



# International Scuba News

## The Holidays Are Almost Here

Remember to visit our website!  
[www.internationalscuba.com](http://www.internationalscuba.com)

Upcoming Lake Weekends:  
December 6-8  
December 20-22

Wow, a whole year has gone by. I can't believe it went this fast. I guess we were having too much fun to notice. Brian and I would like to thank you and our staff for making our first year as new owners **spectacular**.

We hope that future years bring everyone prosperity and lots of diving. We have the entire 2003 travel schedule posted and are adding the local diving schedule later this week. We are still heading to the lakes every other weekend and would love to have you. If you are warmer natured, then stop by the shop just to say hello. We like to hear where you've been and where you are heading. Please stop by or

reply to the email letting us know some ideas for the newsletter – we want to provide you with what you want.

**Stop by for the After Turkey Day Sale. Wear your school colors and receive a discount!!!!**

- Patti Stewart

[patti@internationalscuba.com](mailto:patti@internationalscuba.com)

**“MIRACLE AT 34 FEET” OPEN HOUSE**  
**December 7<sup>th</sup> 10am - 4pm**  
**Fun, Food, Prizes (Visit our web site for details)**

### Inside this issue:

Emergency First Response	2
Equipment Care - Aluminum Tanks	2
Photo Tips	3
Divemasters Delight—Tank handling tips	3
Casey's Corner— Fitness	4
Creature Feature	4

## The World of Divers Continues to Grow

The number of certified divers in the world continues to grow and International Scuba continues to contribute to that growth. We would like to congratulate and thank all those divers who completed their certification in October:

### Open Water/Junior Open Water:

Lisa Edwards  
Dale Loughmiller  
Melanie Loughmiller  
Yami Perez

### Specialty Diver:

Cynthia Meadows	Boat Diver
Debbie Meadows	Boat Diver
Keith Meadows	Boat Diver
Kevin Meadows	Boat Diver
Cynthia Meadows	Drift Diver
Debbie Meadows	Drift Diver
Keith Meadows	Drift Diver

Kevin Meadows  
TK Laux  
Jodie Pennington  
Curtis Powell  
Dutch Waddell

Drift Diver  
DAN O<sub>2</sub> Provider  
DAN O<sub>2</sub> Provider  
DPV  
DPV

### Medic First Aid:

Carol Howard  
Gene Howard  
TK Laux  
Jodie Pennington

### Rescue Diver:

TK Laux  
Jodie Pennington

### Master Scuba Diver:

Tracy Brewster

## Emergency First Response

Just a few weeks ago, PADI introduced their newest program after much anticipation from the membership. The program, Emergency First Response, is an updated version of the Medic First Aid course that was comprised of CPR and First Aid. It has already been well received by the membership and dive community.

Emergency First Response is a new, comprehensive and innovative CPR and first aid program. This course is for both divers and non-divers alike. It's a great course to take as a family, couple, or dive buddy team. The program is composed of two courses that can be taught in tandem or as stand-alone courses: Emergency First Response Primary Care (CPR) and Emergency First Response Secondary Care (First Aid). Together, these courses provide extensive instruction in CPR and first aid, Automated External Defibrillator (AED), emergency oxygen, and conscious choking management skills. EFR will allow students the opportunity to do self-study and preview the video before taking the

course. This will shorten the amount of class time and allow the students more hands-on practice time.

Our staff was one of the first in the world to be cross-trained in the EFR program, completing it just 3 days after DEMA! We strive to bring our customers the newest and best programs offered. With the recent addition of the Emergency First Response program by PADI, we feel that we are doing just that.

Come be part of the first programs being offered anywhere. We have 9 instructors on staff ready to assist you in furthering your diving and diver safety education. Give us a call today! We are excited and proud to be on the leading edge and ready to bring EFR to you.

- Jeff McNutt

## Equipment Care Tips - Aluminum Tanks

*"An ounce of prevention is worth a pound of cure"*

Aluminum cylinders have been made from two primary alloys named 6351 (older cylinders) and 6061 (newer cylinders). Sustained Load Cracking occasionally develops in high-pressure cylinders made from 6351 aluminum alloy. As the name implies, SLC usually occurs in cylinders that have remained filled for sustained periods of time. U.S. manufacturers began using 6351 when aluminum alloy cylinders were approved by the DOT for U.S. service under various special permits beginning in 1971. Manufacturers included Luxfer USA, Walter Kidde, Norris Industries and Kaiser Aluminum. Permits for Norris and Kaiser (SP6688 and SP6576) have expired and those cylinders are no longer approved for use in the U.S. Walter Kidde continued using 6351-alloy until the end of its cylinder production in 1989.

Luxfer USA manufactured cylinders from 6351-alloy from 1972 through mid-1988. In June 1988, Luxfer USA ceased manufacturing cylinders from 6351-alloy and began using a proprietary version of 6061-alloy: since that time, no sustained-load cracks have been detected in the more than 19 million Luxfer cylinders manufactured from this 6061-alloy.

The Catalina Tank Company began making 3AL cylinders in 1986 using alloy 6061-T6.

Although the 6061 alloy is generally not subject to SLC, a very few cylinders have been found with minor thread area cracks attributed to stress corrosion cracking (SCC).

**What does this mean to you?** Basically visual inspections of your cylinders every year are important. For all cylinders we not only look for cracking around the threads, but also corrosion, heat damage, and other wear. For 6351 alloy, we are looking at evidence of cracking due to SLC. For the newer 6061, we are looking for cracking due to SCC. SCC is much rarer, but a simple visual test combined with an eddy current technology such as Visual Plus (the one we use) by a trained inspector is important.

— Brian Divine

## Photo Tips — *Saving the Reef*

The coral reef is a delicate living organism. While scuba diving as a whole has made reef protection a greater priority, we can also damage that which is so precious to us.

Photographers have often been sited as a major source of reef destruction. It is unfortunate that a few bad apples can cause such perceptions. Good photographs do not have to come at the expense of the reef. While I've seen divers that think having a camera gives them the right to recklessly disregard careful diving habits, most photographers do not intentionally cause destruction.

Being both an excellent and responsible photographer requires being a good diver. Two of the tenets of underwater photography are "get close" and "shoot up". This requires excellent buoyancy control. Even with good buoyancy control, there are several techniques that can help reduce the likelihood of causing damage.

- **Keep those fins up.** We rarely bump our head into the reef. But what we can't see can cause much damage. Those extensions on our feet cause more damage than anything else we wear. As you approach your subject keep your knees bent and fins up. Someone happened to capture this technique on film for me.
- **Do not kick when you are done.** This is a natural tendency. Rather than kick, just take a deep breath and let yourself rise slowly or push off with your finger. Just be careful that you are not pushing off live coral.
- **Use alternate kick techniques.** I frog kick most of the time. This keeps my fins from moving up and down.
- **Learn how to move backwards.** Yes, it is possible to back up by finning. It is an invaluable technique that allows you to get close and to then move away from your subject.

What to learn more? Try an Underwater Photography specialty and/or Peak Performance Buoyancy specialty, or visit us during our Open House on December 7.

- George Vincent  
[george@internationalscuba.com](mailto:george@internationalscuba.com)



## Divemasters' Delight — *Tank Handling Tips*

That big metal thing we carry on our backs deserves a fair amount of respect. There are lots of molecules of air inside our tanks just dying to get out. When we control their escape they keep us breathing and all is well. When we're not so careful, those guys can get nasty. Keep in mind when you're carrying your tank to use the valve as a handle. Be sure that you place your hand on the back side of the valve. This method keeps your skin away from the air hole on the valve face and should your grip begin to slip, you are closing the valve. Using the valve also puts the tank bottom closer to the ground if it does slip free. Some shorter people may have to use the "baby cradle" tote style and should obviously use both hands. I don't recommend the "on top of the shoulder" tote style. It's too easy to misstep and drop the tank on it's valve. A full tank that just lost it's valve

will miraculously transform into an unguided missile. Or, if the valve stays intact, invariably your toes end up being between the tank and the ground. I doubt either option sounds appealing.

Dive Safe, Have Fun

— Curtis Powell



*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.*

2540 Marsh Lane, Suite 128  
Carrollton, TX 75006  
Phone: 972-416-8400  
Email: info@internationalscuba.com

WWW.INTERNATIONALSECUBA.COM

## **Casey's Corner — *Stress and Diving***

In the November 2002 edition of Skin Diver Magazine, you can read a wonderful article by Dr. Fred Bove about reducing your diving risks. Because diving is a very active sport, the importance of maintaining a physical lifestyle is crucial especially during a heavy dive season. The majority of individuals who do not exercise give the "no time" excuse. The reality is that only 30 to 45 minutes a day of cumulative exercise is required to decrease your health risks by up to 80%. This could be as simple as taking the stairs, parking further out at the grocery store, and going into the restaurant instead of driving thru. These small changes in lifestyle may not drop pounds off of you, but your heart will thank you.

According to Dr. Bove, all divers over the age of 40 should have a careful medical evaluation. Unfortunately, many of us wait until the warning signs of heart problems occur before we check into our health. Because of the stress placed on the body from Scuba diving, a routine check before a big trip could just save your life. Also, in this issue, an article about the late Hugh Parkey, who suffered a heart attack, shows us even the best divers are at risk. Read up on this article, and you may end up saving your life.

— Casey McKay-McNutt

## **Creature Feature — *Whitespotted Filefish***



Whitespotted Filefish — *Cantherhines macrocerus*

Upper body shades of gray to olive or brown, with brown to orange below. Two phases: one with large, whitish spots, the other without.

Common to occasional South Florida, northwestern Caribbean.