

South Jersey
HOME

Journal

NEWS NETWORK

SOUTH JERSEY & DELAWARE VALLEY

Volume 1 Number 1

Quarterly Publication

Winter/2018



Art & Entertainment

Health Corner

Community & Business

News

and more...

Dr. Olukola Adeleke
Foot and ankle medicine
Foot and ankle surgery

Special Business Recognition:

Cacia's

Love 2 Learn

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A Better Way Credit Enhancement

Wholesale Sock Outlet

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History of DVT

Condition or are taking medication that makes blood thicker or more likely to clot

Deep vein injury due to surgery or a broken bone

Slow blood flow due to lack of movement

Currently pregnant or are within 6 weeks of giving birth

Recent or ongoing treatment for cancer

Older than 60 years old

Have a central venous catheter

Smoke

Are overweight or obese

Source: American Heart Association

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Dr. Olukola Adeleke

– “helping patients One foot at a Time”



specialists in the South Jersey area. But Dr. Adeleke says his main concern is helping diabetic patients prevent amputation of their limbs through effective medical treatment.

“I’ve been practicing podiatry for about 13 years now,” he said. “My job is to help my patients one foot at a time, especially in diabetic patients who have neuropathy, numbness and tingling in their feet, to prevent the amputation of limbs.”

“I also work on heel pain, ankle sprains and in-grown toenails that are infected with cellulitis,” Dr. Adeleke said.

He graduated with honors in 2009 from the Temple School of Medicine. Upon his graduation from Temple, Dr. Adeleke completed a surgical residency from 2009 to 2012 at St. Barnabas Hospital in Bronx, NY.

“Temple exposed me to the real practice of podiatric medicine, and foot and ankle medical issues,” he said. “We were exposed to rigorous training there and being there helped me to acquire the knowledge I needed to practice in this field of medicine.”

Dr. Adeleke has two office locations in New Jersey – 1676 North Olden Avenue in Ewing and 20 Berlin Road in Clementon, which was formerly occupied for many

years by Dr. Steven W. Forman, who is now retired. He officially opened the Clementon office location in January 2017.

“The demographic in the Clementon area is a mix of younger, dynamic and active patients and older retired men and women,” he said. “We are seeing a lot of diabetic patients who have chronic ulcers, those with gunshot wounds, bunions which need surgery, ankle sprains and many surgical and non-surgical wounds.”

“I am compassionate with my patients, and I have the ability to connect with them,” he said. “From the first time the patient steps into my office, we give friendly and compassionate care and we go to every length to make sure our patients are fully informed and aware of the care they are receiving.”

Dr. Adeleke carries a license for podiatry and foot and ankle surgery in Pennsylvania, New Jersey and New York. His office can be reached by dialing 856)783-0039 or 856)316-6175. He can also be reached by email at kolad68@gmail.com.

By Darren Williams
Contributing Writer/Editor

Dr. Olukola Adeleke has been called by some people as one of the top podiatry

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Thursday, April 12, 2018
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WHAT TO BRING

Proof of Current Income (1 Month Paystubs)

Photo Id (Proof of Age/Residency)

Social Security Cards For All Household Members On The Application

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For further information contact the Winslow Township Board of Health at 609-567-0700 x 8008 or at dpitts@winslowtownship.com



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“A Better Way Credit Enhancement – Walking by Faith”



By Darren Williams
Editor/Contributing Writer

A man from Pennsylvania found himself in the fight of his life, but he turned his hardship into a successful business. Chris Brown, CEO and Founder of A Better Way Credit Enhancement Services, says

gradually improving your credit score can be life changing, and that his business is founded on Christian principles and the company motto is “walking by faith.”

“There’s two reasons people should come to me. First, I’m a product of my own service,” Brown said. “It’s all about helping people get back on track with their credit. Second, it’s a Christian-based organization. I truly care about my clients, they are not just a number to me. I know my clients on a first-name basis.”

Brown studied accounting from 1979-1981 at Delaware County Community College, then entered the U.S. Army. After leaving the Army in 1983, he went into the plumbing industry, and eventually started his own plumbing service in 1989 after working for another company for six years. Brown’s business is in Coatesville,

Pa. Though his wife works full time, she assists him in operating the business when time permits. A Better Way Credit Enhancement has been family owned and operated since 1999.

Brown, who still operates his plumbing business, said he got serious about investigating inquiries on his credit report when he went through a divorce and bankruptcy.

“I have finally mastered the right techniques to permanently remove items like inquiries, foreclosures, bankruptcies, anything that is on your credit can be literally removed,” Brown said. “You have to fight through the paperwork, and I have over 55 different letters designed to address specific credit scenarios. I tailor-make letters to my client’s scenario.”

Cont on page 11



A Better Way Credit Enhancement

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ARTS & ENTERTAINMENT

Arturo O 'Farrill and the Afro Latin Jazz Ensemble

March 17 @ 7:30 pm



Master Class March 16, 2018 | Invitation only
Concert March 17, 2018 | 1 show - 2 Sets

Featuring: Arturo O'Farrill, piano
Ivan Renta, saxophone
James Seeley, trumpet

Rafi Malkiel, trombone
Vince Cherico, drums
Carlos Maldonado, percussion
Keisel Jimenez, percussion
Carlo DeRosa, bass
Fred Miller, Arturo's manager
Arturo O'Farrill, pianist, composer, and educator, was born in Mexico and grew up in New York City. Arturo's professional career began with the Carla Bley Band and continued as a solo performer with a wide spectrum of artists including Dizzy Gillespie, Lester Bowie, Wynton Marsalis, and Harry Belafonte.

In 2007, he founded the Afro Latin Jazz Alliance as a not-for-profit organization dedicated to the performance, education, and preservation of Afro-Latin music.

In December 2010, Arturo traveled with the original Chico O'Farrill Afro Cuban Jazz Orchestra to Cuba, returning his father's musicians to his homeland. He continues to travel to Cuba regularly as an informal Cultural Ambassador, working with Cuban musicians, dancers, and students, bringing local musicians from Cuba to the US and American musicians to Cuba. Currently, Arturo

is the Director of Jazz Studies at CUNY's Brooklyn College.

Arturo's well-reviewed and highly praised "Afro-Latin Jazz Suite" from the album *CUBA: The Conversation Continues* (Motéma) took the 2016 Grammy Award for Best Instrumental Composition.

[+ Google Calendar+ iCal Export](#)

Details

Date:
March 17
Time:
7:30 pm

Organizer

Philadelphia Clef Club
Phone:
(215) 893-9912
Email:
info@clefclubofjazz.org

Venue

Philadelphia Clef Club of Jazz & Performing Arts
736 S. Broad Street
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HEALTH & WELLNESS

7 FOODS AND HERBS TO FIGHT THE COMMON COLD



by Elizabeth Renter

While some people only experience the sniffles during the cold season of sickness, most individuals will undoubtedly battle a nasty cold or even the flu. And while we're conditioned to praise vaccines and pharmacy solutions to survive, you really don't have to load up on over-the-counter medications to feel better. There are plenty of foods and herbs that can reduce the severity of your symptoms and even help you get over the cold more quickly. Here are 7 immune-boosting foods to help you overcome and prevent sickness:

1. **Vitamin C-** Vitamin C itself is a fantastic tool for boosting overall immunity and fighting upper respiratory symptoms. One study in *The Cochrane Library* found athletes were able to fight a cold more efficiently while taking a vitamin C supplement. This is important because the athletes tested were endurance athletes, those under significant physical stress.

2. **Kiwi- Kiwi fruit benefits** are amazing. Kiwis are loaded with vitamin C, fiber, and B-vitamins. A recent study published in the *British Journal of Nutrition* found that a diet rich in kiwi was able to reduce cold symptoms (head congestion and sore throat) among participants.

3. **Apple Cider Vinegar- ACV** is a powerful anti-bacterial, anti-fungal, anti-viral, and anti-inflammatory substance used for countless remedies. Its alkaline state makes it effective at boosting the immune system and preventing disease overall. Mixing it with warm water and a bit of honey can help it go down more easily.

4. **Ginger-** While we normally think of ginger as a solution for upset stomachs, it can have other soothing benefits as well. In addition to being a powerful cancer fighter and anti-inflammatory food, ginger is great for congestion, cough, sore throat, stuffy

nose, and can promote perspiration and detoxification. Check out **ginger health benefits** here.

5. **Echinacea-** Often found as a tea on grocery store shelves, Echinacea is an herb known as an overall immune-booster as well. Taking it after a cold hits can reduce the duration of your cold by several days. One large clinical study found that Echinacea can reduce the duration of colds by 26%.

6. **Oregano oil-** Oil of oregano is a powerful healing agent, often sold as a liquid or in supplement capsules. It has been shown to prevent and even wipe out viruses. It is both anti-viral and anti-inflammatory, fighting the virus and the symptoms it brings.

7. **Zinc:** Found naturally in foods like oats and seeds, zinc is also included in lozenges. It's an immune-boosting trace element that is known to combat the symptoms of a cold.

You don't have to invest in pills to make it through a cold, and you certainly don't need a prescription to fight a virus. These foods and herbs are natural cold busters and can help you triumph this cold season.

Source:

Natural Society

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Cont from page 5

"I decided not to have an office location because many people want to come at night after work, and even then, they still don't show up. I've been stuck waiting for days for people to show up for appointments they've made with me," Brown said. "Now everything is done by fax, email and telephone."

The service fee starts at \$89.99 for the first month, then the fee drops to \$79.99 for 12 months. Nearly 90% of his business is acquired through referrals.

Brown also helps 2nd chance offenders, men who have been released from prison, to learn the plumbing trade. He currently has a

small group of six men that go with his plumbing crew. He also helps individuals who need funding or credit to launch a new business venture. Chris Brown can be reached at 610-383-7626.

"Clients can go to a website and see the work being done to restore their credit. It's a process that takes nine months to a year," he said. "I also counsel people on the proper way to spend money. Credit repair takes dedication and work, but it will change your life."

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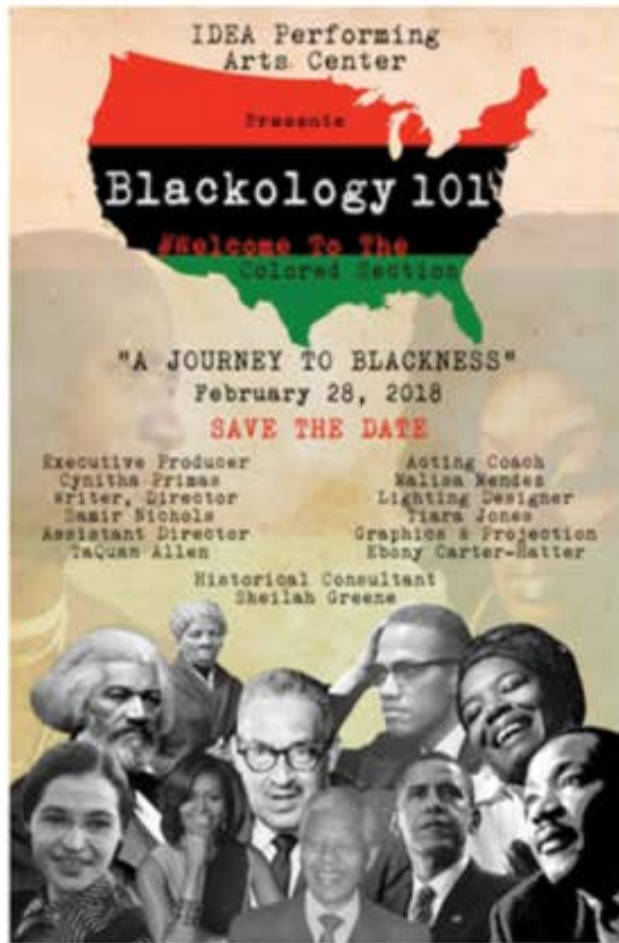
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Blackology 101: An African American Tale



Blackology:101 is a stage play based on the history of African American culture through time. The production takes the audience through an artistic journey giving them a glimpse of the past to the present through events that have taken place in the African American community. The main characters Monica and CJ give black and brown children hope that one day they will be known for more than just the color of their skin and the texture of their hair. Over the course of history leaders have paved the way and sometimes the work that they have fought so diligently for goes unnoticed. The play written by Samir Nichols, Artistic Director of IDEA brings our forgotten history back to the forefront. The play offers monthly workshop readings. For more info call Samir at 856-916-1728

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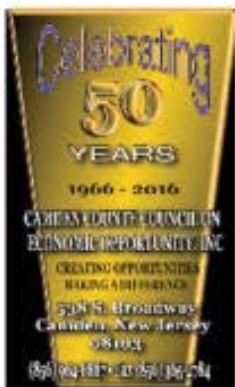


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The Arts in Review

The latest art news, views and announcements from IDEA

In This Issue



"Respect for the ARTS in Camden is long overdue"

Cynthia Primas,
President/CEO
IDEA

Subaru Funds IDEA Multi Media Training Project

IDEA Presents its program season in partnership with Camden County College

Monthly workshops for the play " Blackology 101"

IDEA Performing Arts Center located at Camden County College Camden Campus for more info call 856-577-8337 www.idea-arts.org

The Arts in Review 2018



IDEA Announces our New Artistic Director

Rarely do you see the type of talent packaged into one individual. Young, brilliant, creative, pragmatic, compassionate and woke all in one youth from Camden NJ. IDEA welcomes the organizations new addition. After a 21 year successful run IDEA is dedicated to bringing a new focus and direction to the community and turning a new page. Our work is about building a more socially resourceful and vibrant community by building programming that contributes to strengthening our community through creativity, culture and arts based learning. Samir say's "It is with great pleasure that I announce the new next season at IDEA, building upon the legacy of excellence that IDEA represents, we will offer a season of varied programming ranging from presenting that complements the aesthetics of IDEA to readings of new plays, comedy, speakers, music and concert format musicals and events. "Starting with our first play Blackology"

"I am thrilled to have the opportunity to create more experiences for artist and audiences at IDEA and to immerse myself in Camden as an Artist, Administrator and Activist for the arts." Samir Nichols

Tiffany Haddish



Tiffany Haddish will be at Borgata!

Don't miss actress and comedian, Tiffany Haddish in Atlantic City. Well known for her role in Girls Trip and new Showtime comedy special She Ready! From the Hood to Hollywood, Tiffany Haddish is a performance you don't want to miss. Catch her live in the The Music Box on March 9. Second show added by popular demand.

Days & Times:

Friday March 9, 2018

Showtime 11:30 PM

Ticket Prices:\$ 39.00

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Winter / Spring Jazz Series

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