



# International Scuba

## Fall is definitely here!

Howdy everyone:

Well, the Red River Shootout is officially over and I understand the burnt orange folks are in mourning once again. Maybe next year—it looked like a great defensive struggle. You know I bleed maroon and we did well. We are next in the pipeline to get ours.

Anyhow, on to diving. We will have our annual holiday Open House in December. The date hasn't been finalized but watch the web for updates. We will have great sales items, holiday gift ideas and good munchies.

We have had a great Summer and Fall is looking good. We just had 19 at the lake this weekend. Please congratulate Paul Gilmore on becoming an Assistant Instructor. It took over 2 years for Dive-master but he cruised through this past weekend.

Mike Rowe is in town next week for an IDC. We will team teach this one which should be fun. Stop in to say hello to our island buddy. Jeff and Casey return

on the 25th from a vacation in Boston. If you haven't made it to the islands to dive with them it is awesome and you missing a blast with our buddies.

We hope Trick-or-Treat Day is fun for everyone—stop in and say hello. We will be hosting some really cool new classes this winter that don't involve the lake so we hope to see all of you.

- Patti Stewart

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### Remember to visit our website!

[www.internationalscuba.com](http://www.internationalscuba.com)

### Upcoming Lake Weekends:

Oct 23-24

Nov 6-7

Nov 20-21

Dec 4-5

Dec 17-18

### Upcoming Trips:

November 21-28 Bonaire

January Cozumel Advanced!

February Cozumel Carnaval!!!!

March—BVI with Jeff & Casey

June Little Cayman and Cozumel

July Flower Gardens

August Family Cozumel

August Galapagos

September Sharks in Guadalupes

September Utila

And much much more!

## 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 certifications: **If you have hit a milestone please send me an email.**

### Open Water/Junior

#### Open Water

Kiersten Herrera  
Diana Cowden  
Donna Burke

#### National Geographic Diver

Brian Jones

#### Adventure Diver

Alex McNally

#### EFR

Scott Wilson  
Matthew Rodger  
Kent Weaver  
David Williams  
Bill Gutknecht

### Rescue

Matthew Rodger  
Kent Weaver  
David Williams  
Bill Gutknecht

### Enriched Air Diver

Matt Rodger  
JD Davis  
Alex McNally  
Rene Oubre

### Peak Performance

Buoyancy  
Diana Cowden  
Donna Burke  
Alex Diep

### Oxygen Provider

Scott Wilson  
Matthew Rodger  
Kent Weaver  
David Williams  
Bill Gutknecht

### Master Scuba Diver

Mike Johnson

### Assistant Instructor

John Hall  
Bill Barksdale  
Rich Thomas  
Stacie Collins

### EFR Instructor

Mike Johnson  
Bill Barksdale

### Milestones

**25 Dives**

**30 Dives**

**40 Dives**

**50 Dives**

**60 Dives**

**75 Dives**

Wendy Fox  
Phil Fox

**100 Dives**

**500 Dives**

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## Shark Education Continued

### The Most Feared Creature Underwater...

Did you watch portions of "Shark Week" on Discovery Channel? Did you and a group of friends go to see "Open Water"? Did you watch the ABC special about the 2 divers that disappeared off Australia? By the way, if you haven't seen "Open Water", my advice is to wait for the video.

As a diver, did you know that you are more likely to drown in your bathtub or be nipped at by your family pet than to get bitten by a shark! So why are we so afraid of them? A shark has rows of razor-sharp teeth and powerful, lightning-quick jaws that could make even the bravest of us tremble with fear. Here are a couple of interesting facts...



**Sharks see contrast particularly well.** Researchers commonly refer to the bright yellow color typically used in safety flotation devices as "yum yum yellow"! So, if you plan on diving with sharks, the recommendation from the International Shark Attack File at Florida's Museum of Natural History, is to wear non-contrasting colors and avoid wearing flashy jewelry.

**Most sharks are merely curious and will leave on their own.** What should you do if you spot a shark that simply won't leave you alone? Think back to your PADI Open Water training, stay calm and exit the area as quickly as possible either along the bottom or close to the wall. Remember to stay close to your buddy and watch the shark at all times. If the shark becomes overly aggressive by making rushes at you, hunching its back, lowering its pectoral fins or a rapid zigzag course is to try to back up against whatever structure is available which will reduce the angles with which the shark can approach. If you are in open water, get back-to-back with your dive buddy and slowly ascend and exit the water to the safety of the dive boat.



Another point to remember from your open water training is that most creatures become aggressive when they feel threatened. So let's not go looking for trouble by provoking one of these marvelous creatures. However, in the unlikely event a shark should get aggressive, the old saying "**the best defense is a strong offense**" is a good strategy. Reports say "playing dead" does not work. Strike the shark on the tip of the nose. That usually results in the shark retreating, which may allow you to do the same. If you do not have anything to poke it with, use your hand, but remember that the nose is particularly close to its mouth, so don't miss!

Come with us on a trip to the Bahamas or the Guadalupes and experience the thrill of a lifetime.

- John Williams  
John@internationalscuba.com



## Henderson's Hyperstretch wetsuits NOW have major competition

XCEL Wetsuits and BARE Sportswear have both recently come out with their own version of that warm, ultra-stretchy, body hugging fit in a 3/2mm wetsuit that was once only available from Henderson Aquatics.

XCEL's new line is made using an "ultra stretch fabric" called "Hydrospan™". Besides its ultra-stretchiness, XCEL has added ankle zippers that make getting in and out of this wetsuit a breeze!! The Hydrospan comes standard with a back zipper and the "super soft smoothskin" Velcro wrap collar. It also includes all of the best features of XCEL's other wetsuits including the texture skin on front chest and back, pre-bent articulating knees with DuraFlex knee panels, wrist and ankle seals.

Did any of you wonder why I mentioned Bare Sportswear in the introduction? Well, we are adding the Bare Sportswear wetsuit line to compliment our XCEL wetsuit offerings and will be adding their Dry-suit line on a "special order" basis. Let's get back to the point of this article. Bare's super stretchy wetsuit are called the "Velocity". They utilize Bare's tried and true 3mm N2S or 3mm BARESKIN body and have matched it with "HYDROSTRETCH" panels for ultimate stretch, comfort and durability. This is a full, back zippered suit with "GLIDESKIN" gaskets at the neck, wrists and ankles. The 2mm adjustable collar and zipper tab loop at the base of the zipper make this an easy donning wetsuit and the preformed "Durashin" kneepads

We just received a shipment of men's and women's XCEL Hydro-span wetsuits and so there is a wide variety of sizes to choose from. Stop by the shop and check out the new kids on the wetsuit rack!!!

-Suzanne Williams  
Suzanne@internationalscuba.com



## Staying Down Longer

Think back to your last dive trip. Were you the first back on the boat, or were there others that just seemed to always come back with a lot more air than you had? Would you like to know the secrets of conserving air? Then this is the place for you. I'm going to give you tips on how to do just that. I'll divide them into three separate areas, slowing down, streamlining, and breathing.

**First slow down.** Have you waded through shallow water? You probably notice that the faster you went, the harder it was to move. Because of the density of water if we double our speed, it takes about 4 times the effort. If we half our speed, it takes a quarter the effort. The less effort the less air we use. The slow down not only matters for how fast you swim, but how you move your arms, twist to look at something, etc. If we want to point at something, look at our gauges, or turn around to spot our dive buddy most of us use the normal speed we use on land because that is what we are used to. If we slow these activities down we also used significantly less effort to accomplish them. That translates into less air used out of our tanks.

If you are swimming against a current, duck closer to the bottom, the current is usually much less there. Slow down heat loss. Wear a hood or beanie, even in warm water. Your body uses oxygen to replace the heat loss, less heat loss, less oxygen needed, less air used. Make shorter fin strokes. Longer fin strokes will not give you significantly more speed, but requires more effort. Along those same lines, get better fins that will use the energy more efficiently to give the same output.

Next think is streamlining. Next time you are driving down the highway, put your hand out the window (please open the window first). If you hold your hand palm ahead, you will feel a lot of drag. Now hold your hand so the palm is flat fingers ahead. See how much less drag. The same thing occurs underwater. Think of your body as creating a hole in the water. You want to keep the hole as small as possible. That means being horizontal. If you are over weighted, you tend to swim angled with your head up. If you are under weighted, just the opposite, you are swimming head down. In either case you are making a bigger hole so more drag. Balance your weighting so you are just neutral at the end of the dive.

Other ways to increase streamlining: Clip your console and octopus to your BCD to keep the drag down. Adjust your hose routings, use different ports on your regulator, use shorter hoses (keeping safety and comfort in mind) to reduce the drag. All those dangling things should go into a pocket or clipped tight so they don't drag. This includes whistle, safety sausage, flashlight, etc. The extra drag they have adds up. Change your

BCD. If it's too large, it can add a lot of drag. Don't get a BCD that has way more lift than you need. The extra bladder space just adds to the drag. Remember the look good part of diving. If everything is dangling and routed wrong, you don't look good, and coincidentally you aren't streamlined either. If you look good, you are probably streamlined.

The third this is your actual breathing. The proper way to breath is slow and deep. Remember breathing is all about changing out the carbon dioxide waste your body produces with oxygen from the air. When you exhale, there is still some 'stale' air in your lungs. If you breath in shallow to 'use less air', you actually reduce the gas exchange because the stale air in your lungs isn't very diluted with fresh

air. This causes you to breath faster, which cycles over and over, which causes you to use more air. Better is to breathe deep, pause for a second, and fully exhale. The pause is not holding your breath or skip-breathing, but just a short pause. This allows for the most efficient gas exchange.

Here's another way to think about it. Breathe like you are asleep. Watch some one when they are sleeping. They breathe nice and slow and deep. Perfect for diving.

Another way to help with breathing is to buy a high performance regulator. The higher performance regulators help in multiple ways. The breathing effort is much less and the amount of air they are capable of delivering is much more. This allows you to very comfortably breathe the nice full breath with the least effort.

To reduce your air consumption and increase your bottom time, all of these items alone help. Together they can make a big difference. A couple other things to remember, if you are comparing gauges after your dive, 200-300 PSI difference is not significant. This could be due to starting pressure differences, slightly different profiles and a number of other items. 500-1000 PSI difference may mean you should look at some of the above. Genetics, size, and physical condition also all have a lot to do with air consumption.

I hope this helps. If you want more assistance with any or all of these areas let us know.

- Brian Divine  
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*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*

## CD Corner

Hi everyone,

If you have seen me around the shop and I look like a zombie or perhaps the "deer in the headlights look: please excuse me.

Well, I have successfully completed my first IDC since the last newsletter. It was scary as I thought it would be but I had great candidates who made it easy for me. They didn't think it was too bad or they wouldn't have come back the next weekend for EFR Instructor. We have since then had two more Assistant Instructor programs and finished a second EFR Instructor course.

There are two more Instructor Examinations in Texas this year—October 30-31 and December 11-12. We have folks going to each. I think Halloween is a little auspicious but what a great Christmas present.

We are shaping the programs to give you more bang for your buck. For instance, the EFR Instructor course will now include the PADI distinctive specialty of AED for Divers and the DAN AED Instructor course. Our DAN courses will now include Advanced Oxygen and Hazardous Marine life. If we make our classes more appealing to the dive community we all win.

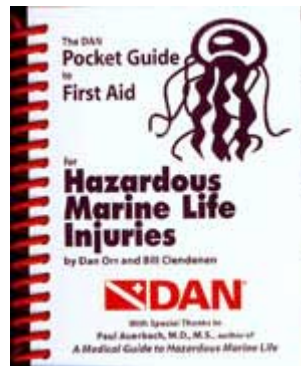
We are excited about the Hazardous Marine Life course as everybody at some time or another on a trip has been stung or bitten by a critter and we might not have known exactly how to care for the wound. This course has fun skill practice. Watch for upcoming schedules. We expect to do a mini course at our Open House in December.

We have an Assistant Instructor program beginning November 3rd and the OWSI program beginning November 10th. If you are a Divemaster and are interested in taking the next step please don't hesitate to contact us. Stay tuned for more training notes and come see Mike Rowe in and around October 20th as he is here to teach an IDC with us.

If you are interested in DAN programs please call as those are easy to schedule.

- Patti Stewart

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## Creature Feature — Caribbean Reef Squid

*At night, when blinded by divers' lights or cornered, often raise arms in a defensive posture.*



Size: 6–12 in.  
 Depth: 0–60 ft.

**Visual ID:** Entire length of oblong body is bordered by a thin fin which forms a point at the rear. Color varies: during day often shades of bluish gray to brown with white spots on back; at night, generally mottled and spotted in shades of white, brown, green and lavender, may be iridescent. Arms are shorter than body.

**Abundance & Distribution:** Common South Florida, Bahamas, Caribbean.

**Habitat & Behavior:** Inhabit shallow waters often swim over reefs and turtle grass beds.

**Reaction to Divers:** Wary; generally retreat slowly, but will jet away rapidly if chased. May allow close approach with slow, non threatening movements.

**Note:** This is the only squid commonly encountered over Caribbean reefs. Attracted to lights at night. When disturbed, often spread arms in a defensive pose.

- Suzanne Williams

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