



Beloved Throughout History, Fountains and Water Features Become Social Hubs on University Campuses

BY ATLANTIC OASE

Fountains have played a significant role in human history and continue to draw people today. Fountains add beauty, elegance, and interest to public spaces, parks, and gardens, often serving as focal points and landmarks. They create inviting spaces where people want to gather, becoming natural meeting points and social hubs that endure.

The Fontana di Trevi in Rome, where water has flowed since 18 BCE, the many baths and fountains of Aix en Provence in southern France, the Fountain of Qasim Pasha of Old Jerusalem built in 1526, and so many more historic fountains are all still in active use today after hundreds, even thousands of years. The United States, young as we are, can still boast of the Franklin Square Fountain, in continuous

operation since 1838 in one of William Penn's original five squares of Philadelphia. Fountains are symbols of power and beauty, often adorned with intricate sculptures and serving as gathering places for social and cultural events.

Beyond their visual and cultural impact, fountains and water features have also been shown to have a positive impact on social,

mental, and physical health, and this extends to academic spaces. On university and college campuses, the calming presence of water can create an environment more conducive to studying and learning. Fountains serve as central gathering spots for students, fostering a sense of community and belonging. Because they enhance the campus's visual appeal, they contribute to a more pleasing environment.

These impacts have not gone unnoticed by students participating in the current groundswell movement for more outdoor gathering spaces, accelerated by the restrictions imposed during the pandemic. When indoor spaces on campus were forced to close, student social activities were forced outdoors, and many

continued...

pupnmag.com



Aqua Creek Products
— Leaders in Recreation, Fitness and Ability —



**COLORS SPEAK
LOUDER THAN WORDS.**

Aqua Creek Products manufactures innovative aquatic access, therapy, and fitness solutions for people of all abilities. Handcrafted with pride in Missoula, Montana, featuring the only American-made solar compatible pool lifts on the market today. In-house powder coating professionals offer an endless variety of color options, including color matching. Whether you're seeking earthy granite textures for a high-end look, or vivid tones to match your school branding, we've got you covered.

www.aquacreek.com

SCAN TO LEARN MORE ▶





Energy efficiency you can bank on.

With the need for energy efficiency ever increasing, finding a fume hood that meets your goals can be difficult. Why exhaust precious air when Labconco has the ideal ductless solution? Our newest Echo™ and Airo™ fume hoods pair the world's most advanced containment with Neutrodine® Unisorb filtration technology. Labconco. No duct, no doubt. labconco.com/echo



LABCONCO

campuses were found wanting. Universities and colleges that offered attractive, functional outdoor areas where students could gather were at a great advantage. Those that did not found a new urgency in developing such spaces.

A Move Toward Sustainability

In stark contrast to most older water features, where municipal or artesian water powering the display simply ran off down the drain, modern fountains incorporate sustainable practices. Most fountains and water features now recirculate water, often with highly efficient pumps that minimize energy consumption, like the Aquarius line by Oase, which also offers automatic varying water flow to create dancing fountains at the press of a button.

Fountains and water features can even play a significant role in achieving LEED (Leadership in Energy and Environmental Design) certification, a green building rating systems established by the globally recognized U.S. Green Building Council (USGBC). LEED certification is gained by contributing to various sustainability goals, each worth a certain number of points. When added together, the points confer a level of certification, from basic Certified to Silver, Gold and Platinum. Water features can accrue points towards a building's certification status in several ways. Some utilize storm and greywater sources (recycled water from sinks, showers, etc.) that reduce potable water use, mitigate flooding and recharge aquifers. Capturing and recirculating rainwater and managing stormwater runoff earn points, as does incorporating recycled materials in the construction of water features. Surrounding fountains with native plants that require less water and maintenance and support local wildlife populations can also contribute to LEED credits for sustainable material use.

Environmental and Health Benefits

Fountains and water features serve important environmental functions. In urban environments, fountains help cool the air and increase humidity, providing a refreshing respite from otherwise desiccated 'heat islands.' 'Aerosol scrubbing' by minute water droplets above and around fountains and waterfalls attracts and removes dust and pollutants from the air, improving air quality.

Fountains encourage people to spend time outdoors, promoting physical activity and social interaction—as anyone who has ever seen children playing in a splash pad knows. The sound of flowing water also has a calming effect, reducing stress and promoting relaxation. Moving water releases charged ionic particles; these ions are reported to improve mood.

Researchers are working to qualify and quantify the health benefits of blue spaces. The Biophilia hypothesis first put forth in the early 70's refers to the innate attraction humans have toward plants, animals, and other people, as well as interior and exterior spaces that mimic nature. Exposure to man-made biomimetic environments releases natural opiates in the brain, reducing depressive symptoms, speeding healing, and enhancing cognitive function. As one paper published recently in *Frontiers of Psychology* notes: "The profound effects of biophilia demonstrate the importance of intentionally

continued...

pupnmag.com

designing these spaces with a strong focus on nature, with strategies like integrating natural elements and processes, large variety of plants for a rich sensory experience and biodiversity, create habitats for wildlife, *inclusion of water bodies* (emphasis added) that can add aesthetic value while providing calming sounds, generally use natural materials and mimic (sic) natural forms and patterns.”¹ Other recent research presents immediately implementable design recommendations for circulation and open areas, outdoor spaces and healing gardens that emphasize biophilic healing.²

Unfortunately, although the health benefits of water features are broadly accepted, research that quantifies the multiple health benefits of artificial water features is still limited. But such studies do exist. In an article in *Health Promotion International*, Easkey Britton assessed 33 studies on the health benefits of water features and found that ‘blue care’ can benefit health in general and

concluded that investment in blue spaces can improve mental health, especially psycho-social well-being.³

And it doesn’t take hard numbers to notice the positive impact these water features have on a campus community. When students and professors gather around a fountain’s edge to talk and take a much-needed break from the demands of academic life, the social, environmental, and even health benefits are easy to see. Students also appreciate knowing these features operate sustainably. These features represent an investment in students’ enjoyment of communal spaces and overall experience of their college years, adding value in unexpected ways that will continue to attract generations of students to come.

A Case Study: High Point University

A case in point is the campus of High Point University. Long recognized as one of the best academic centers of the South, the campus

Overly: The First Name—and Last Word—in Specialty Doors.

<p>Acoustic</p> <ul style="list-style-type: none"> • Metal Swinging Doors • Wood Swinging Doors • Oversized Doors • Fixed Window Systems 	<p>Blast</p> <ul style="list-style-type: none"> • VLRB, LRB, and MRB Series • High-Range Doors & Windows • UFC Blast Mitigation Doors • Pressure Resistant & Watertight Doors • Radiation Shielding Doors 	<p>Vault</p> <ul style="list-style-type: none"> • GSA Certified • DOS Certified • Attack-Resistant • Day Doors • Day Gates 	<p>Bullet</p> <ul style="list-style-type: none"> • Metal Swinging Doors • Wood Swinging Doors • Fixed Window Systems • Pass-Throughs • Gun Ports • Voice Ports
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



overly@overly.com • www.overly.com

stepped up its campaign of beautification in 2004, spearheaded by the current President Dr. Nido Qubein, who has placed significant emphasis on the development of the gardens, fountains and water features at High Point. From the High Point University Entryway Fountain at the main gate of the university to the David R. Hayworth Park Waterfall at the center of campus to the Qubein Arena Panther Fountain and its two flanking features, students, staff and visitors are never far from water.

The dozens of fountains at HPU have come to be defining features on campus. Practically every open space on campus sports a water feature. The Patriot's Plaza fountain cascades down four tiers, pouring over broad edges, with three large jets in the top pool and 56 arching sprays along the rest. The Kester Promenade begins and ends at the traditional Henley and Finch circular fountains. The Elizabeth Miller Strickland Scholarship

Plaza, intended to inspire future endowment donors, boasts a placid reflecting pool as an invitation to meditate on philanthropy. The massive waterfalls behind Cottrell Hall, built in 2018 to capture and recirculate 3,500 gallons of rainwater in a below-grade reservoir of 80 Atlantic EcoBlox, flow 30,000 gallons an hour along the walkway to the school's amphitheater.

These water features contribute to some of the university's many accolades and the broad recognition of its aesthetic appeal on a national level. *U.S. News & World Report* has ranked HPU the No. 1 Regional College in the South for the last 10 years and No. 1 Most Innovative for seven consecutive years. For 12 consecutive years, HPU has been named a College of Distinction with special recognition for career development, business and education programs. The Princeton Review has placed it in the top five percent Best Colleges of the nation's 2,400 four-year colleges and

universities for seven years running in multiple categories, including Most Beautiful Campus.

1. *Front Psychol.* 2023 Nov 24;14:1201030. doi: 10.3389/fpsyg.2023.1201030

2. Menatalla Ghazaly, Deema Badokhon, Naelah Alyamani, Sarah Alnumani, "Healing Architecture," *Civil Engineering and Architecture*, Vol. 10, No. 3A, pp. 108 - 117, 2022. DOI: 10.13189/cea.2022.101314.

3. *Health Promotion International*, Volume 35, Issue 1, February 2020, Pages 1-4, <https://doi.org/10.1093/heapro/daz124>

ABOUT THE AUTHOR: Atlantic-Oase merges innovation and expertise to craft beautiful, easy-to-maintain water features. Designed in-house and distributed globally from Aurora, we bring European and American-made aquatic solutions to North America and beyond through the Oase network.

AMERICAN SLIP METER®

SLIP AND FALL PREVENTION SINCE 1993

SALES, SERVICE & RENTALS OF SCOF & DCOF TRIBOMETERS



ASM 925

Our ASM 925DCOF meter is perfect for the new NFSI B101.4-2023 wet barefoot testing standard. Our 925 is an NFSI Approved Tribometer for DCOF testing. Our 925 is, also, an automated DCOF meter that tests to NFSI B101.3 and ANSI A326.3. No drive wheels to slip on ramps, bathtubs or grout lines. Test stairs in four directions.

Our 825A is an economical manual SCOF meter that tests to ANSI/NFSI B101.1-2009 Easy to operate for both dry and wet tests. Used across the globe for many years.



825A

For more information on both meters visit
www.americanslipmeter.com

Questions? Contact us at
info@americanslipmeter.com or 941-681-2431



PRIVATE UNIVERSITY PRODUCTS AND NEWS



OUR MARCH
 FEATURES INCLUDE
 SPORTS AND
 FITNESS FACILITIES
 AND STUDENT REC

Contact ed@flahertymedia.com
 to learn more about advertising in PUPN

We're Still Listening.

Water professionals know that swimmers demand clear and clean water. That's why we continue to work hard to make your job easier. Make chlorination easy with the **ACF Series** Calcium Hypochlorite Feeders.

Clarify with Vantage Poly-A Clarifying Tablets. This unique and powerful tablet water clarifier is not just to clear up cloudy water after a long weekend. As a maintenance product, it works with your filtration system to remove organic and inorganic compounds to prevent dull and cloudy water.

SANITIZE with the **ACF Series** Calcium Hypochlorite Tablet Feeders

- ⌘ Safer than liquid systems
- ⌘ Runs "Clean" - Less Maintenance!
- ⌘ Simple, Efficient, and Durable
- ⌘ Systems available for ANY size pool
- ⌘ NSF/ANSI Standard 50 Certified

CLARIFY with the **VPF-20** Poly-A Tablet Feeder

- ⌘ Unique tablet clarifier
- ⌘ Easier than liquid systems
- ⌘ Removes organic and inorganic compounds
- ⌘ Increases filter effectiveness
- ⌘ Proven cryptosporidium removal



AllChem Performance Products, Inc.
Phone: 352.378.9696
FAX: 866.343.1216
email: vantage@allchem.com
www.vantagewatercare.com

VANTAGE

Copyright 2015
VANTAGE is a registered trademark of
AllChem Performance Products, Inc.

SportsArt

EMPOWER STUDENTS TO POWER THE PLANET

G778 Stepper



A STEP IN THE RIGHT DIRECTION

Continuing a tradition of sustainable fitness solutions, the G778 Stepper offers a challenging cardio workout while strengthening core and lower body muscles at 20-180 steps per minute. The real-time display readouts include steps climbed, calories burned and Watts to Grid—so users can feel good knowing they are one step closer to reaching their fitness goals while helping the planet at the same time.



See how sustainable fitness can work for you.

THE *2nd* ANNUAL CAMPUS CHALLENGE IS LIVE!



Over \$145,000 in ECO-POWR™ prize packages
with the grand prize valued at \$75,000.

The SportsArt Campus Challenge Sweepstakes asks college students to accept the challenge to inspire more sustainability on their campus by sharing a simple TikTok video or Instagram post.

This year, students can win even more with **new cash prizes** added! Each of the 3 winners not only win the equipment packages for their campus rec centers, but also get cash for themselves and for their chosen on-campus sustainability student organizations.

One lucky student can make their school a leader in sustainable fitness with ECO-POWR™ cardio equipment engineered to convert human energy into clean, renewable energy with every workout.

The 2025 Campus Challenge runs from
January 1, 2025 — March 15, 2025.



FOR MORE INFORMATION,

official rules and materials to help you promote the sweepstakes
GoSportsArt.com/campuschallenge

This year the sweepstakes has also expanded into Canada.

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. A PURCHASE OR PAYMENT WILL NOT INCREASE YOUR CHANCES OF WINNING.

SportsArt



PO Box 1903
Pelham, AL 35124

PRSRTD STD
US POSTAGE
PAID
PERMIT 284
MIDLAND MI

RE-IMAGINING CAMPUS TECHNOLOGY

TECH IT OUT!

- ✓ 100% Unattended
- ✓ Highly Configurable
- ✓ Public Sector Focused



Self-Service Dispensing Kiosks



Battery Access:
Dispense 30,000 mAh
Portable Power
Chargers



Repair Depot - Asset Tracking



Trusted Technology Branded to Your Local Look-n-Feel™

LAPTOPSANYTIME™
Automated Checkout Kiosks

1-877-836-3727 • LaptopsAnytime.com