

The Surface Times

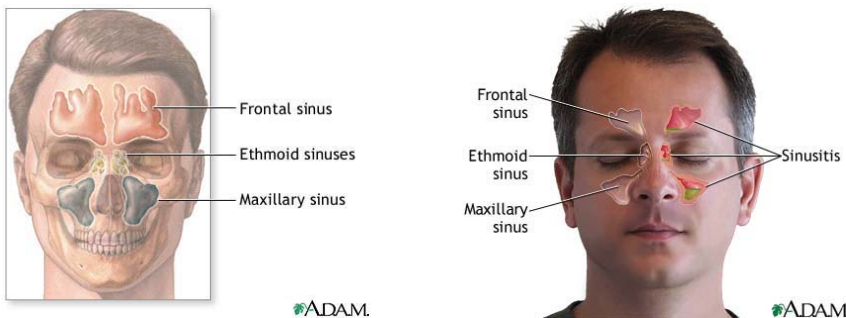
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TIS THE SEASON

By Michael Harris, OWSI



No, not to be jolly, unless you're lucky enough not to suffer from sinus issues like most of us. The fat man in the red suit is long gone and now the only gift I get is a stuffy head every morning when I wake up. News has it that sinus season will be starting early and lasting longer this year due to the mild weather through the winter. Hearing this made me start to wonder, what's a diver to do? One of my students on a trip to Florida last year was having a sinus problem and started surfing looking for suggested solutions. After searching the internet for about 10 minutes he very excitedly says the words "DAN recommends". I was driving at the time but instantly cocked my head in interest and slight disbelief. I asked him to book mark the page and send it to me, that I was very interested in what medications DAN recommended for sinus issues prior to diving. Of course I forgot about the page until recently when my seasonal stuffiness began. I went back and read the page that he had bookmarked



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and it did appear at first glance that he was correct but careful reading only triggered more questions. I have spent nearly 43 hours in researching this topic on the internet and this is what I have found.

First, DAN does not and most likely will never endorse any medications. Reason, that would be like prescribing and no doctor will in good conscience or practice prescribe a medication without first seeing the patient. What DAN does recommend for sinus issues is that you just not dive, yea ok, that's not happening and DAN knows it so they also suggest that you go to see an ear, nose, and throat specialist with dive experience and follow their advice.

Second, I am not a doctor, and I am not suggesting that you take any medica-

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Training Specials

WBD Season Pass

Take any or all of the 38 PADI/DAN specialties offered at We B Divin' in a 12 month period. Crewpacks not included.

Get your **PADI Master Scuba Diver** and your **DAN Diving Emergency Specialist**.

\$749 — **Unbelievable!**

Learn to Dive Package

A whale of a deal, tell your friends.

Group Class Tuition, Student Materials, Personal Gear (Mask, Snorkel, Fins, Boots, Bag) chosen from a wide variety of options, and a shorty wet suit. Upgrades are available should you desire.

\$725

eLearning

Don't have time to spend in classroom but want to get certified?

Sign up for on-line learning. Do all of the classroom on your time at your location on your PC.

Then spend 8-12 hours with us in the pool and 4 dives in open water.

Same gear package included. \$660 Plus \$120 eLearning enrollment.

Tis The Season

Continued from page 1

tions. I am merely sharing the results of my research as information that may help you make an informed choice. Just as with STD's and pregnancy we know the best choice for a long life is abstinence, but then what is the point of a long life if we can't do what we enjoy.

Ok so the results, now that the disclaimers are out of the way. By far the most widely medication regimen used by other divers is a combination of two specific over the counter drugs. The drugs are Sudafed, the one from behind the counter preferably the 12 or 24hour one and Afrin nasal spray. The suggested dosage is that you start taking the Sudafed a week prior to your trip or dive, taking one the



day of the dive about 30 minutes prior to getting into the water. Just before getting into the water you take a blast of Afrin in each nostril. The Afrin is on an as needed basis and should not be used for more than 3 days in a row to prevent any rebounding issues that are often associated with nasal sprays. As with all things there have been reported issues while diving on this medication but no accidents have been linked directly to these medications as the cause though it may have been a contributing factor. The Sudafed in particular is not recommended for anyone who may have a heart condition and has been reputed to contribute to an increased occurrence of nitrogen narcosis though not proven.



The short of things, we all know that medications effect different people differently. To take a medication is a very personal choice that comes with risks, in or out of the water. Diving alone without factoring in medications has risks. Make the best choice for you based on those risks, even if it is not to dive that day.



Lessons for Life

By Tim Landers, MSDT

When I served as a youth director at my church I had a student that was always against negative examples. I'm sure it had come from his parents and he gave the supporting argument that people that look for counterfeit money are taught what a legitimate bill looks like. In open water class instructors portray what a legitimate diver looks and acts like. Skills are done using "demonstration quality" and, frankly, We B Divin' has a higher acceptable level than some PADI videos I've seen. With that being said, I have always seen the benefit of negative examples in life. It just takes looking at someone who's ruined their life due to a drug addiction for me to realize I don't want to try drugs (other than Dramamine of course).

I'm reading a book called Deep Decent by Kevin F. McMurray that recounts a number of stories about divers who "didn't make it" primarily diving the Andria Doria - a very technical deep wreck dive that is compared to the Mount Everest of diving. It's a great read even if you, like me, have no desire to perform such diving. Here are some things divers should know that were reinforced from the negative examples:

1. stick to your dive plan
2. stay with and watch your buddy
3. don't hold your breath
4. make changes to your configuration based on the advice of more experienced divers
5. don't push the limits of the dive.

I also was thrilled to see that you can order a CD of all of the "Lessons for Life" - a regular series in Scuba Diving magazine. I promptly ordered it. In every article I either learn something or something I already know is reinforced. My wife, and divemaster, Caryn and I say that if your dive is starting to read like the first paragraph of a "Lessons for Life" you need to stop and reevaluate. Here are some examples:

Don't dive to do something you aren't trained to do (dive within your **Training**).

Don't dive in open water with unfamiliar gear or unfamiliar configurations and maintain your gear, having it regularly serviced (dive within your **Gear**).

Follow the instructions in the dive briefing even if they are counter to what you have done in the past or, at least, ask about it (dive within your **Instruction**).

Stay physically fit (dive within your **Limits**).

You might be able to remember Training, Gear, Instruction, Limits by the phrase, "Thank **Goodness Its Life**".

Although we teach you the correct thing to do, learn from others even if they didn't do the right thing. One of my favorite Despair posters (despair.com) is a picture of a shipwreck with the caption, "Mistakes: it could be that the purpose of your life is only to serve as a warning to others."

For further reading: <http://www.scubadiving.com/training/lessons-life>





Travel 2011

Cozumel

July 01-04	\$907_{DVR}	\$832_{NDVR}
Aug 05-08	\$896_{DVR}	\$692_{NDVR}

Truk

November 27 — December 04

\$3280 plus airfare, double occ
 Est airfare DFW to Tkk is \$1800
 (unless you have miles (-;)

1 night in a hotel in Chuk, est \$75

All taxes / fees included, Hotel Cozumel, 3 days 2 Tank boat dives, transportation to / from hotel / airport, round trip airfare

2 Spots Left

Curacao

July 23-30 **\$1199_{DVR}**

Lions Dive, Breakfast,
 Free entrance to the Curacao Sea Aquarium,
 6 Days 2-Tank boat dives,
 Unlimited beach diving 24 hrs per day

<http://www.curacao.com/>



Where Does the Water Come From?

By Scott Perrin, MSDT

Have you ever wondered how we get fresh water on a live aboard, and so much of it as well? Me too, so I asked the captain about it on the Coco's Aggressor and here's what I found out. I got a personal tour of the engine room from the captain who surprisingly was also in charge of maintenance on this trip.

The first thing I saw, of course, was the ladder leading down into the engine room and, of course, one must go backwards so all I saw was the wall going down. Once on the lower deck I began to turn and saw the usual work bench with a busy mechanics stuff left laying around, rags, wrenches, belts, hoses and the like. I heard the low soft song of diesel engines. Yes that's plural, two of them. They were 6 cylinders each with 400 horse power each. The peak operating RPM is 1800, each one has two 200 amp batteries, for starting. One runs clockwise the other counterclockwise, so they both need to run to have balance. They work together so to speak not against even though it might seem so. There is an 800 gallon fuel tank for each engine and a reserve in the bottom of the boat. The boat uses about 2000 gallons of fuel for the trip and can carry up to 6000 gallons.

There are two 4 cylinder generators with two 100 amp batteries each, one primary generator one for backup. After looking at the engines and the generators we went into the compressor room. There is an 18 cubic foot Bauer compressor, about 9 times bigger than the one we have in the store. There also is a 12 cubic foot compressor for a backup. This system uses 5 filters 3 for intake 2 for the compressed air. All this air is stored just like we do it at the store in six 200 cubic foot tanks maintaining 4000 lbs. storage, this then goes to the dive deck where it is put into our tanks.

Now on the way out he showed me the machine which desalinates the water, pretty simple actually. The water is pumped into six wound polypropylene filters to remove the bacteria from the sea water, then into a membrane system to remove salt. The water is pumped in at about 40 psi then into a dampener which increases the pressure up to around 700 psi then through the membrane system, which is about 4 inch PVC pipe which has a smaller, maybe 2 inch, inside where salt water enters and the pressure forces water only no salt through the membrane to remove salt (salt molecules are bigger than water). The salt and remaining water goes back out to the ocean. The machine is capable of making about 1000 gal a day. We used around 250 – 300 gallons a day.



Aqua Lock 3mm Wrist Design

Curious as to why we elected not to trim the wrists on the new Aqua Lock 3mm Wetsuits?

Here's the answer!

If you've never seen a suit finished in this fashion before, at first this new technique may appear to be a mistake or error, rather than a new technique.

However, we have been using and testing this new finishing technique with suits using high stretch, high memory neoprene for years and have found it to work better than trimmed wrists for the following reasons.

The wrist will fit you closer and more comfortably.

- Users with small or larger wrists will still get a great fit without discomfort or flushing.
- The low profile will allow less water to enter the suit when not wearing gloves and will mate with the gloves more effectively.
- Suits that are edge trimmed often suffer from pilling, ripping and snagging.
- This wrist style is superior in form and function *when* combined with high stretch, high memory neoprene, than that of suits with trimmed wrists that utilize lower stretch materials.

We hope this information helps you in selecting a superior wetsuit for your next adventure.





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The Surface Times

We B Divin' is your personal resource for scuba training (PADI), equipment sales, service, and travel.


We pride ourselves on individualized training, especially for people with water related anxieties. Our rental gear includes SeaQuest weight integrated BCD's (women's and men's), computers, and regulators for state of the art training and the ultimate in safety.

Remember, enjoyment and safety are enhanced by comfort and proper fit. We will personally fit you, whether your primary interest is diving or snorkeling.

We offer both group and individual travel opportunities. Both singles and couples are welcome. Singles may ask to room share or can choose the single supplement option. Everyone is welcome - divers, snorkelers, non-divers, shoppers, etc.

Think Outside the Bowl!

There is much to learn, many places to go and much to see.



Come learn with us, go places with us and see with us.



Divers Alert Network

DAN Travel Insurance

This is Dan's newest product. I am sure that I have not reviewed every Trip Cancellation and Interruption policy available out there on the market, but this one is very competitive in benefits as well as cost. Also, of course, when we use this

product we are supporting DAN which is always a plus.

Travel insurance is good for those who want to plan a trip but have pending concerns like the health of a loved one. It is very valuable when planning a BIG trip like Truk Lagoon. Many times trips like this must be planned far in the future

and we simply cannot know what life will put on our plate in the interim. So this type of insurance protects us from a total loss.

Check the details from our web site by clicking here
DAN Dive Insurance

Divers Alert Network

Membership

DAN is the only organization I am aware of that is actively pursuing medical dive research. They provide assistance to all divers (regardless of membership status) through 800 phone numbers and will accept collect calls from anywhere in the world. This alone is

worth our support with membership fees of \$35 per year. The included subscription to Alert Diver is just a bonus.

Dive Insurance

This is the best option for Medical Dive Accident Coverage that I have reviewed. There are three plans from \$25 to \$70 per year covering not only

medical coverage for a dive accident but extra transportation, extra accommodation, lost diving equipment and much more.

I cannot stress enough how valuable it is to have this coverage. Check the details from our web site by clicking here
DAN Dive Insurance