

Reach

Together in health and happiness

**The Dog Days
of Summer issue**

Summer 2019



Kindness is a cool comfort

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protect those you love

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bring therapeutic cheer

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All summer long

"In times of joy, all of us wished we possessed a tail we could wag."

—W.H. Auden

Welcome to the dog days of summer. In this issue of *Reach*, you'll find that acts of kindness are a cool comfort—from looking out for others to therapy dogs who make our hospitals happier places to heal.

Humankindness under the sun. The southern Nevada sun calls for a serious need for protection year-round. On page 4, find ways to make sure your loved ones are covered when it comes to sun safety.

"Happiness is a warm puppy"—so wrote Charles M. Schulz, creator of a beloved big-nosed beagle—and we couldn't agree more. On page 7, learn about the life-changing bond between a boy and a therapy dog.

ON THE COVER Beth Finicle and Roxy, an Australian shepherd; Amy Schildknecht and James Kish, with Zeke, a golden retriever; and Maggie and Tom Kessman, with Sadie, a mini golden doodle, and Heidi, a golden doodle.

The WomensCare/Outreach Centers

have supported Dignity Health–St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost wellness, nutrition, fitness, and health classes and screenings are offered at our three convenient locations. For information, visit StRoseHospitals.org.

REACH is published as a community service for the friends and patrons of DIGNITY HEALTH–ST. ROSE DOMINICAN. Information comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your primary care provider. Models may be used in photos and illustrations.

Physicians listed, pictured, or interviewed are approved by the Nevada State Board of Medical Examiners (MDs), the Nevada State Board of Osteopathic Medicine (DOs), or their respective boards. Physicians are independent practitioners and not employees of Dignity Health–St. Rose Dominican unless specifically noted.

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Special events

Empowered

This program helps pregnant women who are taking opioids or other substances ensure better outcomes for both mom and baby by providing community resources, support services, education, and connections to services for women and their babies.

EMPOWERED (Empowering Mothers for Positive Outcomes With Education, Recovery, and Early Development) offers lactation support, parenting classes, infant CPR, and support groups. Call **702.492.8593** for information.



10th Annual Global Big Latch On

Friday, Aug. 2, 10 a.m.

Friends, family, and community: Join this free celebration to promote and support breastfeeding.

Everyone's breastfeeding journey looks different. Our aim is to support breastfeeding in public and make it a normal part of life.

You can be included in the latch count by latching a child or children, using a supplemental nursing system or nipple shield, expressing milk (hand or pump), or feeding your child breastmilk via an alternative method.

For information, call **702.616.4923**.

WomensCare/Outreach Center, 2651 Paseo Verde Parkway, Suite 180, Green Valley
FREE

Let's Talk

Restore, inspire, support, and educate—join our peer support group for mothers and mothers-to-be who need mental and emotional support during pregnancy and postpartum.

Wednesdays, noon to 1 p.m.
WomensCare/Outreach Center, 7220 S. Cimarron Road, Suite 195, Las Vegas

Fridays, 9:30 to 10:30 a.m.
WomensCare/Outreach Center, Rose de Lima Campus, 98 E. Lake Mead Parkway, Suite 301, Henderson

Fridays, noon to 1 p.m.
WomensCare/Outreach Center, 2651 Paseo Verde Parkway, Suite 180, Green Valley
FREE

Find a doctor, locations, and services: StRoseHospitals.org



Welcome to the world, baby Alejandro!

Born April 23 at 4:17 P.M.



Dignity Health®
St. Rose Dominican

Commuting just got cuter. “Welcome to the world” messages appear during morning and evening traffic on the Las Vegas beltway. If you’re passing by, we hope this happy news brings you cheer at the start or end of your day.

New babies are big news! Babies—and baby announcements—come in all shapes and sizes. Families who welcome their little ones at St. Rose Dominican’s San Martín and Siena Campuses have the opportunity to share the news in a huge way.

St. Rose Dominican now celebrates new arrivals on three giant billboards along Interstate 215. The messages are simple: “Welcome to the world, baby...,” with first names added, along with the date and time that the infants were born. For more about our birth centers, see page 8.

Sunglasses: Pick the perfect pair

Slipping on the right pair of shades can make you feel celebrity cool. But don’t lose sight of this: Sunglasses are much more than a fashion statement. Their main purpose is to protect your eyes from the sun’s ultraviolet (UV) rays, which can cause cataracts and macular degeneration, a leading cause of blindness.

To choose wisely, remember these tips:

- **Keep it 100.** Look for a tag that says the sunglasses block 99 to 100% of UVA and UVB rays. Low-cost glasses with this level of UV protection will work just as well as expensive ones.
- **Go big.** Oversized and wraparound shades help block UV rays from the side. And that can mean less sun damage to your eyes.
- **Know what matters.** Dark lenses, tints, and mirror coatings may make you feel more glamorous, but they don’t affect UV protection. Always check the label to be sure.

Sources: American Academy of Ophthalmology; National Eye Institute



➤ **Turn the page for more sun-safety tips!**



SKIN & SUN SAFETY

Acts of kindness

15 bright ideas to protect the ones you love

The bright southern Nevada sun isn't always a kind summer companion. That's where you can come in.

You can show your loved ones some real *humankindness* by looking out for their skin year-round.

"People who make sun safety a habit can be a positive influence on those around them," says Christopher Mercado, MD, a family medicine physician with

Dignity Health Medical Group Nevada. "When you make it easy and part of your routine, you can help those you're closest to stay safe from harmful UV rays, sunburns, and skin cancer."

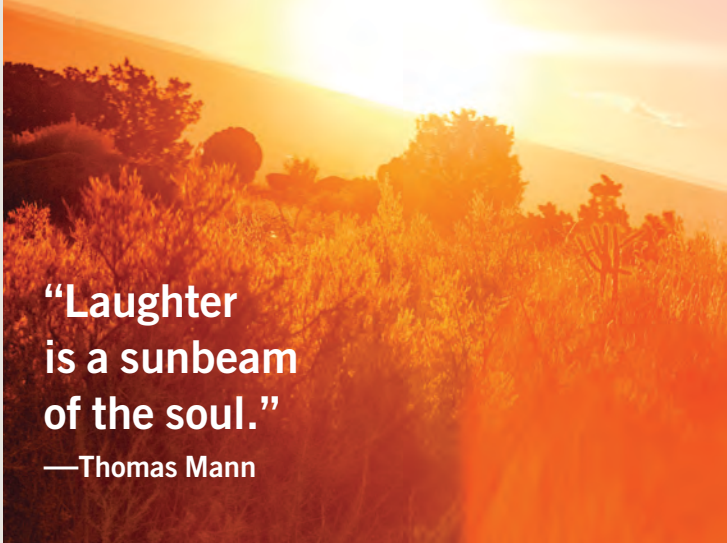
"We all have friends or know of someone who still believes tanning is 'safe' if they're not getting burned...it's not," Dr. Mercado says.



Christopher Mercado, MD

Kindhearted tips to show you care

- 1 Stock up on sunscreen.** Keep it within easy reach and make it part of your routine. Look for products that:
 - Offer broad-spectrum protection from UVA and UVB rays
 - Have a sun protective factor (SPF) of at least 30
 - Are water-resistant
- 2 Bring it along.** Become the person your family and friends know they can count on to have sunscreen handy. Be sure to kindly offer it up, too!
- 3 Be a thoughtful host.** The sun's rays are strongest between 10 a.m. and 4 p.m. So plan outdoor activities or get-togethers for the earlier morning and later evening hours when the sun is less intense. Even then, keep sunscreen available and encourage everyone to use it.
- 4 Get a jump-start indoors.** Apply sunscreen *before* you go outside. It takes about 15 minutes for its protection to kick in.
- 5 Slather it on.** Be generous and cover all exposed skin. Take care not to miss spots like ears, feet, hands, and backs of knees. Some people prefer spray sunscreens. If you use a spray, make sure you apply enough and rub it in to ensure coverage. Keep sprays away from faces to avoid inhalation.
- 6 Protect sweet kissers, too.** Make sure loved ones use a lip balm that contains sunscreen.
- 7 Set a timer on your phone.** Reapply sunscreen at least every two hours—or immediately after swimming or sweating excessively.
- 8 Be water wise.** Is your crew headed to the lake or going rafting on the Colorado? Water and sand make the need for sun safety even greater because they reflect the sun's rays.
- 9 Kindly care for little ones.** Follow the label instructions when applying sunscreen to children. Putting sunscreen on infants younger than 6 months is usually not advised. It's best to keep babies out of the sun to protect their sensitive skin.
- 10 Head for the shade.** Or make your own. For example, bring big umbrellas to picnics and sporting events.



**“Laughter
is a sunbeam
of the soul.”**

—Thomas Mann

Hello humankindness™

- 11 Stay diligent on overcast days.** Even when it's cloudy, up to 80% of the sun's harmful rays can penetrate skin, according to the American Academy of Dermatology.
- 12 Summer birthdays?** Treat loved ones to skin-loving gifts like wide-brimmed hats, sunglasses with UV protection, or other sun-protective clothing. Or how about UV-blocking window film for car windows?
- 13 Be kind to your furry friends.** Protect your pup's paws by staying off hot asphalt and going for walks in the early morning or evening hours. Make sure outdoor pets have sun protection—like a tarp for shade—and plenty of fresh, cold water. And kindly remember that it's dangerous to leave them in a parked car.
- 14 Check birthday suits!** Regularly check your own skin for changes, such as for any new spots, patches, or sores that don't heal. Close family members can help with skin exams as well, such as checking backs and other difficult to see areas. Let your doctor or a dermatologist know if you notice anything new or concerning.
- 15 Urge tanners to stay safe.** Do you love someone who enjoys sunning or using tanning beds? Find ways to express your love and concern. Remind them gently of the risk of skin cancer and premature aging. Maybe they would welcome a self-tanning product to try.

Sources: American Academy of Dermatology; American Cancer Society; U.S. Food and Drug Administration



3 most common types of skin cancers

Skin cancers are named for the type of skin cells where they grow. Most skin cancers are one of the three types below. All three grow in the top layer of skin (called the epidermis):

Basal cell carcinoma is the most common skin cancer. It starts in the lowest layer of the epidermis. It's slow-growing. It can move into nearby tissues or bone if not treated, but that's rare. It can show up anywhere but usually grows on areas that get the most sun, such as the face, head, and neck.

Squamous cell carcinoma is less common. It starts in the top layer of the epidermis. It's more likely to spread than basal cell carcinoma. But that doesn't happen often. It also tends to show up on areas that get sun.

Melanoma is the least common—but most dangerous—of the three. It starts in melanocytes, the skin cells that make the pigment that gives skin its color. It's more likely to spread if not treated. Melanomas can develop anywhere on the skin, but they are more likely to start on the chest and back in men and on the legs in women. Other common spots include the face and neck.



Looking for a dermatologist? Dermatologists are doctors who find and treat diseases of the skin, hair, and nails. Along with skin cancer, they treat conditions like acne and rashes. To find a dermatologist affiliated with Dignity Health–St. Rose Dominican, call **702.616.4900**.

The ABCDEs of melanoma

Melanoma is the most deadly form of skin cancer. These ABCDEs can help you tell if you should see a doctor about a mole or spot. Even one of these signs is a reason to see a doctor right away.



Asymmetry

Half of the mole or spot is unlike the other half.



Border

It has an irregular or undefined border.



Color

The color changes from one area to another.



Diameter

The mole or spot is larger than a pencil eraser. (Can be smaller.)



Evolving

It looks different from others on your body or is changing.

Source: American Academy of Dermatology



James (now 11), with his mother, Amy, and dog, Zeke



♥ **Lean on me.** James (at age 7) would often take a nap on Dr. Zack during his treatments for brain cancer. “Zack would instantly bring healing to James...anxiety and fear melting away,” says Amy Schildknecht, James’ mother.

Paying it forward

“James always said that when he got better, he wanted a dog just like Zack, a red golden retriever,” says Amy Schildknecht, James’ mom.

In November 2017, the family got a call from the Golden Retriever Rescue of Southern Nevada. They had a 6-month-old dog for James—a red golden named Zeke.

“James is now 11 and thriving,” says Amy, who says she’s so grateful for the peace and comfort that Zack brought their family during a tough journey. Now, Amy and Zeke are pet therapy volunteers, too.

One of Zeke and Amy’s first visits was with a 7-year-old boy. “We walked into the room...and the way he lit up immediately reminded me so much of James,” Amy says. “That little boy took me back to the day we met Zack and how much one therapy dog visit can change your life.”

Comfort pups

Pet therapists and their caring humans spread joy and kindness

“We love our pet therapists,” says Jamie Olsen, Director of Volunteer Services for Dignity Health—St. Rose Dominican. “Not only do our patients get a dose of happiness from our furry friends, but our visitors and employees enjoy seeing our wonderful pet therapy dogs, too.”

Pet therapy dogs and their humans are trained and certified—and volunteer their time. When they visit the hospital, they usually spend about an hour with anyone who needs comfort or cheer. Here’s how one of those interactions led to life-changing friendships.

Dr. Zack meets James

Zack the therapy dog visits the hospital regularly with his owner, Cathy Roper. He’s sometimes

called “Dr. Zack” when he makes his rounds. That’s where he first met James.

“We visited a very special 7-year-old boy who had brain cancer,” says Cathy. The two bonded instantly, and for 2½ years, Zack visited James every time he had chemo. “I am blessed to say that we have become like adopted grandparents to James,” Cathy says. But this sweet story doesn’t end there.

Tails wagged, lives changed! Meet more of our pet therapists featured on the cover—like Sassy and Zack, with their human, Cathy Roper, pictured at right. You can read their stories at StRoseHospitals.org/Reach.





Our most precious patients

Life's first hellos start here

When it's time to welcome your new baby, we have just what you need the most: warm, caring birthing centers—and expertise that can give you peace of mind.

Expectant parents who choose St. Rose Dominican's San Martín or Siena birth centers receive personalized, family-centered care in spacious, private labor and delivery suites. Our birth center staff is as caring and nurturing as they are highly skilled.

Your wishes, our mission

Every family is unique and deserves a birthing experience that embraces their needs and preferences. That's why we:

- Offer education and support before, during, and after your birth experience
- Encourage you to create and share your birth plan with your team of caregivers—and include you in decisions during labor and delivery



"Best Place to Have a Baby" 2018 *LAS VEGAS REVIEW-JOURNAL* READERS' POLL

• St. Rose Dominican Siena Campus | **Gold**

• St. Rose Dominican San Martín Campus | **Silver**



It's all about the children

We want the families who need our services to be as comfortable as possible. That's why at Dignity Health—St. Rose Dominican, we cater to the special needs of children. That includes:

Compassionate and supportive pediatric care. Our pediatrics unit is designed to be cheerful and child-friendly—with a team of highly qualified, compassionate doctors and nurses. We encourage parents to stay with children at night, if they wish.

Child life specialists. These trained professionals are available to help our young patients and their families cope with a hospitalization, illness, injury, or procedure. Support and education can ease stress and promote healing.

A dedicated ER for kids. Our team at the Siena Campus children's emergency room are specialists in pediatric emergency care. It's a kid-friendly setting with toys and other items geared for kids. You can even select an arrival time online at StRoseHospitals.org/ER.



Have a little one on the way? Dignity Health's My Baby App guides moms-to-be along their pregnancy journey. Get weekly updates and ultrasound videos, track baby's kicks, and more! Download the My Baby App today on your Apple or Android phone.

- Provide in-room care for your newborn and sleeping accommodations for partners
- Are Baby-Friendly Hospitals, a global program launched by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals that offer an optimal level of care for infant feeding and mother-baby bonding

In the best of hands

Our staff encourages parent-baby bonding, and we'll be here to help you feel confident caring for your new, precious newborn. Mothers receive breastfeeding support from our experienced, helpful, certified lactation team. And our staff is available to answer any questions you have.



It's an honor:

Our compassionate, skilled staff is here for new moms, babies, and families.

If families or infants have special needs, our expert staff stands ready to respond. For example, premature or critically ill babies can receive compassionate, specialized care in our neonatal intensive care units (NICUs). When an infant is in the NICU, it can be a difficult time for parents and families. However, you can feel reassured knowing your baby is in the best hands.

We'd love to show you around! Schedule your free tour of our birth centers at StRoseHospitals.org/classes.

Where miracles happen. St. Rose Dominican hospitals are the only Children's Miracle Network (CMN) Hospitals in the region. Learn more about how CMN helps support our most precious patients at dignityhealth.childrensmiraclenetworkhospitals.org.



For your health

Calendar of classes and events | Summer 2019



Registration: For classes that require registration, you can sign up online at [StRoseHospitals.org/classes](https://www.strosehospitals.org/classes). Payment can also be made online for most classes (drop-in classes require payment on arrival). Or you can call **702.616.4900** to register 24/7.



Find our full class listing at [StRoseHospitals.org/classes](https://www.strosehospitals.org/classes)

✓ Fitness, nutrition, and wellness classes and screenings

✓ Programs for diabetes, heart and stroke care, cancer, and quitting smoking

✓ Support groups

Pregnancy & Childbirth

Text4Baby

Text **BABY** to **511411** to get FREE tips and reminders throughout your pregnancy and your baby's first year.

Fit 4 Baby

Join FIT4MOM® Las Vegas for an interval-based prenatal fitness class. Register at lasvegas.fit4mom.com or by calling **702.882.1795**.

Saturdays, 10 to 11 a.m.

GV 10 classes for \$110

Car Seat Safety Checks

Call **702.616.4902** for an appointment.

Tuesdays, Aug. 6, Sept. 3, 10 a.m. to noon

WEST \$10

Fridays, Aug. 9, Sept. 13, 1 to 5 p.m.

Fridays, Aug. 16, Sept. 20, 1 to 5 p.m.

GV \$10

Support for Moms-to-Be and New Moms

Did you know that up to 20 percent of pregnant women and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable! To find helpful family resources, visit nvmch.org or call **702.492.8552**.

Prenatal classes

Prenatal Yoga

Will help you become more resilient during and after pregnancy.

Mondays, 4 to 5 p.m.

WEST \$3 per class or eight sessions for \$20

Mondays, 4 to 5 p.m.

GV \$3 per class or eight sessions for \$20

Baby Basics

GV \$30

Breastfeeding

GV \$30

Childbirth Express

GV \$35

Daddy Boot Camp

GV \$20

Infant CPR

GV \$20

Prepared Childbirth

GV \$50

Gestational Diabetes Consultations

Call **702.616.4975**.

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: **800.784.8669**.

Breastfeeding

Breastfeeding Helpline and Consultations

Call **702.616.4908** for help or a private appointment with a certified lactation counselor.

GV WEST \$50

Baby Weigh Stations

Baby weight checks. No appointment necessary.

GV WEST HEND FREE

Breast Pump Rentals

Rent the Medela Symphony, a hospital-grade, double-electric pump.

GV WEST

New Mommy Mixer

Mondays, 11 a.m. to noon

HEND FREE

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE

Infants, Children & Parenting

Stroller Strides

Get a total body workout while engaging baby through songs and activities. Register at lasvegas.fit4mom.com.

Fridays, 12:30 to 1:30 p.m.

GV 10 classes for \$110

Infant Development

Learn all about baby cues and nutrition in this playground for babies up to age 1.

Mondays, 2 to 3 p.m.

GV FREE

LOCATION KEY

COND Siena Campus—Conference Room D, Henderson
3001 St. Rose Parkway





FREE Birth Center Tours

San Martín Campus: Third Saturday mornings and every Tuesday evening

Siena Campus: First and third Saturday afternoons and second and fourth Monday evenings

Register at StRoseHospitals.org/classes.

Toddler Play Group

Toddlers ages 3 and under join us for music and movement.

Tuesdays, noon to 12:45 p.m.

GV FREE

Tuesdays, 3 to 4 p.m.

WEST FREE

Mommy and Baby Yoga

For moms with babies ages 6 weeks to 1 year.

Mondays, 3 to 4 p.m.

WEST \$3 per class or eight sessions for \$20

Mondays, 3 to 4 p.m.

GV \$3 per class or eight sessions for \$20

Zumbini

Enhance your child's motor and cognitive skills and developmental milestones.

Fridays, 10:15 to 10:45 a.m.

WEST FREE

Thursdays, 9:15 to 9:45 a.m.

HEND FREE

Thursdays, 11:15 to 11:45 a.m. or noon to 12:30 p.m.

GV FREE

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

Tuesdays, 2 to 2:30 p.m.

GV FREE

Thursdays, Aug. 1, 15, Sept. 5, 19, 1 to 1:30 p.m.

WEST FREE

Fridays, Aug. 16, Sept. 20, 11:30 a.m. to noon

HEND FREE

My Baby App

Download Dignity Health's My Baby App from the App Store or Google Play to track pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.



Zumba® Kids Jr.

Kid-friendly routines for ages 4 through 6.

Tuesdays, 1 to 2 p.m.

GV FREE

Wednesdays, 3:15 to 4:15 p.m.

WEST FREE

Thursdays, 4 to 5 p.m.

HEND FREE

Zumba® Kids

For ages 7 through 11.

Tuesdays through Aug. 6, 11 a.m. to noon

WEST FREE

Thursdays through Aug. 8, 1 to 2 p.m.

GV FREE

Your best life!

We can't wait to see you at one of our three new Wellness Center locations. For information, call **702.492.8595**.

Dignity Health Wellness Center—Blue Diamond
4855 Blue Diamond Road, Suite 220, Las Vegas
(Blue Diamond at Decatur)

Dignity Health Wellness Center—West Flamingo
9880 W. Flamingo Road, Suite 220, Las Vegas
(Flamingo at 215 Beltway)

Dignity Health Wellness Center—North Las Vegas
1550 W. Craig Road, Suite 250, North Las Vegas
(Craig at Martin Luther King)

Healthier together. Visit StRoseHospitals.org/wellness for classes offered at our new Wellness Centers.

Love and Logic®: Parenting Made Fun!

Would you like to get your child to listen to you the first time? Learn helpful and easy tips so you can parent without breaking a sweat.

Fridays, Aug. 23, 30, Sept. 6, 13, 20, 3 to 5 p.m.

GV \$50 per individual/couple

Wee Can Sign: Baby Sign Language Level I

Three-week series for parents with babies up to 1 year old. Visit weecansign.com.

Thursdays, Aug. 1, 8, 15, 10:30 to 11:30 a.m.

Saturdays, Sept. 21, 28, Oct. 5, 10:30 to 11:30 a.m.

WEST \$69 (includes DVD)

Sing and Sign: Baby Sign Language Level II

For parents with toddlers ages 1 to 3. Visit weecansign.com.

Thursdays, Sept. 5, 12, 19, 10:30 to 11:15 a.m.

WEST \$69 (includes Pick Me Up kit)

Toddlers in the Kitchen

Engage your toddler in healthy eating—from the garden to the kitchen! Ages 1 to 4.

Thursdays, Aug. 1, 8, 15, 29, Sept. 5, 12, 26, 11 a.m. to noon

HEND FREE

Fresh Start: Pre-K Ready!

Preschool readiness activities led by The Children's Cabinet.

Thursdays, Aug. 1, 8, 15, 22, 29, Sept. 12, 19, 26, 10 to 11 a.m.

HEND FREE



St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call **702.616.4905**.

GV WEST HEND FREE

GV WomensCare/Outreach Center
Green Valley
2651 Paseo Verde Parkway, Suite 180

HEND WomensCare/Outreach Center
Rose de Lima Campus, Henderson
98 E. Lake Mead Parkway, Suite 301

MAC Siena Campus—MacDonald Room
Henderson
3001 St. Rose Parkway

RAN Rose de Lima Campus—Annex
Henderson
102 E. Lake Mead Parkway

RDL Rose de Lima Campus, Henderson
102 E. Lake Mead Parkway

SAN San Martín Campus, Las Vegas
8280 W. Warm Springs Road

WEST WomensCare/Outreach Center, Las Vegas
7220 S. Cimarron Road, Suite 195

From your friends at
Dignity Health—St. Rose Dominican

St. Rose Dominican Hospitals
102 E. Lake Mead Drive
Henderson, NV 89015-5524

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Here
for your
family

**Did you know we have
a dedicated ER for kids?**

Learn more on page 9, and see how our
compassionate, skilled staff is caring for
our most precious patients—from day
one and whenever you need us.

U



Bring on the boats!

3 things to know about the Rose Regatta

At Lake Las Vegas every fall, our community rallies for R.E.D. Rose—it's a sight to see and an event not to miss.

Here are three things to know about the Rose Regatta Dragon Boat Race and Festival.

1 It supports a vital need in our community.

Dragon boat racers and sponsors pull together to raise funds for the Engelstad Foundation R.E.D. (Responsible Early Detection) Rose Program, a collaborative effort between St. Rose Dominican hospitals and the Engelstad Foundation. R.E.D. Rose provides diagnostic services for breast cancer, and other aid, to women and men in southern Nevada.

2 There's a lot happening on shore, too.

From thrilling races to live music and food carts, the festival has something for everyone.

Special events honor breast cancer survivors and those who have lost their lives to the disease. Visit the Paddles Gallery, where hand-painted paddles by survivors and supporters are on display. Or honor someone you know by painting a paddle or floating roses in a touching water ceremony.

3 Novice and experienced teams are welcome!

Typically, 60 to 72 teams compete. Each boat has a drummer, 14 to 20 paddlers, and a steersman.

- It's an annual, two-day event happening Saturday, October 12, and Sunday, October 13, at Lake Las Vegas Marina in Henderson.
- Countdown to race day has begun! Registration is available now at **RoseRegatta.org**.

Festival set for October 12 & 13



**Ready to get
on board?**

Find more info online at
RoseRegatta.org or call
702.497.3385.