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SECOND ANNUAL STEP UP FOR THE ARC T-SHIRT CONTEST KICKS OFF

The Arc of Union County invites Union County schoolchildren in Grades 1- 5 to enter its second annual Step Up for The Arc T-Shirt Design Contest. Submissions should be created around the theme "Achieving Together" and are accepted in color or black and white and must be on an 8 ½ x 11 white piece of paper. Artwork is due by August 1, 2011. The winning design will be printed on the official Step Up for The Arc T-Shirt, which will be worn by walkers and runners who participate in the Step Up For The Arc 5K Walk/Run on September 24th. Additionally, the top three designers will receive a savings bond courtesy of Step Up's Presenting Sponsor, Provident Bank.



The following school district superintendents have already distributed information to their elementary school students: Mountainside, Roselle Park and Springfield.

This year's Step Up for The Arc sponsors are Provident Bank, Applebee's, Hinkle, Fingles & Prior and the New Jersey Masons.

Last year's first place winner, Isabella Jeczo of Springfield, had her artwork featured on The Arc's Step Up for The Arc 5K Walk/Run commemorative T-Shirt and received a \$250 savings bond. Isabella with her family John Przybylinski and Charles Mancuso of Provident Bank.



L to R: Jalpa Patel, PA-C (physician assistant who screened patients with the dr.) Dr. Alexander Doctoroff and Maryellen Brennan, Assistant to the Administrator for the Township of Springfield (she helped coordinate the screening).

SKIN CANCER AWARENESS MONTH

In honor of Skin Cancer Awareness Month, Springfield resident and board certified dermatologist Dr. Alexander Doctoroff held a free skin cancer screening for all Springfield Township

employees. Dr. Doctoroff is always eager to give back to his community, saying "though the screenings take just a short amount of time, they really do save lives. I get tremendous personal satisfaction knowing that this work truly makes a difference". According to the American Cancer Society, cancer of the skin, including melanoma and non-melanoma skin cancer, is the most common of all cancers — more than cancers of the prostate, breast, lung, colon, uterus, ovaries, and pancreas combined. More than 1 million new cases of skin cancer are diagnosed in the United States each year, with most of these thought to be related to sun exposure and man-made sources, such as indoor tanning lamps. The good news is


that skin cancer can be found and treated early.

Dr. Doctoroff shares the following skin cancer prevention tips:

1. Opt for the shade, especially between 10 a.m. and 4 p.m.
2. Cover up with a broad-brimmed hat, UV-blocking sunglasses, and clothing
3. Use a broad spectrum sunscreen with an SPF of 15 or higher
4. See your physician every year for a professional skin exam

Dr. Doctoroff practices cosmetic , medical and surgical dermatology and has offices in Clark and Teaneck, NJ.

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