

The Surface Times

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Diving Beyond Your Limitations

By Mike Manila, IDC Staff Instructor

I had the opportunity to instruct and dive with Gary Blanton during his PADI Advanced Open Water training. I was impressed with Gary's desire to improve his skills and the commitment he made to be prepared for each dive. Gary has a great dive buddy, George Ogle, and I first met them at the dive shop one afternoon. They were there for an Enriched Air Nitrox (EAN) class and I had the opportunity to discuss the value of diving with an air integrated Nitrox capable computer. I'm sure that after their class they completely agreed with my recommendations.

Gary and George completed the class room portion of AOW online! So, the first opportunity I had to instruct Gary and George was at Clear Springs Scuba Park (CSSP) located in Terrell, Texas. They were there to do a few of their Advanced Open Water dives before their trip to Cozumel in late May. This is an excellent strategy to divide and conquer the AOW dives by doing dives like Underwater Navigation, Peak Performance Buoyancy (PPB), Search & Recovery and Wreck at Clear Springs Scuba Park and the Deep, Night, Fish ID, Boat, and Drift dives which are better suited to be completed while in Cozumel.

I had the opportunity to observe how Gary and George worked together as a buddy team at CSSP. This gave me some insight to how they would work together while in Cozumel. They completed their PPB and Underwater Navigation dives at CSSP and were ready to finish their Deep, Night and Drift dives in Cozumel. I was impressed how well Gary and George worked together as a buddy team. George was very attentive and helped Gary as necessary. Gary needs some additional help getting in and out of



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Photography

by Anglea Garrett, MSDT

The underwater world is amazing and other divers share those thoughts with you. Underwater photography can be shared with those that enjoy scuba and those that don't. You can connect and share your amazing adventures with everyone. I have had many non scuba divers look at my pictures and be amazed. The pictures peak their interest, whether because they are astonished the water is so clear, you can see so far in the Caribbean, or the fish, creature, and coral life is so abundant and colorful. For my diver friends, it usually peaks their interest to want to go dive again.

Some creatures and even fish can be difficult to shoot. For those that spend time in Cozumel, the splendid toadfish is a very interesting and beautiful fish. However, it is on the ocean floor and usually under a ledge in a very tight spot. This makes getting close to it very difficult and the angle is usually not the best for light. A trick to photographing this fish and many others in similar spots is trying to shoot it upside down. By turning upside down, you get the camera closer to the ocean floor thus closer to the subject, and in a position that you can shoot up and capture some light from the sun. Of course, buoyancy is again critical for this maneuver, as is timing of your inhale, exhale, and actual shooting the picture. The benefit is pictures from an entirely different perspective, so well worth trying to master this technique.

If you want help taking better underwater photos, sign up for the Digital Underwater Photography course.

Specialty of the Month

November: UW Navigator

Underwater navigation can be challenging. In the PADI Underwater Navigator course you learn navigation via natural clues and by compass. Become the diver everyone wants to follow and make your sense of direction legendary with the PADI Underwater Navigator course.

December: Search & Recovery

Have you ever dropped something in the water? The PADI Search and Recovery Diver Specialty course will teach you effective ways to find objects underwater and bring them to the surface. Small, large or just awkward, there is a way to bring them up. Using a lift bag is fun!

January: Enriched Air Diver

Diving with enriched air, nitrox, gives you more no decompression dive time. Thus more time underwater, especially on repetitive scuba dives. You can typically stay down longer and get back the water sooner. No wonder many divers choose this as their very first specialty.

Creature Feature

Juvenile Boxfish:



Boxfishes occupy the Atlantic, Indian, and Pacific oceans. Fish in the family are known variously as boxfishes, cofferfishes, cowfishes and trunkfishes. Boxfish can grow to over 19 inches in length. They are closely related to both puffers and filefish.

Boxfish in general have a distinc-

tive square or boxlike shape. Their sides are actually bony plates covered by a thick skin. Only their fins are moveable, which they use to slowly propel themselves through the water. Boxfish are omnivorous bottom feeders, consuming both algae and crustaceans and sampling polyps on occasion.



Diving Beyond Your Limitations

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the water. A motorcycle accident rendered Gary a paraplegic; however he has the use of both arms for propelling himself through the water. The dive boat crew in Cozumel was also very helpful with Gary boarding and exiting the boat. Not to mention his deep water entry and exits.

Cozumel is a great place for Gary to dive since all dives are drift dives which facilitated Gary's movement through the water. Gary had to overcome some initial challenges with the current and once we got his weighting correct he was able to demonstrate good buoyancy and control on his other drift dives! This also took some of the weight off of George's shoulders and allowed both of them a little more freedom to explore and take pictures.

I was impressed with Gary's courage and determination to go scuba diving and dive beyond his physical limitations. I was also impressed with George's giant heart and his commitment to be a great dive buddy for Gary. I learned that it was possible to dive safely beyond your perceived limitations and opened my eyes to the courage and determination of those who deal with physical challenges every day!

Fall Celebration, All You Can Eat Crayfish Etouffee

Saturday, November 14, 10am till 4pm

Free Discover Scuba

Bring friends and relatives you have been telling about scuba and treat them to a free discover scuba. Please RSVP so everything will go smoothly!

Play in the Pool

There will be several Aqualung Zuma BCDs available for you to try in the pool. For those of you looking for a light weight travel BC this one comes in at 2.2 pounds!

Also, feel free to bring your scuba gear and refresh yourself on skills in the pool or just enjoy some underwater time to rewet your gills, try out new gear, etc.



Best of All!

All You Can Eat Crayfish Etouffee — Until We Run Out!

Ask a staff member about low cost [Dream Trips](#) while you are here.



Trips for 2009 and Beyond

Cozumel

Christmas, December 25-28

Diver \$1085

Non Diver \$945

Staying at Hotel Cozumel Resort this time. The trip price also includes round trip airfare on American Airlines, transportation to and from the airport, 2 dives on Saturday and 2 on Sunday. Most trips the group opts to add dives so many times we do 3 dives on Friday, 3 or 4 dives on Saturday and the 2 dives on Sunday. Since Friday is Christmas there will be no diving.

Excluding airfare, Diver \$440

Cocos Island

October 25— Nov 06, 2010

Diver \$4235, check web site

A lush, uninhabited island 300 miles off Costa Rica's Pacific coast. Rocky pinnacles surrounding Cocos are beacons for big animals and big action.



St Croix

December 5-12 \$1259+ air

Nekton Live aboard

Up to five dives per day. If you have never taken a dive vacation on a live aboard you have not lived! Make this your first.



Training Specials

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.

\$695

WBD Season Pass

Take any or all of the 38 PADI/DAN specialties offered at We B Divin' in a 12 month period. Up to 3 crew packs included.

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

\$699 — **Unbelievable!**

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. Package price \$720

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 Galapagos. 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



A Word from Our Sponsors



Free Airsource

Purchase an Aqua Lung or Sea Quest BC, regulator, Suunto computer and take any scuba training course and receive a free airsource.

Offer valid through 31 December 09



Save \$150 Instantly

\$150* instant rebate on the purchase of a **Cobra, Cobra3, D4, D6 or D9**
Offer valid through 12/15/09



Free backpack and logbook (\$75 value) with purchase of HelO2 or Vyper Air. While supplies last.



less than 2kg (4.4 lbs)...
lose some weight
on your next vacation

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 \$29 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](#)



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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.



Know the Difference between Cold and H1N1 Flu Symptoms

Symptom	Cold	H1N1 Flu
Fever	Rare	Present in up to 80% of cases, 100°F or higher for 3 to 4 days.
Coughing	A hacking, productive cough is common.	Non-productive, dry cough is common
Aches	Slight body aches and pains can occur.	Severe aches and pains are common.
Stuffy Nose	Commonly present and typically resolves spontaneously within a week.	Uncommon
Chills	Uncommon	Present in 60% of cases.
Tiredness	Fairly mild	Moderate to severe
Sneezing	Common	Uncommon
Sudden Symptoms	Symptoms tend to develop over a few days.	Rapid onset in 3-6 hours with high fever, aches and pains
Headache	Fairly Common	Present in 80% of cases.
Sore Throat	Common	Uncommon
Chest Discomfort	Mild to moderate	Often severe