



Amber Waves DIVING COMPANY™

12959 East 21st Street North
Wichita, KS 67230
316-775-6688

Wichita CPR Training
Provided by Amber Waves Diving Company

WHERE THE PRAIRIE MEETS THE SEA

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Had a good time with a local Scout Group from St. Thomas Aquinas Church doing some merit badge work for their Water Sports Program.



Sunday First Aid Training graduates

GRADUATE

SCHOOL OF SCUBA DIVING

SCUBA SCHOOL

FEB 20-22	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
FEB 21	DISCOVER SCUBA, SCUBA REVIEWS, OR FUN DIVE (NOON-3PM)
FEB 22	OPEN POOL DIVE (2-4 PM)
FEB 27-MAR 1	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
FEB 28	DISCOVER SCUBA, SCUBA REVIEWS, OR FUN DIVE (NOON-3PM)
MAR 1	OPEN POOL DIVE (2-4 PM)
MAR 6	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
MAR 7	DISCOVER SCUBA, SCUBA REVIEWS, OR FUN DIVE (NOON-3PM)
MAR 8	OPEN POOL DIVE (2-4 PM)
MAR 13	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
MAR 14	DISCOVER SCUBA, SCUBA REVIEWS, OR FUN DIVE (NOON-3PM)
MAR 15	OPEN POOL DIVE (2-4 PM)
MAR 20	OPEN WATER PART ONE (CLASSROOM AND POOL SESSEIONS)
MAR 21	DISCOVER SCUBA, SCUBA REVIEWS, OR FUN DIVE (NOON-3PM)
MAR 22	OPEN POOL DIVE (2-4 PM)

MAKE EVERY WEEKEND A DIVE WEEKEND

CAYMAN BRAC BEACH RESORT OCT 17-24 2026

Double Diver \$3,518 Single Diver \$4,198 Non-Diver subtract \$400

Package Includes:

- Airfare from Wichita to Grand Cayman and Grand Cayman to Cayman Brac
- 7 nights accommodations at Cayman Brac Beach Resort (all rooms are Beach view)
- Round-trip airport/hotel transfers
- Breakfast, Lunch & Dinner Daily
- 17 Boat Dives (6 days 3 tanks per day)
- Welcome rum punch
- Manager's cocktail party
- Wifi
- All hotel taxes and service charges on hotel/dive package features

Package Excludes:

- Departure tax
- Personal dive equipment
- Nitrox
- Gratuities
- Beverages
- Dive Insurance and Trip Cancellation Insurance (Highly recommended)
- Optional add on: 21 drink package \$200

Price Based on Cash Discount

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.

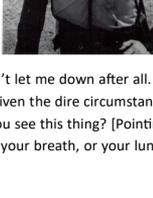
What to expect

We have 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!

Cayman Brac Wreck Diving

Waiting to Exhale: Diving's Golden Rule Explained

As a child of the '50s, I was a big fan of the hallmark TV series Sea Hunt and its indomitable hero, Mike Nelson, played by the late actor Lloyd Bridges. One episode I particularly remember involved the kidnapping of a scientist. As this was the era of Sputnik, it was implied — though never overtly stated — that the culprits were a group of "stinking commies." The scientist was being held in a cave on an island. Central to the story line was the fact — seemingly unknown to the bad guys — that the cave could be entered from underwater.



Of course, Mike Nelson knew all about the underwater entryway and planned a highly sophisticated escape: he swam into the cave, distracted the guards, gave the scientist a 30-second scuba lesson, dodged a few bullets on the way out and — fade to black — the world was once again a safe place for mom, apple pie and clean-cut capitalists.

For years, I thought the episode was pretty bogus. Even as a kid I knew that becoming a scuba diver required hours of arduous training. I never gave the show much thought until years later when, following in my hero's footsteps, I, too, became a scuba instructor. Even back then, everyone wanted to be like Mike. I soon came to realize that my hero hadn't let me down after all. In fact, his 30-second lesson was brilliant in its cut-to-the-chase elegance, and certainly could have been enough training given the dire circumstance and high motivation of the unlucky victim. I don't remember the dialogue verbatim, but it went something like this: "You see this thing? [Pointing to the regulator mouthpiece] You put it in your mouth and breathe. Whatever you do, keep breathing; don't ever hold your breath, or your lungs will burst and you'll die!"

End of lesson. Any questions?

It was one of the few instances where Hollywood actually got the facts mostly right. If you had but 30 seconds to teach someone to scuba dive, what would you tell them? The same thing Mike did — the Golden Rule of scuba diving. Breathe normally; never hold your breath. The rest, in most cases, is pretty much secondary.

Of course, if you're learning to dive the instructor uses the balloon illustration: If a flexible, gas-filled container — like a lung — can't vent excess pressure as it rises in the water column, its volume will expand until it bursts. Unfortunately, the balloon-aided explanation is about all that most divers ever learn. Now, there's nothing really wrong with the balloon analogy. It's just a bit oversimplified, especially if you really want to fully understand the consequences of forgetting what Mike Nelson so succinctly told the scientist. For one thing, our lungs bear little resemblance to balloons. (A sponge is a much more accurate analogy.) And due to the intricate and delicate nature of their anatomy, severe problems occur from lung expansion long before, as Mike so aptly put it, "your lungs burst and you die."

Lung Anatomy 101

Human lungs are amazing structures, made up of microscopically small air sacs called alveoli. While incredibly tiny, the massive number of alveoli — numbering in the hundreds of millions — provides an enormous surface area for gas exchange. How large, you ask? If the total surface area of the alveoli were somehow laid flat, it would cover an area two-thirds the size of a tennis court!

And talk about delicate — alveoli redefine the term. Their walls are only one cell thick. Yet as small as they are, each alveolus (that's singular for alveoli, for those of you whose native tongue isn't Latin) is surrounded by numerous capillaries that take up oxygen and give off carbon dioxide. And how about this for amazing: These capillaries are so small that red blood cells pass through in single file. Equally incredible is that while the distance between the gas in the alveoli and the blood in the capillary is less than one-twentieth the thickness of this page, at no time is the blood in the capillaries directly exposed to air.

Lung expansion injuries can be divided into at least three types, depending on where the bubbles go once they leave the alveolus. The most critical injury happens when air escapes directly into the tiny capillaries surrounding the lung, and the mechanism involved is very interesting. First, over-pressurization of the alveolus forces air into the surrounding blood vessels. This often results from a tear in the alveolar wall. But believe it or not, because of the tiny size and delicate structure of the alveoli, in some cases gas can escape without actually tearing lung tissue.

You, as well as your instructor, have probably always assumed that lung expansion problems happen only to divers who hold their breath because of some distraction, lack of training or panic situation. In some instances, air can remain trapped in the lungs even when the diver exhales. Some of the factors that can promote air trapping include: asthma, bronchitis, cysts, tumors, scar tissue from surgery or radiation therapy, and obstructions from inflammation or mucus caused by smoking, and even recent colds or infection.

The ironic part about lung expansion problems is that while they are the most serious injuries divers face, they're also the easiest to prevent. Accident data also has provided two important lessons. First, as one might expect, lung expansion injuries occur primarily — though not exclusively — in novices and less-experienced divers. Second is some good news: Recent accident analyses show the frequency of such injuries is declining (accounting for only 90 of 935 diving injuries in 1996). This is partly attributed to the increased awareness of the value of slow ascent in preventing DCS and the increased popularity of dive computers (which all have ascent rate monitors, often with audible alarms). I wonder what Mike Nelson would have to say about all this?

Like decompression sickness, one can never completely eliminate the risk of a lung expansion injury. But you can reduce your chances of injury. Here's how:

- Ascend slowly. Even if you're breathing normally, a rapid ascent rate could lead to a lung overpressure injury through gas trapping.
- Use a high-quality regulator and have it serviced regularly. It's believed by some that excessive inhalation effort may cause edema (fluid damage) to tissues surrounding the alveoli, thus reducing the size and impeding flow into and out of the airway.
- Avoid diving too soon after a chest cold or respiratory infection. This means that no matter how good you feel, don't dive if you are coughing up mucus, or if your breathing produces any abnormal noise or resistance. To reduce the tendency for mucus obstruction after a chest cold, drink plenty of water before diving.
- Running out of air is the major cause of lung expansion problems, so practice good air management techniques. Have enough air to make the dive you're planning — plus some reserve. Monitor your own and your buddy's gauges frequently.
- Forget what you were told about a 60-foot-per-minute ascent rate being OK. Slow down to half that. It will help you avoid both lung expansion injuries and DCS.
- Don't smoke, and if you do, stop. Smoking causes the buildup of mucus, which can obstruct airways.

Diving Accident First Aid Procedures.

While the differences in symptomology between DCS and lung overpressure injuries can be subtle, this is of no concern to divers at the scene of an accident. Regardless of which disorder is actually present (sometimes both are), the first aid measures are the same. Do you want to know what they are and how to take care of your dive buddy? **Sign up NOW for our Emergency First Responder Course. It is taught every Sunday from 1pm to 5pm.**

EXTEND YOUR DIVING TIME

BECOME A PADI ENRICHED AIR DIVER

ENRICHED AIR CLASS FORMING NOW
CALL 316-775-6688

SCUBA INSTRUCTOR AND DIVE MASTER

CLASSES ARE NOW FORMING

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BONAIRE FLAMINGO BEACH
MAY 9-17 2026

Diver (Double) Deluxe Room: \$2,700
Non-Diver (Double) Deluxe Room: \$2,250
Single Diver Standard Room: \$3,350
Studio (Double) Deluxe: \$3,350

Package Includes:

- Round trip from Wichita
- 7 nights' accommodation at Divi Flamingo Beach Resort in deluxe room accommodation
- Full breakfast daily
- Complimentary Wi-Fi per room, Welcome cocktail, beach towels at pool and beach
- Roundtrip airport/hotel transfers
- Day one = 1 shore dive orientation dive followed by one tank boat dive
- Day 2 - 6 = 5 days 2 tank boat diving (Total 11 boat dives)
- Unlimited tanks for shore diving (transportation not included)
- Diving includes tanks, weights and belt
- All service charges on hotel/dive package features.

Package Excludes:

- Marine Park tag \$40.00 USD (valid for 1 calendar year MUST BE PRE-PURCHASED ON LINE PRIOR TO TRAVEL)
- Government entry tax = \$75 to be paid on line before entry or upon entry
- Departure tax
- Beverages
- Nitrox
- Night dives
- Personal dive equipment
- Gratuities
- Trip Cancellation & Dive Insurance

OPTIONAL ADD ONS

- Nitrox = \$110 per person
- 4 days 1 tank afternoon boat diving = \$110 per person (\$27.50 per dive), must be purchased in advance.

Quoted as Cash Discounted Price

PADI Equipment Specialist

AQUALUNG

Aqualung presents us with the Helix, Pro 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.

\$699.00

Apeks AQUA LUNG

The Apeks GTX50 Regulator is what you're looking for in a top of the line regulator, at a reasonable price. The Apeks GTX50 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 minimal bubbles, great for photography, or a more narrow exhaust tee for a smaller more compact regulator. Apeks GTX50 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

\$749.00

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AQUALUNG

Aqua Lung Leg3rd Regulator

AQUALUNG

EVERYTHING YOU'D EVER WANT IN A REGULATOR

\$959

SUUNTO

Suunto Ocean Wrist Computer with Charging Cable

Discover the unmatched versatility of the Suunto Ocean Watch

A perfect blend of a True Dive Computer and a True Sports Watch. Engineered for resilience, this watch stands as your ultimate companion under any environmental conditions. Whether you're exploring the depths of the ocean or traversing rugged landscapes and assures reliability and accuracy

\$799.95

With Transmitter **\$1,100.00**

SCUBAPRO

SCUBAPRO MK19 EVO/G260 REGULATOR

\$1,049.00

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 hard 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.

simply the best

SCUBAPRO

Mk11 First Stage Regulator

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.

PRICED RIGHT AT \$699.00

mares

Dive Computer SIRIUS

Mares designed the new Sirius watch-style dive computer with the aim of perfectly combining technology and elegance. The characteristics of this dive computer feature top-of-the-range recreational both for sea- and cave diving. The Extended Range diver will see a simple screen, with the possibility of reading tank data thanks to the optional tank module. The Extended Range diver can insert up to five nitrox and trimix modules to manage technical dives. The interchangeable strap allows the Extended Range diver to use any suit thickness. Its refined style makes the Sirius the perfect accessory, even out of the water. Available in black or black/silver versions.

\$659.95

AQUALUNG

AQUA LUNG i200C WRIST COMPUTER

The i200C is an intuitive, sporty computer with an easy versatility. With its fresh design, you'll find yourself wearing the i200C as an everyday sports watch that is ready to dive when you are. The i200C has Bluetooth capabilities

\$399.00

SCUBAPRO

SCUBAPRO MK19 EVO/G260 REGULATOR

\$1,049.00

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simply the best

MORE TANKS JUST ARRIVED. COME IN AND PICK YOURS OUT.