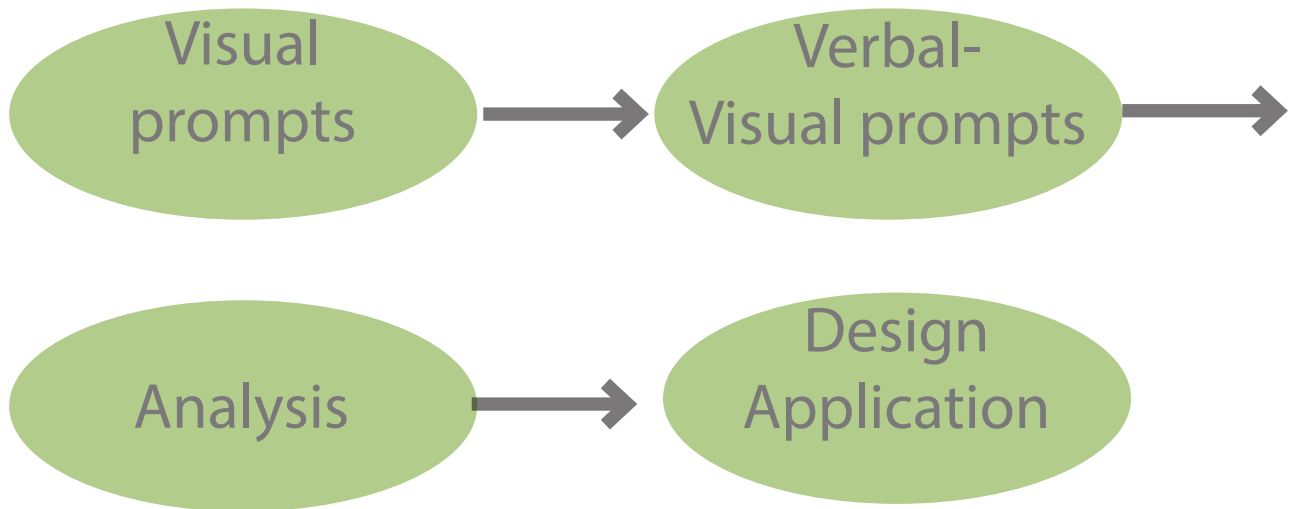


Figure 4.1 Initial Stakeholder Meeting Process Diagram (by author)

Visual prompts: large, printed photographs of existing site with analysis diagrams. They were posted during the meeting to elicit reflection upon the current condition of the park.

Verbal-Visual prompts: our team provided a short presentation to briefly review the site condition with site analysis and inventory. We also provided our thoughts on opportunities and constrains for the existing condition, then we opened up the discussion with all the participants.

Documentation: We took notes for the focus group thought the meeting, also audio recorded all the meeting process. Both notes and audio documents were analyzed after meeting.

Analysis: After this stakeholder meeting, our team collected all our notes and audios. We used a grounded theory approach to analyze the content themes of these audio files. The audio was listened by each of us and we added in more details to our initial notes by listening these audio files several times. With each repeated listening to and noting several times, we had a deeper understanding through what focus group said, and understood what was important signified as most. Importance was evaluated as which was repeated more than twice during the meeting. After recollecting notes from the audio, we developed a list of possible content themes.

Application: After analyzing our stakeholder meeting, I had a better understanding of Chester I. Lewis Reflection Square Park with background and focus group expectation for future development. Based on what people have repeated several times during the meeting, I proposed a list of program elements for redesigning the site. Eventually, I developed a master plan for this site to solve the problems the current park has and include the elements emphasized during stakeholder meeting. Since my focus is to bring a more green, restorative environment to the park, and also build on stakeholder appreciation of the existing trees by proposing more vegetation.

Site Observation and Analysis

Chester I. Lewis Reflection Square Park is located in Downtown Wichita, on Douglas Avenue. There is street parking and a bus stop next the park. To understand the current site condition, this area is about 15,000 square feet. The site is currently under poorly unwell-used condition. The park is surrounded with offices, commercial buildings and a residential apartment across the street. On the east side of the park, there is a restaurant, but it is currently is closed due to some economic issues. Some downtown restaurants won't make a profit because "people only visit during time lunch time on work days" according to a City of Wichita Council member. On the south side of the property, there is a narrow alley covered with a large area of building shade. There are few tables with chairs, some sculptures, a leveled water feature, some trees and paving pattern are designed for this space. There are some shade trees on the site that can provide different uses for people and bring aesthetic function to this place. But some vandalism happened last year, "the bright orange spray paint marring the surface of a nearby sculpture honoring the three-week-long sit in", said Mark McCormick, the executive director of the Kansas African American Museum (Beckman, 2016). There are also some homeless people living in the park at times during the year.

Structured Individual Interviews

To better understand the site, I conducted interviews about how the existing site is being used and how the landscape contributed to people's daily life, and discover what elements they utilized and enjoy. I recruited the participants by visiting the surrounding buildings, both commercial and residential. Also, asking the people whose are working in the surrounding building during interview about what kind of window view they have, and how they feel about their window view, and if the window view make them feel relax and enjoyable. How often are you using this space, and how satisfied with this park. I asked how the residents used the outdoor areas and for what activates, the frequency of their usage, how much they appreciated the area, and how connected they feel with nature at this area. See Appendix B for Interview Questions.

After completing all the methods, I have used the grounded theory again approach to analyze the content themes of the audio files that I recorded during my interviews. I typed up the entire conversations, then listened and went through and marked the text with the ART theory components relevant to interviewees words. Then, I listened and went through the text for the third time to mark all the program elements that were discussed during the interview (See Appendix C).



Findings

Design Concepts

	Design Concept	Kuo, 2010	Kaplan, 1989	Kaplan, 1995	Ulrich, 1984	Mercer, 1976
Restorative Landscape	Fascinations hold an individual's attention and alleviate fatigue			X		
	The concept of Being-Away provide a different feeling to people		X			
	Pleasant sounds can mitigate noisy environmental stressors to reduce pain and stress					X
	Extent connects the people to larger systems or ideas		X			
	Compatibility occurs when the environment meets the individual's purposes		X	X		
	The natural environment can help with recovery from loss experienced as stress or anxiety	X				
	A place for people to release stress					
	Natural settings get more positive feelings, reduce fear, extend attention, and provide greater restoration from stress than urban settings				X	
	Designed environment is instrumental in being supportive or detrimental to people's psychological and emotional needs		X			
Urban Park	Explore the potential of designed outdoor settings in urban places provide a sense of renewal					X
	Landscape design is beneficial to all ages, genders, races or ethnicities					
	Garden Features conducive to accessibility					
	A sense of place may be created by using inspiration from both the local natural environment and vernacular cultural expressions					
	Well programmed, provide different attraction					
	Consider sustainability, environmental issue, natural environment and human health					
	Promote healthy community for children and adult					
Memorial Landscape	Educational Space for children to get touch with nature					
	Recall the past to inform new responses for the future					
	Preserve Memories Culture value					
	The naming of places and telling of stories through narratives and teach values					
	Adding cultural and historical information to a place, the narrative established makes it interesting and attractive					
	Provide Culture Identity and give a sense of the importance of the past					

Figure 5.1 Design Concepts from Literature (by author)

Laforteza and Carrus, 2009	Souter-Brown, 2015	Rockport, 2006	Heerwagen, 2011	Wolschke-Bulmahn, 2001	Sturke, 1999	Stuart, 2012
X		X				
			X			
			X			
			X			
	X					
	X					
		X				
					X	
				X		
					X	
						X
				X		
						X

Concept Diagram from Precedent Study

	Design Concept	Paley Park, New York city	Elizabeth & Nona Evans Restorative Garden, Cleveland, Ohio	Franklin Delano Roosevelt Memorial, Washington, DC
Restorative Landscape	Fascinations hold an individual's attention and alleviate fatigue	X	X	X
	The concept of Being-Away provide a different feeling to people	X	X	
	Pleasant sounds can mitigate noisy environmental stressors to reduce pain and stress	X	X	X
	Extent connects the people to larger systems or ideas		X	
	Compatibility occurs when the environment meets the individual's purposes	X	X	X
	The natural environment can help with recovery from loss experienced as stress or anxiety	X	X	
	A place for people to release stress		X	
	Natural settings get more positive feelings, reduce fear, extend attention, and provide greater restoration from stress than urban settings		X	
Designed environment is instrumental in being supportive or detrimental to people's psychological and emotional needs	X	X		
Urban Park	Explore the potential of designed outdoor settings in urban places provide a sense of renewal	X	X	
	Landscape design is beneficial to all ages, genders, races or ethnicities	X		X
	Garden Features conducive to accessibility	X	X	X
	A sense of place may be created by using inspiration from both the local natural environment and vernacular cultural expressions	X	X	
	Well programmed, provide different attraction	X		
	Consider sustainability, environmental issue, natural environment and human health	X		
	Promote healthy community for children and adult	X		X
Memorial Landscape	Educational Space for children to get touch with nature			X
	Recall the past to inform new responses for the future			X
	Preserve Memories Culture value			X
	The naming of places and telling of stories through narratives and teach values			X
	Adding cultural and historical information to a place, the narrative established makes it interesting and attractive			X
	Provide Culture Identity and give a sense of the importance of the past			X

60 Figure 5.2 Design Concepts from Precedent Study (by author)

Vera List Courtyard, New York City	Smilow Cancer Hospital Roof Garden, New Haven, CT	Japanese American Historical Plaza, Portland, OR
X	X	
	X	
	X	
	X	
	X	
	X	
	X	
	X	
X		X
X		
X		
X		
X		
X		
X		X
		X
		X
		X
		X
		X
		X
		X

The concepts gathered within the literature review and precedent study provided the basis for a framework for implementing restorative landscape and memorial features within the urban context (Figure 5.1). Initially, an investigation of the existing literature and precedent of memorials, urban park and restorative environments took place to understand their purpose and design programs. These types of spaces differ in their purposes, as do their design characteristics. The memorial serves as a physical form of remembrance and cultural identity in the urban environment; the restorative environment serves to reduce visitor’s stress; urban landscape characteristics create a memorable urban environment. The first approach was to generate the design program from the literature and precedent study. This approach resulted in a chart guided by the three big ideas of this project (Figure 5.1).

Site Context



Figure 5.3 Site Context Diagram (by author, credit to Google Earth)



A
Site photo summer time
(photo taken by Skylar Brown)



B
Site photo summer time (photo
taken by Skylar Brown)

Site Condition

Chester I. Lewis Reflection Square Park is currently in poor condition and is surrounded with office and commercial buildings (Figure 5.2). On the south side of the property, there is a narrow alley covered with a large area of building shade. There are few tables with chairs, some sculptures and paving patterns in this space. There are some shade trees on the site can provide different uses for people and bring aesthetic function to this place. However, there

were vandalism issues in the last year. “The bright orange spray paint marring the surface of a nearby sculpture honoring the three-week-long sit in,” said Mark McCormick, the executive director of the Kansas African American Museum (Beckman, 2016).



Figure 5.4 Site photo winter time, view from the first floor in business building next to the park (photo by author)



Figure 5.5 Site photo winter time view from the second floor in business building next to the park (photo by author)

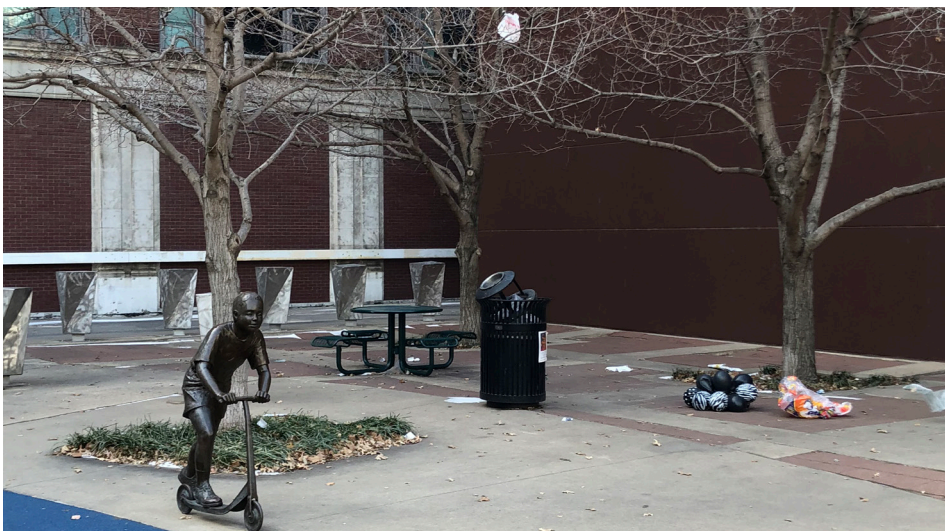


Figure 5.6 The back corner of the site in winter time (photo by author)

Site Visits

Our initial site visit was on Thursday, November 30th in the afternoon around 2:00 pm. During that time there were no people in the park and half of the park was in shade. In late November, the north wind was strong, and the park was not a pleasant place for people to visit (Figure 5.5). On February 5th, I revisited the park again. I stayed at the park from 11am-3pm, and with sunny weather the temperature was about 36 degrees to 40 degrees. Most of the park was in shade, and the strong north wind made me feel cold when I was on the site (Figure 5.6). There was some trash on the ground and moving with the blowing wind (Figure 5.7). During the time on the site, there were only four people that visited the park: two people were from the building adjacent to the park and were smoking by a trash can. One was exiting from the adjacent building and went to the Douglas Street during lunch time and one walked through the park to the back alley with her dog.

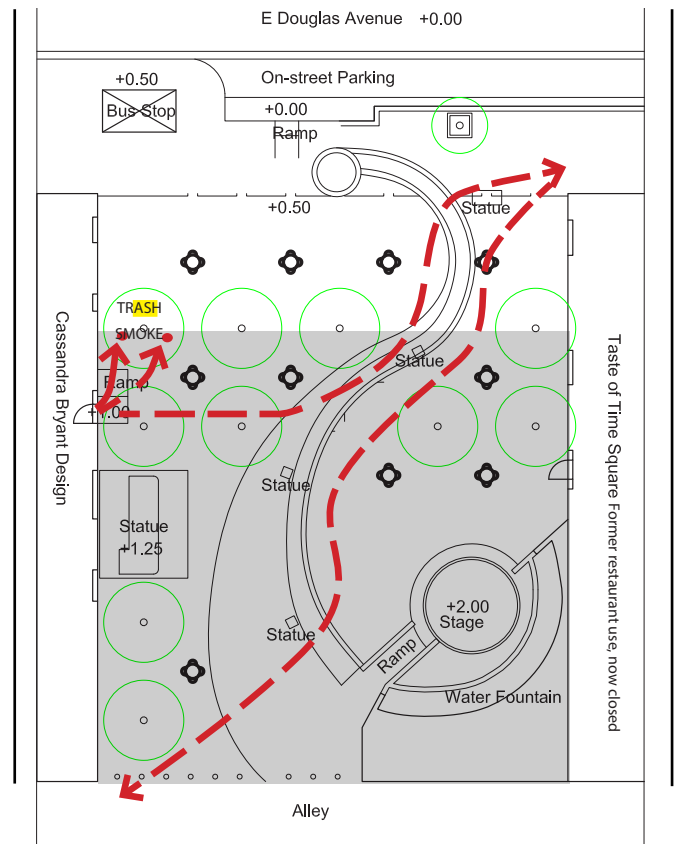


Figure 5.7 Site Observation (by author)

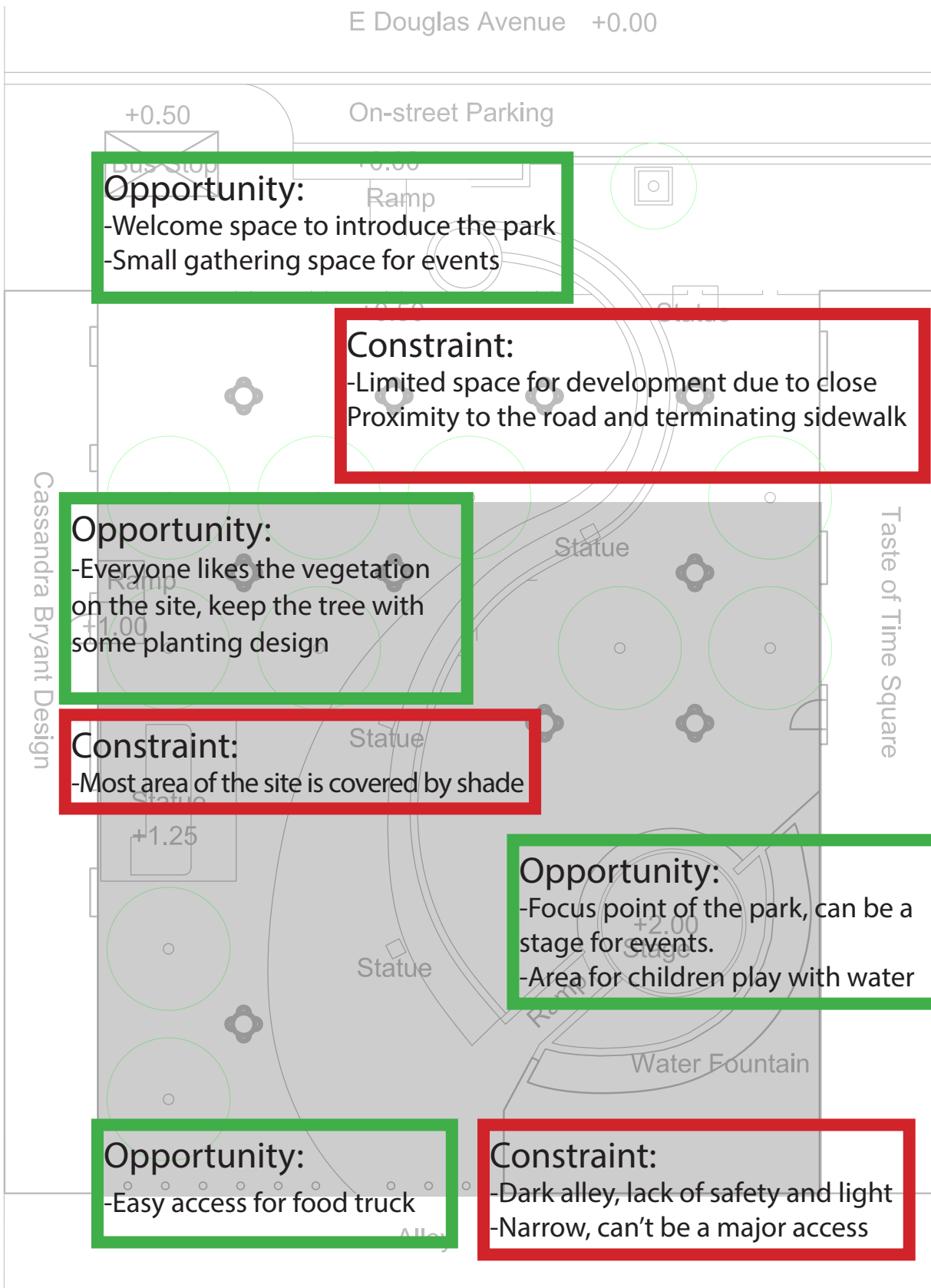


Figure 5.8 Opportunity and Constraint Diagram (By Author)

Opportunities & Constraints

After visiting Lewis Park, I identified some site opportunities and constraints to be considered during the design process (Figure 5.9). The north part of the site, which is the area closest to Douglas Ave, has the most sunlight throughout the year. It can be a welcome space to introduce the park using some sculpture or signage. It also can be a gathering space for events to attract people while walking on the street. But this area has limited space for development due to proximity to the road and the terminating sidewalk. During the interviews, there was consensus that everyone likes the vegetation on the site.

The future design should keep the trees with some planting design to provide extent feeling which is one of the components in the Attention Restoration Theory. However, the site is already covered with a lot of shade, and too much vegetation will bring more shade to the site. Therefore, location of canopy trees is important to allow some sunlight to the park. The original water feature is currently a focal point of the park, but the water feature only turns on during summer time. The back side of the park, adjacent to the alley, provides easy access for food trucks, but the alley is dark and feels unsafe. The design will need to consider the lighting for this area. Because of narrowness of the alley, it can't be a major access for the back side of the park.

Summary of Analysis of Existing Park

In the literature review section, I have introduced the Attention Restoration Theory for landscape design. The four components of this ART are Being Away, Extent, Fascination and Compatibility.

The site, Lewis park has a water feature can apply to the Fascination component. But the water feature only turns on during summer with specific time, it can't provide attractions to people throughout the years.

The trees on the site can be used as Extent component, it provides a natural feeling to people but there are the only vegetation on the site. The site will need more vegetations to provide a natural environment.

The trees and water feature on the site can provide a Being-away feeling to people while they on the site. But during winter time, the site is covered with a lot of shade, and becomes an uninviting space for people to visited.

The tables and chairs provide some opportunities for people to have lunch, chat and rest, which can apply to the compatibility component. But the tables and chairs are not movable, people won't have too many options to decide where they want to sit.



Stakeholder Meeting

On November 30th, 2017, we hosted a preliminary stakeholder meeting at Downtown Wichita's storefront conference room with people of different backgrounds (Figure 5.10). People from the Wichita City Council, Kansas African American Museum, a resident artist, Downtown Wichita, Wichita Branch of NAACP and City of Wichita Parks attended. During the meeting, which lasted about one and half hours, we went through the questions with park condition, site history, expectations and examples of successful designed parks. We also heard some history about the park.

The stakeholders stated the following points that we will need to focus on:

- Site Safety (Need light during night time)

- Maintenance issues

- Event space/small gathering space

- Equipment with multiple uses

- (Lunch Table, Chat Space)

- Gain access to the surrounding building

- Lighting feature

- Signage of the park

- Education feature to explain the

- site history and sculpture

- Design with topography

- Keep the trees on the site

- Increase vegetation to create an enclosure

- space and aesthetic function

- Provide human comfort zone, block the wind

- Keep the fountain/design with water

- Engage with the food truck

- Keep the sculpture

Figure 5.9 Stakeholder Meeting (Photo taken by La Barbara James Wigfall)

One-on One Interview

On February 5th, I spent a day around Lewis park to visit the businesses around the park. I interviewed six people that day: three people from a next-door business, two from a nearby business and one from the Douglas Apartment across the street. I recorded three interviews and the other three were written interviews because the participants were uncomfortable with recording. After the gallery exhibition on February 23rd, I also gathered some people who visited the exhibition and were willing to do this interview with me. I had another four interviews with local users of the park that work in the downtown area.

Findings:

Most people go to the park for lunch during the spring and summer when there is comfortable weather. People don't visit the park very often. People need a place to sit and eat. They enjoy the water fountain and art feature and enjoy the view to the park from their office window. They meet with clients or chat with friends and bring children to play with the water fountain. Some have had bad experience with homeless people. Some feel relaxed after visiting the park. People like the trees in the park. Park visitors would like to take a break in the park and would enjoy the sunshine in winter. The park needs some improvements.



Figure 5.10 Galley Exhibition (Photo taken by La Barbara James Wigfall)



Figure 5.11 Galley Exhibition (Photo taken by La Barbara James Wigfall)

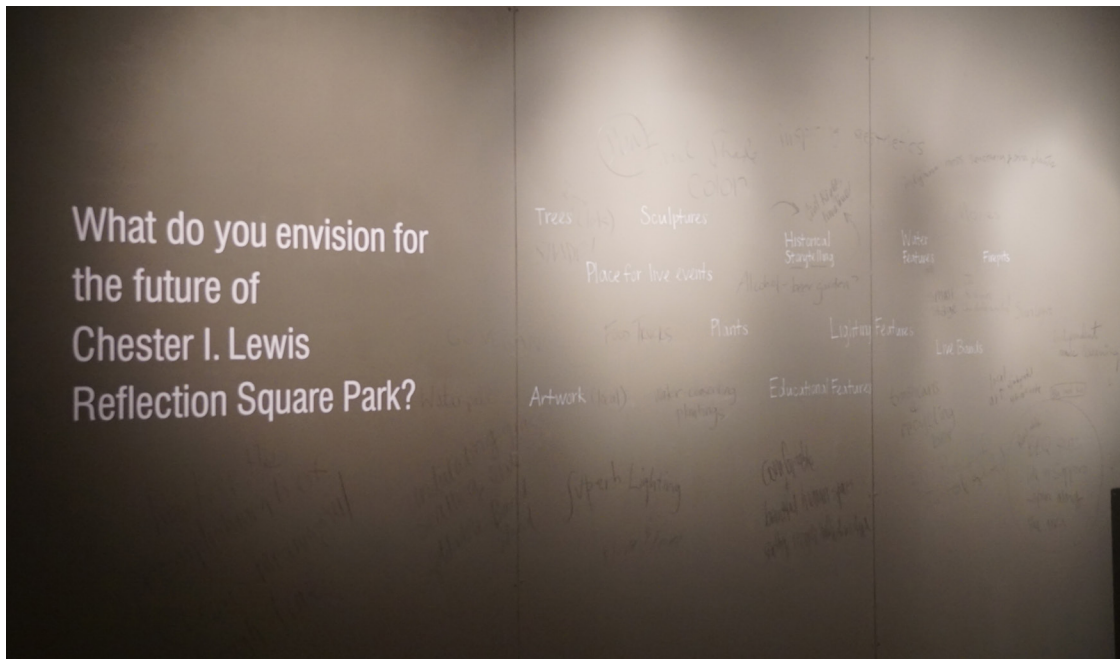


Figure 5.12 Galley Exhibition (Photo taken by La Barbara James Wigfall)

Gallery Exhibition

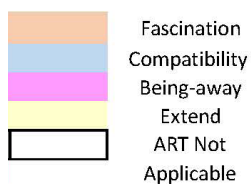
On February 23rd, our culture inquiry team hosted a gallery exhibition about Chester I. Lewis Park and Wichita Civil rights history. Our team addressed the future potential of Lewis Park through three lenses: cultural inclusiveness, theories of nature and psychological restoration, and linking strands of civil rights history through city streetscape. There were about 300 people in attendance at the meeting, which lasted from 7-10pm. It included a civil rights history timeline and archival interview videos about Chester I. Lewis. We also set up a feedback wall for people to write what they picture with civil rights for yesterday, today and the future. Another wall provided attendees a place to document their favorite elements in the park and what they wish to have in the Lewis Park. During the exhibition, I talked to different people from a variety of backgrounds. Most of them knew and have been to Lewis Park before, and it was a great opportunity to hear from people about their thoughts regarding the park.

List below is a summary of the programming wall:

- Ping-pong table
- Fire-pits, Tables
- Waterfall, Water park, water feature, secret falls, Splash Park
- Water conserving plantings, Moss wall
- Local Art, art work, sculptures
- Trashcans, recycling bins
- Trees, Plants Leaves, Pecan
- Beach & Cabana
- Animals Puppy
- Small Stage
- Live Bands, Movies, place for live events
- Fitness, Bike lane, Running Trail
- Big Sand Box
- Farmer Market, Community Garden
- Outdoor Kitchen, Food, food trucks, BBQ Huts like Sunlight, sun and shade
- Texture, color, Storying telling, Beauty and Peace
- Lighting features, Colorful lights, Comfortable & Beautiful human spaces

	Interviews	Stakeholder meeting	Exhibition Program wall	Precedent Study
Space to chat/smoke	X			X
Sports fields	X			
Trail System	X		X	
Groups of tree	X		X	X
Waterfall			X	X
Waterpark			X	
Water fountain	X	X	X	X
Planting (Grass, flower)	X	X	X	X
Playground	X			
Sculpture, art work	X	X	X	X
Siting area with benches and table	X	X	X	X
Restaurant, food truck, outdoor dining	X	X	X	
Bike lane, Bike rack	X		X	
Signage of the park	X	X		X
Education feature of the history	X	X		X
Beer garden	X			
Open space	X			X
Path	X	X		X
Sunlight	X		X	X
Drinking fountain	X			
Birds, Animals	X		X	
Picnic space	X			
Concert, live band/events	X		X	
Colorful night lighting	X	X	X	X
Evening events	X			
Baseball/basketball field	X			
Ping-pong table	X		X	
Firepits			X	
Water conserving plantings			X	
Moss wall, green wall			X	
Trashcans, recycling bins		X	X	X
Small stage			X	
Movies			X	
big sand box			X	
Farmer Market			X	
Texture			X	X
Shade			X	X

Figure 5.13 Program Diagram from different methods (by author)



Programming from each method

The concepts gathered from the literature review and precedent studies provided the basics for a framework for implementing restorative landscape within the urban context (Figure 5.14). Following literature reviews and precedent studies, I analyzed the audio from individual interviews (for examples see appendix C). Then I combined and listed all the program elements mentioned in the interviews, the literature and precedent studies, and the program wall feedback from the exhibit. Then, I organized all elements according to the ART theory and the three big design ideas, restorative landscape, memorial landscape and urban design (Figure 5.15).

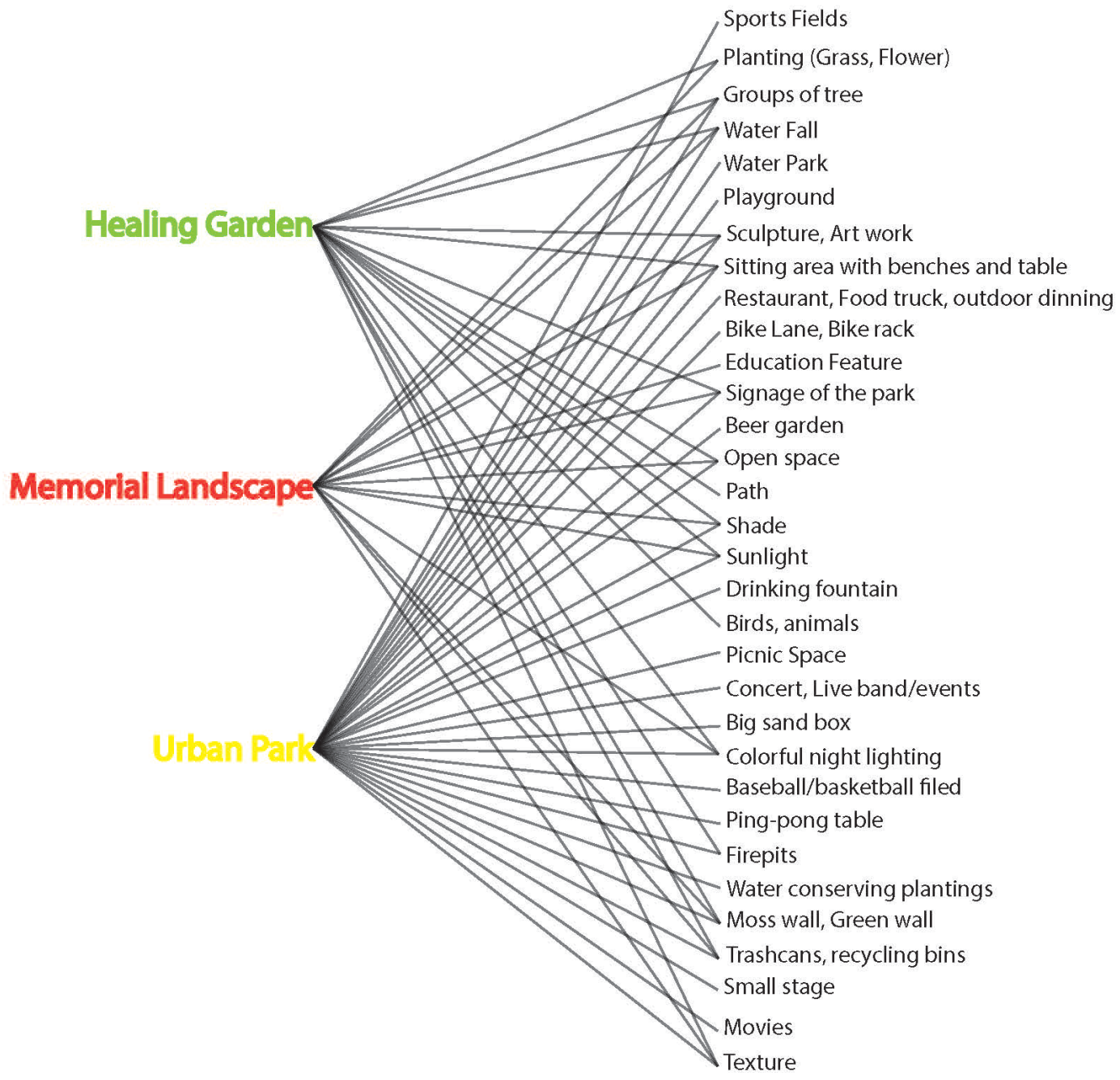


Figure 5.14 Program Diagram (by author)



Design Conclusions

The purpose of the concept development is to develop the framework from literature and precedent through application with the design concept using the program that came from different methods. The application portion of this research is the hypothetical redesign of the Chester I Lewis Park on the Douglas Avenue in Downtown Wichita, Kansas.

Concept Plan

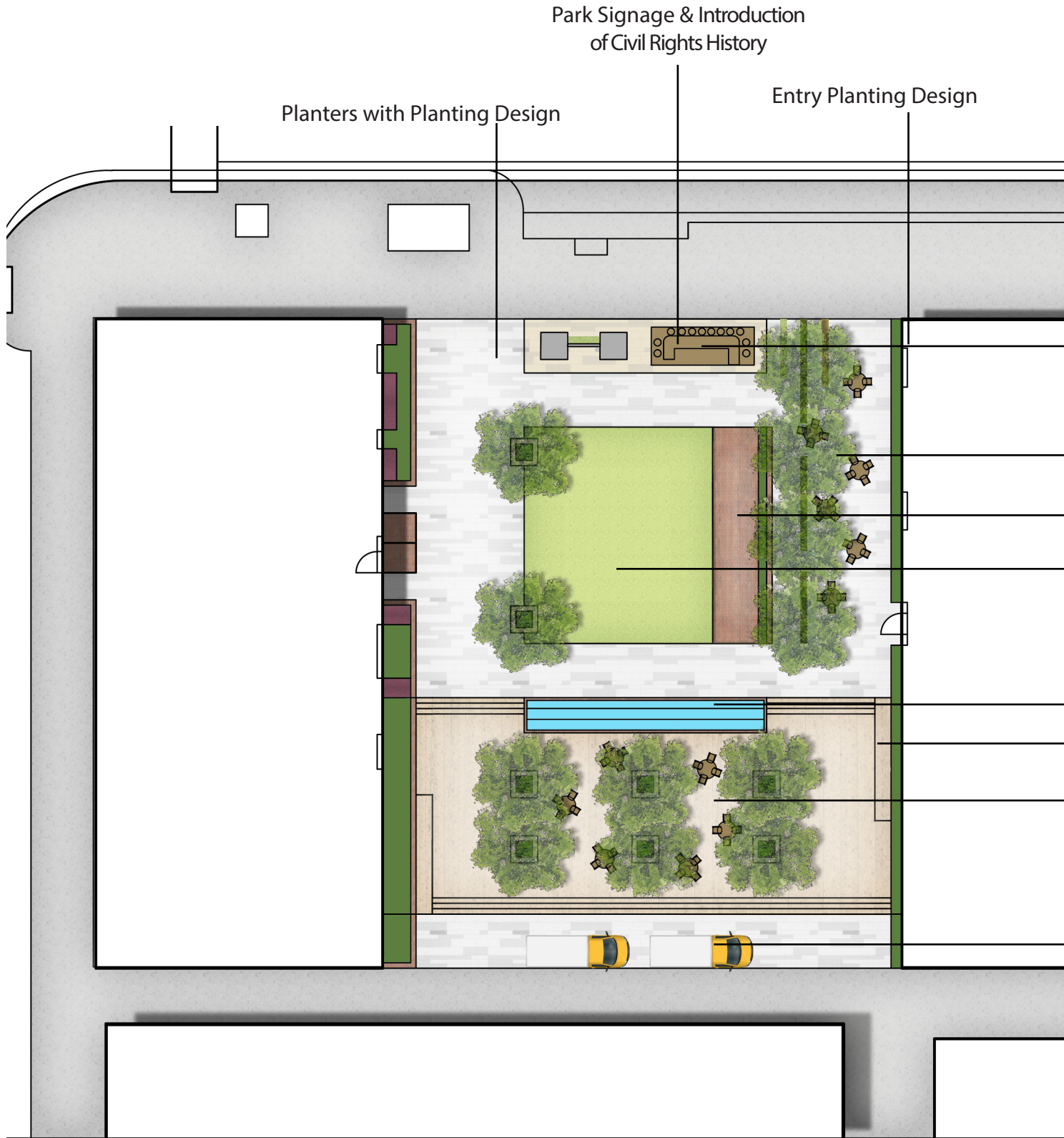
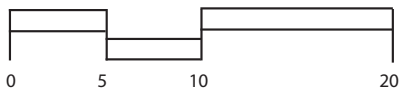


Figure 6.1 Plan rendering (by author)

- _____ Sit-In Sculpture
- _____ Outdoor Dining
- _____ Performance Stage
- _____ Open Lawn
- _____ Water Feature
- _____ Ramp
- _____ Sitting/Rest Area
- _____ Food Truck



SCALE 1"=20'



Concept Statement

The goal of the design is to change the current site environment from an uninviting, dark, cold and quiet space to an active, enjoyable, multi-functional space (Figure 6.1). The park design is using the three big ideas of this research, restorative landscape, urban park and memorial landscape, to provide different functions with open public space and quiet private space. The design applied the program elements, which are coming from the methods, designed with feeling, color and activities.

The design objectives established in the project

Based on research involving literature and precedents, a design approach was developed to accomplish the program above. The design concept was created upon completing site analysis for the site. After considering the site's existing condition and location relative to the downtown area, it can be an attractive, shady place for people to visit during the summer time. Based on interviews, the site was described as an uninviting place with little, if any attraction. The design is trying to make the park to be an active, multi-functional, memorial and place where visitors can have a sense of being-away (Figure 6.4).



Figure 6.2 Entry view showing new sign and repositioning of the existing sculpture (by author)



Figure 6.3 Entry view showing variety of uses at park's edge (by author)

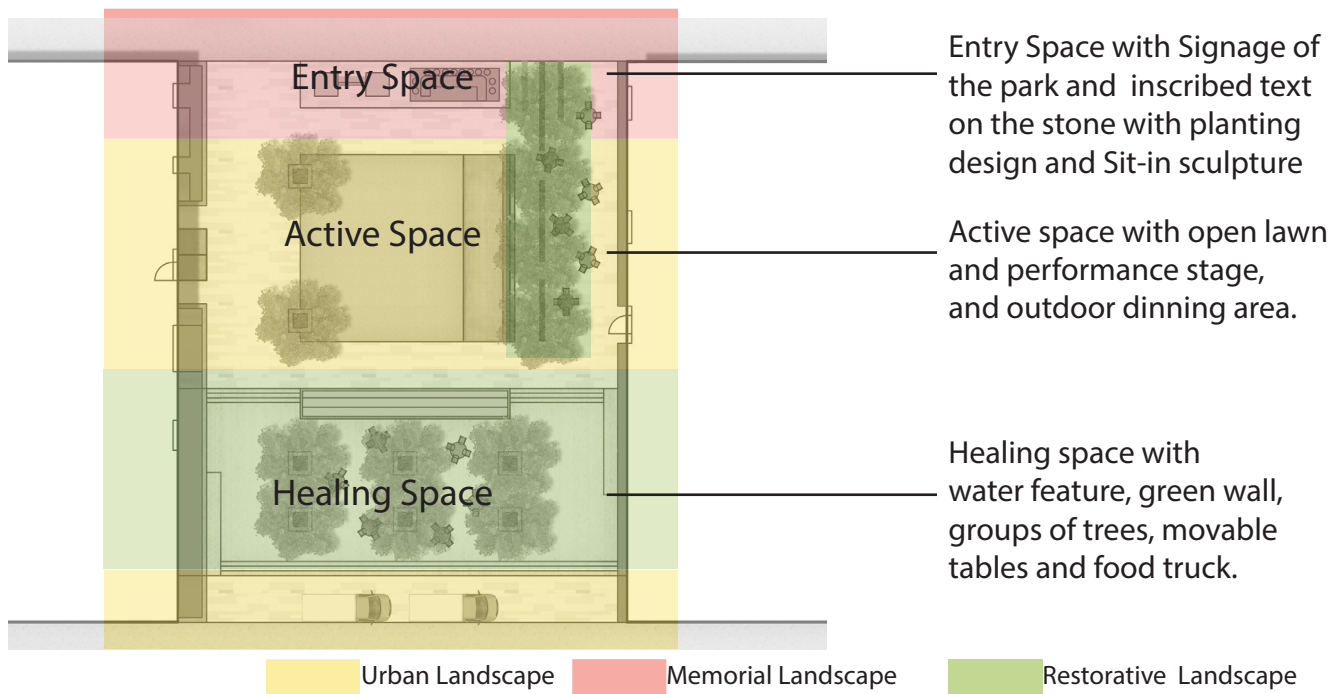


Figure 6.4 Design Diagram (by author)

Key Design Elements

The design is a result of the research and careful consideration of design elements laid out with the design concept. The original water feature is damaged and not very attractive. As one of the interviewees mentioned, it is not an inviting park to visit. One of the design is intention to change this condition to be an inviting and active space. The park is separated with three different spaces: entry space, events space and private restorative space (Figure 6.4). They are designed with the three-big ideas of this project, restorative landscape, urban park and memorial landscape.

Memorial Design

Entry Space: This space contains park signage and is an introduction of the Dockum Sit-In (Figure 6.2). This space has two main entries to the park: one is on the east side with access to the outdoor dining area, and the other is on the west side with access to the business building. The Dockum Sit-In sculpture is also set next to the signage. This space is very close to the street and uses sculpture to provide attraction for people walking by. This space also is the sunniest during the year, though there is a large maple surrounded in tall native grasses to provide some shade to the people that used the outdoor dining area during the summer time (Figure 6.3).



Figure 6.5 Active Space View (by author)



Figure 6.6 Healing Space View (by author)

Restorative Landscape

One of the important elements used in the restorative landscape is planting design, using different kinds of vegetation to provide different interests with seasonal change. In the design, the current site only has one group of trees. At the entrance space, the park sign is surrounded with native tall grass plants. The design includes the elements that apply to the four components of a restorative landscape. Water feature and groups of vegetation are using the extent component; a movable table, food truck, lighting and seating area are using the compatibility component; a water feature, signage, and sculpture are using the fascination component; and the planting design, events and water feature are using the being-away component (Figure 6.6).

Urban Park Features

During the interview, a lot of people mentioned that they went to Lewis Park during lunch time to eat and chat. The design includes an outdoor dining area with a movable table and chairs. On the program wall that we had during our gallery exhibition, people indicated that they wanted a space for a variety of events and activities. The design includes an open lawn and a stage for concert, speech or other events, and an area for children to play (Figure 6.5).

Shade Study during noon time



Figure 6.7 Site Summer time shade study (by author)

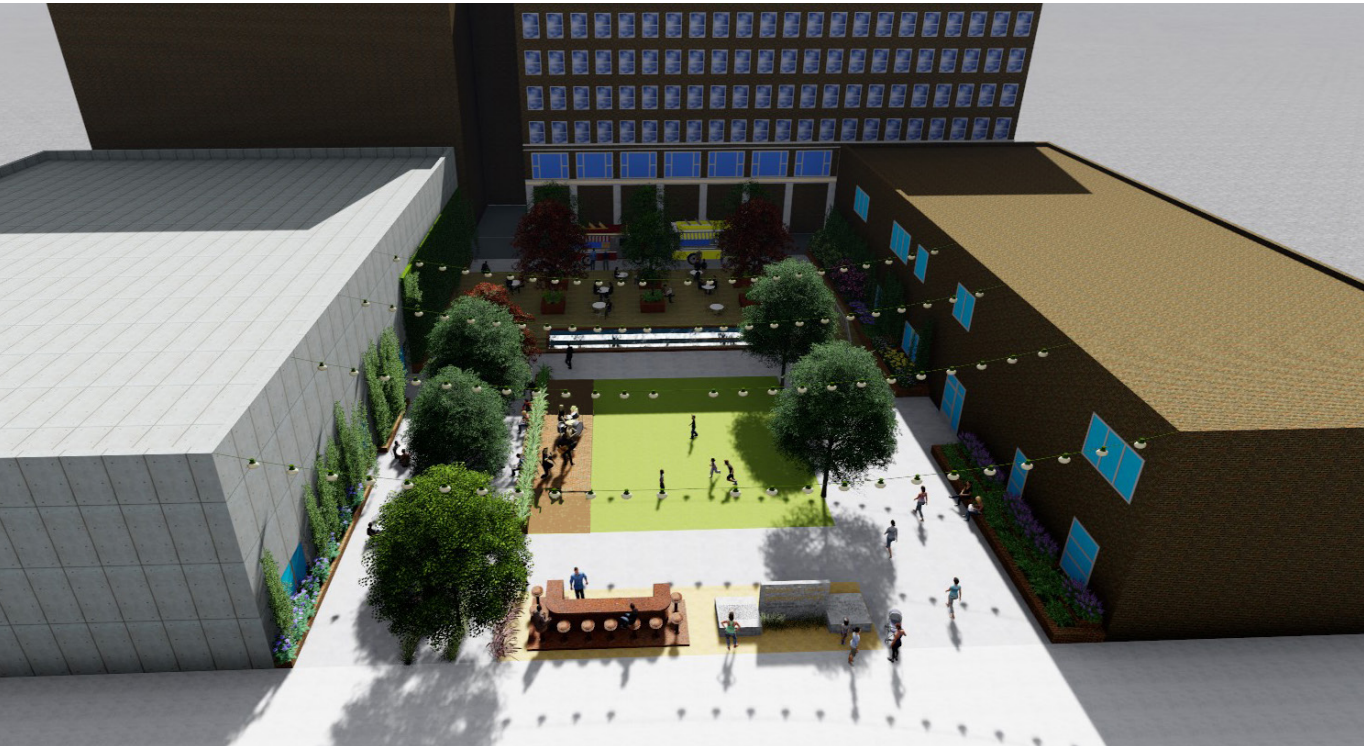


Figure 6.8 Site spring/fall time shade study (by author)

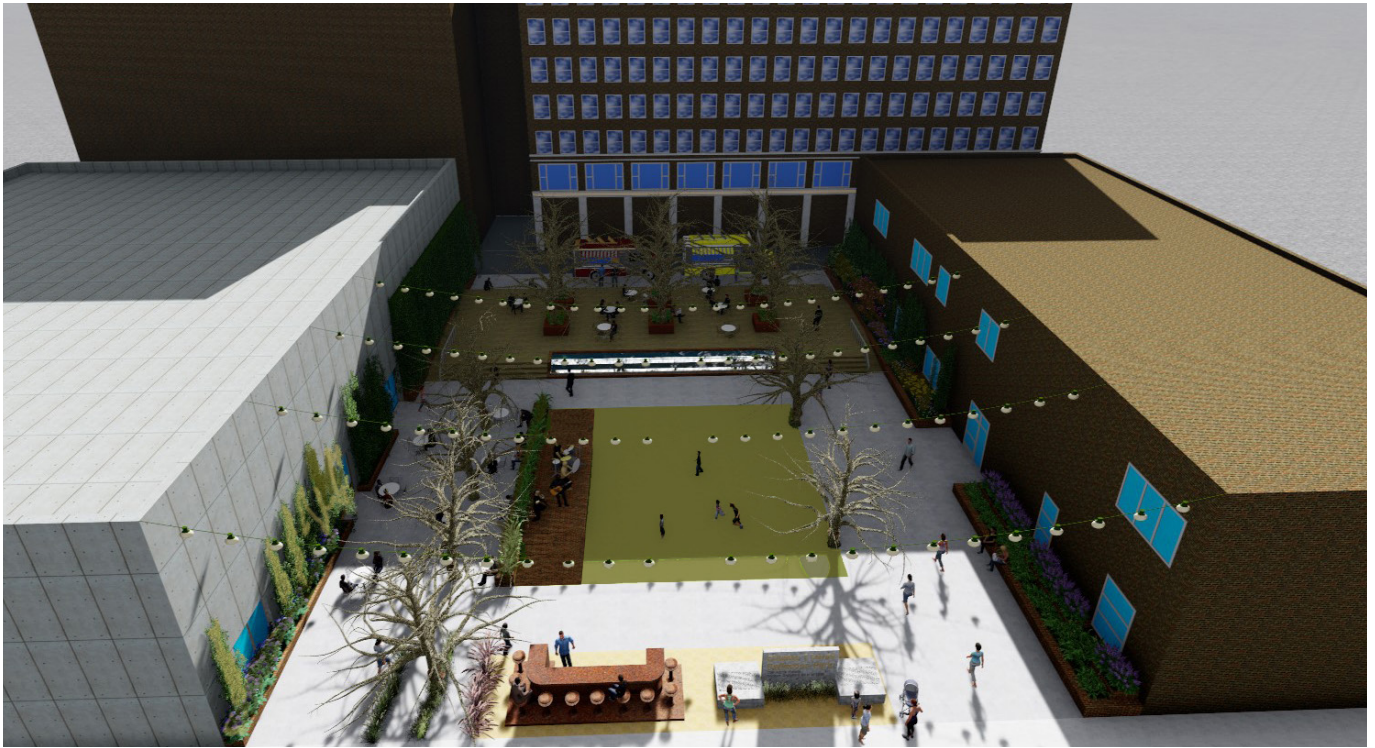


Figure 6.9 Site Winter time shade study (by author)



Figure 6.10 Night time with lighting (by author)



Aerial view of Wichita (Source: Adapted from Google Maps)

Reflections

Reflections

The purpose of this project was to create an urban park combining memorial and restorative landscape ideas. The design used the four components of a restorative landscape: being away, extend, fascination and compatibility. Knowing that these four components defined a landscape as restorative encouraged the author to reevaluate the objective of the project so that the landscape's restorative benefits can be experienced by users seasonally throughout the year. The initial objective of this project was to understand the current condition of Lewis Park. After completing all the methods, I had a better understanding of the park and am using the public's reflection to redesign the park. The first priority for this design was to create a restorative environment. Another big aspect of this park is the historical background of the Civil Rights Memorial. The design includes an education feature with a description of the Dockum Sit-In to help people recall and understand this history. With the urban context of this site, the park provides dining and events to function as a relaxing and enjoyable space, and provide a green space for the downtown Wichita area.

Limitations

Throughout the past year, several factors imposed some limitations on the scope and depth of the project. First was the lack of sunlight, the project site is covered by shade, especially during the winter, the park is facing north, which has cold north wind in winter. The park won't be an inviting place for people to visit in the winter time. The design includes some vegetation and lighting to solve this problem, but it will still be affected in winter time.

A second challenge for this project was the timeframe. During site observation in November and early February, the weather is the cold in Kansas. There weren't many people visiting the park at that time. As one of the interviewees suggested, I should visit the park in the spring and summer time, the park will have more people to visit with water feature turned on and sunny, nice weather. So I can have better observation of human activities.

In addition to a limited amount of time and scope, the distance between Wichita and Manhattan Kansas made it difficult to frequently visit and observe patterns and activities taking place on site and the site within its urban context. The distance also limited the number of interviews I could conduct with users of the park. However, use of other feedback methods, such as recruiting interviewees from the gallery exhibition offset this limitation.

Future Research

This research can be developed further to involve more community members in the project. This could be done through several community meetings with site owner, site users and designers to understand the intention of both parties and how the community was involved with the development of this park. Finally, if this project were to continue, I would design in more detailed to ensure the design affords a restorative environment.

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Appendix A



University Research Compliance Office

TO: Dr. Katie Kingery-Page
Landscape Architecture/Regional and Community Planning
1096 Seaton Hall

FROM: Rick Scheidt, Chair
Committee on Research Involving Human Subjects

DATE: 12/11/2017

RE: Approval of Proposal Entitled, "Exploratory Study of the Potential for a Redesigned Chester I. Lewis Reflection Square Park."

Proposal Number: 9051

The Committee on Research Involving Human Subjects has reviewed your proposal and has granted full approval. This proposal is **approved for one year from the date of this correspondence, pending "continuing review."**

APPROVAL DATE: 12/11/2017

EXPIRATION DATE: 12/11/2018

Several months prior to the expiration date listed, the IRB will solicit information from you for federally mandated "**continuing review**" of the research. Based on the review, the IRB may approve the activity for another year. **If continuing IRB approval is not granted, or the IRB fails to perform the continuing review before the expiration date noted above, the project will expire and the activity involving human subjects must be terminated on that date. Consequently, it is critical that you are responsive to the IRB request for information for continuing review if you want your project to continue.**

In giving its approval, the Committee has determined that:

- There is no more than minimal risk to the subjects.
 There is greater than minimal risk to the subjects.

This approval applies only to the proposal currently on file as written. Any change or modification affecting human subjects must be approved by the IRB prior to implementation. All approved proposals are subject to continuing review at least annually, which may include the examination of records connected with the project. Announced post-approval monitoring may be performed during the course of this approval period by URCO staff. Injuries, unanticipated problems or adverse events involving risk to subjects or to others must be reported immediately to the Chair of the IRB and / or the URCO.

Appendix B

Focused Group Interview: Initial Stakeholder Meeting Schedule of Open-ended Questions

1. What are your thoughts on the park in its current state?
2. Can you tell us about the background of Lewis Park?
3. What do you envision for the future of the reflection park?
4. What are your expectations for an outcome of this academic project?
5. Who else should we talk to about the reflection park?
6. May we contact you with follow up question?

Appendix C

Structured Interview Questions: regarding urban green space and preferences for Lewis Park

1. What is your age group?

0-20, 20-40, 40-60, 60+

2. How far do you live from Lewis Park?

3. How often do you visit Lewis Park? What do you do when you are in the park?

4. Do you know the background of Chester I. Lewis Reflection Square Park?

5. How likely are you to do the following outdoor activities? Exercising, relaxing, playing, walking, chatting

6. Do you like the view of this area from the street?

7. Do you visit Lewis Park, and if so, when do you visit Lewis Park?

8. How do you feel after you visit Lewis Park?

8. Would you like to spend your lunch time in Lewis Park?

9. After a long stressful work time/day, would you like to visit Lewis park for taking a break?

10. Would you like to take your kids or friends to Lewis Park to have fun, to chat...?

11. Do you appreciate the look of the landscape?

12. Do you feel satisfied with the beauty and aesthetics of this area?

13. Could you describe a time when you were in nature or a park and you felt relaxed?

14. Do you go to other parks of other green space in Downtown in your leisure time? where would you like to go?

15. Is there anything we haven't already discussed about parks, nature, landscape or the Lewis Park that you would like to share?

Appendix D

Examples of interview content analysis, the text was typed from the audio that recorded during the interview and analysis with the ART four components, then the second analysis was analyzed with the program elements that the interviewee mentioned during their talk.

Fascination: settings that are fascinating draw on attention and consist mainly of fascinating elements

extend: Extent is the other restorative setting, it exists in an environment which is sufficiently rich in content and is coherent enough to be perceived

being-away: psychological where human being is absent, or it can be physical

compatibility: it occurs when the setting fits what the individual is trying to achieve, and the setting will be correspond to individual's purposes or inclinations

Adjacent Business Employee, male

Age group 20-40, I work in the building next to the Chester park.

I usually go to the park let her(Dog) pody in the grass area, except that, I probably go there couple times a week, I don't spend a lot time there, but in the summer, **we take our work break there, go outside have a chat or smoke.** Often time in the summer, with a nice weather.

Background: I know the most part of this park's background, do you mean the status in the park? Based on what I understand, it based on the sit-in, with the national problem we had back to 1960

Outdoor activities: I do like to do outdoor activities, I like being outside, **I usually play sports during the weekend with a nice weather.**

Park often go: College hill park, there have a trail system, I usually go there **for a walk** with my girlfriend. I sometime will take my dog there with me too.

View: **I like the view from my window to the park, it is nice, especially in the summer, there are nice trees.**

Satisfied with the beauty and aesthetics of this area: yeah, the trees are nice, and **when water feature is on, I would go there more.** But I think there definitely have room for improvement. The fountain is really nice, I know the whole area is about this fountain, I think you know it can be improved more cool and interesting than what is now.

Relax/productive: I mean, yes, it does sometime. I think **it depends on sometimes the park has some homeless people in there,** so it depends.

Lunch time: occasionally, every once for a while, depends on the weather if it's nice outside, I will go out there more.

After a stressful work day, would you like to go to that park to relax? Probably not in the first thought, **I would rater go home.**

Like when I was in college hill parks, I like being around with trees, grass, and when I walked with my dog, we had a lot fun.

Douglas apartment Manager Female:

Age Group: 20-40

Live about 7 minutes from the park and work in the building across street from the park

I never go to that park. I pass by the park everyday to get to my office. There is nothing to do in the park.

Background: I don't know the background. it is a monument about some history?

I like outdoor activities, I like sitting next to lake, talking with friends

View: I like the view of that park, when summer time, the trees are all green, they look nice.

Productive and relax: I don't go that park, I think I do feel relax after visiting parks.

Lunch time: I don't eat lunch there, I just eat in my office.

Take friends/kids to this park: I don't have kids, I usually go out with friends to a restaurant. If the restaurant can reopen, I will go for lunch.

After a stressful work day, would you like to go to that park to relax? No, I would like to go home

Satisfied with the beauty and aesthetics of this area: yeah, it s nice. I like the sculptures, it looks interesting. When water fountain is on, it looks fun, but the fountain is never on. Summer time is on, but I don't like to go there.

Other park in downtown you often visit: I don't like to go to parks during my work day.

Describe a time when you were in nature you feel very relax: Sedgwick county park by the zoo, there is a lake, I like siting by the lake. I sometimes will ride bikes with my friend around that lake.

Anrenim Capital Alex Limberger Male

Age group: 20-40, work in the building next to the park.

How often do you go to that park: during the spring and summer month, I go out there eat lunch all the times.

Background: I think it is about the sit-in back in 1950?

Outdoor activities: yes, I like being outside.

View: yes, our office can overview the park and the street, probably is the best view in the building.

Relax and productive: yes, it is nice to go out there after a rush, go there for lunch or have a chat with someone for 30 minutes just to relax. I never just go there to sit, I usually go to pop-up park, buy some lunch, come back and eat and sit there.

Fascination: settings that are fascinating draw on attention and consist mainly of fascinating elements

extend: Extent is the other restorative setting, it exists in an environment which is sufficiently rich in content and is coherent enough to be perceived

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Relax/productive: I mean, yes, it does sometime. I think it depends on sometimes the park has some homeless people in there, so it depends.

Lunch time: occasionally, every once for a while, depends on the weather if it's nice outside, I will go out there more.

After a stressful work day, would you like to go to that park to relax? Probably not in the first thought, I would rater go home.

Enjoy landscape: I **think plants and trees** are always good to look to be with. Yeah, I like to look at **children playing** it s fun. Yeah, I like the **water feature, and sculptures**.

Describe a time when you were in nature you feel very relax:

Like when I was in college hill parks, I like being around with trees, grass, and when I walked with my dog, we had a lot fun.

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