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73°F
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Feels Like: 73°F
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CONGRATULATIONS

To Carol and her daughter, Riley, who won the makeover contest with

Hair Color Xperts.

Carol's outgrowth was blended to match the rest of her hair accented with highlights. Her makeup consisted of soft pinks and neutral colors. The color was done by Katherine and Lena; haircut and style by Lena.

Riley (10 years old) - haircut with layers and

style by Ola and Alba

Makeup Artists - Britany and Paige | Photos by Jessica

Additional stylists: Casey, Yessenia and Nikki

Hair Color Xperts is located at

11495 S. Twenty Mile Rd. in Parker.

303.805.5333 | www.hcxparker.com

SUNSCREEN + ICE COOLER =

SKIN CANCER PROTECTION



Search

Coloradans have a unique challenge with the sun.

Many of us live here because of the 300 days a year

of sunshine we receive, and for the outdoor

recreational activities our state provides. However, due to Colorado's elevation we are at higher risk of developing skin cancer. There are two main types – melanoma and non-melanoma. Most skin cancers are non-melanoma and are not life-threatening, although they can spread and must be removed.

The Colorado Department of Public Health claims that the incidence of melanoma in Colorado is nearly 30% higher than in other states and continues to rise.

There are dietary strategies we can use to help fight the incidence of skin cancer. This summer grab the cooler filled with these foods along with your broad spectrum sunscreen for ultimate UV protection!

Ellagic acid: strawberries, red raspberries

Selenium: sesame seeds, garlic, bran, seafood, mushrooms, chicken, egg yolks, wheat germ

Vitamin C: citrus fruits, tomatoes, green peppers, peaches, cantaloupe, parsley, mango

Vitamin A: milk, carrots, spinach, corn, green beans, sweet potatoes, asparagus, peas, yogurt

Vitamin E: nuts, soybeans

Cruciferous vegetables: broccoli, cauliflower, cabbage, radishes, Brussels sprouts

Purified water

For more information contact Darci Steiner, MS nutritionist and owner of Attainable Nutrition in Parker at 303.618.7899, or visit

www.attainablenutrition.com to subscribe to her free newsletter.

a garden tip

Did You Know...

Over 75% of the world's food must be pollinated by honey bees? Attract these beneficial and eco friendly insects to your garden by planting flowers heavy in nectar and pollen. Bees like blue, purple, and yellow flowers, especially those with petals that form landing pads.

Some varieties to try: roses, dahlias, cosmos, lantana, clover, honeysuckle, purple coneflower, hollyhocks, impatiens, zinnias, phlox, azaleas, and clematis.

Julie Pfankuch is a Master Gardener and owner of The Garden Helper. Contact her at 303-840-2580 or at MyGardenHelper@aol.com for more information.

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