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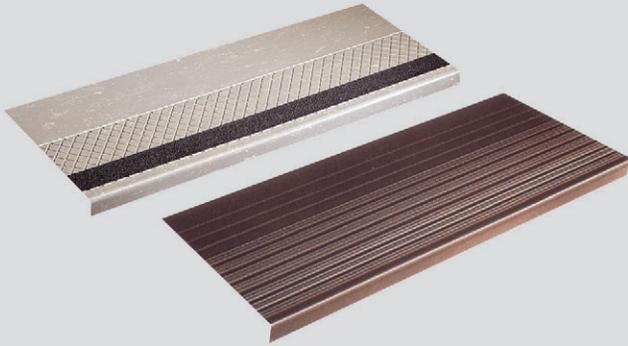
**DREXEL RECREATION
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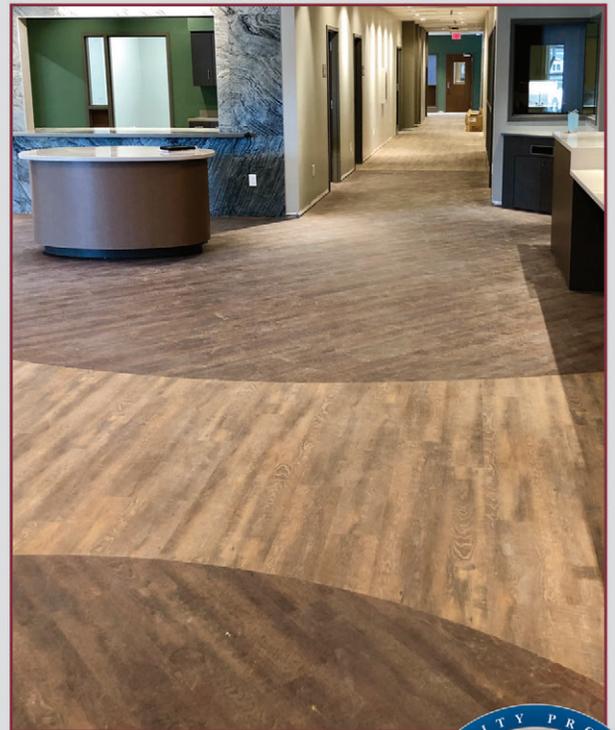
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ENERGY EFFICIENCY IN RENOVATIONS AND NEW CONSTRUCTION

Leadership in Energy and Environmental Design (LEED) is a green building rating system first developed in 1993 by the newly formed United States Green Building Council. The mission of the Council is “to transform the way buildings and communities are designed, built, and operated, enabling an environmentally and socially responsible, healthy, and prosperous environment that improves the quality of life.” Such quality of life is enhanced by construction that allows for natural lighting, better acoustic design, and improved air quality.



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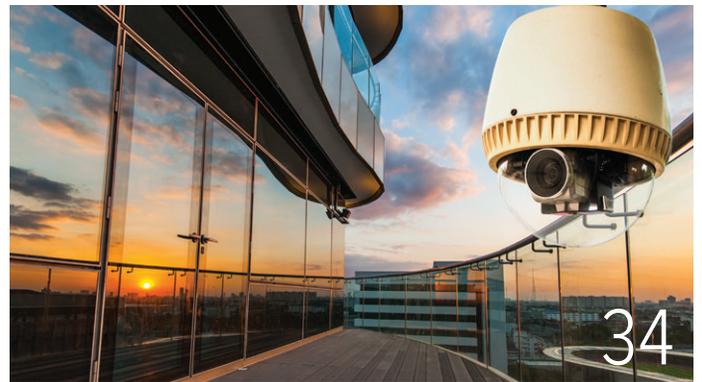


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SECURING TODAY’S CAMPUS

Unlike many other security trade shows, the National Association of Campus Card Users (NACCU) is attended by many prominent universities in the United States. Attendees learned about issues with complexity in security technology due to multiple platforms for access-control, surveillance, and card credentials. Additionally, the network security IT requirements are left largely in the hands of the local commercial integrators; this situation is becoming a cyber-risk for many campuses.



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COLUMNS



Cover courtesy of Loyola University Chicago

SPOTLIGHT / ON OUR COVER

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COMMUNITY-ORIENTED RESEARCH AT LOYOLA UNIVERSITY CHICAGO

Abha Rai (Ph.D., MSW), Assistant Professor in the School of Social Work at Loyola University Chicago, embodies great passion for community-oriented research, which both emerges from and gives back to the communities it engages. In her work with South Asian immigrants and their communities, Rai focuses on both perceptions and experiences of domestic violence.

CONSTRUCTION

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IOT: THE FUTURE OF CAMPUS RESTROOMS

A relatively new technology in the professional cleaning industry and possibly a new idea for many administrators of private colleges and universities is the “internet of things” (IoT). Using these technologies can help administrators and custodial workers keep school facilities clean and healthy on an ongoing basis.

EDITOR'S LETTER



Hello to all you who are looking at this letter and getting ready to read this latest issue. We have had an interesting year, haven't we? It has been filled with new challenges and opportunities that we had never seen before. Some we had no way to foresee, but the good news is that many of us are beginning to see the positive change that we have been waiting for.

As we look back and take a collective deep breath, I believe we should take a few moments to be grateful for what we have all learned. When I take such a moment, I see the importance of family—immediate, extended, and chosen. A sense of community is so vital to our wellbeing, and the strength we can get from each other cannot be denied. On a personal front, I have been blessed to have family that supported us, and I have also been blessed to be able to give support to family when they needed it. Family means more to me now than just the immediate circle; it now includes close friends and co-workers that were a part of my personal journey through the last year. My hope is that I was able to give them a little of the help and support that they gave me along the way.

A few weeks ago, our local area was hit by tornadoes, and once again our community saw the beauty of the human spirit as well as how these events can bring out the best of who we are as a community and as individuals. Going forward, my hope is that we focus on that and continue to be the best versions of ourselves as we return to some parts of life as we knew it to be. Let us remember to smile at strangers just because, to hold a door open and greet people we may not even know, and even to offer help in little things if we see opportunities to lighten someone's load.

I believe the phrase that I am looking for is "Paying it Forward." I experienced it this morning when a wonderful person in the car ahead of me at a local coffee shop drive-through paid for my order. This person asked for nothing, and I will probably never see them again, but they reminded me of the beauty of our fellow human beings. They inspired me to do the same for the person behind me, and I hope that the love continued to be spread; my belief is that it was.

I hope as we close the current semester and look forward to future projects as you continue to provide beautiful facilities for students, faculty, and staff, that we also remember the most precious of gifts we can give to others: kindness.

Thank you for allowing us to be a part of your day. We look forward to sharing with you every month.

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Abha Rai (Ph.D., MSW), Assistant Professor in the School of Social Work at Loyola University Chicago, embodies great passion for community-oriented research, which both emerges from and gives back to the communities it engages.

PROFESSOR SPOTLIGHT

by Cynthia Mwenja, PhD

Community Oriented Research at Loyola University Chicago

In her work with South Asian immigrants and communities, Rai focuses on both perceptions and experiences of domestic violence. This population includes people from South Asia—India, Pakistan, Nepal, Bhutan, Bangladesh, the Maldives, and Sri Lanka—as well as others in the South Asian diaspora. Rai’s work fills an important gap in existing research; few previous studies examine South Asian immigrant experiences of domestic violence in the United States, among both men and women.

Clearly, such research must happen within the community—the site of the issues—which is why Rai promotes community-oriented research. But she does not want to just push out papers—she wants her findings to go back to help communities. In spreading messages about domestic violence, Rai says that there needs to be more awareness of the reach and scope of domestic violence, which happens in all communities and in families of all income levels. Rai feels fortunate to be at Loyola University Chicago, which fully supports her community-centered research approach; she feels greatly supported by her colleagues and staff at the school.

Rai points out key challenges for immigrant domestic violence survivors: women are already at a high risk of domestic violence, both in

South Asian communities and in the U.S.; the risk increases for immigrants, who may not have many friends or connections to call on in their new surroundings. Survivors might choose not to report abuse because they may fear deportation, fear that their children may be removed from the home, or fear that the primary visa holder may be deported. Additionally, when couples immigrate, people holding dependent visas—typically the women—are dependent on the primary visa holders—usually the men. Important legal documentation such as the driver’s license and the bank account are tied to the primary visa holder’s immigration status, and there are often limited resources for those on dependent visas.

Another layer of complexity for this population is that some domestic violence support agencies may work with South Asian people but may not have employees who speak the same home language. For example, Sanjeevani—one of the non-profits with which Rai works—offers services in eleven common South Asian languages, but these are only a fraction of the languages spoken by South Asian immigrants.

About half of the sample population in Rai’s doctoral research had experienced domestic violence themselves, and 40% of those were men. Men can experience violence through in-law or

economic abuse, often in cases—Rai surmises—in which the wife holds the primary visa. These findings indicate why men should be included in such research; previous research has not included men’s viewpoints on or experiences of domestic violence.

Rai’s colleague, Nathan Perkins (Ph.D., MSW), also Assistant Professor in the School of Social Work at Loyola, appreciates Rai’s social justice focus and community-centered approach and is “very impressed with her desire to create positive changes for those experiencing domestic violence in the South Asian immigrant community.” Another colleague—Susan Grossman, Professor in the Department of Social Work at Loyola—shares Rai’s research focus on domestic violence. Rai, Grossman, and Perkins have collaborated on two articles to date, one on family violence broadly during Covid and one on domestic violence specifically within the immigrant community. Grossman says that Rai’s expertise in the field and professionalism have added immeasurably to their work together.

Another aspect of Rai’s domestic violence work assesses whether and to what extent criminal justice systems in the U.S. are culturally responsive, particularly in cases of domestic violence. To answer these questions, Rai is



Photographs provided courtesy Loyola University Chicago

working as co-PI on a grant application to the National Institute of Justice with PI Dr. Kristin Ravi, Assistant Professor in the College of Social Work at the University of Tennessee, Knoxville. Rai is contributing the survey methodology and the culturally responsive piece for the grant. The two have already collaborated on an article examining culturally responsive interventions, and they are currently working on an article looking at culturally responsive measures.

SMILE

One aspect of domestic violence that immigrants may face is in-law abuse. To assess such abuse, Rai developed a Scale to Measure In-Laws Exploitation & abuse (SMILE). Michael Robinson (Ph.D., MSW), Associate Professor in the School of Social Work at the University of Georgia, says that this scale is an excellent example of the type of culturally responsive work in which Rai engages. Ravi calls the scale "groundbreaking" and a "huge contribution." Before Rai's work, there had not been a way to systematically measure in-law abuse among men and women; in order to create interventions, researchers must first have measures.

In many South Asian cultures, married women traditionally go to live with their in-laws, who then have a strong influence on the women's lives. If this relationship becomes abusive, mistreatment

Abha Rai points out key challenges for immigrant domestic violence survivors: women are already at a high risk of domestic violence, both in South Asian communities and in the U.S.; the risk increases for immigrants, who may not have many friends or connections to call on in their new surroundings. Additionally, survivors might choose not to report abuse because they may fear deportation, fear that their children may be removed from the home, or fear that the primary visa holder may be deported.

can take many forms—both verbal and physical abuse, controlling procreative choices, taking away one's passport, and the like. Rai sees this pattern in other immigrant communities, as well. Many other cultures are also patriarchal, so the expectation of a wife's submission to her husband and to her male family members is common across many immigrant cultures and communities. The SMILE assessment tool can provide a model for researchers looking at these in-law abuse issues in many diverse communities.

Community Connections

Rai volunteers with two non-profits in the Chicago area, one of which is Apna Ghar, which means "my home" in Hindi. Neha Gill, Apna Ghar's Executive Director, says that Rai has been involved with the organization for more than two years. Rai had contacted the organization when

she was researching domestic violence in South Asian communities for her dissertation. The two share an interest in practice-based approaches to research and the ways that practice and research can each inform the other. More recently, Gill says, Apna Ghar has brought Rai on in a consultative role. For example, she has conducted presentations for the staff, and she has created a methodology that the organization now uses for an evaluation project.

Rai also serves on the advisory board of Sanjeevani, another Chicago-area non-profit which provides a support network for South Asian people facing mental health or domestic abuse issues. Promila Kumar, Sanjeevani's Executive Director and Founder, says that Rai has extensive knowledge about domestic violence issues both in the United States and internationally; the two connected when Rai was seeking statistics

on domestic violence. Sanjeevani—whose name means “giving life—provides a twenty-four-hour hotline staffed by volunteers trained through the National Alliance on Mental Illness (NAMI). Kumar says that domestic violence is an important issue globally, so Rai’s work is vital.

Rai has become part of the Sanjeevani advisory team, providing her guidance and expertise to the organization on subjects such as domestic violence, mental health, and dating violence; she has organized presentations for the staff and clientele on these subjects. One upcoming presentation will focus on healthy relationship components and boundaries. As Rai reports, many South Asian immigrants come from cultures in which dating is not a common concept, so students may not understand what is appropriate. For example, technology abuse can be common for international students because they may not know that it is not normal for their partner to have their social media password, track their phone usage, or reply to posts or texts on their behalf. Rai found that students wanted to have these important conversations and to understand the available resources.

Kumar says that the skills, facts, and knowledge Rai brings really help Sanjeevani and make her an excellent resource and asset. According to Kumar, Rai has also been one of the key people driving connections between Sanjeevani and two organizations in India, one working for legal help for women, and the other supporting those who are experiencing domestic abuse. The three organizations have been cooperating with each other to help women through awareness, intervention, and solutions.

In early May, Sanjeevani is hosting a collaboration event to help women learn more about topics related to domestic violence, such as understanding exactly what constitutes domestic violence, what spurs it, intimate partner violence, and legal recourse that may be available. Kumar says that this event has the potential to help make things better by empowering people with knowledge. This event, targeted at survivors of domestic violence, will feature four sessions for participants in both the U.S. and India. Rai will be one of the key speakers in a panel discussion focusing on helping teenagers, college students, and single adults understand some hallmarks

of healthy relationships. Recognizing healthy relationship boundaries can be challenging for immigrants because of differing social norms between cultures.

Bystander Training Module

Rai is currently working on a bystander intervention tool to help people be more aware of domestic violence issues as well as equipping bystanders to step in. For the preliminary work on the curriculum, Rai obtained an internal university grant through the Office of Research Services, Loyola University Chicago, and she is now working on a larger grant to extend this work nationally. Gill says that such a curriculum will be very helpful; Apna Ghar volunteers often field questions about how friends and family can help when they see situations that seem dangerous or unhealthy. Similarly, Perkins states that “The program she is currently creating will undoubtedly lead to increased knowledge about and changes in domestic violence within immigrant communities within the U.S.”

People working in police and criminal justice settings know that different cultures



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have different norms, so they might overlook some domestic violence tactics because they may attribute behaviors to cultural differences. Rai’s curriculum can guide both professionals and laypeople regarding appropriate ways to read and respond to specific situations. Gill is impressed with just how committed Rai is to these issues and how interested she is in making sure that her research has a positive impact.

Passion

Rai’s passion for social work began as she traveled across rural communities in India with her mother, an educator and social worker. This passion, noted by those who know her, stems from her “desire to not only educate others on the negative consequences of domestic violence but to ameliorate domestic violence in immigrant communities altogether,” according to Perkins. Rai mentions how truly blessed she is to have the support of her family every step of the way.

In pursuing this research, Rai not only advances knowledge in her field, she actively and materially improves the lives of South Asian immigrants—thereby providing a shining model for community-engaged academic work.



ABOUT THE AUTHOR: Dr. Cynthia Mwenja teaches Composition and Rhetoric at the University of Montevallo.

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MAINTENANCE AND CONSTRUCTION

by Robert Kravitz

IoT: The Future of Campus Restrooms

A relatively new technology in the professional cleaning industry—and possibly a new idea for many administrators of private colleges and universities—is the “internet of things” (IoT). Using these technologies can help administrators and custodial workers keep school facilities clean and healthy on an ongoing basis.

History and Definition of IoT

The internet of things dates back to 1999, when it was developed by a worldwide manufacturer of, among other things, cleaning solutions. Ten years later, the technology began to be used in facilities and by the professional cleaning industry. In a nutshell, IoT is a network of physical objects—whether they be buildings, vehicles, devices, or something else—that are part of network connectivity via sensors and software. As such, these items are able to both collect and exchange useful data. In the case of restrooms on college campuses, gathered data is sent to university administrators and cleaning professionals.

To better understand what IoT is and how this new technology may prove beneficial to private school administrators—along with the people who clean and maintain these facilities—let’s imagine a scenario involving a private university with 15,000 students. According to the National Association of Independent Colleges and Universities, enrollment in private or nonprofit institutions in the United States ranges anywhere from 100 to more than 30,000 students, with an average of 2,000 students, so our example facility is on the larger end of the spectrum.

Along with 15,000 students, another 1,500 people will typically work for a school this size as professors, staff members, facility managers, custodial workers, and others. According to the Occupational Safety and Health Administration, all commercial buildings in the United States with more than 200 people—in this case, students, staff, visitors, etc.—must have one toilet and one urinal installed per 50 people. This requirement means that our hypothetical college has approximately 330 toilets and another 330 urinals, along with faucets in all restrooms and showerheads in locker rooms scattered throughout the campus.

Here's a common problem: on average, two or more toilets or urinals need maintenance attention every day. If anyone is notified at all, it may take several days for a student or staff member to bring the malfunctioning toilet to the attention of school management. After notification, maintenance crews may not be able to address the issue for several additional days. Such scenarios have proven to be real inconveniences for the facility; this type of maintenance issue may create unsanitary situations, as well.

In a nutshell, IoT is a network of physical objects—whether they be buildings, vehicles, devices, or something else—that are part of network connectivity via sensors and software. As such, these items are able to both collect and exchange useful data. In the case of restrooms on college campuses, gathered data is sent to university administrators and cleaning professionals.

Addressing Problems in Real Time

If maintenance workers and administrators had some way to tell if a toilet, urinal, faucet, or showerhead was broken as soon as the damage occurred, such monitoring would allow campuses to address such problems in real time. Facilities and Maintenance would no longer have to depend on an alert from a student or staff member. Furthermore, the same system can report when paper products are needed in one restroom, soap refilled in another, and unexpected cleaning attention in another. IoT can provide this sort of real-time data, telling

college administrators when and where a problem exists—most often in restrooms—so that it can be attended to as quickly as possible.

The Restroom Monitor

“Essentially, IoT—at least when used in restrooms, where the technology is increasingly found—is a connectivity and monitoring technology,” says Michael Wilson of AFFLINK, which provides ordering and product selection technologies to assist schools and universities. As described in the scenario mentioned earlier, “IoT technology alerts school administrators about a

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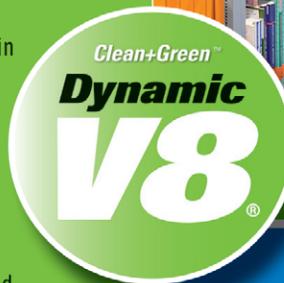
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problem, its specific restroom location, the exact stall, and when the problem was detected—all so it can be attended to promptly.”

With some systems, a message is sent out to both a school administrator and the custodial manager in charge of that area of the campus at the time of day. These multiple layers of messaging can help to expedite communication and resolve the situation.

Other Benefits

Having such technology in a restroom can assist administrators in higher education in several ways, including keeping the university’s image at the desired level. The reality is that in just about any commercial facility, restrooms are complaint centers. “If a restroom is soiled and out of paper products or soap, there is debris on the floor, or a trash bin is overflowing, this turns a restroom cleaning ‘issue’ into a serious problem,” says Wilson. “Soiled and messy restrooms can affect the morale of students and staff and certainly are not anything school administrators would want parents or school visitors to see.”

Additionally, Wilson says IoT can help administrators in other ways, such as the following: It

can indicate if a restroom needs to be cleaned more often than is now scheduled. “Often restroom cleaning is on a set schedule based on when a cleaning worker is in that location,” explains Wilson. “IoT turns things around so that cleaning is based on when the restroom needs to be cleaned.” IoT can indicate when a restroom gets the most use during the day so that custodial workers can attend to the facility after these busy periods. Similarly, the technology can help administrators and custodial workers prioritize how often restrooms may need to be cleaned during the day; some restrooms invariably need more cleaning attention than others. IoT can help determine the amount of supplies needed per day in restrooms, helping to stock them more efficiently.

Keeping Tabs on Supplies

Many IoT systems now allow custodial workers to place “tabs” on supplies to help monitor when products should be reordered. Such ongoing inventory oversight can complement other technologies like web-based dashboard systems that help prevent schools from running out of supplies; these systems can lead to cost benefits

as well. Wilson explains that universities often purchase large quantities of supplies simultaneously, which leaves a great deal of operating capital stacked in the janitorial closet. Being able to strategically plan when to buy supplies—in the quantities needed—can lead to significant cost savings.

Future Trends

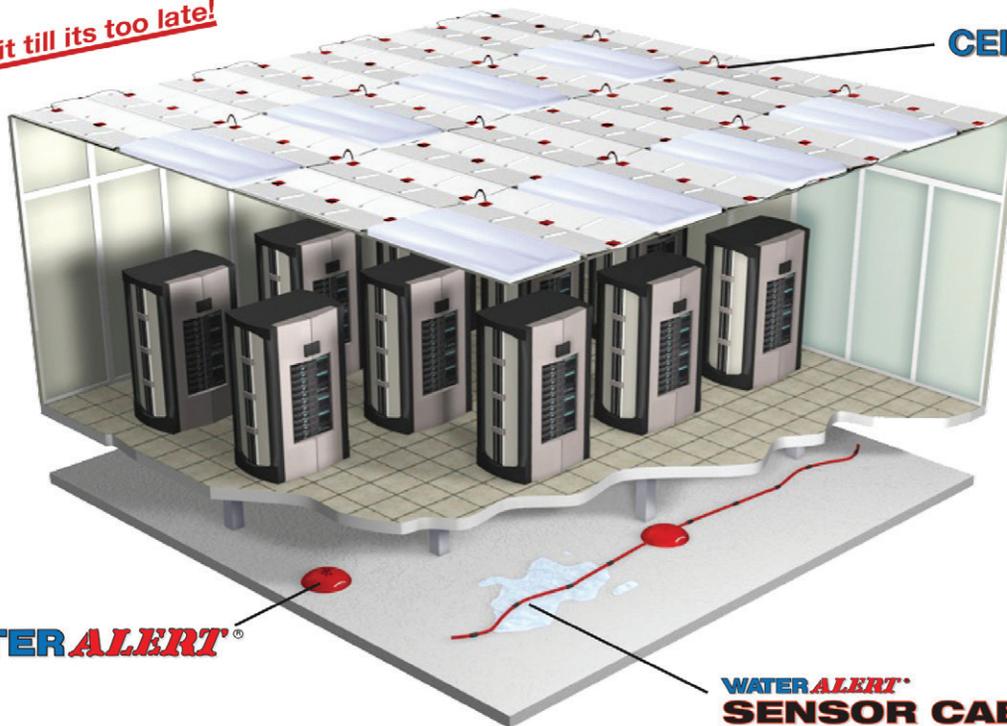
The focus of most private universities is, of course, to keep up with educational trends to best serve the needs of students. However, new trends also are evolving in the ways schools order and select supplies as well as the ways campuses are cleaned and maintained. IoT is a primary example of these trends. Knowing when or where there is a problem—even before it becomes a problem—can help administrators and maintenance personnel keep campus restrooms clean, healthy, and inviting.



ABOUT THE AUTHOR: Robert Kravitz is a frequent writer for the professional cleaning and building industries.

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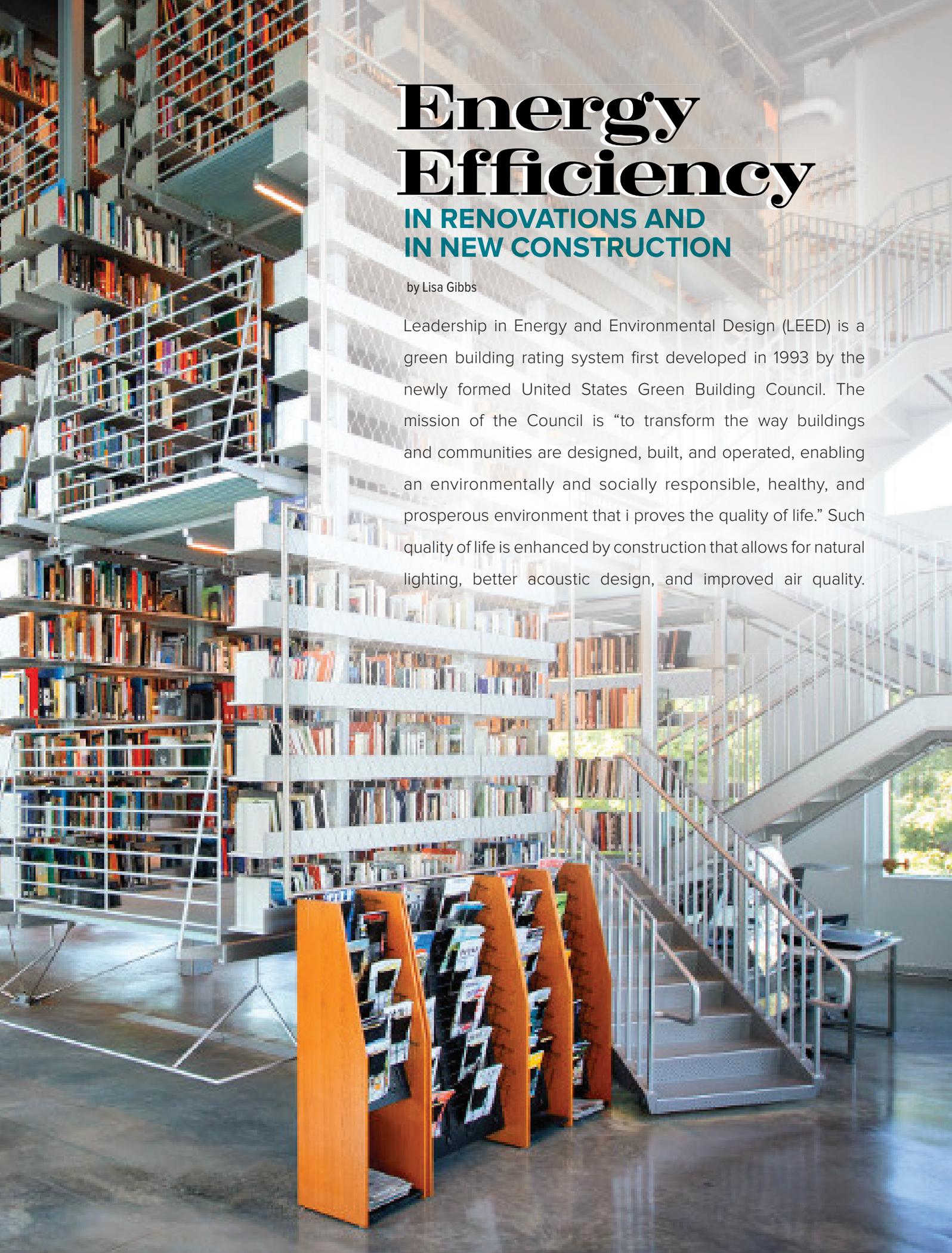
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The image shows a multi-level library interior. On the left, there are several levels of white metal bookshelves filled with books. In the foreground, there are three orange wooden magazine racks filled with various publications. To the right, a modern staircase with white metal railings and a wooden handrail leads to an upper level. The floor is a polished, light-colored material, possibly concrete or stone. The overall atmosphere is bright and clean, with natural light coming from windows on the right side.

Energy Efficiency

IN RENOVATIONS AND IN NEW CONSTRUCTION

by Lisa Gibbs

Leadership in Energy and Environmental Design (LEED) is a green building rating system first developed in 1993 by the newly formed United States Green Building Council. The mission of the Council is “to transform the way buildings and communities are designed, built, and operated, enabling an environmentally and socially responsible, healthy, and prosperous environment that improves the quality of life.” Such quality of life is enhanced by construction that allows for natural lighting, better acoustic design, and improved air quality.



Photograph provided courtesy Cornell University

The Council developed a rating system with four levels: Certified, Silver, Gold, and Platinum. These levels indicate the number of points achieved by incorporating green building strategies. Motion sensors for lighting a room, and water control for faucets, double-paned windows, green roofs, and solar panels are a few of the strategies suggested by the Council. Private colleges and universities are using the LEED certification system to create a positive impact on the climate and a more natural environment on campus.

In late January 2020, Cornell University's Mui Ho Fine Arts Library in Rand Hall was awarded the Gold level of LEED certification. According to a February 2020 news release, "the building earned 63 points, including all 19 available points for optimizing energy performance, and all six available points for proximity to public transportation." The ground floor houses digital, wood, and metal fabrication shops, a maker's space, and a research lab. A massive suspended library spans all three upper levels, with meeting rooms, classrooms, and offices surrounding the rows and stacks of books. The shell of the original building was kept intact, and today the library operates in a sustainable, nationally-accredited and ADA compliant way.



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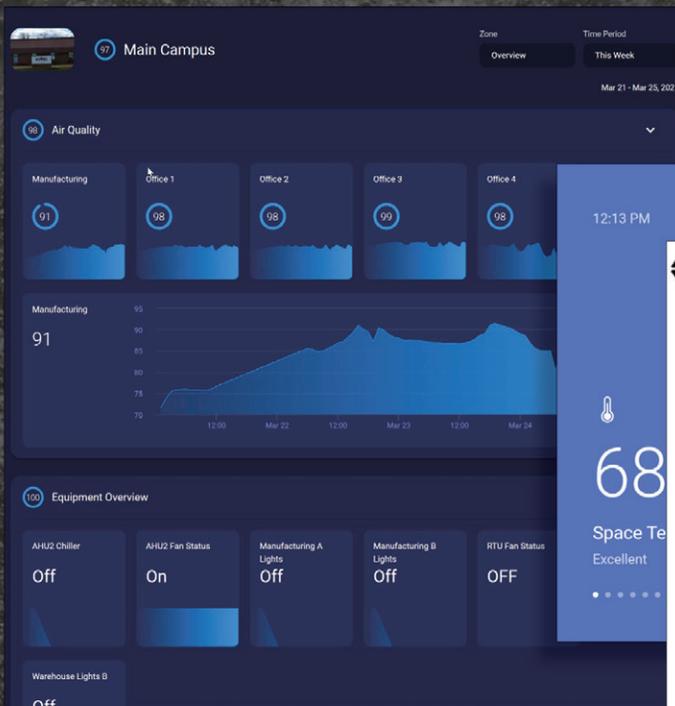
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Rand Hall at Belmont University

As can be well imagined, converting a structure built more than 100 years ago without demolishing it posed a challenge for architects, engineers, and designers.

Renovations on the historic building were a massive undertaking in order to achieve this high standard. Rand Hall was built in 1911 as part of the Sibley College of Mechanical Engineering and the Mechanic Arts. It housed the electrical laboratory, the machine shop, and the pattern shop in addition to classrooms and work spaces. The industrial Neoclassical style building had three floors with one staircase located at the center of the building. As the use of the building changed over time, some renovations took place and in 1968 a second exterior stairwell was added to comply with updated fire codes. By 2013, major renovation plans were being discussed and construction finally began in late 2017.

As can be well imagined, converting a structure built more than 100 years ago without demolishing it posed a challenge for architects, engineers, and designers. The group worked together to solve the challenges of updating nearly every square inch of the space. Exterior work included rebuilding portions of the parapet, refilling mortar in some of the brickwork, and removing the 1968 staircase addition. The large, rectangular windows on the lower floors and the curved windows on the top floor were

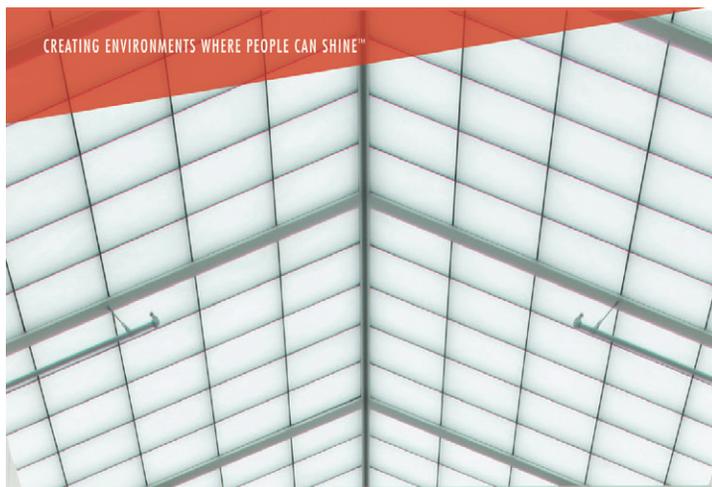


replaced with double-glazed panes. Thermal insulation was added to the walls, and the roof was replaced “with a well-insulated and reflective surface that improves the building’s thermal performance year-round.” All mechanical systems were replaced for improved ventilation and protection for the vast collection of books on fine arts. These renovations will result in an estimated 70% reduction of energy and confirm Cornell University’s commitment to be carbon neutral by 2035.

Smaller private colleges and universities are also improving campus energy consumption by using sustainable methods. In 2014, the Jane Ayers Academic Center on the campus of Belmont University in Nashville, Tennessee, became the first Platinum LEED-certified building on a college or university campus in the state. According to the campus website reporting on sustainable buildings, this academic center was specifically “designed and constructed using sustainable practices to help reduce its environmental impact.” Because this project was new construction, designers did not face the challenges of those working on the Cornell University Rand Hall renovations.

The Ayers project incorporated some similar and some different methods to achieve energy efficiency. Thermal insulation, state-of-the-art mechanical systems, along with fire code and ADA code compliance are part of new construction as well as renovations. Cornell and Belmont use light emitting diode (LED) bulbs instead of incandescent light bulbs across their campuses. Motion-sensor light switches, faucets, and towel dispensers are commonplace. Green roofs can be seen on both campuses, as well as recycling areas and student-led organizations promoting and applying sustainable practices.

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Photograph provided courtesy Cornell University

An underground parking garage was built for the Ayers Academic Center and other new construction on Belmont's campus. Underground parking eliminates the heating effect of surface lots and preserves green space. The garages range from two to five levels of parking space, and include charging stations for electric vehicles and specific parking for low emission vehicles. Irrigation systems at several campus buildings collect water in underground tanks, which is then re-used for sprinkler systems and water features. Additionally, the Ayers Center uses an active chilled beam HVAC system that reduces heating and cooling energy usage. Over 900 tons of waste generated during construction of the Ayers Center was recycled instead of being taken to a local landfill.

Belmont plans for its newest fine arts building to be LEED certified. The Performing Arts Center will house a 1,700-seat multi-purpose theatre, along with a grand lobby that can host more than 900 guests when opened to the two contiguous event spaces. Belmont's construction project reporting web page states that the new construction, slated to open in the fall of 2021, will also have "a green roof to assist with water quality filtration, among other sustainable components as the project will pursue LEED certification." This project continues Belmont's commitment to preservation, sustainability, and respect for people and the planet.

Construction and design standards look quite different in 2021 than they did in 1911 when Rand Hall was built on the campus of Cornell University. Energy efficiency, sustainability and recycling have become integral parts of campus construction, renovation, and long-range goals. New technologies and materials, from sensor driven faucets to double-paned windows, are widely available. Green buildings show increased efficiency in energy and water usage and reduced impact on human health and the environment. As private colleges and universities move through renovations and new construction, following the LEED certification process will reduce energy consumption and lead to a healthier campus in every way imaginable.

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ABOUT THE AUTHOR: PUPN staff writer Lisa Gibbs earned her Ed.D in Higher Education Administration in 2018. She is an advocate for arts, particularly dance, in education and for increasing the financial well-being of artists through financial education.

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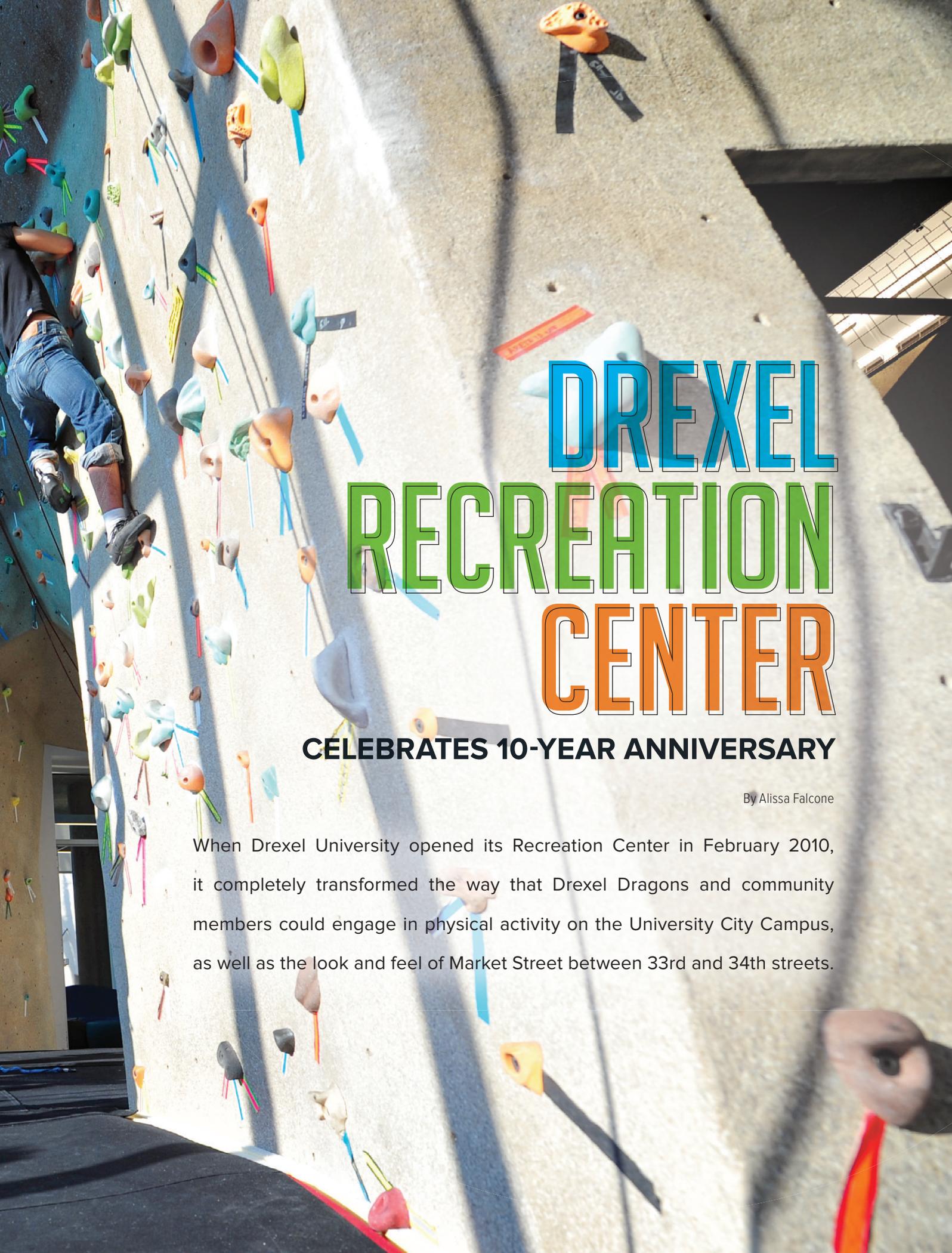
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A photograph of a person climbing a rock wall. The wall is covered in various colorful climbing holds (jugs, crimps, and slopers) in shades of blue, green, orange, and red. The climber is wearing a dark shirt, blue jeans, and climbing shoes. The background shows a building structure with a grid pattern.

DREXEL RECREATION CENTER

CELEBRATES 10-YEAR ANNIVERSARY

By Alissa Falcone

When Drexel University opened its Recreation Center in February 2010, it completely transformed the way that Drexel Dragons and community members could engage in physical activity on the University City Campus, as well as the look and feel of Market Street between 33rd and 34th streets.



In honor of the ten-year anniversary of the Recreation Center, Director of Athletics and Carl R. Pacifico Professor of Neuropsychology Eric Zillmer, PsyD, and Assistant Athletic Director of Recreation Bryan Ford talked about what the center has accomplished in a decade, and how it has evolved over the years.

Q: How has attendance been at the Recreation Center over the past ten years?

Bryan Ford: Since opening its doors in February 2010, the Recreation Center has seen a multitude of students, faculty, staff, alumni and community members looking to enhance their wellbeing. There have been over 6.7 million visitors to the Recreation Center, with over 325,000 visits to group exercise classes and 98,000 climbers at the climbing wall.

Eric Zillmer: When we planned the Recreation Center being 87,000 square feet in size, the naysayers told us it would be way too big. Well, we built it and they came—over 3,000 students a day during the academic quarter. It has become an important social nexus for our students.

Q: What are some unique events that have happened in the Recreation Center?

Ford: We are always trying to reinvent ourselves in Recreational Athletics to ensure we are meeting the growing needs and wants of the Drexel community. Over the years, we've tried some unique events including Human Hungry Hippos, paddleboard yoga, pickleball,

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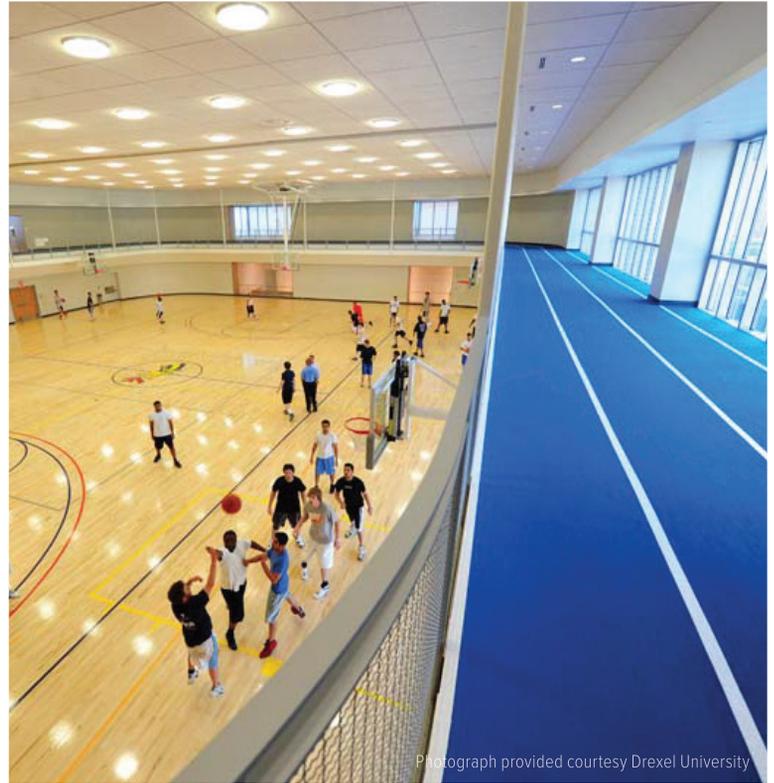
Zillmer: While the physical structure of the Rec Center is impressive, the programming of the space is equally as important. Our rec staff has done an unbelievable job in creating state-of-the-art exercise programming.

Q: How has the Recreation Center and its programming evolved over the last ten years?

Ford: The fitness and wellness industry has evolved over the last ten years to be more geared towards holistic wellness, with a focus on mental health as well as providing a community atmosphere. At the Recreation Center, it is important that we provide an experience that allows students and members to de-stress from everyday life. We also intentionally create outlets that enhance camaraderie, build friendships, and encourage participants to build lifelong healthy habits.

Zillmer: It started by being a center for physical fitness and evolved into a social space, where our students meet, play, and also work out. It has become the de facto new student union at Drexel.

Also notable is the fact that we hosted the nation’s first full-time therapy dog in a recreation center, with office hours and a Drexel ID card. We paid the dog a salary, which allowed for dog food and dog



Photograph provided courtesy Drexel University

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insurance. The Drexel therapy dog became and is a big hit with the students and the Drexel community. Now we have three therapy dogs: Chai, Espresso and Java.

Q: Has the Recreation Center been recognized for its efforts?

Ford: The Recreation Center has been recognized numerous times for a variety of reasons. From the architecture of the facility, designed by Sasaki Architects and Ewing Cole, to the programming, wellness, and atmosphere, there have been a number of awards throughout the years. Some of these awards include:

- 2011 NIRSA Outstanding Sports Facility
- 2011 Athletic Business Facility of Merit
- 2015 #1 Gym in Philly from Philly.com
- University Primetime—Top 20 Most Impressive College Gyms and Student Rec Centers
- Top Counseling Schools.org—Top 30 Universities Leading the Way with Wellness
- College Magazine—Top 10 (# 7) Best College Gyms and Student Rec Centers

Zillmer: Winning best gym in Philly and # 7 in nation has been an unbelievable confidence builder for our athletics department in terms of being recognized like that. It really shows you that if you put your mind towards something, anything is possible.

Q: How did the Recreation Center come to be?

Zillmer: When I arrived as a faculty member on Drexel's campus in 1988, there was the Physical Education and Activity Center (PEAC). It had a fitness room with two treadmills and two step climbers that served the entire University. When I became Athletic Director, it was clear to me we had to improve the fitness area. When I was an undergraduate at Rutgers University, I worked my way through college by being a personal trainer at Bob Boone Action Courts, a gym owned by the famous former Phillies catcher. So, besides being a life-long athlete, I was already exposed to the fitness industry early on.

We first built a larger wellness center in the basement of the building, now the Daskalakis Athletics Center, which is named after John Daskalakis '63, a Drexel men's lacrosse Hall of Famer, and is affectionally called the DAC. But it was clear that was too small as well. We had to build something bigger, much bigger. And it had to be eye-popping.

It was a major heavy lift, and building the Rec Center was probably my biggest accomplishment administratively, together with acquiring the Pennsylvania Armory in 2005 and starting Drexel's Sports Management program in 2001. Not one of the senior administrators at the time actually was into personal fitness or working out, so it was a major leap for the leadership to see value in building a large fitness facility. The only way to get their attention was to use our own Drexel students and student government to persuade them to reconsider their position, and they did.

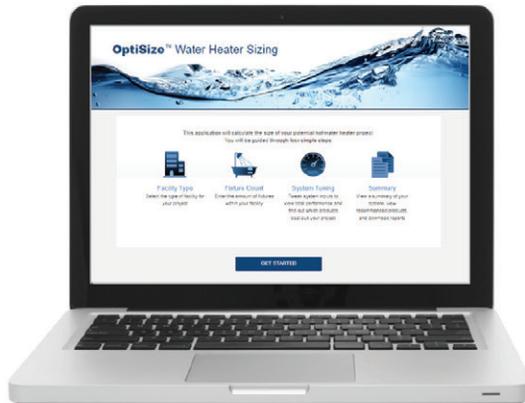
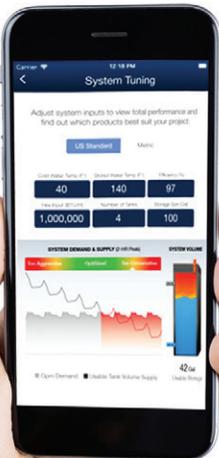
We hired Sasaki as our lead architects. When meeting with them, I remember that I thought it was odd that on the Sasaki team there was only an international representation. That, I think, was very

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Whereas the “old” PEAC had no windows, the Recreation Center is all glass and transparent. As a sport psychologist, I believe that this adds to the idea that you’re working out collectively. This social dimension is something important to humans in terms of feeling part of a community or group.

influential in the end product, in a good way. The outside facade looks like a Japanese pagoda, by design, and the interior is decidedly European in style. What I think Sasaki got totally right is the transparent nature of the building. Whereas the “old” PEAC had no windows, the Recreation Center is all glass and transparent. As a sport psychologist, I believe that this adds to the idea that you’re working out collectively. This social dimension is something important to humans in terms of feeling part of a community or group.

I also remember we never had enough money. We budgeted \$44 million for the project, but we needed \$47 million to complete all of the bells and whistles. But for a while it did not

look good. The squash courts that are near the entrance were to be a pit, the running track was out. And then I learned where the term “cutting corners” came from, when I saw a plan where the climbing wall was and, well, it had been deleted.

The biggest supporters outside of the Athletics Department were then-Senior Vice President for Student Life and Administrative Services Anthony “Tony” Caneris, then-President Constantine “Taki” Papadakis and student-government president Chris Duffy. Simply put, without them, we could not have built it. But it all came together in the end, and our University is decidedly better off for it.

Q: How did the Landmark Americana Tap & Grill within the building come to be?

Zillmer: Initially, the space where the Landmark sports bar is now was just a land-filled block, but the idea of putting an on-campus sports bar gained momentum and was first suggested by then-Senior Vice President of Student Life and Administrative Services Jim Tucker. We put out an RFP, and Landmark Americana won the bid. They have done a terrific job of bringing food and entertainment to our campus.

Having the outside bar and the climbing wall together on the corner of 34th street was my idea. I grew up in the Alps and was always fascinated with the Eiger mountain’s north face and the hotel (Bellevue des Alpes) at the foot of the mountain, where tourists would sit on the veranda and use binoculars to watch climbers working their way up the north face. This idea was translated in miniature, with the fantastic Landmark patio where you can sit around a fire pit and watch our Drexel students scale the climbing wall. I don’t think I ever shared this

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publicly! Well, it is out now. That was the idea and I think it came out picture-perfect.

Q: Is there anything you would have done differently?

Zillmer: Besides the locker room being too small, I would have to say no. The Recreation Center, after ten years, is just coming into its prime. Happy tenth birthday!

ABOUT THE AUTHOR: Alissa Falcone is the editor of *DrexelNow* and *Drexel Quarterly* and a staff writer who has contributed to those Drexel publications as well as *Drexel Magazine* and *EXEL Magazine*. She joined University Communications in 2014 after graduating from Drexel with a bachelor's degree in English. Alissa received her master's degree in communication from Drexel in 2017. She previously worked for *Philadelphia* magazine and has written for the *Philadelphia Daily News*, *Philly.com* and other publications.



Photograph provided courtesy Drexel University

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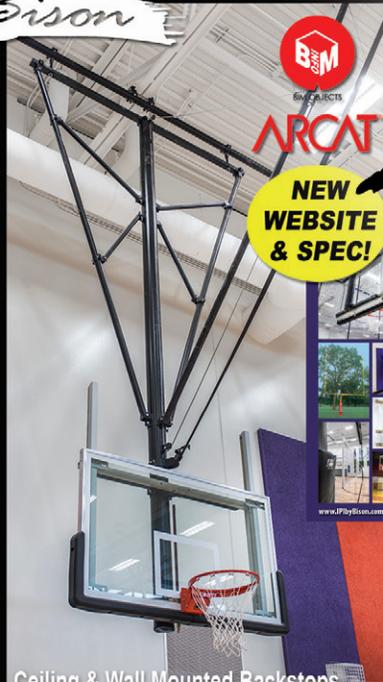
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SECURING TODAY'S CAMPUS

by Byron Whetstone

Unlike many other security trade shows, the National Association of Campus Card Users (NACCU) is attended by many prominent universities in the United States. Attendees learned about issues with complexity in security technology due to multiple platforms for access-control, surveillance, and card credentials. Additionally, the network security IT requirements are left largely in the hands of the local commercial integrators; this situation is becoming a cyber-risk for many campuses.





When I attended the NACCU conference a few years ago, the most common solutions articulated to me “we just have to wait until we can get funding to solve the problems.” We need to control our own networks in order to operate the access control and security in these buildings.”

Historically, the building owner or tenant would have a security consultant determine the applications or the feature set for any given building or campus. Today, many in the architectural community are not able to stay current on the technology in the marketplace, so they rely on specification writers employed by the largest hardware companies. Whether thinking about security hardware, cameras, software, or locking products, campus decision-makers now face multiple challenges in securing functional and dynamic access-control solutions. Finding a consensus answer can depend on gaining buy-in from multiple constituencies, many of which may have disparate viewpoints on the appropriate technology solution set for the end user.

Dynamic Access Control

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Commercial integration businesses and contract hardware businesses are now competing robustly for market share. The "door guys" are often willing to offer a total

suite of products and services. Recently, the door industry is disrupting the integration space by providing offerings and value unrelated to wall readers and service deployment. Future business standards are currently being defined because door hardware manufacturers are making the most substantial innovations in

locking and electronics, and they are looking for more paths to the market for their goods. When we started American Direct in 1991 as a contract door and hardware distributor, a door was basically just a door (frame, slab, and hardware), and access control wasn't much more than locks, keys, and closers. Today, the door is a dynamic digital ecosystem—intelligent locks, electric strikes, position switches, card readers, video surveillance, biometrics, life safety, and more—responsible for aggregating, analyzing, and effectively acting on a rushing river of data. These innovations at the door opening offer the amazing potential to simplify and secure human life, as well as potentially improving a building's long-term operational efficiency. They do, however, also introduce significant new vulnerabilities, including cyber threats and the increasing complexity of the door opening itself.

The good news is that we already have at our disposal the advanced technology required to provide efficient and effective security solutions at the door opening. However, in an increasingly complex and digitally-interconnected world, we need to think beyond doors, frames, hardware, and even beyond the latest and greatest access control hardware and software. To ensure the ultimate safety and security of a building and its occupants—as well as achieve design, budget, and timeline goals—we must be dedicated to providing total integration of every single facet of every single door opening.

Single-Source Access Solution

Existing sources have serious lapses, gaps, and shortcomings for the "as-built" community. Further, door and security manufacturers desperately need to change construction techniques and delivery methods for new construction and renovation in the products and services they provide. For the most secure and safe delivery for future building occupants, a single-source access solution, using a centralized sub-contractor or security partner should be mandated. That partner should be capable of providing every aspect of the security solution: mechanical, electronic, and platform implementation.

Because of this needed disruption in the supply chain, more companies are offering turn-key installation and system implementation. The days of multiple sub-contractors and finger pointing are on the decline, making way for innovators to provide a one-package solution. This total access integration is the new reality. Suppliers can now offer security access

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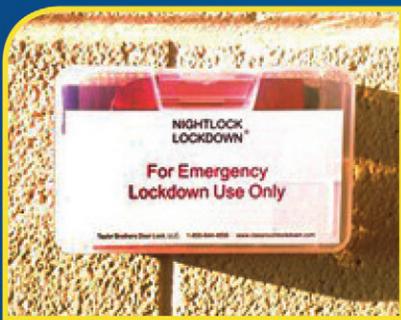


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ABOUT THE AUTHOR: Byron Whetstone is the CEO and President of American Direct. Since starting the company in 1991, his vision and devotion to creating a culture of constant innovation has led American Direct on a trajectory of success. American Direct is the only company in the nation able to combine Division 28 and Division 8 product, service, and expertise to deliver totally integrated safety and security solutions at the door opening.



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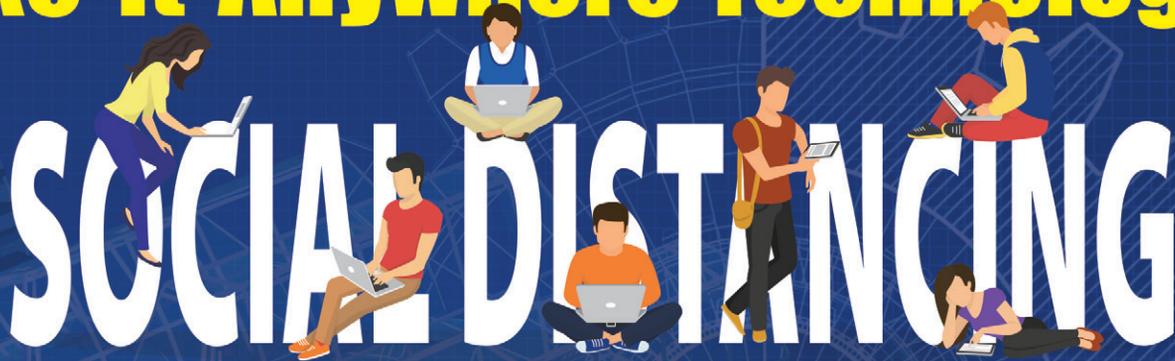




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