

DESIGN, ENGINEERING, CONSTRUCTION

WATER SHAPES

Exploring the Art and Science of Water

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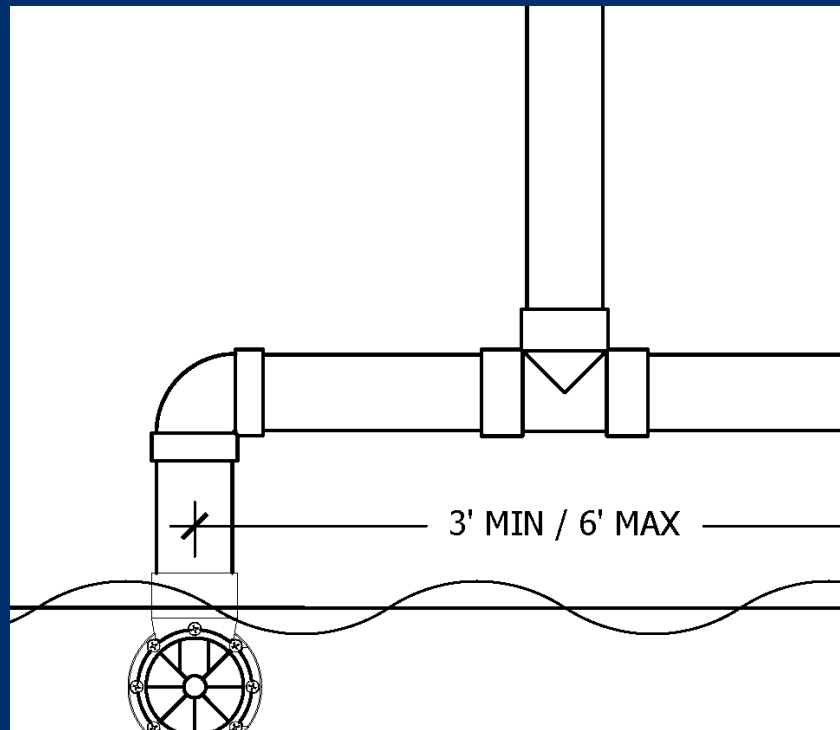
Featuring



Swimming in Cold Water: Benefits and Risks

Swimming in cold water has a long tradition in northern countries and regions where people have adapted to the cold. In this excerpted academic article, researchers explain there can be profound benefits, and it can also be deadly. With the popularity of the frigid extreme sport on the rise, understanding the possible effects has become a subject receiving greater scientific attention.

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BENEATH THE SURFACE

Detail P850: Surge Basin Drain Design

In *WaterShapes'* most recent [Beneath the Surface](#), Dave Peterson described and diagramed suction outlet fittings assemblies (SOFAs) for pool and spa applications, a topic also covered by Steve Barnes in a recent [Wolfpack Webinar Wednesday](#). This time, the focus shifts to SOFAs in surge tanks, where eliminating debris is the primary concern.

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Remembering a Crescendo (classic)

"Project of a lifetime" may not be enough to describe Mark Holden's achievement at a property in Montecito, Calif. Known as Cima del Mundo. The hilltop home had experienced many changes since its original construction in 1925, yet, the estate had never been as altered as during the four years Holden spent the transforming property -- using a spectrum of period-specific design features and fine details.

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