

Got worries? Just add water

Be it a gentle trickle or a rushing waterfall, the sound of running water is undeniably soothing. Some say the sound reminds us of our days in the womb, while others cite the fact that our bodies are 70 percent water as the reason we are drawn to it.

Lucky for us, Houston's public fountains and water features are abundant. So whether you're between meetings or between jobs, you can easily find some stress relief in a splash.

DOWNTOWN

Tranquility Park. This park featuring tall, cylindrical fountains pays tribute to NASA's lunar missions. Bounded by Rusk, Smith, Walker and Bagby streets.

Main Street Square. The new car-free plaza on Main Street between McKinney and Lamar showcases the light rail line, which is framed by elegant water arches.

Sesquicentennial Park. A dramatic cascading waterfall highlights this hidden gem on the banks of Buffalo Bayou at Texas Avenue and Smith.

Jones Plaza. A massive circular fountain graces the eastern edge of the recently revamped public space in front of Jones Hall, bounded by Texas, Louisiana, Capitol and Smith streets.

Gus Wortham Memorial Fountain. Also known as "the dandelion fountain," this fine-mist flower is a popular place for people (and dogs) who need to chill. Allen Parkway at Waugh Drive.

MEDICAL CENTER

Japanese Garden in Hermann Park. Picturesque and serene, the garden includes a placid pond and a gently cascading waterfall. The entrance is near the reflecting pool in the park.

Mecom-Rockwell Colonnade and Fountain. Doric columns encircle this handsome fountain next to the Houston Museum of Natural Science. Hermann Drive between Fannin and San Jacinto.

John P. McGovern Medical Center Commons. Two six-story walls of water adorn the arc-shaped exterior, while a linear water wall backs up the bar inside the Treviso restaurant. Bertner and Morsund.

Gus and Lyndall F. Wortham Park. This long and narrow waterscape

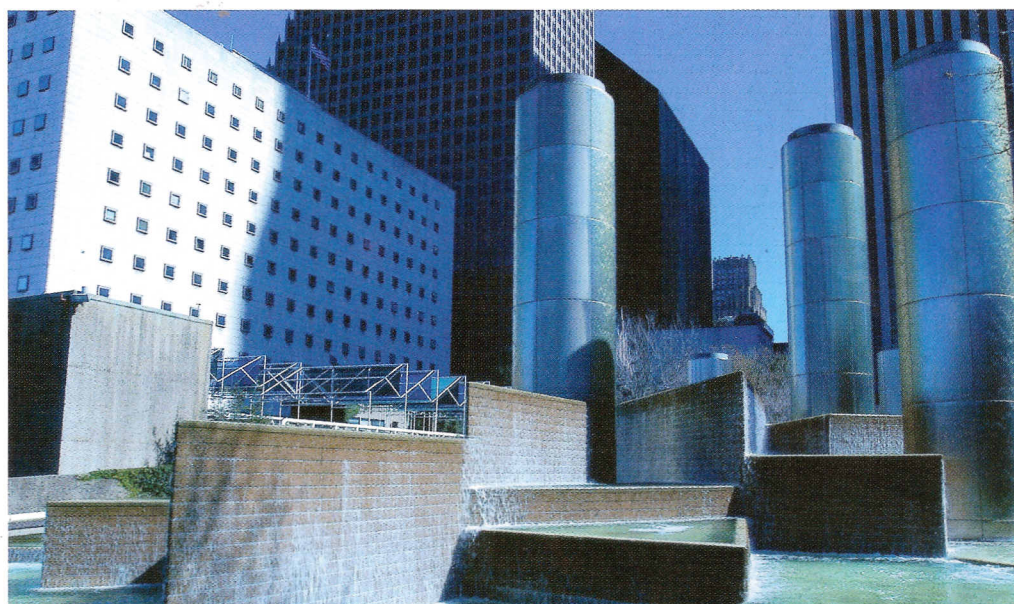
bisects the southwest corner of Holcombe and South Main. Vine-covered arbors line the rectangular pool and its waterspouts.

UPTOWN/GALLERIA

The Water Wall at Williams Tower. This majestic arc-shaped water wonder can wash away any worries with the sounds of 11 million gallons of water rushing down the 64-foot structure every minute. Hidalgo and Post Oak.

Uptown Park. An outdoor lunch near the tiered Mediterranean-style fountain between Café Express and Andre's Pastry Shop & Café can turn a tense morning into a pleasant afternoon. Uptown Park Boulevard at Post Oak. ■

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Soothe your senses at Houston's Tranquility Park.