Maryvale on the move: St Luke’s Health Initiative

WALK this way

He sat with his arms folded “Even if we had new places to go, places better then what we got now, the problem is we have no way to get to these places. So you gotta’ drive, even if its right down the road.”

~Rohoboth youth community member

Project statement:

The city, like the human body, is a series of systems; parts that form a functioning whole. In order for the whole (body or city) to work the systems must function together, not as broken bits built, constructed, and working as separate entities. We approached the Maryvale project knowing that the whole (people and city) were sick and we set out to create a function infrastructure for the Maryvale community....
The mainstreets of Maryvale are like the nervous system of the body. Without the functioning of this system the community cannot function. The brain ceases to work and the whole system falls apart.

With this in mind, we developed the mainstreets as the primary route of access within Maryvale. The treatment of the streets allows for access to all the other major systems of the community.

The secondary streets are like the skeletal system of the body. This system is the structure that holds the community together. As long as the skeleton is whole the body will not crumple and fall. These create the backbone of each individual community and give it a very specific sense of being and place.

With this in mind, we developed the secondary streets as the route of access within each neighborhood. The treatment of the streets is an individualized approach specific to each neighborhood.

The tertiary streets are like the muscular system of the body. This system is what gives the body movement and range of motion. As long as the muscles are strong and healthy the body can be active.

With this in mind, we developed the tertiary streets as the place where activity happens. These streets are designed to be locations of exploration and movement. These are areas where people can run, bike and play without fear of high volumes of traffic. With more eyes on the streets, violence will decrease as well.

The alleyways are like the vascular system of the body. This system is the heart of the community. This is where everyone can come together and enjoy a little piece of relaxation and get to know other members of the community.

With this in mind, we developed the alleyways as a place for meeting, gathering and as throughways in the community attaching all the other elements and creating a healthy, vibrant place to play, laugh, grow and explore.
Food Deserts

The first image of Maryvale depicts a 1 mile radius out from the existing grocery store locations (as defined by the EPA this radius is considered accessible to the community anything outside of this is considered a food desert).

The second image depicts a 1 mile radius out from the existing fast food locations. The third image depicts a 1 mile radius out from the existing restaurants. These are both very prevalent and are much more easily accessible to the majority of the community. This causes a lack of accessibility to healthy foods and provides excessive quantities or portions.
**Walk this Way: Community connection Proposal** (Amigo, Golden Gate, Rehoboth)

### Current conditions Summary of Maryvale’s communities

The Maryvale community is currently broken. The sidewalks and bike path infrastructure, stops and starts randomly. This is due to funding problems and budget constraints; it’s easy to see that the infrastructure for the person was built at different times and that it currently gets built as an afterthought. The brokenness of the human movement system leaves the community disconnected and prevents a person from walking anywhere in whole of the Maryvale area or the smaller housing communities of (Amigo, Golden Gate, Rehobeth).

### Walk this way: Concept connection

For the ‘Walk this way project’ three communities in Maryvale area were looked at; Amigo, Golden Gate, and Rehobeth. The design proposal is for all three communities and each treatment (mainstreet, Secondary, Tertiary and Alleyways) can be applied to each of the communities.
Golden Gate: Main street (nervous system)
Policy Changes Golden Gate: Main street

PROBLEM (powerpoles instead of trees)
In most urban settings trees and powerpoles compete for the same space: the edge condition next to the sidewalk. When it comes to down to trees versus power poles, the utilities ALWAYS win. It’s for this reason that trees in Maryvale are almost non-existent. Those trees that still cling to life live under extreme conditions; they are overpruned (to make way for the utilities) and are forced to survive in 95% compacted soils, which prevents them from ever growing big enough to become shade trees. Because of this, the common scene in Maryvale is hot concrete sidewalks edged with tall brown powerpoles.

POLICY CHANGE (utilities underground, James Urban's Deep Roots, traffic calming)
Placing the utilities underground allows for street trees to be planted without excessive pruning giving shade to the sidewalk and a softer edge to the streetscape. New urban infrastructure decreases the width of the street by placing a median and increasing the width of the adjoining sidewalk. This helps to discourage speeding along the major roadways. We have included a bikelane next to the sidewalk and differentiated it using colored concrete to encourage alternate modes of transportation. New street planting construction method using James Urban's Deep Roots. This allows for the compaction of the street and the sidewalk but also allows for the tree roots to develop to full potential ultimately increasing the value of the plantings and prolonging the life of the trees.

PROBLEM (All communities look the same)
The communities do not have a sense of self. Every block looks the same and one can not differentiate between different neighborhoods or communities.

POLICY CHANGE (Alternate materials)
Looking at alternate materials such as canvas flags and gabion walls to create entrances into communities. We have also proposed painting the concrete walls and planting vines (espaliers) along these walls to cut back on the amount of graffiti.
Golden Gate: Main street (nervous system)

Current Problems
- Power poles instead of trees
- No street plantings
- No bike lane
- Sidewalk too narrow

Phase Zero: Current Conditions

Phase One: What the community can do

Non-Structural changes:
- Adding trees for shade
- Painting the walls
- Add espaliers to the front of painted walls
- Wildflowers (with the knowledge they will be trampled but will continue to seed themselves)
Golden Gate: Main street (nervous system)

Phase Two: What the City can do

Structural:
- Decreasing the width of roadways - turn lane
- New wider sidewalks
- Moving power lines underground
- Adding new infrastructure - James urban
- Lighting for cars and streets
- Gabions provide human element and light at night - these replace LED poles
- Replace stone walls with gabion - recycled glass
  - walls this adds a lighting element and makes the street feel less crowded

Phase Three: Final product

Final Product:
- Water catchment in the medians
- Maturation of the street plantings allows for shading of the sidewalks
- Human scale lighting
- Interesting materials
- Cars slow down to look at plantings
- Turn lanes available for cars
- Bikelanes and sidewalks keep people out of the streets and make it safer for both pedestrians and drivers

Bailey, Johnson 2010
Golden Gate Secondary street (Skeletal system)

Before

Proposal

Not to scale
Golden Gate Secondary street (Skeletal system)

Before

Proposal

Golden Gate Secondary street (Skeletal system)
Policy Changes Golden Gate: Secondary Streets

**Problem** (powerpoles instead of trees)
**Policy Change** (utilities underground, James Urban's Deep Roots, traffic calming)

**Problem** (All communities look the same)
**Policy Change** (Alternate materials)

**Problem** (Traffic moves too quickly and is unsafe for bikes)
Traffic is moving too quickly for the neighborhoods causing concern amongst the residents. In addition, due to the lack of sidewalks pedestrians are walking in the street and bicycles are using the middle of the road. The fast moving traffic, causes parents to disallow their children to walk or ride bicycles anywhere as they fear for their safety.

**Policy Change** (Traffic calming and moving bikes and pedestrians off the road)
Decrease the width of the roadway by adding medians. To decrease the speed of the traffic we have added traffic circles along the major throughway. As this is considered a “collector” street, speed bumps, speed tables and speed humps are not allowed on the road. Bikes and pedestrians have been moved off of the roadways to keep them out of the lanes of traffic and improve their safety and well being.

**Problem** (the mainstreets and secondary streets flood)

![Diagram of water plan (stormwater management)](image1)
![Diagram of water plan (stormwater management)](image2)
Phase Zero: Current Conditions

Current Problems:
- No lane lines
- No street plantings
- No bike lane
- Sidewalk too narrow
- No color or vibrance

Phase One: What the community can do

Non-Structural changes:
- Fruit trees in backyards
- Paint the walls
- Add espaliers to the painted walls
- Crosswalk location established
Phase Two: What the City can do

Structural:
- Temporary traffic circles
- Bike lane added and painted
- Street trees for shade
- Sidewalk width increased
- Striping on major streets that intersect
- Crosswalks painted and widened

Phase Three: Final product

Final product:
- Permanent traffic circles and medians - Planted
- Moving power lines underground
- Water catchment in the roadways
- Traffic calmed
Problem (Urban blight, unused space)
Urban blight, unused space, abandoned lots and litter in the yards are a fact of life in the Maryvale community. For various reasons lots sit vacant and houses are abandoned. The community members feel completely helpless as they watch their neighborhoods lose aesthetic appeal and value. People in the community lose interest in taking care of their property when they see others around them allowing their land to remain unkempt.

Policy Change (reallocating abandoned property to the community)
Returning the front yards of abandoned homes to the community and allowing the yards to be used as either places for play or as places to create community gardens. If the lots sit vacant for a specified amount of time the land should be reallocated to the city until which time someone purchases the property. If the home remains, it can be turned into farmers markets or used as locations to have yard sales.

Problem (Lack of healthy foods)
Members of the Maryvale community live in a food desert, meaning they do not have access to healthy foods and tend to eat at fast food locations. This is causing obesity among school age children and unhealthy families within Maryvale. (see maps at bottom)

Policy Change (Community Gardens, Gleening Project)
Using the empty lots and the abandoned homes for community gardens and farmers market locations within each neighborhood. This will allow easy access for more healthy foods that are grown locally. It can also be a place to make a little bit of extra income and to share different types of fruits and vegetables. Community members can have more choices about the vegetables they eat.
Phase Zero: Current Conditions

Current problems:
- Trash and blight in the yards
- No landscaping
- Roads too wide
- Many vacant homes
- Yards used as parking lots
- Food deserts (no access to healthy foods in the area)

Phase One: What the community can do

Non-Structural
- Remove trash from the streets
- Plant native shade trees in the yards
- Remove the front yard fencing, use native plants to show property lines
- Wildflower seeding of property where there is bare dirt.
Phase Two: What the City can do

Structural
- Decreasing road width
- Increasing sidewalk width (8 feet)
- Creating a Trash nook/ mail box nook at driveway edge (no more trashcans on the street)
- Red glass groundcover and cactus garden
- Removal of LED lights and replace with human level and child friendly lighting
- Encouraging native plantings in front yards
- City planting (natives) at foreclosed properties and abandoned lots
- Stepping stones for kids attached to main sidewalk
- Ask property owners to reallocate unused yards for kid friendly spaces

Phase Three: Final product

Final product
- Buying abandoned lots and turning them into nature zones, kids playgrounds, gardens
- Buying foreclosed homes and turning them into community markets
  - Community grown food
  - Fruit tree trade
  - Gleaning project
  - Local Healthy food initiative

Golden Gate: Tertiary street (Muscular system)
Golden Gate: Allyways (Vascular system)

Not to scale

Before

Proposal

Bailey, Johnson 2010
Policy Changes Golden Gate: Alleyways

**Problem** (powerpoles instead of trees)
**Policy Change** (utilities underground, James Urban's Deep Roots)

**Problem** (Alley ways are underutilized)
The alleyways are not being used except for trash pick-up and as places to litter or destroy property. This makes the alleys unsafe places to be and wastes a ton of usable space.

**Policy Change** (Give back the alleys)
The current city suggestion is to give back the alleys to the community. The spaces are no longer to be used for trash but it is undetermined how they should be utilized and is being left up to the individual neighborhoods to decide how best to use the space.

**Problem** (Brick walls and no visibility into the alleys make them unsafe)
The very tall walls create a visibility barrier into the alley and make it an unsafe place to be especially after dark.

**Policy Change** (Height of walls decreased and materials changed)
The height of the walls has been lowered to 4' to increase visibility into the alleyways. The materials have been changed to decrease the radiance of the heat and in an attempt to stop the graffiti the walls are planted with native specimens, spices, lentils and cactus fruits.
Current problems:
- Trash and blight
- No shading
- No landscaping
- Dangerous... no visibility into the alleys
- Lack of lighting
- Power poles have poor aesthetic quality

Non-Structural
- Remove trash and trash containers
- Fruit trees in backyards / Shade plantings in __yards along allyways
- Wildflowers (with the knowledge it will get __crushed but will reseed)
- Fix chain link fence and replace wood fences, __where applicable, with chain link fence
- Add handmade string lights (school or __boy/girl scouts project)
Phase Two: What the City can do

Structural
- Removal of asphalt - paver pathways
- Removal of power lines underground
- Adding new structure—James urban deep roots
- Construction of living walls (gardens optional)
- Gabion ground lighting - solar

Phase Three: Final product

Final product
- Shaded walkway with mature trees
- Taking back the alley ways
- Social area for neighborhood activities (parties and festivals)
- Living walls planted
- Living walls become optional gardens for homes

Golden Gate: Alleyways (Vascular system)