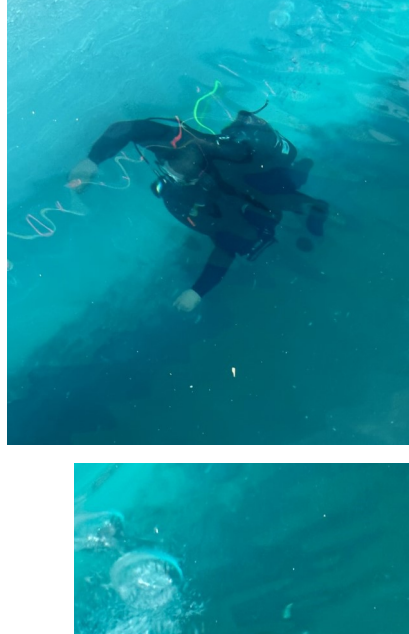




To unsubscribe click here



FRIDAY MORNING CORPORATE TRAINING IN FIRST AID. A GREAT BUNCH OF EMPLOYEES.



SMALL SUNDAY FIRST AID CLASS

AMBER WAVES DIVING REPAIR CENTER

Properly functioning gear is crucial. Your safety depends on it. That's why we are the best technicians in the business to service your gear.

What to expect
We are certified technicians that always follow manufacturer guidelines. Conscientious and thorough, we examine every part of your gear. We're always on the lookout for wear and corrosion, immediately swapping out anything worn or damaged. We want your next dive to be your best dive!

WHY DIVE NITROX?

- Longer Bottom Times:** Recreational nitrox (21 - 40% oxygen) contains a lower percentage of nitrogen than air. The reduced percentage of nitrogen in recreational nitrox allows divers to extend their no-decompression limits (or dive time) by reducing nitrogen absorption – the less nitrogen there is in a diver's breathing gas, the slower his nitrogen absorption will be at a given depth. For example, according to the NOAA (National Oceanographic and Atmospheric Association) no-decompression dive tables, a diver using Nitrox 36 (or NOAA Nitrox II) may stay up to 50 minutes at 90 feet of sea water, while a diver using air may only stay a maximum of 30 minutes at this depth.
- Shorter Surface Intervals:** A diver using nitrox absorbs less nitrogen for a given depth and dive time than a diver using air. This means that the nitrox diver has less nitrogen to off-gas during a surface interval, which can shorten the required surface interval drastically. For example, a diver using Nitrox 32 (NOAA Nitrox I) can repeat a 50 minute dive to 60 feet after 41 minutes, while a diver using air must wait a minimum of 8 hours to repeat the same dive (using to NOAA's no decompression dive tables).
- Longer Repetitive Dive Times:** Nitrox becomes especially useful for divers who engage in more than one dive per day. A diver using nitrox will have a longer allowable bottom time on a repetitive dive than a diver using air because the diver using nitrox has absorbed less nitrogen. For example, after a dive to 70 feet for 30 minutes, a diver using Nitrox 32 can stay at 70 feet for a maximum of 24 minutes if he immediately reenters the water. However, a diver performing the same series of dives on air may only stay at 70 feet for 19 minutes on his second dive (according to NOAA's no decompression dive tables).
- Reduced Exhaustion:** Many divers claim to feel less exhausted after a dive on nitrox than after a comparable dive on air. By reducing a diver's nitrogen absorption, nitrox may also reduce a diver's post-dive exhaustion.
- Shorter Decompression:** Technical divers use nitrox to reduce decompression requirements. If nitrox is used throughout the dive, the diver may require shorter or fewer decompression stops. If nitrox is used as a decompression gas (the diver only breathes nitrox during the decompression stops), the decompression stops will be shorter.

PICK UP YOUR CREW PACK AND SCHEDULE YOUR COURSE. 316-775-6688

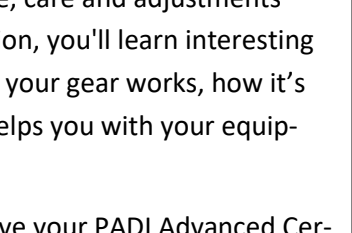
WE'VE A FEW SET BACKS IN THE CONSTRUCTION OF OUR NEW POOL. BRIAN BREWER, WHOM I LIKE LOVE DEARLY, IS NOW THE FIRST PERSON TO SCUBA IN OUR NEW POOL. HE

OPEN ENROLLMENT JUST CALL AND SCHEDULE

EQUIPMENT SPECIALIST DIVER

PADI EQUIPMENT SPECIALTY COURSE...IS IT WORTH IT?

Don't miss a dive due to a scuba gear issue. Whether it's a blown O-ring, regulator problem, wetsuit tear or a broken fin strap, you can learn how to manage basic scuba equipment adjustments.



As a PADI Equipment Specialist, you are prepared for the basic scuba equipment maintenance, care and adjustments you'll encounter every day. In addition, you'll learn interesting background information about how your gear works, how it's repair and other information that helps you with your equipment investment.

Additionally, if you don't already have your PADI Advanced Certification, this course counts as one of your dives. More importantly this course counts toward a specialty needed for your Master Scuba Diver Certification.

PADI Equipment Specialty - How does it work?

To enroll in the PADI Equipment Specialty course in Bali, you must be a PADI Scuba Diver (or qualifying certification from another organization). No dives are required, so you can take the Equipment Specialist course any time of the year.

With the PADI equipment specialty course you will come to our dive center where our Instructor will go through the following with you:

- Review the theory, principles and operation of scuba diving equipment
- Learn about routine, recommended care and maintenance procedures, and equipment storage
- How to overcome common problems with equipment and recommended professional maintenance procedures (may include a demonstration of repair procedures).
- Gain simple suggestions for comfortable equipment configurations and an introduction to new gear (may include optional confined water dive to try new or unfamiliar equipment).

PADI Equipment Specialty - Where will I dive?

The PADI Equipment Specialty course is a non-diving specialty course which means that there are no dives included in the course.

CALL TO SCHEDULE YOUR COURSE- 316-775-6688

MAKE WAY! BARF NOT BWRAF!

Even the smallest things can disrupt comfort while traveling and diving. Perhaps nothing ruins a dive trip more quickly than an urgent need to "feed the fish" from the railing. Thus, most divers try very diligently to avoid getting motion sickness – but how? What really works?

First, we need to understand what causes motion sickness. Often termed "sea sickness," this malady really has little to do specifically with the ocean and everything to do with motion, so "motion sickness" is a more universally accurate term. When such motion causes the tiny sensors in our body to register something's amiss, we start to feel a bit queasy, and if not remediated quickly, nauseous.

So how can we avoid motion sickness? Here's an 11-part strategy:

- Need to feed.** A meal before you board is highly important. For most people, an empty stomach is more sensitive to being irritated, so filling it with comfort food 45-60 minutes before leaving shore is smart. Load up on carbohydrates at breakfast and avoid acidic and greasy foods, as they may contribute to motion sickness. Lastly, avoid alcohol and cigarettes.
- Medicate.** If you know you're especially prone to motion sickness, investigate the use of over-the-counter antiemetic medications such as meclizine (Bonine, Antivert, Meni-D, Antrizine) or Dramamine. Meclizine reduces the activity of the portion of the brain that controls nausea. These medications are highly effective in most individuals, and thus can be a preventive measure for short trips or for mild cases of motion sickness. Be sure to start medicating the night before the dive trip to start establishing the proper blood level of the drug.
- Go gingerly.** In addition to medication, many divers swear that the intake of ginger is a simple and tasty way to help avoid getting ill. If this works for you, it's an easy solution – just carry a Ziploc baggie of ginger snaps aboard and munch on them before and between dives. Although it's not yet clear to researchers exactly how and why it works, studies show that the ginger root contains a number of chemicals that seem to help relax the intestinal track. As a result, ginger is often helpful in reducing the risk of nausea.
- Avoid "conflicting instrument readings."** Look out across the horizon so your eyes can register the same type of acceleration changes your ears are reporting. Avoid visually focusing on things that are close-by, and most especially, avoid reading for more than a few seconds at a time. Also, face the direction the boat is traveling.
- Your nose knows.** Odors can complicate the mix of signals to the brain, increasing your likelihood of becoming ill. Avoid smelling diesel fumes, cigarette smoke, perfume and of course, anyone else's vomit.
- Minimize movement.** Standing in different locations on the boat's deck will result in different amounts of velocity/acceleration being transferred to your body. Stay topside, close to the center of the vessel.
- Keep hydrated.** Continue to drink plenty of fluids while on board and throughout each surface interval. This will help keep your stomach more full and will help your body metabolize food and process everything else better.
- Stay cool.** If you become overheated while on deck, you'll be more at risk of becoming ill. Wear a cap to keep the sun off your head and face, sit in a shady location between dives and peel off part or all of your wetsuit.
- Heads up!** If you feel the urge to vomit, move to the leeward rail (with the wind at your back), lean forward and try to direct your explosion toward the sea. The fish will thank you. Never go into the head (marine toilet).
- Dive in.** If you do begin to feel the early signs of motion sickness, get into the water and submerge several feet below the surface, doing so will usually quell the queasy feelings because your body will stop receiving the conflicting acceleration readings.
- Regulate it.** If you happen to become ill while underwater, such as just after submerging, it's usually perfectly OK to vomit in your regulator. It's not the most enjoyable experience, but it's typically over very quickly and you'll feel better almost immediately.
- The bottom line is that motion sickness can be managed and/or minimized by planning ahead with sufficient sleep, proper food intake, use of medications and conscientiously taking avoidance actions while on-board, before the first signs of motion sickness manifest.

Have fun and dive safe!

GRADUATE SCHOOL OF SCUBA LOGICAL SCIENCE

DATE	COURSE
NOV 3-5	OPEN WATER PART ONE COURSE
NOV 4	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 5	FIRST AID TRAINING
NOV 10-12	OPEN WATER PART ONE COURSE
NOV 11	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 12	FIRST AID TRAINING
NOV 17-19	OPEN WATER PART ONE COURSE
NOV 18	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 19	FIRST AID TRAINING
NOV 24-26	OPEN WATER PART ONE CLASS
NOV 25	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
NOV 26	FIRST AID TRAINING
DEC 1-3	OPEN WATER PART ONE CLASS
DEC 2	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
DEC 3	FIRST AID TRAINING
DEC 8-10	OPEN WATER PART ONE CLASS
DEC 9	DISCOVER SCUBA, SCUBA REVIEW COURSE, OR JUST COME AND PLAY
DEC 10	FIRST AID TRAINING

AMBER WAVES DIVING COMPANY

ROATAN TURQUOISE BAY RESORT FEBRUARY 17-24, 2024

DIVER-DBL	\$2,433.00
DIVER-SINGLE	\$2,592.00
NON-DIVER DBL	\$2,076.00
OCEAN VIEW UPGRADE	\$207.00 PER ROOM PER WEEK

- Packages Includes:**
- Round trip airfare from Wichita
 - 7 nights' accommodation at Turquoise Bay Resort
 - Round-trip airport/hotel transfers
 - 3 full meals daily
 - Non alcoholic beverages & local alcoholic beverages
 - 3 boat dive trips daily including tanks, weights & weight belt
 - Horseback ride
 - Botanical garden tour
 - Wifi
 - All hotel taxes and service charges

Nitrox (\$119 + 19% tax for unlimited; if pre-paid)

- Optional Chamber Fee of \$2.00 per person/day
- Personal dive equipment
- Tips to the Dive Crew
- Trip Cancellation or Interruption Insurance

PRICED AT CASH DISCOUNT \$500 DEPOSIT

SPOOKTACULAR! HALLOWEEN DEALS THIS WEEK, JUST COME IN AND SEE US.

SCUBA INSTRUCTOR AND DIVE MASTER CLASSES ARE NOW FORMING

CALL 316-775-6688 FOR INFORMATION

EXTEND YOUR DIVING TIME

BECOME A PADI ENRICHED AIR DIVER

ENRICHED AIR CLASS

JUST ATTEND AND SCHEDULE YOUR CLASS



Scubapro MK11/C370 Regulator

The Mk11 First Stage Regulator is the perfect choice for the recreational diver who wants the advantage of a diaphragm first stage for use in temperate waters. Diaphragm-based first stages are environmentally sealed so that water cannot enter the inner mechanism. This first stage comes standard with the Thermal Insulating System (TIS), which keeps your first stage from freezing up and malfunctioning in cold water conditions. Additionally, its over-balanced diaphragm first stage design gives you better breathing performance at greater depths.

PRICED RIGHT AT \$639.00

AQUALUNG HELIX PRO REGULATOR \$549.00

This 2022 Aqualung presents us with the Helix, a mid-priced regulator, which enjoys very good performance, undoubtedly above expectations. It represents the DNA of the Aqualung regulators. It is without Question the best option in terms of value for money currently available.

The Helix Pro version has two added features:

Aqualung's patented ACD system, technology that protects the first stage from accidental entry of water or dirt even when the regulator is not under pressure.

And sealed ambient pressure chamber, suitable for cold and/or polluted waters.

APEKS AQUALUNG AQUA LUNG

The Apeks XTX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks XTX50 is designed to handle every diving condition you could put it through. It can even be changed from right hand to left hand use, by an authorized technician. You can change out the exhaust tee from a wider tee for medium bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks XTX50 features:

- An over balanced diaphragm design first stage that is environmentally sealed
- Four medium pressure ports, with optional fifth
- Easily converts from right hand to left hand, by factory authorized technician
- Pneumatically balanced second stage
- Diver changeable exhaust tee
- Nitrox compatible

\$720.00

SCUBAPRO MK19 EVO/G260 REGULATOR \$999.00

THE MK19 EVO/G260 REGULATOR IS PERFECT FOR ANY CONDITIONS, ESPECIALLY THOSE WHO DIVE DEEP, IN COLD WATER, OR IN SILTY ENVIRONMENTS. THIS SYSTEM IS IDEAL FOR HARSH CONDITIONS, MAKING IT A TOP CHOICE FOR TECH DIVERS AND CAVE EXPLORERS. THE COMPACT MK19 EVO IS FULLY SEALED, ENSURING TROUBLE-FREE OPERATION IN COLD OR MURKY WATERS. THE G260 IS A HIGHLY IMITATED AIR-BALANCED SECOND STAGE WITH METAL COMPONENTS AND A LEFT-RIGHT HOSE ATTACHMENT OPTION, MAKING IT EXCELLENT FOR TECH DIVING SETUPS AND A CONSISTENT TOP PERFORMER.

SHERWOOD SCUBA WISDOM 3 COMPUTER

The new Wisdom 3 is an intuitive easy to use and operate with easy to read large digital display.

RETAIL \$945 ...OUR PRICE \$825

YES WE HAVE BCDs IN STOCK

SCUBA PRO GLIDEX	SCUBA PRO WOMEN'S BELLA	AQUA LUNG WOMEN'S SOUL	AQUA LUNG AXIUM

Aqualung Dive Computer i100

The Aqualung i100 is the perfect dive computer for the new diver. With simple one-button navigation, you can select from four operating modes and manage two gases. The computer will also retain all your settings and calculations between battery changes. Safety features such as audible alarms and a high-visibility LED warning are included. The i100 dive computer provides all the essential functionality you need, a compact design, and a great price.