

Digging Deep with Cynthia Brian

Splish splash

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A long, shallow pool perfect for floating.

The next best thing to an ocean, lake or river view is a pool in the backyard offering a bucolic vista with the sensibility of nature. A swimming pool has the ability to anchor a landscape. Learning to swim is a necessary life skill and the exercise of swimming is one of the best full body workouts. Much research has been done on the calming effects that being around water has on humans. Stress levels are lowered by designs with both green and blue spaces: the green being plants and trees and the blue are water features.

I am a water baby and a nature girl with an urgent need to be surrounded by both. Whether you want to incorporate a pool that resembles a natural lake or a lap pool for strenuous swimming, having a private pool will offer you, your family, and friends years of enjoyment while enhancing the beauty of your garden. Children and teens not only get playful exercise but the pool will become a hub of activity with birthday parties and other celebrations. And, you'll know where they are and with whom!

In the recent article "Poolside Living" by Cathy Dausman (<https://www.lamorindaweekly.com/archive/issue1214/Poolside-living.html>) suggestions for installation were chronicled. Make sure to add solar to your budget for both the economic and environmental benefits. If you've been pondering the idea of adding a big splash of water to your landscape, this is the month to take the plunge in order to be ready for the next summer season.

Although I savor the memories, I doubt I'll ever swim in a cattle trough or grape tank again, but I will always be ready to dip into a cool pool.



Splish, splash we are taking a bath! Even these geese love private pools!