

Deep Thoughts



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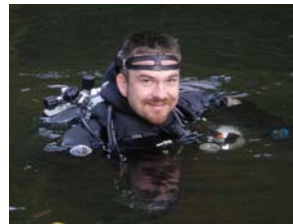
Training News: Rum Runner Is Getting Technical

In our on-going effort to expand our programs for our customers Rum Runner Dive Shop proudly announces a complete Technical Diving Department. We have joined forces with avid technical and cave diver Kevin Jones who brings with him certifications with TDI and IANTD in all levels of technical training as well as a wealth of experience diving on two continents. Utilizing our expanded classroom facilities, local quarries, the NC coast and

weekend trips to North Florida we are positioned to provide training to meet any environment. Classes will be small and scheduled to fit the needs of the student.

Since technical diving is gear intensive we have expanded our dealerships to include DUI and Pinnacle dry suits, OMS, Salvo, Deep Sea Supply, Green Force Lights and XS Scuba. So if you are an advanced diver looking to

go deeper, stay longer or explore that cave or wreck we've got the training and equipment you need.



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deep down you want the best

Dive Travel: Belize, June 14 to 21

Home to the world's second largest barrier reef Belize boasts some of the best pristine dive sites in the Caribbean Sea. An independent nation since 1981 and a member of the British Commonwealth of Nations. English is widely spoken. Currency is the Belizean dollar, traded roughly 2:1 for the American dollar. U.S. dollars are gladly accepted throughout Belize.

Our trip starts in Raleigh to

Houston, then on to Belize City. A short hop to San Pedro, Ambergris Caye and we are there.



We are staying at the Sunbreeze Hotel, picture below.

All rooms are air conditioned and non-smoking. A fine restaurant is on site with a short walk to additional restaurants and shopping in town.

Five days of diving is planned including a trip to the famous Blue Hole.



Points of Interest

- **Technical Training**
- **Dive Belize**
- **Dive Medicine**
- **Wreck Spotlight**
- **Gear Spotlight**



Palau/Truk



August 2009
It's not too early
to reserve your
spot!



**Dive Medicine:
 Otis External or Swimmers Ear**

A common problem amongst divers and swimmers. The cause is not a foreign bacteria, but instead bacteria normally found in the ear canal. Repeated immersion causes changes in the skin of the external ear canal which breaks down the skin's natural protective barrier and allows the bacteria to invade and infect. Typically symptoms begin as itching and soon the ear is inflamed and painful. This can spread to lymph nodes extending down into the jaw and neck.

So how do we treat this problem? First and foremost prevention is the key. What keeps the ear canal healthy is to keep it dry

and acidic. A prescription medication is available to accomplish both of these objectives; Domeboro Otic solution. You will need to speak with your doctor about this. An alternative is a mixture of vinegar (5% acetic acid) and isopropyl alcohol. A 50:50 mix has been suggested although this may be too drying. A alternative is one part vinegar, one part isopropyl alcohol and one part water. Applied twice a day when frequenting the water should work wonders. It is important to allow the solution to remain in the ear canal for at least 5 minutes on each side.

In addition good ear hygiene is

advisable and keeping the ear canal free of wax is suggested. The old adage "never put anything in your ear smaller than your elbow" applies. Cotton tipped applicators should be avoided as they will injure the thin skin of the ear canal. Applying a few drops of hydrogen peroxide daily is usually effective. If build up is severe it may require flushing in your physicians office.

We have also been evaluating a mechanical device that blows warm drying air into the ear, but the jury is still out on that.

Stay well and we'll see you in the water.

**Dive Club News:
 Jump On In!**

What a great year! Trips to the Keys, Mexico and Bonaire. Whale sharks and cenotes! Local dives to the coast and a couple of quarry days at Fantasy Lake with plenty of fun, food and fellowship. We also hosted some great programs including a fascinating multimedia presentation by renowned photographer, videographer and cave diver, Jill Heinerth. While Jill was a tough act to follow author, publisher and technical diver Bernie



Chowdhury did his best to start off 2008. Everyone enjoyed a fascinating look at the Queen Anne's Revenge project presented by underwater archeologist and QAR Lab Manager

Wendy Welsh.

Congratulations to all our winners in the Rum Runner Dive Club first annual photo contest.



**Wreck Spotlight:
 The Mighty "O"**

The USS Oriskany(CV/CVA-34) is an Essex class aircraft carrier named for the famous Revolutionary War Battle of Oriskany. The ship served in the Korean and Vietnam wars. Construction started in 1944 and underwent significant design changes after WWII and was finally commissioned in 1950. She spent time training in the Atlantic then a tour of duty in the Mediterranean before joining the Pacific

Fleet in 1952. Serving for air support for the Korean conflict and later, after being refitted again, the Vietnam war. The Mighty 'O' was finally decommissioned in 1976 and remained in the mothball fleet until it was announced in 2004 that the Oriskany would be used as an artificial reef off the coast of Pensacola, FL. She was sunk there May 17, 2006.

During her service she received



two battle stars for the Korean war and five for Vietnam war service. While our efforts to dive her last year failed due to weather we plan to return for another try.

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The Fun and Adventure Starts Here!

Shop hours:

Monday — Friday 10:00am to 6:30pm

Saturday 10:00am to 5:00pm

Sunday Closed

We're on the web!

www.rumrunnerdiveshop.com

Rum Runner Dive Shop



Join The Adventure!



Rum Runner Dive Shop is a full service NAUI Pro-Platinum facility in operation in the Greenville/Winterville area for over 30 years (founded in 1976). We provide equipment sales, service and training.

We are located in the Community Square Shopping Center, on South Memorial Drive (NC 11 South) in Winterville, N.C.

Community Square Shopping Center is located just North of Pitt Community College adjacent to Burger King and Chico's restaurants.

Message from the Owner

Hard to believe it has been two years since we took over the shop. Much has happened during that time. We've expanded the shop, added the new training facility and service area. We've taken some awesome trips to Mexico, Dominica, Bonaire, not to mention the Florida Keys and springs. We've got some great trips coming up, Belize in June and Palau and Truk in August 2009. Keep an eye out for a possible summer Great Lakes trip and a Hawaii adventure as well.

In our continuing effort to be the best dive shop in North Carolina we have expanded further. We can now boast a complete technical diving training program. With the addition of Kevin Jones

to our staff with years of experience diving in Michigan, Florida and Europe we can now train divers in decompression procedures, trimix and cave diving.

We also have expanded our relationships with training agencies. While we are still proud to be a NAUI Pro Platinum Facility, we can now offer courses from TDI, IANTD, YMCA, and even PADI.

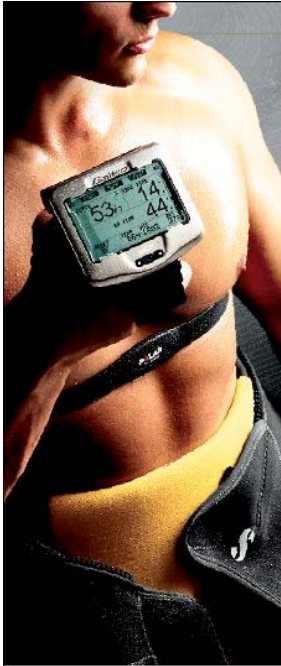
To compliment our training program we have listened to our customer's needs and brought in brands to satisfy even the most demanding diver. Brands like Deep Sea Supply, Salvo, DUI, OTS, Green Force, as well as tanks from every manufacturer

all to compliment our current offering from Scubapro, Atomic, Genesis, Sherwood, OMS, Pinnacle, Ocean Reef. We offer two choices of dry suit manufacturers, DUI and Pinnacle. If that isn't enough we now can offer state of the art scooters from Salvo and KISS rebreathers from Jetsam Technologies, Ltd. Both of these products are awesome.

Our Dive Club has been active with monthly meetings with some terrific guest speakers. We have had several joint meeting with the ECU Dive Club who we help to sponsor.

So come on out and see the shop and join in on all the fun and adventure.

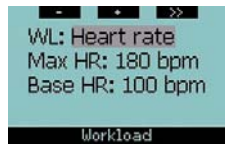




Gear News

GALILEO SOL the latest dive computer platform from Uwatec/Scubapro. It is the most technologically advanced dive computer on the market. Offering features and innovations found nowhere else. Features such as:

- Exclusive POLAR heart rate monitoring
- Full tilt digital compass



- Extra large dot matrix display
- Hoseless gas integration with true remaining bottom time calculation
- Predictive multi gas algorithm
- Updateable processor user programmable via infrared
- User replaceable battery with tissue loading memory
- Plus all the renowned Uwatec core technologies.

The Galileo also comes in the Terra which is not gas integrated, but still feature packed.



Quiz: What are two ways to increase your diving value?



Deep Sea Supply is one of our new vendors of advanced and technical dive gear. Their quality and innovation as well as exceptional customer service has earned them great respect in the competitive world of advanced diving.

With the cost of gasoline rising the cost of a dive charter or a dive vacation is moving up as well. If you are like us you want to maximize your time underwater. Carrying more air is one solution until we run into those no decompression limits and larger tanks aren't always available. So the answer to the question is; 1. Dive Nitrox and 2. Dive with a computer.

Nitrox has some important benefits. Most importantly it allows the diver to stay at depth

longer. For example: a diver diving on air to 120 feet can stay only 12 minutes to avoid a decompression obligation. The same diver on 30% Nitrox can stay 25 minutes.

Computers can increase time in the water by automatically recalculating bottom time throughout the dive which can be especially helpful for multilevel dives. For example that same diver going to 120 feet diving a square profile gets 12 minutes of bottom time. What if he moves up

to 80 feet for a few minutes and then 60 feet? Tables dictate a 12 minute dive, a computer will recalculate the bottom time and that dive could be considerably longer.

Nitrox training can easily be added to any level of training or as a stand alone course and we have a wide variety of computers available for sale or rental. Come in and talk to our staff about maximizing your diving value.

Stop By The Shop And Make Some New Friends.

