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*one* Flying .....3  
Scuba diving lesson number one: It is useless to argue with the ocean. It is much bigger than you are. Very early in my diving career, I learned not only to not argue with the ocean, but more importantly how to become one with it.

*two* The Jewel .....9  
Some of my earliest diving experiences were in Mexico, where my husband and I have spent many happy weekends camping, diving, and enjoying the Mexican culture. This story tells of my first dive at La Bufadora, which is also the place where Jon and I celebrated our first wedding.

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The Santa Monica Blue Fins was one of the earliest dive clubs formed in Southern California. Dirty Jack was one of its founders and the co-creator of the David-Daniels Bullshit Award, bestowed annually on the Fin who best exemplified the Club's time-honored traditions of Tall-Tales, Fish Stories, and other outstanding feats of Truth-Stretching.

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*six* The Thrill of the Hunt .....41  
Hunting can be exciting, challenging, and frustrating. Come with me to experience the frustrations of "Bug Fever" and learn how I managed to bag a large fish without putting a single mark on him. You'll also meet my pet shark, Spot, whom I hatched from an egg-case.



<i>seven</i>	<b>Boomerang!</b> .....47
	Ten years after I began diving, I was diagnosed with Chronic Fatigue Immune Deficiency Syndrome, a mysterious illness of unknown causes. The name sounds harmless enough, but the disease is much more than mere fatigue. I was bedridden for almost 6 months and it took me almost four years to regain enough strength to dust off my dive gear and try diving again. This essay describes a very challenging dive that tested my regained health and strength to the limits.
<i>eight</i>	<b>Octopus's Garden</b> .....55
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<i>nine</i>	<b>Here There Be Dragons</b> .....63
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<i>ten</i>	<b>Halfway to Tonga</b> .....69
	Ordinarily, I don't do night dives, but on one eventful evening in Fiji, I decided to try one. It was such a simple, fool-proof plan, and the diving conditions were ideal. What could possibly go wrong?
<i>eleven</i>	<b>Magic</b> .....77
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<i>twelve</i>	<b>Just Another Perfect Day...</b> .....83
	In addition to the magical times, there have also been days when I seriously questioned my sanity, suffering through cold, rough seas and poor visibility. Join me on one of those days.
<i>thirteen</i>	<b>Naked Gills and Sarcastic Fringeheads</b> .....91
	There are many strange and wonderful creatures in the ocean and I am fascinated by them. I especially love the bizarre shapes and outrageous colors of the sea slugs called nudibranchs (a word which means "naked gills"). But I was mystified by the name of one small fish, the Sarcastic Fringehead. Why in the world is it called that?

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<i>fourteen</i>	<b>The Eternal Spiral</b> .....99 Even in some of the most remote seas of the South Pacific, the destructive effects of human-generated pollution are evident. This story describes a trip to Borneo, where I spent a week diving on Sipadan and then another week touring mainland Borneo, visiting its cities and wildlife sanctuaries.
<i>fifteen</i>	<b>Shore Leave</b> ..... 115 In the course of traveling to get to and from our chosen dive locations, I have had some wonderful experiences among foreign cultures—and a few misadventures. This story describes a detour we had to take in Borneo: our flight was canceled and we had to take a long van ride through the jungle to get to our destination.
<i>sixteen</i>	<b>A Single Breath</b> .....123 Scuba diving can be a dangerous sport, resulting occasionally in accidents, injuries, and even deaths. On one of our local dives, I witnessed a very serious accident and the resulting dramatic rescue attempt.
<i>seventeen</i>	<b>The Eye of the Beholder</b> .....131 Gray whales were called Devil Fish by 19th century whalers, because of the ferocity with which the adult whales protect their young. Over the past 30 years, however, the Grays have developed a reputation for being very friendly with humans, especially when they are in their birthing lagoons.
<i>eighteen</i>	<b>Diving Amok</b> .....145 Amok is a Malay word meaning “furious attack.” In English, the phrase “to run amok” implies going crazy out of control over something. I went crazy over muck diving in Papua New Guinea.
<i>nineteen</i>	<b>El Bajo</b> .....151 The most extraordinary experience I have ever had in the ocean was a ride on a giant Pacific manta ray in the Gulf of California in the summer of 1979.
<i>twenty</i>	<b>Extreme</b> .....159 I kept a daily journal while following the adventures of a colleague of mine, Maureen, as she participated in the Eco-Challenge race in Borneo, where I had previously traveled and dived. Adventure sports can be extreme—but do they have to be?



*twenty-one* To Live Before the Wind.....175  
Keeping marine mammals in captivity has generated a lot of controversy over the years. This piece details the day I spent at Sea World as a participant in their “Trainer For a Day” program, during which my friend, Molly, and I interacted with the resident dolphins, Killer Whales, and sea lions.

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