

Dorothea Dix Park

MEMO: Dix Park Team response to Legacy Report Recommendations

TO: The Legacy Committee

DATE: February 2019

The City of Raleigh's Dix Park Team (City staff) is deeply thankful to the Legacy Committee for their thoughtful and hard work on the Legacy Report. This report already has helped to educate many in our community on the complex history of the land and will continue to do so. The report is not only referenced in the Master Plan but also provides a program of work that guides City staff.

This memo is intended to highlight some of the ways the Master Plan responds to recommendations in the report and to provide the Legacy Committee an update on the Dix Park Team's parallel efforts. It is important to note that both the Dorothea Dix Park Master Plan and the Legacy Committee's report and recommendations should be living documents, each responding and adjusting to implementation efforts over time.

Since the Master Plan is a high-level vision, many detailed studies will need to follow the work before any implementation can occur. The early studies and plans include but are not limited to: An Equitable Development Plan, a Partnership Framework, an Anchor Institutions Study, and Design Guidelines.

Recommendations

The following italicized words are directly quoted recommendations that are listed in the Legacy Committee Report. Below each recommendation is a Dix Park Team response to it.

1. *The Legacy Committee recommends that the Park Conservancy Board and the Raleigh City Council **adopt a theme for the park and that this theme be wellness.** This will connect the legacy of Dorothea Dix to the site and the future purposes of the park in a way that makes it unique among parks within cities.*

Dix Park Team Response:

The revised Dorothea Dix Park Master Plan book highlights wellness as one of the key themes that emerged through the engagement process. The Forward of the Master Plan notes that, "Dorothea Dix Park will bring the community together in a place of wellness, belonging, and celebration for all (Master Plan Book, page 12)." Wellness, and the spaces and uses that support it, is an integral part of creating a great park for Raleigh, as explained in the Master Plan section about community feedback: "A PLACE FOR WELLNESS— Community members have expressed a desire for Dix Park to become the place in Raleigh where a sense of wellness fosters creativity and innovation, a place where people encounter activities that will feed their

imagination, and where visitors can appreciate the healing potential of gardens and ecology” (Master Plan Book, page 44).

Wellness is a theme essential to many of the great parks around the United States today, and wellness is woven into the planning priorities for Dix Park. The three core principles of the Master Plan approach the theme of wellness through different lenses.

The first principle, “Open Up and Connect,” aims to break through the physical and social barriers that limit the site today (Master Plan Book, pages 18-19). This includes the creation and improvement of existing physical connections as well as continuing to partner with community groups and institutions to build social connections. Through these steps, Dix Park will ultimately be a place of community, a space where people feel that they matter—which is needed for emotional wellness.

The second principle, “Build from What is There,” explores how the history of the site, including the 150 years as a mental health hospital dedicated expressly to healing and wellness, is what will make the park unique—unlike any other park in the world. The principle says, “The qualities and character of a great park grow out of the specifics of its site and context. In that light, the events and remnants of natural and human history found on the Dix Park land are not challenges to overcome or to be erased. Rather, the site’s past includes important resources—the primary materials, stories, and experiences—to make up and shape the future of the park” (Master Plan Book, pages 20-21). This principle speaks directly to the ideas in the Master Plan that suggest preserving and repurposing historic buildings that were once key components of the hospital and will serve as a strong reminder of the site’s hospital past.

In addition, the proposed six landscapes in the plan build on the unique natural characteristics of the site today and seek to enrich them. This principle aims to, “Restore complexity and diversity to site’s water systems and landscapes, inspired by natural spaces in the region.” As explained by biologist E. O. Wilson and psychologist Erich Fromm, humans have an inborn need to affiliate with other forms of life. Research inspired by their work now shows that this connection with other species is critical for attaining mental and emotional balance. Enriching and enhancing the landscape to create habitat is therefore a key part of enriching wellness on the site. The principle calls out the importance of emphasizing the site’s healing legacy stating, “Honor the legacy of Dorothea Dix by creating park spaces and programs that support the wellness of visitors” (Master Plan Book, page 21).

The third principle, “Offer Something for Everyone,” suggests that the future of Dix Park should offer spaces or activities where every person can find themselves (Master Plan Book, pages 22-23). The principle recognizes that people have different ideas and interpretations of community, restoration, and relaxation. Some may find respite and healing through a quiet walk along the creek side while others may feel restored when they are surrounded by amazing music in the amphitheater or can express themselves in an art class. By offering something for everyone, the plan allows space to support what some term “the six dimensions

of wellness”: Emotional, occupational, physical, social, intellectual, and spiritual (Journal of Holistic Nursing). The following are examples of how the six landscapes of the park offer opportunity for the six dimensions of wellness:

- **Emotional:** *The Grove* enriches the biodiversity of the historic landscape that hugs the creek side, creating a deeply immersive, healing nature experience. The design thought behind the grove is to create a berm on the far side of the creek by Western Boulevard to quiet the city noise and to parallel the berm-like hillside that leads up to the original hospital. These curved edges hold the creek and are meant to make a person walking in between feel as though they themselves are being hugged by the landscape.
- **Occupational:** *The Ridge* of the park is meant to be a place of civic activity and community gathering, and the uses of the building will support this. For example, the preservation and adaptive reuse of the All Faiths Chapel can be a place of gathering, celebration, grief, artistic expression, learning, and compassion. The Plan suggests surrounding the buildings with gardens, plazas and community spaces. All of this requires occupational work. The future design, construction and maintenance of the park presents unique opportunities for Dix Park to become a place that empowers, trains and employs residents.
- **Social:** *The Gateway* creates an iconic entrance into the park from the heart of downtown. The area will host play elements that instill a child-like sense of wonder and openness in those who pass through the grounds. This landscape leads to the uniting Loop of the park. The Loop is meant to be a place where neighbors can run into each other on a morning walk or friends both new and old can sit on a bench for conversation. This landscape and loop create inviting spaces for the social interaction that is so key to one’s sense of belonging in community.
- **Intellectual:** *The Valley* will be a place where one can come to be intellectually stimulated in the amphitheater by the complex arrangements of a symphony or perhaps in the proposed black box theater by a play that provides social commentary or a lecture that challenges the ways one thinks.
- **Spiritual:** *The Creek* is created by what is known to be one of the most spiritual healing elements of all—water. In the same way that water flows throughout our bodies and brains, water will flow throughout this landscape, creating quiet, peaceful places for reflection and mindfulness. The cemetery of the former hospital also rests within this landscape. It will be further beautified and honored as a sacred resting space.
- **Physical:** *The Meadow* will be a boundless landscape that allows for a multitude of ways to be physically active. It will offer space for a casual stroll beside the prairie edge or a vigorous, heart pumping run up the hill by the water garden. It will offer space for a morning yoga class where one can greet the day and watch the as sun stretches its rays across the heart of the city. Children can learn to fly a kite in the open expansive land or scramble up towers made of logs in the adventure play area. The opportunities for being active will be as endless as the landscape itself.

2. *The Legacy Committee recommends that the park adopt a broad definition of legacy.*

Dix Park Team Response:

The Dix Park Team understands the deep, complex history of the site. The Dix Park Team continues to share this history via park tours, presentations, and planning documents. The team has given over 100 of these park tours to the public that tell the long history of the site as Native American grounds, a plantation, a Civil War encampment and the State's first mental health hospital. The Dix Park Team also continues to support research done by both city historians and external historians to better understand the rich legacy of the site.

In other parks and open spaces around the country, a Cultural Landscape Report is a nationally respected essential document that recognizes historic significance and can be used as tool to seek state and federal support for preserving and sharing the legacies tied to specific sites.

The Dix Park site includes an area comprised of 18 buildings, 3 structures, and the surrounding landscape that is on the National Register of Historic Places. As such, site history and how that legacy is defined and preserved will be informed by the standards of the Department of the Interior and National Park Service (NPS). In many ways, the NPS standards for cultural landscapes reiterate, strengthen and are fully compatible with the Committee's definition of legacy at Dix Park.

The work of MVVA team member Susanne Turner Associates (STA) done in 2017 includes analysis on the complex history of the site and is also referenced throughout the Master Plan book. Turner and her team have great expertise in the preservation and treatment of cultural landscapes as well as National Park Service standards. Through their work on this project, STA provides a framework for interpreting the history of the Dix Park and the broad legacy of human inhabitation of the site which will inform future park planning and design. Full analysis and recommendations by STA are included in the appendix of the Master Plan Document.

STA recommends that after the Master Plan phase the City work with local historians to create a Cultural Landscape Report (CLR). The Legacy Committee report is an invaluable foundation to guide future work, including a possible CLR. A CLR is typically a concluding document that brings together research, archival work and oral histories – a lot of the work which the Legacy Committee report recommends to take place in coming years and that the city is already pursuing.

3. *The Legacy committee recommends to build a bridge with those who remain angry about this closure decision. For example, former staff members have requested that the chapel be*

preserved and renovated as a memorial “dedicated to the patients, their families, the staff, and trainees” of Dix Hospital. We endorse this idea.

Dix Park Team Response:

The Dix Park Team recognizes that the closure of the hospital was a devastating moment to many in our community. The Team has listened to many community members who are angry and hurt about the closing and the Dix Park Team is actively working to build a bridge with those individuals. While the city services do not include mental health care, the city can work to be sure that the stories of those individuals are documented and heard, and that the legacy of healing is carried on. The Dix Park team is working on compiling, documenting, and digesting history from the hospital era. This includes documenting oral histories and working with locally and nationally acclaimed artists and musicians for creative storytelling of the site history. (More explained under memo points 6, 7, & 8 below)

As for the All Faiths Chapel, the Master Plan proposes preserving and restoring it so that it can once again become a sacred community gathering space (Master Plan Book, page 169 & 232-233). The Chapel is slated to be an early building transfer from the State to the City. Therefore, the City will be able to begin earlier renovations of the Chapel. The Team sees the Chapel Project as a good opportunity for collaboration with the International Coalition of Sites of Conscience and local artists.

4. *The Legacy Committee recommends that **space** be reserved within the park **for nonprofits and grassroots organizations** that serve or advocate for the mentally ill. This should include Healing Transitions, which is already housed in the park, and other nonprofits that serve or advocate in the mental health field.*

Dix Park Team Response:

The Master Plan honors the existing lease with Healing Transitions. Since a Master Plan is a conceptual vision for the park the exact uses for the buildings are not defined or committed to. Non-profit office and meeting spaces for community groups are suggested potential uses in the Master Plan (Master Plan Book, pages 156 & 247). A framework for evaluating park partnerships is a follow up study to the master plan. Pages 246 and 247 of the Master Plan show a high-level suggestion of what that structure for partnership establishment could look like.

5. *The Legacy Committee also recommends that **space** be reserved within the park **for use by support groups** that deal with mental health, addiction, alcoholism, and other problems.*

Dix Park Team Response:

As stated above, the Master Plan does not put forward specific uses for individual buildings. As the planning process continues, the Dix Park Team will work to identify potential partnerships that support the principles and priorities laid out in the Master Plan, which includes honoring the history and legacy of the site.

6. *The Legacy Committee recommends that the Dix Park Team and City Council take full advantage of the International Coalition of Sites of Conscience membership.*

Dix Park Team Response:

The Dix Park Team is in active contact with the staff and community of Sites and views The Coalition as a wonderful resource that will continue to guide and inform the park now and in years to come. The Dix Team has initiated calls with other Sites within the Coalition network to learn from their work. In addition, the Team has participated in two webinars learning from other active Sites. From these webinars, the Dix Park City Staff learned best practices for oral history documenting and ideas for creative storytelling with local artists to commemorate history. Staff has begun to apply these best practices by working with UNC's Community Histories Workshop, with the Southern Oral Histories Project, and by working with Grammy-nominated singer-songwriter Tift Merritt.

For her work, Tift Merritt has assembled a group of people across multiple disciplines to metabolize the history of the site in a creative way. The group includes Guggenheim photographer Deborah Luster, Curator Merry Foresta, MacArthur Fellow Anna Schuleit Haber, Public Historian J Michael Moore, UNC George Tendam Professor of American Studies Bernie Herman, Cultural Worker and interdisciplinary artist Nina Angela Mercer, found materials artist Lonnie Holley, Curator, arts writer and pollinator Tosha Grantham, and NC Poet Laureate Jaki Shelton Green. The work will explore the emotional history of two closed NC mental asylums, Dorothea Dix Hospital and Cherry Hospital. Their work aims to address the questions, "How does trauma scar a place, an individual, a community? Who can diagnose disconnection from reality in the modern world? What does a sane society look like? What if we treated our most fragile not as forgotten prisoners and orphans but as relevant and true? How were these people like us and what can we learn from them?" The group will ask questions about site-specific memory, social justice, alternative archives, found sounds and objects, as well as how to tell lost stories, and how lost stories can help metabolize trauma, defuse stigma and heal.

The Team is currently planning a trip to visit The National Memorial for Peace and Justice, which is a member of Sites of Conscience. The Team will continue to take advantage of invaluable network of partners through Sites of Conscience.

7. *The Legacy Committee is also very pleased with the work done already by the UNC-Chapel Hill Community Histories Workshop. We recommend that the Park Conservancy and the City Council partner with and provide funding for the UNC group.*

Dix Park Team Response:

It should be noted that the relationship with the UNC-Chapel Hill Community History Workshop (CHW) originated with the Dix Park Team. In the fall of 2016, staff met with Dr. Allen and began discussions on how his interests and capacities aligned with the desire of the Dix Park team to learn more about the complex history of the hospital. The Conservancy

funded Dr. Allen's first round of research in 2017 which included a presentation to the public as part of the City of Raleigh's Urban Design Center lecture series.

Dr. Allen's work has been focused on creating the first comprehensive patient database for the 19th-century insane asylum, using handwritten records preserved at the State Archives of North Carolina. Through their work, they have been able to discover stories of some of the first patients admitted to the hospital. Medical Students at the University of North Carolina at Chapel Hill have also begun studying the records to learn ways that the understanding of mental illnesses has changed over time.

In September of 2017, Tift Merritt became a performing-artist-in-residence for the Community Histories Workshop. Merritt joins Allen and team in their archival research at the Southern Historical Collection at UNC and the State Archives of North Carolina. She also participates in Allen's graduate research seminar on the history of Dix Hospital.

8. *The Legacy Committee recommends that, as a **high priority** timewise, funds be allocated to **interview as many former patients and staff of the hospital as possible for oral histories about their time at Dix.***

Dix Park Team Response:

Building on the work of NC Health News and the Lives on the Hill project, the Dix Park Team recognized a need to identify a partner institution to continue the oral history work. Staff reached out to the Southern Oral History Project (SOHP) at UNC- Chapel Hill. The SOHP is currently interviewing former patients and staff with the support of the Dix Park Team and Elizabeth Page, who led Lives on the Hill.

The Exhibit at the City of Raleigh Museum titled *From Plantation to Park* includes a portable recording booth for gathering oral histories. This recording booth was brought to the Dix Park Final Community Meeting on February 6th. **The Dix Park Team asks that the Legacy Committee help spread the word about this museum exhibit and about the recording booth so that stories can be collected this way as well.**

Site Element Proposals

The Legacy Committee discussed how to tangibly convey the site legacy. They asked the following questions and listed the following recommendations:

With legacy in mind, what would this look like on the ground? How should we best convey the legacy of this land and its buildings?

1. Legacy Committee Recommendation: A Site of Conscience – *As a new member of the International Coalition of Sites of Conscience, designate Dix Park as a Site of Conscience and use exhibits to connect past struggles to today's issues and concerns and turn memory into action. Preserve the physical sense of place that makes the park a Site of Conscience.*

Dix Park Team Response: The City was honored to join the International Coalition of Sites of Conscience in 2018. This incredible network provides guidance and training for how to create meaningful action from a site with complex history. The Dix Park Team has begun work with Sites as explained in the section above and will continue to engage in conversation with leaders in this network and seek their guidance as the park evolves.

2. *Legacy Committee Recommendation: A Museum of the Mind -- Establish a Museum of the Mind on the property to show how our understanding of the brain has evolved over time and how that has affected our treatment of brain disease. Combine this with an exhibit that explores the life of Dorothea Dix.*

Dix Park Team Response: As previously noted, the Dix Park Master Plan does not prescribe uses for future buildings. However, it does propose that exhibit spaces and cultural centers that build from the history of the site are important partners for the future Park (Master Plan Book, page 168-169).

As an interim step, the Dix Park Team worked with City Historian, Ernest Dollar, to create an exhibit in the City of Raleigh Museum on the history of the site. The exhibit is called Plantation to Park and includes a recording booth for those who want to tell their stories and memories of the land (another oral history opportunity). The exhibit will remain for three years. It was built to be transportable so that it can be moved to Dix Park when building space becomes available.

3. *Legacy Committee Recommendation: Engage the Power of Storytelling -- Create an interactive walk through the history of the legacy component of this site. This could be done with a combination of touch screens, films, live actors portraying key people in the history of the place, and oral history interviews with former patients and staff who are alive and willing. Former patients and staff should be given the opportunity to serve as guides for the walk and the museum. Also, touch screens could be placed on stands throughout the park, and when pushed, would tell you what happened on that site. A video or still pictures could morph from a native plant to construction on that site to the admission record of a patient to a hologram of a staff member telling about the challenges of a typical day. Storytelling should be at the heart of conveying the legacy of Dix.*

Dix Park Team Response: The Dix Park Team understands the deep power of storytelling and is working to ensure that oral histories are recorded. The City is thankful for the work done by Elizabeth Page with Lives on the Hill. In follow up to that work, the Dix Park Team has worked with UNC's Southern Oral History Program to gather additional stories. **As a next step, the Dix Park Team requests that the Legacy Committee think about additional potential partners for the City to engage in this type of work.**

The Master Plan highlights the importance of telling the site's history in the section "History and Reflection: Connect the Past to Today" (Master Plan, Page 168). The section explains ways that the history can be told at the park: "Museum exhibits, markers, and memorials

are traditional means of interpreting the history of a site. At Dix Park, these can be installed in specific locations, such as the hospital cemetery or rooms within some of the rehabilitated buildings, to recognize important historical figures and events” (Master Plan Book, page 168). Additionally, the section notes that, “Tours, oral histories, lectures, and performances will share details and stories from the site’s history” (Master Plan Book, page 168). The program section “Art and Culture” also notes the importance of storytelling. It states, “Site-specific works inspired by the park’s landscapes and buildings can deepen visitor’s understanding of Dix Park’s past and potential” (Master Plan Book, page 170-171).

Grammy-nominated singer-songwriter, Tift Merritt, who is working on writing an album grounded in the history of the hospital and the people who lived and worked here. Her aim is to perform it on the Dix campus with a community choir. Additionally, she is working with a team of artists and their thought partners (listed on page 6 of this memo) through Duke University’s Forum for Scholars and Publics to ask questions about how to tell lost stories and how lost stories can help metabolize trauma, defuse stigma and heal.

4. Legacy Committee Recommendation: A Haven for Humanity – Retain or renovate some of the existing space for nonprofits that serve or advocate for the mentally ill, as well as space for support groups that meet to deal with mental health, addiction, alcoholism, and other problems.

Dix Park Team Response: As previously noted, the Dix Park Master Plan does not prescribe building uses. However, as the planning process continues, the Dix Park Team will work to identify potential partnerships that support the principles and priorities laid out in the Master Plan, which includes honoring the history and legacy of the site (Master Plan Book, pages 246-247).

5. Legacy Committee Recommendation: A Coming Home for African Americans – The westernmost boundary of Dix Park borders the “Nazareth” community, a neighborhood that was purchased by the children and grandchildren of former slaves. This African American neighborhood, in concert with white Catholic co-occupants, decided on the name. Many of the neighborhood’s residents helped construct the old orphanage and helped care for the children. This connection provides the opportunity to relocate the African American Cultural Complex from its current location on Sunnybrook Road near Wake Med to the Dix site. African American storytelling could be used as a restorative tool. The Complex’s leaders propose that it be integrated with Wake County Parks and Recreation and the African American Heritage Commission.

Dix Park Team Response: As previously noted, the Dix Park Master Plan does not prescribe uses for future buildings. However, the Dix Park Team, MVVA and City Historic Resources staff visited the African American Cultural Complex (see Public Engagement Appendix on dixpark.org/masterplan), met with the Dr. and Mrs. Palmer, and learned more about their

work. Raleigh's African American Cultural Complex is an excellent example of a potential park partner that embodies Dix Park's core principles. It could help to interpret and share significant stories from Raleigh's past while also bringing activity and new uses to the park's buildings and programming outdoors.

6. Legacy Committee Recommendation: Hospitality with a Mission – *As part of the design for any accommodations on site, include plans for a conference center with a soul. Seek out opportunities to host meetings related to the park's overall mission. Use the facilities for conversations and convenings on topics that fit the mission and theme of the park. This could be an extension of the Greater Raleigh Convention and Visitors Bureau.*

Also, use this operation to demonstrate how mental wellness can be supported in the hospitality industry. Consider the ideas from the Lives on the Hill forum about ways to create employment and training opportunities for people with mental health challenges. Complement this with restaurants and shops that actively support the mission. And, light the top of the hill with a publicly accessible tower or viewing deck and call it "The Beacon of Wellness" or another theme-related name.

Dix Park Team Response: As previously noted, the Dix Park Master Plan does not prescribe uses for future buildings. However, it does suggest spaces for lectures and events to support the future of the park (Master Plan Book, pages 168,169, & 200). These could be locations to host "conferences with a soul." For example, the event halls proposed in the former patient dining halls and the Chapel are meant to be ceremonial, event, and lecture spaces that could host events for hundreds of participants.

As for the hospitality industry, the suggestions proposed such as the employment training opportunities will be explored through community benefits agreements and future partnerships.

7. Legacy Committee Recommendation: Arts and Healing – *Enlist artists and craftspeople to create healing art, music, dance, and theater for the site and to make it a constant beehive of creativity. This could include art exhibitions, performances, classes, and sales venues.*

Dix Park Team Response: Arts and healing are an important part of the hospital's past and of the park's future. The Master Plan proposes many opportunities for creative expression through exhibit halls, maker spaces, cultural institutions, an amphitheater, rehearsal space, and multiple opportunities for outdoor public art (Master Plan Book, pages 170-171). The plan also speaks to the importance of art in digesting and interpreting the complex and often invisible histories of the site.

This February, the City's Office of Raleigh Arts put out a call for artists to create temporary installations and performance pieces at Dorothea Dix Park. **Artists were given the Legacy**

Committee Report so that their work could reflect on and be tied to the history of the site. The City received numerous high-quality proposals. The Office of Raleigh Arts Review Panel has met to go through the proposals. That review panel includes Legacy Committee Member, Anne Franklin.

Additionally, the Dix Park team is working with a group of core artists and their thought partners assembled by Grammy-nominated singer-songwriter Tift Merritt through Duke University's Forum for Scholars and Publics. Their work asks questions about site-specific memory, social justice, and how art and story-telling can help metabolize trauma, defuse stigma and heal. This work is detailed on page 6 of the memo.

8. Legacy Committee Recommendation: The Healing Power of Nature – Create a Persian garden or butterfly garden or sunflower fields to give people a place to “just be” and to experience the healing power of nature. A plant conservatory and horticultural therapy could also contribute here. There is an opportunity to involve volunteers, former patients, school children, and visitors in creating a constantly changing canvas of gardens and plants.

Dix Park Team Response: The plan states the importance of beautiful immersive and pastoral landscapes which are explained in the descriptions of The Meadow, The Grove, and The Creek landscapes. These three landscapes will have enriched biodiversity including a potential botanical garden. Horticultural therapy could be a potential program at the park and can be explored as the park is built. The plan also proposes a future stewardship program to allow volunteers of all ages and abilities to play a role in creating and maintaining the beautiful park.

The Dix Park Team is already working to make these healing places today. This can be seen in the creation of the five-acre sunflower field that began in Summer of 2018 and in the Daffodil River, which will bloom spring of 2019.

9. Legacy Committee Recommendation: Sanctuary and a Haven for the Lost – Establish certain areas on site as sanctuaries and sites for reflection and quiet. The cemetery and the chapel could be tied together for this. Silence is the new luxury.

Dix Park Team Response: The Master Plan states the importance of honoring the sacred cemetery and chapel. Both areas will be beautified and honored as places for reflection. The Master Plan shows a proposed path linking these two contemplative spaces (Master Plan, pages 232 & 233). The plan proposes storytelling, art, or guided audio tours. One example of this that embodies the vision of the Master Plan book is work by the artist Jeannene Przyblyski's *Comings and Goings* at San Francisco's Presidio (Master Plan, page 232). That project was introduced in the early period of the Presidio's transition into a public park and combined research, oral history, and sound art to share the legacy of that site with new visitors.

10. Legacy Committee Recommendation: Farm to Table to Soul – Because Dix Hospital had a farm, there is an opportunity to re-create gardens to honor that legacy and to supply food for restaurants on site. This also could be linked to the nearby Farmers’ Market.

Dix Park Team Response: The Master Plan documents the deep agricultural history of the site (See Master Plan pages 52-59 and Appendix for Susanne Turner History Report). This agricultural history is carried on in the proposed community gardens along the Gateway edge, a proposed culinary institute and through the proposed connection to the North Carolina State Farmer’s Market. The Farmer’s Market has been working to create their own master plan so that the market and the park can work better together. Lastly, the Master Plan highlights the ability of food to bring people together in fellowship. The plan proposes multiple cook out areas, restaurants and temporary market spaces.

11. Legacy Committee Recommendation: Annual Compassion Festival in the Park – Hold an annual celebration that showcases organizations and individuals that are exemplary in their acts of compassion, caring, kindness, and concern for other human beings and our planet.

Dix Park Team Response: The Dix Park Team is open to any programming ideas for the park and will explore this idea along with wellness focused programming. **If any Legacy Committee members wanted to help with the planning of this festival through further idea generation, we could look to make it a reality in the early life of the park.**

Today, Dix Park already offers numerous wellness focused programs such as weekly free yoga and meditation in the park from April through October, 5k races, summer solstice sunrise yoga, and outdoor fitness classes.

12. Legacy Committee Recommendation: Connect to Other City Assets – In every way possible, connect Dix Park to other adjacent assets – the Farmers’ Market, the Greenway, and Pullen Park, as well as downtown Raleigh.

Dix Park Team Response: The Master Plan proposes multiple future connections to all edges of the park including the Farmer’s Market, NSCU’s Spring Hill, Centennial Campus, and Main Campus (Master Plan, pages 122-139). The Master Plan also proposes a land bridge to make a bold and sage connection between Dix Park, Pullen Park, and Governor Morehead School. As for Greenways, the Framework section of the Master Plan shows many ways that the Park can connect to Raleigh’s extensive system in the Framework section of the Master Plan. It also proposes creating a new greenway path to connect Rocky Branch Greenway and Walnut Creek Greenway through the Park along the Lake Wheeler Road edge of the park.

Lastly, the Master Plan lays out proposed new connections to downtown on pages 132 & 133 which include:

- Proposed improvements along South Saunders with improved sidewalk, street furnishing, lighting, and planting, at the underpass as well as a proposed multi-modal

transit link at the Western Boulevard overpass/South Saunders Underpass intersection.

- Anticipated extension of West Street north of the Cabarrus Street intersection at the railroad crossing. This would create a strong connection to Union Station.
- Anticipated connection from Dix to Devereaux Meadow (in planning phase) as a multi-use path via the Pigeon House Trail Connector and West Street.
- Changes to local and regional transit routes to include additional stops to serve Dix Park visitors.
- Proposal to transform the meeting of Western Boulevard and South Boylan Avenue into a regular four-way intersection.

13. Legacy Committee Recommendation: The Role of Recreation in Maintaining Wellness – Use sports facilities, free play areas, and recreation fields to incorporate the role of recreation in maintaining wellness. Encourage a culture of collaborative use of this space. Accommodate and smile on the simplest uses for grilling, Frisbee, sports, rolling in the grass, dog play, or just putting one’s toes in the water.

Dix Park Team Response: The Dix Park Master Plan notes the importance of creating spaces for both organized and unorganized play for all ages and abilities. To quote the great playwright George Bernard Shaw, “We do not stop playing because we grow old, we grow old because we stop playing.” Spaces for being completely absorbed in the child-like nature of play is an important part of wellness.

The Master Plan proposes areas for all of the following: Sports fields in the north west corner of the park, adventure and nature play areas around the Meadow, a unifying loop for walking/running/biking that unites the park and is envisioned to also become an important social space for casual encounters with neighbors, an entrance gateway with play elements, sports courts, the renovated hospital gymnasium, a preserved sledding hill area, areas to host running races, an extensive meadow for throwing frisbee or just rolling in the grass, the creek and a water garden for putting one’s toes in the water, and three dog parks (Master Plan, pages 158-165).

Requests from the Dix Park Team:

1. The Dix Park Team requests that the Legacy Committee think about potential partners for the City to work with on oral history recording to build off the work done through Lives on the Hill and the work done with the Southern Oral Histories Project. The team also welcomes recommendations for people to interview for oral histories.
2. The Dix Park Team asks that the Legacy Committee help spread the word the Dix Park Exhibit *From Plantation to Park* at the City of Raleigh Museum and about the recording booth in the exhibit so that stories can be collected.

3. The Dix Park Team asks that Legacy Committee members who are interested in the annual Compassion Festival idea support staff through further idea generation for the festival. This includes suggesting specific partners to appear at the festival as well as activities for the festival. These steps could help make an Annual Compassion Festival a reality in the early life of the park.

The Master Plan is a guiding vision for the future of the park that encompasses the importance of the legacy through the landscape, buildings, and programmatic elements. The Dix Park Team will continue to review and implement these recommendations through the next phases of work. In conclusion, the Dix Park Team is grateful to the Legacy Committee for their detailed work on documenting the complex history of the Dorothea Dix Park site and looks forward to continued work together.