Celebrating a life and raising av

Several months ago Nutley lost one of its most beloved citizens, educator and coach Mike Geltrude. But in keeping with the example he set during his life, his passing has provided an opportunity for Mike Geltrude's commitment to service to live beyond him.

His children are now in the process of forming a foundation to fight the disease that claimed Mike Geltrude's life, melanoma, a form of skin cancer whose prevalence has exploded during the last 30 years. Since 1973, the melanoma incidence rate has more than doubled.

Those genetically susceptible to this disease are at greater risk, as are very fair skinned people. Various lifestyle choices also contribute to the chance that someone will contract this disease, which can be fatal but it is also treatable if caught in time.

The best way to handle melanoma, however, is to avoid contracting it at all, and the best way to do that is by avoiding excessive exposure to sunlight. Sunlight, and therefore the ultraviolet radiation that accompanies it, is greatest at certain times of day, during certain seasons of the year and at certain locations. The best precautions include using sun block on exposed skin and wearing sun hats and long-sleeved clothing.

The sun is strongest between 10 a.m. and 4 p.m. - a good rule of thumb is to remember that if your shadow is shorter than you are, exercise caution. T
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