

Southern Indiana Scuba

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Southern Indiana Scuba

Dive Talk

News for the Diving Community

October/November, 2002

Mark's Message

by Mark Brooks

The older I get the faster time seems to fly by. Just yesterday, it was March and we were looking forward to spring and the start of the local dive season. Here it is, September, we are now planning our fall and winter trips. This year has had many changes happen!

I would like to give a Special "Thank you" to my staff and friends, who gave Kim and me the BEAUTIFUL stained-glass Dolphin window hanging, hand made by **Ruth Neill**, for our 25th Wedding Anniversary. It is hanging in the front window of the store, come check it out. We renewed our vows on the East Bank of the Texas Flower Gardens. Everything was wonderful and Thanks to everyone that shared in that experience.

We would like to welcome **Dr. Brian Logue** and **Bob Standcombe** along with all the former **Big Red Divers** to the store. Come by, visit our staff, enjoy some popcorn, and feel free to look around and ask questions. We are looking forward to a bright future with all our new friends.

It is time for our rental equipment sell off. If you are in need of great equipment at reduced prices, this is the sale for you. Come by the store and see our rental BCDs, regulators with computers, wetsuits and much more.

Travel time is here again, so don't forget to make your fall and winter diving plans.

In this month's **Dive Talk**:

Read about our brand new destination - **Cayman Brac!**

Pull out the special insert for our once-a-year **FALL CLEARANCE** and **RENTAL GEAR SELL OFF**. You won't want to miss it, many of our divers wait all year to get their dream gear at 1/2 price or more.

Thinking about winter trips? **Book it now**, before the airlines increase their prices. Shop a variety of destinations on our *Vacation Specialists* page.

Sample our newest line of gear - **Scubapro!**

Shop Talk: Hot Showers, Hot Tubs, Hotbed for DCS

by Penny McQueen

Two activities often on the list of things to avoid after diving - hot showers (or soaking in a hot tub) and vigorous exercise after a dive. Why? Because they can increase your chances of Decompression Sickness.

When you take a hot shower or soak in a hot tub, the blood flow to your skin is increased in order to get rid of the increased body heat. As the blood flows to the skin, it is shunted away from the deep body tissues, which means that the normal off-gassing of nitrogen in your muscles and other body tissues is slowed or even stopped.

Liquids become less able to hold dissolved gasses when they are warm. So, nitrogen is more likely to come out of solution and form bubbles, and lead to DCS.

Some medical experts speculate that the tiny 'seed' or micro-bubbles that exist after every dive may have a better chance of collecting and forming larger bubbles when the capillaries in the skin are dilated. The increased size of the dilated capillaries combined with the chemical change of the heated blood both combine to make it easier for larger, potentially damaging bubbles to form.

But how hot is too hot? A comfortably warm shower is OK, but most experts (such as DAN, and PADI) say that if the temperature is warm enough to make you overheated, or make your skin red, then it's hot enough to be concerned about the DCS risk.

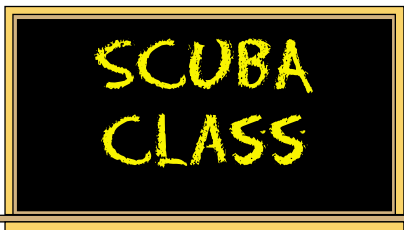
Being comfortably warm after a dive is a good thing, but getting overheated is not.

Your best bet after a dive is to keep yourself as warm and comfortable as possible without over-heating. When you're warm, your blood flow is good and this will keep your off-gassing of nitrogen at it's peak, reducing your risk of DCS.

But you should avoid hot tubs and very hot showers, keep the water post-dive just comfortably warm and close to your body temperature.

Thanks to Mike Thompson

Many thanks to **Mike Thompson** for the beautiful, custom-made display cases in the front entrance. The next time you're in, see Mike's lovely displays!



Weekend Open Water Class

October 5 & 6

November 9 & 10

Open Water Checkout Dives

October 12 & 13

October 18 & 19

6 Week Open Water

Begins October 29

January 29, February 25, April 22

Advanced Open Water

October 31

January 16

February 16

April 24

Rescue

November 7, January 23

March 6, May 1

Divemaster

November 8

Bubblemaker, Seal Team

October 5 & 6

November 9 & 10

Discover Scuba - \$14.95

October 5, October 17

November 9, January 7

April 15

Tek Day

IU Hyper Pool #94

Nov. 9th 11 am - 2 pm

◆ Full Face Mask

◆ Rebreathers

◆ DPV/Scooters

Try out the newest Hi-Tek Diving toys

FREE!

Airlines Slap Big Fees On Large Luggage

By Kortney Stringer

THE WALL STREET JOURNAL

August 28 - At the start of a two-week family trip to Paris, Gerry Zinna found herself face-to-face with a Continental Airlines ticket agent armed with a yellow measuring tape. The family's three suitcases were "oversize" - bigger than Continental allows for checked bags.

Even though the bags were well under the airline's weight limit for luggage, Continental insisted on charging an extra \$270 - per bag. After 30 minutes of yelling across the counter, she reluctantly coughed up an extra \$810, money she had earmarked for dining and shopping on her trip. "I was devastated," says the Stockbridge, Mass., resident.

Americans who take to the skies may be in for a surprise at the ticket counter: A whole generation of luggage is illegal on airlines. While carriers have long restricted carry-on luggage, they have recently begun to enforce long-ignored rules that restrict the size of checked bags as well.

Depending on the size and destination of the luggage, most major carriers charge up to \$270 - often more than the cost of the suitcase itself - for bags larger than **62 linear inches (defined as height, width and depth added together)**. The fees can be lower on domestic flights - usually \$80 - but they can quickly add up since the charges apply per bag per flight segment.

This isn't just leviathan luggage. The suitcases in question often show up in the standard five-bag luggage sets sold by big manufacturers. Indeed, bags as small as 30 inches high (barely kneecap level) can violate the rules if they are stocky enough.

Stricter enforcement of the checked-luggage policy is one of the most aggressive of the airlines' recent efforts to ramp up revenues by being more diligent about collecting fees for everything from itinerary changes to paper tickets. This month, Delta Air Lines began charging \$40 for a third checked bag.

Travelers who fail to check size requirements before the flight have little recourse, because most airlines list the policies on their Web sites. To add to the confusion, many retailers don't describe their luggage in terms of linear inches. (Two exceptions: Atlantic Luggage and 1800luggage.com.)

Technically, all checked luggage, whether it's a hard-sided suitcase or soft-sided garment bag, must meet the size requirements or trigger extra fees. However, soft-sided duffel bags may have a bit more wiggle room since they may be harder to measure.

If traveling light isn't an option, there are a few things passengers can try. While many airlines charge for extra bags, those fees are



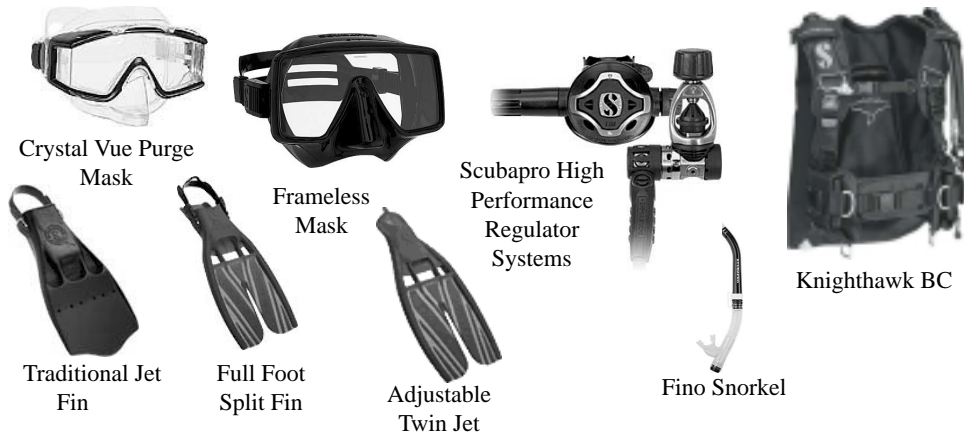
Southern Indiana Scuba Now Scubapro Dealer

We are pleased to announce that we are now an authorized, full-service Scubapro dealer. With the addition of the Scubapro line, Southern Indiana Scuba now offers you the two top-rated, top-performing scuba lines in the industry - Aqua Lung and Scubapro.

We truly believe that between these two brands you will not find better gear. Having both lines in-house allows us to offer you a wider selection of models and prices for all your needs.

As always, we can offer you the best, up to date advice on the pros and cons of each product line and model, so you always can be assured you're getting the best value for your dollar.

Here are just a few of the new items we will soon be offering from Scubapro. We hope to have items in-stock, but some items below are promotional and special orders.



Crystal Vue Purge Mask



Frameless Mask



Scubapro High Performance Regulator Systems



Knighthawk BC



Traditional Jet Fin



Full Foot Split Fin



Adjustable Twin Jet



Fino Snorkel

sometimes lower than the ones on large bags. Take one oversize suitcase on a Continental flight from Newark, N.J., to Paris, for example, and the fee is \$180. Take an extra regular size bag instead, and the fee drops to \$90. So a traveler may be better off packing an extra suitcase instead of paying for an oversize bag.

The airlines say baggage limitations are a must to accommodate passengers and to ensure the safety of workers who have to lift oversize bags, which tend to weigh more. "We have restrictions like these so that we can accommodate all of our passengers fairly," says Continental Airlines spokeswoman Julie King.

Chris Brathwaite, a spokesman for UAL's United Airlines, said the airline consistently enforces its oversize baggage policy. "If we let someone who shows up with a big bag go [without paying the fees] because they didn't know about our policy, it isn't fair to someone who did check the policy," he said.

That leaves travelers like Cheryl Pulanco feeling bagged. This year, she and her fiance had taken a big black-and-red suitcase on Continental flights for three separate trips to Denver and Oakland, Calif. No charge. Then, on a fourth trip, Continental charged them an extra \$160 to cover both legs of the journey.

No one we know has ever heard of these fees," says the 24-year-old college student.

Measure Your Dive Bag

Our current advice to all our divers: **Measure Your Dive Bag!**

Many gear bags are well over 62 linear inches, and the only way to know is to fill it up and measure it. If it has expandable pockets on the outside, you may be able to stay within size restrictions by emptying them and keeping them collapsed.

Packing loosely so the bag can be measured tightly, using a webbed strap to compress the bag, and splitting your gear between two smaller bags are also ways to accommodate the new size restrictions.

Be assured that traveling and diving can be easily managed with knowledge, a little planning, and foresight.



Jessica Doolin

Jessica Doolin passed away on Thursday, September 19.

The family has asked for copies of pictures of Jessica, if you would like to share any photos with the family we have the address at the shop.

We can accept contributions to the Jessica Doolin Memorial Fund, which will go to her High School. Or you can contribute to the fund directly to the attention of:

Guy Lito
Spirit Bank
P.O. Box 10
Oilton, OK 74052

Vacation Specialists



**Cayman Brac
Caribbean Beach
March 22-28**

Pick Your Piece of Paradise!

Destination	Dates	Host	Resort	Prices
Ambergris Caye, Belize	Nov 2-9	Mark & Kim	Anthony's Key	\$1800
Key Largo	Nov 24-30	George	Quiescence	\$660
Key Largo	Dec 27-Jan 4	Mark & Kim	Quiescence	\$750
Bonaire	Feb 10-16	Mark & Kim	Sand Dollar	\$1700
Belize/Nekton Pilot	March 15-22	Mark & Kim	Liveaboard	\$2400
Cayman Brac	March 22-29	Penny	Caribbean Sands	\$1950
Key Largo	March 16-22	George	Quiescence	\$550
Nassau	April 27-May 1	Penny	Dive Dive Dive	\$1179



Focus on:

Spring Break: Cayman Brac, Key Largo, Belize

Cayman Brac - Friendly Lifestyle, World Renowned Diving, Unlimited Shore Diving

March 22-29

Crystal clear water, open beaches, and tropical breezes, Cayman Brac is a Caribbean Island Paradise.

The Brac's style is summed up in a word - friendly. Everyone greets everyone else, and you always need a hand free to return the friendly waves. Visitors may arrive stressed, but they shortly find themselves relaxed, smiling, and waving back.

With 100+ foot visibility, the underwater scene is the major attraction of this island. With some of the finest diving on the planet, we have the added bonus of a day trip to Little Cayman to dive world famous Bloody Bay Wall. Couple that with arches, swimthrus, cracks, gorgonians, sponges, fans, and the blues, reds, yellows, oranges, and purples will keep your color wheel spinning. The marine life is extremely rich, varied and healthy. It might be possible to have a boring dive at Cayman Brac, but we've never found a diver yet who has had one.

Our package includes **UNLIMITED SHORE DIVING** in addition to daily boat dives, so you can take full advantage of what this island has to offer.

The **Brac Caribbean Beach Village** is a condo resort on a reef-protected, sandy white beach, shaded by coconut palms. With fully equipped kitchens, comfortable furnishings, and shaded balconies, each room has a sweeping view of the ocean for full relaxation.

Each unit is 1,200 to 1,600 square feet, air conditioned, quad occupancy with private bath, cable TV, phone, maid service, and pool.

Our package includes round-trip air, accommodations, 6 days of 2 tank morning dives, taxes, and transfers.

Belize - Nekton Pilot Liveaboard All Inclusive

March 15-22

Join us in discovering the incredible atolls of the Turneffe Islands, Glovers Reef, and Lighthouse Reef. Located on the Caribbean coast of Central America, Belize is rich in history and

unspoiled natural attractions ranging from its rainforests to beautiful coral reefs.

The diving includes walls that begin at 50' and plunge into the deep blue. Visibility is typically excellent. During the week, you'll have the opportunity to explore scenic Half Moon Caye and its bird sanctuary. Enjoy 4 to 5 dives per day, plus a night dive and snorkeling.

The Nekton Pilot features special "Swath" technology, which makes the boat extremely stable. **If you have concerns about seasickness - talk to us!** Most divers report no problems on this liveaboard boat because of the special technology used to keep the boat so stable in the water.

This trip is all inclusive, round trip air fare, food, accommodations, and diving. Port taxes are not included and will be collected at the port.

Key Largo - Spring Break on a Budget

March 16-22

So you want to dive over Spring Break, but you don't want to break the piggy bank?

Come with us to Key Largo!

You'll have the best of diving conditions in Florida, daily boat dives, and group dorm accommodations. Quiescence is our destination, and they always make sure that we visit the very best dive sites.

Now you can **Dive the Spiegel Grove**, the newest dive site in the Keys. This decommissioned ship is absolutely fantastic, and a not to be missed experience.

\$\$\$\$ Trip Certifications - Special Prices \$\$\$\$

Ready to complete your open water certification dives in tropical water? Dive with us on one of our scheduled trips, and all you pay is the gear rental fee! It's the perfect way to complete your diving certification in the best conditions possible.

Take advantage of special pricing for continuing education prices on trips, too:

- ◆ Open Water Dives: Gear Rental
- ◆ Advanced: \$100
- ◆ Specialties (Boat, Wreck, Drift, Nitrox, Night, etc.): \$50

Our Right Hands

Maybe you think the hard work that goes into preparing and teaching a class is due to the instructor.

That isn't true.

Without the unbelievable dedication, professionalism, and often exhausting work of our assistant instructors and divemasters, it would be impossible for us to teach the variety and schedule of classes that we do.

We appreciate every single assistant who has ever helped. But there are a few who have been especially active this past year, and we want to recognize their hard work and publicly say thank you.

To **Perry Bovenshen, Don Brinson, Sam Frushour, Jeff Kramer, Jim Peconga, Janice Rickert, Bob Shippnick, Jim Smale, Roman Stark, Ryan Stoner, and Carolyn Vandeweile.**

Thank you for fetching weights, watching students, loading gear, unloading gear, shuffling paperwork, sizing BC's, watching our backs, and correcting our mistakes. Thank you for laughing at our dumb dive jokes. Thank you for being too cold, too hot, and too tired. Thank you for showing up on time, working late, and never complaining.

Thank you for doing it all with grace, style, and a sense of teamwork and fun.

And thanks for carrying all those tanks, too. We couldn't do it without you.

An Evening With Charlie Beeker

Please join us as we host an evening with Professor **Charlie Beeker**, noted underwater archaeologist and researcher from Indiana University. On October 14, 7:00 pm, Professor Beeker will present his view of the Spiegel Grove, it's preparation, sinking, and it's current status.

Charlie was instrumental in the planning, preparation, and sinking of the Spiegel Grove ship in Key Largo. Because of his participation and familiarity with the wreck, and his credentials in underwater mapping and archaeology, I.U. has been commissioned to develop the official divers navigation slate for the Spiegel Grove.

Many of you are familiar with Professor Beeker from his years in the diving industry as well as his famous discoveries concerning the Tiano Indian tribes of the Caribbean.

We're pleased to have such a distinguished guest, and urge you to join us for a memorable event.

DEMA

See us at the end of October for the latest news from DEMA! We'll be back from the Dive industry's biggest show with the latest and greatest.

Underwater Pumpkin Carving Contest Saturday, Nov. 2

Scubapro/Uwatec , Suunto Vytac Dive Computer Recall

Scubapro/Uwatec is voluntarily recalling about 1,700 SCUBAPRO/UWATEC™ dive computer consoles. Only U-Line™ submersible pressure gauges contained in UWATEC™ brand Smart PRO™, Pro ULTRA™, and Sport PLUS™ dive computer consoles are included in the recall. Contact SCUBAPRO/UWATEC at (800) 382-2211 for a replacement pressure gauge.

It has been found that using the SIMPLAN function may cause problems in Vytac computers with software version 21 (serial numbers 205000 – 223700). SIMPLAN is not to be used until Suunto has upgraded the software of these units.

When diving with affected Vytacs without using SIMPLAN all other features of the instrument will work normally.

Return the unit to the Suunto dealer from whom it was purchased or contact Suunto for upgrade/replacements

The Diver's Connection



Southern Indiana Scuba

a division of Indiana's Diving Connection, Inc.

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