

International Scuba News

February 2015

Volume 15, Issue 2



Howdy everyone!

Love is in the water this month. Consider showing the water some of your love by participating in one of International Scuba's many upcoming trips and open water weekends. You might also choose to make a donation to Project Aware so that the beauty of the ocean is there for future generations to love. International Scuba also wants to show you some love. See the photo above? Notice that it is different from last month's? We would like you to submit your best underwater photos to be featured at the top of the newsletter. A new photo will be chosen each month and the person who submitted the photo will be rewarded with fame and fortune! Well, ok maybe not fortune, but you will get a FREE International Scuba can koozie and that's pretty awesome too. Send your submissions to Jeanette@internationalscuba.com with your photo and contact information. You could just be the next big winner!

Inside this issue:

<i>Milestones & Certs</i>	2
<i>Love Hurts—Dangers of the Ocean</i>	3
<i>St. Croix Technical Diving</i>	4
<i>Meet the IS Team—Haley Armstrong</i>	5

*Cheers!
Your IS Family*

Join International Scuba @ the BLUE HOLE in beautiful Santa Rosa, New Mexico February 27th-March 1st

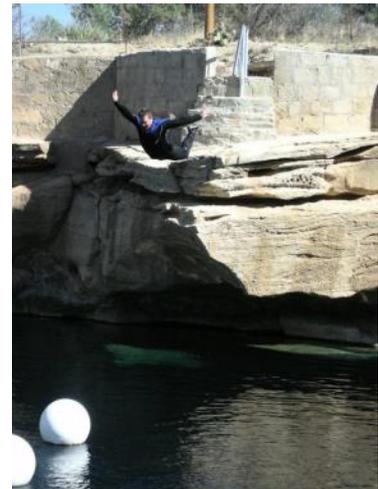
- ⇒ *March 21-28: St. Croix Technical Diving trip*
- ⇒ *April 4-5: Flower Gardens (Hammerheads)*
- ⇒ *May 22-25: Memorial Day at the Cozumel Palace*
- ⇒ *June 13-14: Flower Gardens (Whale Sharks)*
- ⇒ *July 22-26: Tulum, Mexico Caverns & Whale sharks*
- ⇒ *Aug 16-20: Guadalupe Shark Diving, Solmar V*
- ⇒ *August 29-30: Flower gardens (Coral Spawning/ Manta Rays)*
- ⇒ *January 2016: Solmar V, Socorro Islands*

Craving some clear blue water? Come diving with International Scuba at the Blue Hole in Santa Rosa, New Mexico. Once used as a fish hatchery, the blue hole is one of the best inland dive destinations in the US. The surface is 80 feet in diameter and spreads to 130 feet in diameter at the bottom. (Think of it like a beaker). With a maximum depth of over 80 feet, this is the perfect spot to get in some deeper dives. The blue hole is also an altitude dive, so make sure you arrive the night before you plan to dive (if you dive



as soon as you get there you are starting your first dive in pressure group J and would have to adjust your bottom times).

Entrance to the scuba park is \$8 for the whole weekend and \$8 for air fills. Bring your own equipment as rental equipment on the premises is limited. We look forward to having you join us at the Blue Hole. Please feel free to call the store if you have more questions. Happy Diving!



Diving Milestones and New Divers

Discover Scuba

Kaleb Greer
Kathy Greer
Mirage McMillan
Sam Greer
Todd Greer



When are we diving

- February 28—March 1
Blue Lagoon
- February 27—March 1
Blue Hole,
Santa Rosa, NM
- March 14-15
Blue Lagoon
- More to Come!

Open Water

Anna Kennington
Beshar Kuzbari
Bryan VanHooydonk
Curtis Marshall
Dawn Marshall
Glenn Goodwin
Keith Marshall
Maynard Belson



TecRec Gas Blender

Brent Beck
Jeffrey Blackwell
Johnnie Graves
Mike Kinsey
Steven Rodak



EFR

Eugene Trousil

Deep Diver

Steven Rodak

Master Scuba Diver

Matthew Dickson



Click above to "Like" International Scuba on Facebook! Read our latest news, hear from others in your dive community, and enter all our contests. Great friends and great rewards are waiting for you!



LOVE HURTS

The coolest and yet most dangerous things in the ocean we love

Some of you became divers because you loved the ocean and wanted to get a closer look. Others fell in love with the ocean because you loved diving first. Either way, we are all awed by the magic of the ocean. However, some of the things we love can harm us if we threaten them or handle them in the wrong way. Since knowledge is power, here are a few safety tips for interacting with ocean life.

SCORPAENIDAE

Known collectively as stonefish, this family includes some of the world's most venomous species. The most common ones we encounter are scorpion fish and lionfish. Both are characterized by 11-13 spines along the dorsal fin. These fish are easy to avoid, but take care when walking in shallow water. Scorpion fish are masters of camouflage and can easily be stepped on accidentally. Each spine is strong enough to puncture through the rubber soles of your shoes.



Poisoning is generally mild and will result in pain, swelling, and nausea. Death is highly unlikely, but it's important to get immediate medical care. For pain relief, try immersing the punctured body part in hot water (not scalding, but as warm as you can stand).

CIGUATERA POISONING

Sometimes we need to worry about the dangers of fish long after we are finished visiting them underwater. Certain algae can form ciguatoxin. As small fish eat the algae, and big fish eat the small fish, and even bigger fish eat those big fish, these toxins build up to dangerous levels.

Ciguatera is found in larger carnivorous fish such as sea bass, grouper, snapper, and lionfish. Unfortunately, the toxin is "heat-stable", meaning a contaminated fish is poisonous no matter how well you cook it. Symptoms may occur anywhere from 2-12 hours after ingestion (they aren't pleasant) and last for weeks, months, or even years. There is no way to test for ciguatera, but only about 30 cases a year are reported, so just be cautious when eating larger predatory reef fish.

BOX JELLYFISH

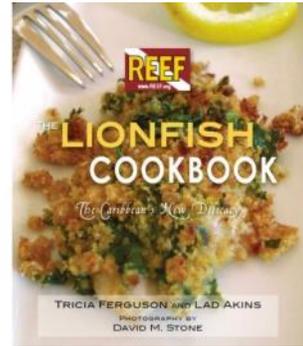
We all remember that scene from *Finding Nemo* where Dory meets a tiny jellyfish and names it her "squishy". Then, of course, hundreds of larger jellyfish appear and threaten Dory and Marlin. While most jellyfish produce only a mild to moderate sting, there is a class of jellyfish called the box jellyfish which are very toxic and can be fatal to humans. The bell of these jellies ends in four corners

from which their tentacles hang. The box jellyfish actively hunts it's prey and has the almost perfect camouflage; they are so transparent you can hardly see them.

36 different species of box jellyfish are known to exist, but only a few are fatal to humans. Toxins in the jellyfish nematocysts (stinging cells) is designed to instantly paralyze prey so that their delicate bodies aren't damaged during the hunt. These toxins attack the respiratory and nervous systems of the human body and can cause shock, paralysis, and occasionally death.

The good news is that it's very easy to avoid these painful stings. Full body exposure protection like a wetsuit or lycra bodysuit will protect you from the stinging tentacles, not to mention helping you avoid those other vacation annoyances like sunburn.

The ocean is a beautiful and wondrous place, but without the proper knowledge, you could find yourself in trouble with the aquatic flora and fauna. The dangers of the ocean are easy to avoid. My number one tip...you have to remember that it's their home and you are just visiting. Be respectful and know what you're looking at to stay safe.



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ST. CROIX TEC TRIP

March 21-28, 2015

What better place to do your Tec 40 and beyond course but St. Croix and Cane Bay Dive shop.

\$1355



Includes:

- ⇒ Transfers from/to airport
- ⇒ 7 nights accommodations & 5 days of dives
- ⇒ Daily boat dives in the afternoon
- ⇒ Daily shore dives in the morning

Not included:

- ⇒ Airfare
- ⇒ Deco gases



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\$500 non-refundable deposit due at sign up.
Balance due 45 days from departure





Getting You There... Starts Here!

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We've been in your neighborhood for over 15 years serving your diving, education, travel, sales, and service needs. Who better to take care of you than a neighbor?

International Scuba is a 5 Star PADI Instructor Development Center with a Platinum Course Director and over 70 years of experience amongst the group.

Looking for a change of lifestyle?—come see us, we can help!



How did you get started diving?

When I was in Maui, Hawaii the summer of 2010 I went for a snuba experience and I fell in love with the underwater world. When we returned in the summer of 2013 I took the OWD course and became certified.

**MEET THE STAFF
HALEY ARMSTRONG
OWSI**

Number of years diving? Number of

years as professional? How many dives?

Sadly I've only been diving a little over a year now, and a professional for about 5 months. I have completed over 130 dives and can't wait to log more!

What brought you to International Scuba?

Upon my return home from Roatan, Honduras, where I completed my DM and instructor program I was searching for work. I searched for dive shops in the Dallas area and International Scuba was one of the many that appeared. So I called, spoke to Rich, scheduled an interview, and fell in love with the store and the staff. So here I am now!



Tell us something about yourself that your diving friends would be surprised to learn.

This summer when I went to Roatan was my first time to ever travel outside of the United States.

If you could leave tomorrow to live in the islands where would it be?

This is a tough question being that I've only gone diving in Maui and Roatan, but I've always wanted to go to Micronesia, so either Palau or Guam.



What is your oddest diving experience?

Killing lionfish and feeding them to the moray eels.

What is the one tip you would like to share with a new diver?

Always remember to have a good time. After all you are breathing underwater, and that is awesome enough in itself.

If you were to come back as a fish in your next life what kind of fish would you be?

If I can't be a hawksbill sea turtle, then I would be a striped burrfish because they have the coolest eyes, and they also have built in protection on.

