For the 3rd Year straight we will not increase our prices, we will continue to offer quality training at reasonable prices.

Local MidWest Trips for 2016
Ships Diving
Strata of Nebraska
June 4th and 7th
September 19th and 22nd
Limit is 6 divers each weekend—reservations will be taken on a First come, First served basis.

Make sure to check out the 5th classroom on March 5th for an Introduction to Scuba. Call Mark at 651-653-1174 for more information!

Vented Ear Plugs and Scuba Diving
Manufacturers of vented ear plugs (e.g., Doc’s Proplugs) assert that these devices equalize pressure and keep water out of the ears. The latter feature is said to reduce the frequency of otitis externa, also called “surfer’s ear,” which is an abnormal bone growth within the ear canal. Surfer’s ear, which is an abnormal bone growth within the ear canal, can be caused by exposure to cold, wet and windy conditions during various watersports. Whether you just completed your PADI Open Water Class or Class with another Agency… or you’re an Experienced Dive Master or Instructor; within Minnesota, U.S. or internationally. Our participation in the Adaptive Diver Program with Courage Kenny Rehabilitation Center is in full swing; Monday, February 8th will be our 1st “Try Scuba” with 4 participants.

Our involvement in the Adaptive Diver Program has continued with each new class of Scuba Divers. February 8th will be our 1st “Try Scuba” with 4 participants. We have provided a 2nd class for the 3rd year straight at White Bear Lake, MN 55110. We have added a third class due to popular demand.

Vented Ear Plugs
Ear plugs with small holes, usually found in the back of the ear plug, are designed to equalize pressure and keep water out of the ears. These devices have been promoted for many years as a way to prevent or ease sinus infections. However, there is no evidence that vented ear plugs prevent or ease sinus infections. The plugs can actually cause ear infections. In fact, the small holes can cause ear infections, or otitis externa, by allowing water to enter the ear opening.

Ear plugs with small holes are usually referred to as “vented” ear plugs. Vented ear plugs are also noted to cause ear infections. In fact, the small holes can cause ear infections, or otitis externa, by allowing water to enter the ear opening. They are also noted to increase the risk of ear infections, or otitis externa, by allowing water to enter the ear opening.

Ear infection.

Although anecdotes abound, only the most minimal acceptable medical research has been conducted on vented ear plugs to date, and all that has been demonstrated is reduced bony growth in the external ear canal—ear leads in anatomy. Little evidence exists to show that vented ear plugs prevent or ease sinus infections. A line of reasoning that I am unable to follow.

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