



International Scuba

GETTING YOU THERE... STARTS HERE!

Volume 6, Issue 2

January 2006

What's Happening?

Howdy Divers,

Well, I hope you are enjoying what seems to be our week of winter. Gotta love Texas weather. If we could just have rain, I doubt anyone would complain one way or another with regards to the temperatures.

I wanted to remind folks that our gigantic TEXANS in COZUMEL that was scheduled for October has been moved to June 16-23 and it is filling fast. We have a 4 day/3 night package and a 7 day/6 night package. Call today before the seats sell out. How cool will it be to totally invade Cozumel with Texans. Not that we don't do that anyhow but all at once.

We have lots of other trips if June isn't good for you. Please look at the travel page on the new website (sneak preview below).

Oops, did I say new website. We have outgrown the other site and coming up on our 5th year in business, it was time for a face lift. Jeff Davis is the master behind the scenes and will be turning over the reigns for updates to me. Be afraid, very afraid.

Watch for new and exciting changes besides the website. Come in just to say hello.

By the way, don't forget the Scubadillos are hosting their annual Crawfish Boil in April. Stop by to grab your tickets soon.

Hope to dive with you soon

~ Patti



Our World of Divers Continue to Grow

Junior Open Water & Open Water (White Belt)

Pia Banerji
Atousa Maleki
Beth Lutz
Zach Womack
Amanda Womack
Terri Wickliffe
Christi Forbes
Shanna Sims
Austin Lynch
Barrett Travis
Will Travis
James Travis

Adrienne Edwards
Wade Edwards
Hris Hristov
Jeremy Lopez

Advanced Open Water

Jeff Phillips
Amber Ferguson
David Aramik

Photo

Kim Lynch

Emergency First

Response
Ed Gardner

Rescue Diver

Ed Gardner
Gorton Thomas
Simon Warner

EFR Instructor

Leroy Nabors

Instructor

John Wadhams
Rebecca Dezarn

Class Schedules & Trips— at a glance:

WEEKEND:

FEB 11-12 TERRELL

FEB 25-26 NEW BRAUNFELS

MAR 11-12

MAR 25-26

WHERE TO:

FEB— BELIZE

FEB COZUMEL

MAR BONAIRE, GALAPAGOS

MAR 18-19 FLOWER GARDENS

APR 14-17 COZUMEL

APR 22-29 BVI WITH DIVE BVI

MAY 13-14 FLOWER GARDENS

MAY 27-JUN 2 GRAND CAYMAN

JUN 9-12 COZUMEL

JUN 16-23—TEXANS IN COZUMEL

OCT—WAKATOBI

FEB 2007—PAUUA OCEAN HUNTER

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International Scuba

There Are Only Two Types of Divers

Ok, we've all heard the joke; there are only two types of divers in the world, those who pee in their wetsuit and those who lie about it. Sometimes as scuba divers our humor seems to fall back to the third grade. That's ok, we do this for fun and we should laugh and have good time doing it. But, have you ever wondered why it is we seem to always have to go when we jump in the water? Does it really warm you up? Is the moon really made of green cheese?

When your body is under pressure (the kind we get underwater, not at work), it responds with a phenomenon called immersion diuresis. Ok fine you say, so what, what does that even mean? Basically the pressure causes the blood to move more toward your body's core. Your body then interprets this as being to hydrated so it kicks the kidneys into gear and pretty soon your trying to kick with your fins while your legs are crossed (not a pretty picture, and defiantly not comfortable).

So what can we do about it? People try a number of things. The most common is to drink less fluids before we dive. There are a couple problems with that. The first is now you are dehydrated to start with. As we all learned in our open water class, this tends to increase our chances for DCS (the bends). The other problem is that because of the immersion diuresis we talked about above, you'll probably have to go anyway. Now if you pee in your wetsuit, the urine is a bit more concentrated (dark yellow) and will have more odor. After a few days of diving that can be hard to hide. If you drink more fluids and then you end

up peeing in your wetsuit, at least at that point your urine is much more dilute and will rinse out easier, less odor, people may not even know.

Since diving is a bit of a diuretic on its own, we don't want to add to it. You want to avoid other diuretics. Ok most of is don't take diuretics on a regular basis, or do we. One of the biggest ones is caffeine.

If we pee in our wetsuits we feel warmer. This is a good thing right? Well, not really. When we start to get chilled, our body closes off the blood vessels close to the skin. It wants to keep the warmth inside. When we pee on our wetsuits, yes we feel warmer because of the warm liquid next to our skin, but that then causes the blood vessels to open back up. This has two effects, we feel warmer because the blood is closer to the skin again, but we also lose a lot of heat because of it. So in a few minutes we are colder than we were before.

Ok now you just couldn't hold it, so how do you help matters afterwards. Make sure you rinse your wetsuit, and hang it to dry. You can even use a product such as Sink-the-Stink or MiraZyme which will help to eliminate odors. In a pinch a mild soap such as Joy will work as well. If you use soap, just be sure to rinse it well afterwards.

One more thing, remember the old adage, you can pee in your wetsuit, just don't pee in mine. If you borrow or rent a suit, remember someone else had it on before you and someone will

have it on after you. Do your best to respect the next person or the owner and try to hold it in.

Brian



But, have you ever wondered why it is we seem to always have to go when we jump in the water?

Milestones—number of dives recognition

10 Dives

25 Dives

50 Dives

75 Dives

Denise McNally

100 Dives

150 Dives

200 Dives

250 Dives

300 Dives

350 Dives

400 Dives

500 Dives

600 Dives

700 Dives

800 Dives

Diving the Northern Mariana Islands

After 22 hours on airplanes and in airports, I found myself on the Island of Saipan in the Northern Marianas Islands. Saipan is located about 100 miles north of Guam and was held by the Japanese during WWII. There are still remnants of the war all over the island, and underwater too. The remains of some Japanese troops that held out during a prolonged guerrilla warfare still remain in some of the caves. In fact, as late as 1952, a few stragglers finally surrendered, unaware that the war had ended. Today the Northern Marianas Islands are a US Commonwealth and Saipan is a major tourist area for people from Asia.

My first day of diving was 2 shallow boat dives with Mr. Lee from All American Divers. The first dive was the wreck, Shoan-Mar, in Tanapag Harbor. A steel-hulled freighter estimated to be 407 feet long with a 55 foot beam and the bridge amid-ship. Built in 1937, the freighter was commissioned as a supply ship for WWII. Shoan-Mar was damaged on February 23 1944, during an attack from the US Carriers Essex and Yorktown. A salvage company cut her down to the waterline for scrap metal in the 1950s. The remaining hull was subsequently used for explosive training by the CIA in the early 1960's and now lies in 30 feet of water. Today, the hull of the ship breaks the surface and hundreds of recognizable parts including masts, winches, railings and parts of the stern lie in a jumbled heap on the sandy bottom. A fascinating collection of marine animals has moved in and have made the wreckage home.

My next dive was on Eagle Ray City where I experienced 60+ Spotted Eagle Rays all hovering effortlessly in the current feeding. If you've ever done a Shark feed in the Bahamas, it was a very similar situation. We approached the area in a mild current and stopped along a line of rocks, held on and watched these beautiful creatures in amazement for at least 15 minutes before heading back to the boat. Unfortunately, I was slightly handicapped by a language barrier of my fellow divers, but I could tell that they too were amazed by the chatter once we boarded our dive boat and headed back to port.

The following Friday morning I set out on a 2-tank boat dive to Nafton and Ice Cream with The Speedy Turtle. Nafton is a wonderful deep wall-dive to 100+ feet while Ice Cream is a mound of rock and coral protruding off the sea floor, and you guessed it, shaped like an ice cream cone. The most interesting sightings here were 12-15 more Spotted Eagle Rays.

The Blue Grotto is Saipan's most unusual dive experience and truly an extraordinary natural formation at the

northwest corner of the island and is accessible by car. A walk down 110 stone steps carved into the rock formation leads to an awesome underground cavern with a high, domed ceiling. The bottom part of the cavern is a luminescent blue pool of seawater lit by sunlight streaming through two underwater caverns. The pool is roughly 100 feet in diameter and slopes down to a depth of 60 feet. The caverns lead from the pool to the open ocean, where they exit onto the face of a vertical wall. Underwater visibility in the pool and on the outside wall was at least 100 feet. The outside vertical wall has an interesting array of sea fans and marine life. A few of the fish that we don't see everyday in the Caribbean were the Regal Angelfish, a beautiful fish with yellow and blue vertical stripes, Nemo's friend the Moorish Idol, and the Clown Triggerfish with its round white dots.

Yes, I'm hoping the company needs me to go back to assist with the installation!



Regal Angelfish

MY NEXT DIVE WAS ON EAGLE RAY CITY WHERE I EXPERIENCED 60+ SPOTTED EAGLE RAYS ALL HOVERING EFFORTLESSLY IN THE CURRENT FEEDING.

~John



Moorish Idol

Please visit our website. We do our best to keep it up to date. Let us know what you think about the site and the newsletter. An important part of our success has been the friendships developed among customers and staff. That's part of why we dive.

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CD Corner — Want More?

We did something over the weekend that I never thought would happen. We outgrew our Divemaster board. Several years back, we built a tote board for the divemaster candidates to track their progress. It had 11 spots for names. As of today we have 17 active candidates with at least one more joining in a few weeks. I have grown the board to 25 and hope I can tell you that we have outgrown that one as well in the very near future.

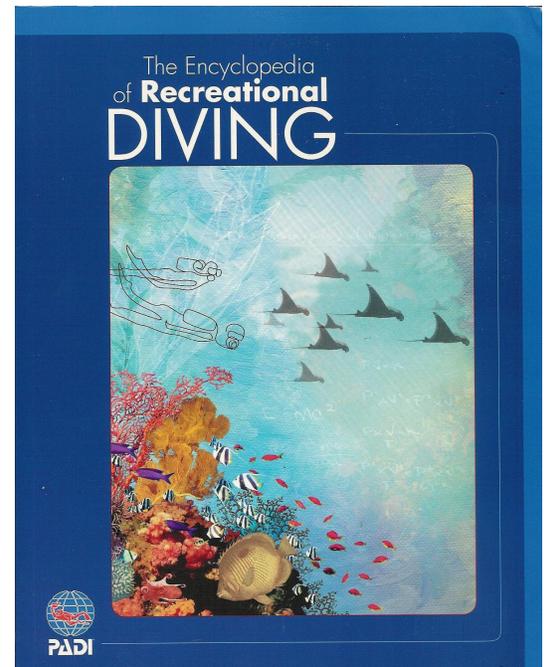
Becoming a Divemaster isn't always about working with students but about gaining more knowledge. As we progress through the PADI system gaining knowledge through specialties, more dives, and such, we often desire more in depth knowledge. The PADI Divemaster program offers just that. Not only will you learn about the environment, increase your dive skills, learn more about physiology, physics and the dive planner, but you might even have fun leading divers on dives or helping a student solve a problem. The International Scuba program is a self-paced well organized program that allows maximum flexibility while still keeping you on track.

For a quick peek at the schedule, stop by and chat with me and I can show you our infamous black binder that the candidates guard with their life throughout the program.

We have several folks that are going through or have gone through the course merely to be more educated. Don't be scared at the thought of having to work or be insured if all you are looking for is a more thorough education. It is a great way to compliment your Master Scuba Diver program.

Come dive with us soon.

~ Patti



Creature Feature — Clown Triggerfish



Is this not one of the coolest fish you have ever seen. Not your usual trigger fish in the Caribbean .

while on business in Saipan. Of course not all business—Don't I wish this kind of business versus a laptop.

The guys grow to a max of 20 inches. As you can see they are black under color with large white spots on lower body, orange lips (go Texas), yellowish band across the top of the snout, pale patch with dark spots on back.

~ John

They are relatively solitary and prefer to hang in clear waters and coral-rich areas of out reef slopes down to close to 225 feet. Their habitat is East Africa to Samoa and South Japan to Australia.

I got to see quite a few of these guys