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

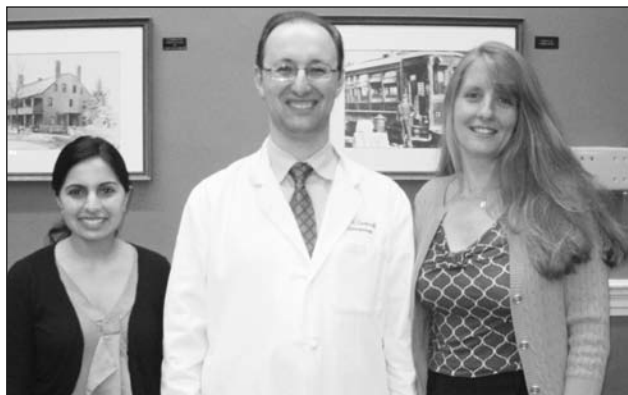
The Arc of Union County invites Union County schoolchildren in Grades 1- 5 to enter its second annual Step Up for The Arc T-Shirt Design Contest. Submissions should be created around the theme "Achieving Together" and are accepted in color or black and white and must be on an 8 ½ x 11 white piece of 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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