



International Scuba News

Time Flies When You are Having Fun!

Well, another great diving season is nearing the end. Alas, it really doesn't have to end as we can dive exotic locales during the winter and for those warm-blooded folks we can hit the lakes.

We have enjoyed meeting lots of new divers and heading to not only Cozumel, but the Bahamas and Grand Cayman a couple of times and even a quick trip to Australia. We've seen hammerheads, reef tips, nurse sharks, lots of turtles, and massive amounts of colorful fishes.

We are preparing the 2003 travel schedule, which will include Australia's Coral Sea where

we will dive along both sides of the Great Barrier Reef. Make your plans now to join us in August. We will also head to Little Cayman, Costa Rica, and Belize. Should be lots of fun.

We hope you enjoyed the debut of our newsletter last month as we had lots of fun putting it together. We look forward to keeping you informed of the doings at International Scuba and we hope you will join us for diving!

- Patti Stewart

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Remember to visit our website!
www.internationalscuba.com

Upcoming Lake Weekends:
August 31, September 1
September 14, 15
September 28, 29

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 July:

Open Water/Junior Open Water:

Dee Allison	Cynthia Cepero
Robert Christensen	Jordan Conti
Amanda Downey	Carl Fisher
Tim Hord	Nick Howard
Greg Howard	Dave Humble
Chase Irwin	Chris McElheney
Sherry Meyers	Jessica Olson
John Petit	Heather Pugh
Rich Rees	Hadley Rentas
Robin Rentas	Tito Rentas
Spencer Rentas	Rob Rogers
Jim Ryan	Andy Sztamenits
Sheri Sztamenits	Adam Thomas
Elizabeth Wallace	

Advanced Open Water/Junior AOW:

Blaine DanYluk	Madi Gardner
Ken Greenwald	Jessica Olson

Specialty Diver:

Paul Brewster	Night Diver
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Paul Brewster
Tracy Brewster
Paul Brewster
Tracy Brewster
Tracy Brewster
Paul Brewster
Paul Brewster
Amanda Downey
Keith Downey
Carl Fisher
Harlan Hanson
Alicia Herrera
Tim Hord
Nick Howard
Greg Howard
Sherry Meyers
Erin Reynolds
Keith Smith
Karen Smith
Karen Smith

Navigation
Peak Perf. Buoyancy
Deep Diver
Night Diver
Fish ID
Fish ID
Peak Perf. Buoyancy
Peak Perf. Buoyancy
Peak Perf. Buoyancy
Enriched Air
Peak Perf. Buoyancy
Fish ID

Medic First Aid:

Becky Bonds	Paul Brewster
Tracy Brewster	Paul Gilmore
Keith Smith	Andrea Sorlie

Rescue Diver:

Charlie Barr	Paul Brewster
Tracy Brewster	

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Destination—BVI's



The BVI's (British Virgin Islands), just a short hop from San Juan, Puerto Rico, are famed as a sailing destination with its clear blue waters and gentle but constant breeze. But there's more to the BVIs than just sailing. The islands also host some incredible reefs and many wrecks to visit under the water.

What better way to experience the islands than by combining sailing and diving. Sail Caribbean Divers, led by none other than International Scuba's own Mike Rowe offers a chance to experience both with a level of customer service that is unmatched.

There is nothing like the serenity of silently sailing around, visiting all of the most popular islands. If enjoying the breeze in your face isn't enough, just ask and you will begin your sailing education at the

helm of a beautiful sailboat.

Enjoy diving from a fully equipped and spacious dive boat. You will be able to visit all the popular sites, including the famed wreck of the Rhone. The Rhone sunk over 140 years ago and is now home to an incredible population of reef fish and creatures and is completely encrusted with coral.

Topping off the wonderful week of diving is the opportunity to visit some of the most beautiful beaches on earth, including the famous Bathes at Virgin Gorda.

International Scuba is sponsoring several trips to this beautiful location. Please call for all the details and availability.

- Gail Troxel

Featured Product of the Month - Apeks ATX200 Regulator

This is one high performance regulator, perfect for any diving environment. I've been diving with the ATX 200 since February and have definitely put it to the test. It's been with me at the lake in the winter with water temps in the mid 40s. I really enjoyed it on my last trip to Grand Cayman where I was doing wall dives at 100 feet plus. It has performed flawlessly on each and every dive.

The first stage is over-balanced, meaning that it actually increases the interstage pressure as you go deeper to compensate for the denser air. It also comes standard with a unique "dry" environmental sealing system that completely eliminates the need for messy silicone oil. Your repair technician will greatly appreciate that!

The new second stage is smaller and 25% lighter than its TX predecessor. This results in less drag and jaw fatigue. It also has ergonomically designed diver adjustable con-

trols for opening effort and venturi assistance. These also help to minimize that annoying free flow at the surface. The ATX 200 comes standard with the Comfo-Bite mouthpiece, which is a real lifesaver when you are logging 6-7 dives a day. It is one of the most comfortable mouthpieces I have ever tried.

I'm really impressed with the ATX 200 from Apeks. It has done everything I've asked of it and hasn't given me any trouble. It's one of the most reliable regulators on the market. And the hi-gloss black chrome on the first stage is a nice touch. It not only performs well, it looks great too.

Stop by the shop for a test dive.....

— Jeff McNutt

Equipment Care Tips - Annual Regulator Service

Have you ever wondered what is done in an annual service? How about if you should get the service done if you've only used the regulator once or twice in the last year?

An annual service involves; taking apart the first stage and both second stages, cleaning the metal parts in an ultrasonic cleaner, inspecting hoses, inspecting all the normally reused parts for wear, changing the o-rings, the high pressure seat (first stage), the low pressure seats (second stage), reassembling, and finally adjusting both the first stage and second stage so they work optimally together.

In addition, we service the low-pressure inflator hose, and the submersible pressure gauge. The LPI has an o-ring that

is often forgotten about that actually creates the seal when you hook it to your BCD. The LPI also has a valve that can become loose or wear out that we inspect and replace if necessary. The SPG has a swivel with two small o-rings that not only provide the seal, but also allows it to turn freely. The o-rings get replaced and the SPG and the swivel get inspected and replaced if necessary.

All this takes about 1.5 - 2 hours to complete.

Remember, even if the regulator is not in use, the seats can become worn and still may require servicing.

— Brian Divine

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

Photo Tips — *Going Digital*

I held a seminar on Underwater Photography not long ago where I covered the various types of underwater camera options. Digital cameras for underwater use received short coverage. My how times have changed. The digital camera revolution is here and going strong. Digital camera sales have now surpassed that of film, and the use of digital cameras underwater has increased tremendously as the number of housings for various cameras has grown. Is it the best solution? I will use my favorite answer; depends.

Current film camera options include; point-and-shoot cameras such as the Ikelite Auto35 and Sealife Reefmaster, rangefinder cameras such as the Nikonos V, and housed SLR cameras, usually a Nikon or Canon camera in an Ikelite or Aquatica housing. From a price and performance standpoint, digital cameras fall somewhere in the middle of the range. Much depends on the camera itself.



I have now used all four types of systems, having just completed a trip with the Nikon CP995 in an Aquatica housing. There are definitely advantages and disadvantages to going digital underwater.

Some of the advantages of digital underwater include:

- You may already own a quality camera that can be housed. No need for a separate camera.

- Increased depth of field. Far more of the image appears in focus than with a film camera.
- You can see the results. Well, at least if your eyesight is better than mine. If you don't like the results, adjust some settings and keep shooting until you get it right.

Some of the disadvantages:

- Slow Auto focus
- Battery consumption
- Using a strobe

We will be hosting several Discover Photography Seminars where we will be discussing various camera options in more detail. Please check our website Events section for specific times. We are also an authorized dealer for Ikelite and Aquatica housings. If you need more information about availability of housings for your camera, please call Jeff at the shop, or if you have any questions feel free to e-mail me.



- George Vincent

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Divemasters' Delight — *Diving a Gulf Oil Rig Trip Report*

Recently, some friends and I took the short drive to Aransas Pass, TX. for a day trip of diving in the open water of the Gulf of Mexico. It's hard to describe the magnificent feeling of diving inside the framework of such a huge structure.

At 5:30 AM we loaded our gear while the captain made a last minute check on the weather. He told us we had seas of 5-7 feet and that it would be a rough ride to the site since we were going out 27 miles. "No problem" came the vote from all of us. Man, what an exiting ride. The 46' refitted crew boat handled the waves well.

After a couple of hours the rig was in sight and our excitement kept growing. After tying up to the rig, the boats Divemaster set the descent/ascent line we would use to get to the rig. Surge was pretty deep that day since we had rough seas. They gave us our briefing. We geared up and took the plunge. As we followed the descent line, the rig legs were becoming easier to see. At 45' we were below the surge and with a mild current it was easy to maintain our position.

There were numerous legs to the rig. Some had large flat areas like a floor between them. It was there we observed several Atlantic Spadefish maintaining their nests. The nests were the only areas where there were no coral growth. The spadefish had lots of neighbors, including Gobies and Sea Urchins. At 80' we had the privilege of swimming alongside several 4 ft. long Barracuda. The visibility was excellent. We could see our boat on the surface.

After the first dive, we ate the lunch that we had brought while getting acquainted with the other divers in the group. There were 10 divers total on this trip. We then made our second shallower dive to 50 ft. where there was just as much to see. On our safety stop, we could look down at an entire school of Barracuda. For me, this will not be a one time thing. I will be going back ASAP.

Dive Safe, Have Fun

— Curtis Powell

Not Just for Kids — *PADI Seals Program*

It's Wednesday night and two young boys age 8 & 9 are sitting down with their instructor to learn about diving. It's fun and exciting and after about 30 minutes of review on Chapter One of their Seals Mission Book, which they read at home, they are about to get wet.

The Seals Program was introduced by PADI for "youngsters" age 8 and up. It is a 5 mission class which includes learning about the underwater environment, SCUBA gear and skills needed to enjoy diving. They learn to clear their mask, recover their regulators and hover, just to name a few. When students graduate they receive a Seals Certification Card which enables them to SCUBA Dive in a pool with an instructor.

International Scuba currently has 9 members of the Seals Team ages 8 to 13 (2 girls/7 boys). But don't think this class is just for the little ones. The class is open to anyone over the age of 8. "Think you might want to become an Open Water Diver - but your not quite sure?" Come in a join a Seals Team - could be the perfect way for you to start.

— Sam Lamoreaux



*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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Casey's Corner — Hydration

You have probably heard that people need eight 8-ounce glasses of water every day, but when it comes to diving, that is just the half of it! Diving can be a strenuous sport, and your water volume can make or break a dive. The American College of Sports Medicine recommends people drink 14 to 22 ounces of fluid two to three hours before exercise in addition to the 64 ounces recommended for everyday life. Drinking lots of water on dive trips is especially important if you plan on drinking alcohol at the end of your diving day. Drink an extra 8 ounces for each alcoholic drink you have. Hydration in Scuba is even more important because of the duration of activity (often all day), the dry air we are breathing, and to avoid cramping (which comes from fatigued and dehydrated muscles).

Like the Earth, our bodies are made up of mostly water. Water is needed in every action we do like conversion of food into energy, removing waste, regulating temperature, and carrying oxygen throughout our bodies. The last two are particularly important to divers. We are more susceptible to feeling colder when we are

dehydrated due to our bodies inability to reach and maintain homeostasis. Our body's ability to transport oxygen in our cells also comes with proper hydration. This can reduce the risk of Decompression Sickness and make us overall safer divers.

So, how do you know if you are hydrated enough? There are two easy ways to monitor your body water status. Weigh yourself (I know...we hate that part) before and after your dive to make sure you are maintaining your weight during the day. Drink one pint of fluid for each pound you lose during the dive. Or more simply, pay attention to the volume and color of your urine (a clear or pale yellow color is best). Make hydration one of your priorities in diving, and you will help your body function at its best! Bottoms up!

— Casey McKay-McNutt

Creature Feature — Spotted Cleaner Shrimp



Spotted Cleaner Shrimp — *Periclimenes yucatanicus*

Common in the Caribbean. Lives in association with a variety of anemones.