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# UPTOWN STANDARD

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## THE IVY HILL SAINTS COACHES CONTINUE TO MENTOR DESPITE COVID



Ivy Hill Saints Moving Forward with Season The local Ivy Hill Saints are moving forward with their football season despite Philadelphia public and catholic schools postponing their seasons. The Saints plan to play a “6-7 game season” according to coach Andre Fallen, or

“coach Dre” as he is known by players. The Saints will play with three different age groups this season. They will have a 10u (10 years old or younger), 12u, and 14u team this season. While it isn’t certain that the Saints will get the green

light to play yet, they are moving forward as if they will until they are told otherwise. “Nothing is set in stone yet, we are trying to wait it out and see what the city says, but we are doing everything we can to make sure our teams are prepared if we can play.” coach Dre

told me. A few weeks ago, the Philadelphia school district, following the lead of schools across the country, decided to cancel all fall high school sports (including football) due to the Covid-19 pandemic. On Monday August 24, the Archdiocese of Phil-

adelphia made the decision to postpone fall sports to the spring. If the Saints get the green light, all eyes will be on them as well as the other little league football teams across the city. By Brandon Brown

**INSIDE:**  
**CHANGE MAKER: JOE BREAD**  
**CITY COUNCIL WORKING**  
**TO END GUN VIOLENCE**  
**GOV. WOLF SAYS LEGALIZE WEED**



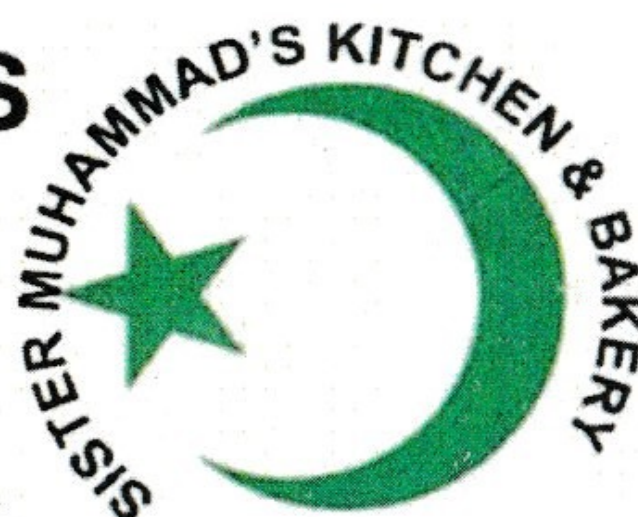
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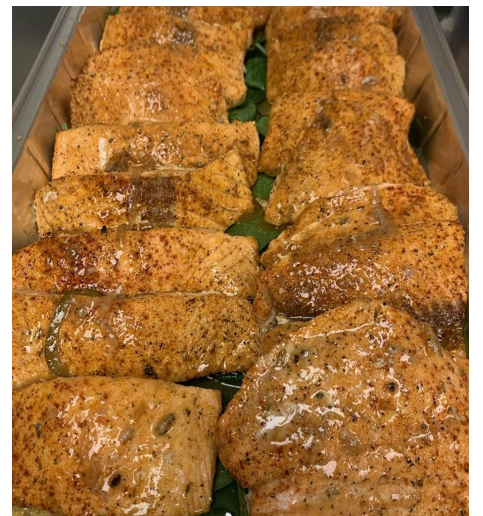
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# CITY COUNCIL WORKING TO END GUN VIOLENCE



are,” Qayyum said. “We’re asking them to do the right thing, and bring guns they find in their homes, and turn them in.”

“It is extremely important in the middle of a gun epidemic in the midst of a pandemic for all of us – clergy, police and community – to work together to use every means necessary to reduce the gun violence,” said Rev. Gregory Holston, pastor at Janes Memorial United Methodist Church in Germantown.

As we creep closer to a normal life style we must all do our part in the community to try to keep the homicide number from climbing and further and also protect the many youth who will be engaging in online learning but also be in the neighborhoods that have claimed the lives of nearly 400 people this year alone.

By Andre Brown, Editor  
Photo Courtesy of  
PHLCouncil.com

The gun violence in Philadelphia is being within the pandemic a huge spread virus as well.

The amount of incidents involving guns are cause of concerns for many families who still are recovering from a global pandemic. There are many agencies looking for solutions but the charge to help reduce this pandemic is being place in the citizens of the community to do what is right.

Earlier this week, Council's Special Committee on Gun Violence Prevention held two days of virtual hearings to hear from city leaders, anti-violence experts and the public on what the city is doing to reduce and prevent this wave of gun violence. The escalating violence in Philadelphia comes amid rising gun violence in other American cities, including Chicago, Kansas City and New York. Experts differ on the cause, although some attribute it to rising feelings of despair amid the ongoing coronavirus pandemic.

The numbers of homicides in the city of brotherly love is astronomical. To this point in the year the count is well over 400 the City hasn't seen number this high in nearly 30 years. Councilmembers, anti-violent activist, clergy members and City Police members have been meeting to try to resolve this problem swiftly.

“We are on a pace today for nearly 400 homicides and 2,000 shootings this year in Philadelphia, and that is simply unacceptable,” said Council President Darrell L. Clarke, a longtime advocate for stronger gun violence prevention laws. “This is an all-hands-on-deck moment in our city, and City Council will do its part.”

The campaign is called “Save a life, Turn in a gun.” This program allows citizens of the community to turn in guns no questions asked. The city is also asking residents to exercise “home gun checks,” assuring that their firearms are accounted for at all times.

The most alarming is the amount of incident involv-

ing children in the community.

Shootings are at 1,107 – up 33 percent. One hundred victims under age 18 have been shot this year – a 70 percent increase over last year.

There were 25 people involved in shooting last week two 11-year old boys in two separate incidents as well as a 6-year old girl and a 7-year old boy who was caught in the crossfire.

“People in our neighborhoods know where the guns

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# UPTOWN'S CHANGE MAKER JOE BREAD

## ALWAYS REMEMBER EVERYTHING YOU NEED TO SUCCEED IS WITHIN YOURSELF



Mr. Joe Bread is a staple in our community.

Among the many other titles he holds, he is the creator

and CEO of Bread Factory Ent. LLC, promoter, manager, and last but not least a motivator.

Bread along with Eric Allen have started a movement to directly engage the youth of the community. “Put the youngins on, push the button.” Lyrics from a song entitled “Stop Frontin,” a song asking for the support of the youth to create opportunity.

Bread and his movement is looking to create opportunities for trade schools to reach the skills that will help rebuild the community and create jobs and opportunities that many of the school la have lost based on budget cuts and lack of resources. Bread wants to “create a situation where we can create at own opportunities.”

Bread is motivate to hold the “fire to the feet” of those who have promised to help the communities that we live. “To much talking,” says Bread “it is now time for action!”

Joe admits that at 18, “I didn’t understand it then but I get it now!”

With schools opting to stay with the online learning approach Bread suggest that now is the time to “connect the link.” Not only offering resources to student but also to parents to make this an opportunity for not only learning together but also generational learning. A true student- parent experience in education.

One way to do this is taking the skills that the youth have and making an investment into their education. Bread believes, “Everything is based on individuals.” Bread would like to youth to understand they have a purpose.

“Find a passion and you can learn by experience.”

Joe Bread is a voice for the

youth. He is very visible on social media both Instagram and Facebook under his name.

As we approach what would be the first week of school we have now been challenge to help enrich the youth. Bread believes it is their time to shine and we all must do our role to make sure that happens.

“Don’t let the negative energy bring you down,” says Bread and to the youth “If it’s being done you can do it, always remember everything you need to succeed is inside of you already.”

“I believe in my people,” says Joe who will continue his movement for the enrichment of the youth in the community.

By Andre Brown  
Photo Courtesy of Joe Bread

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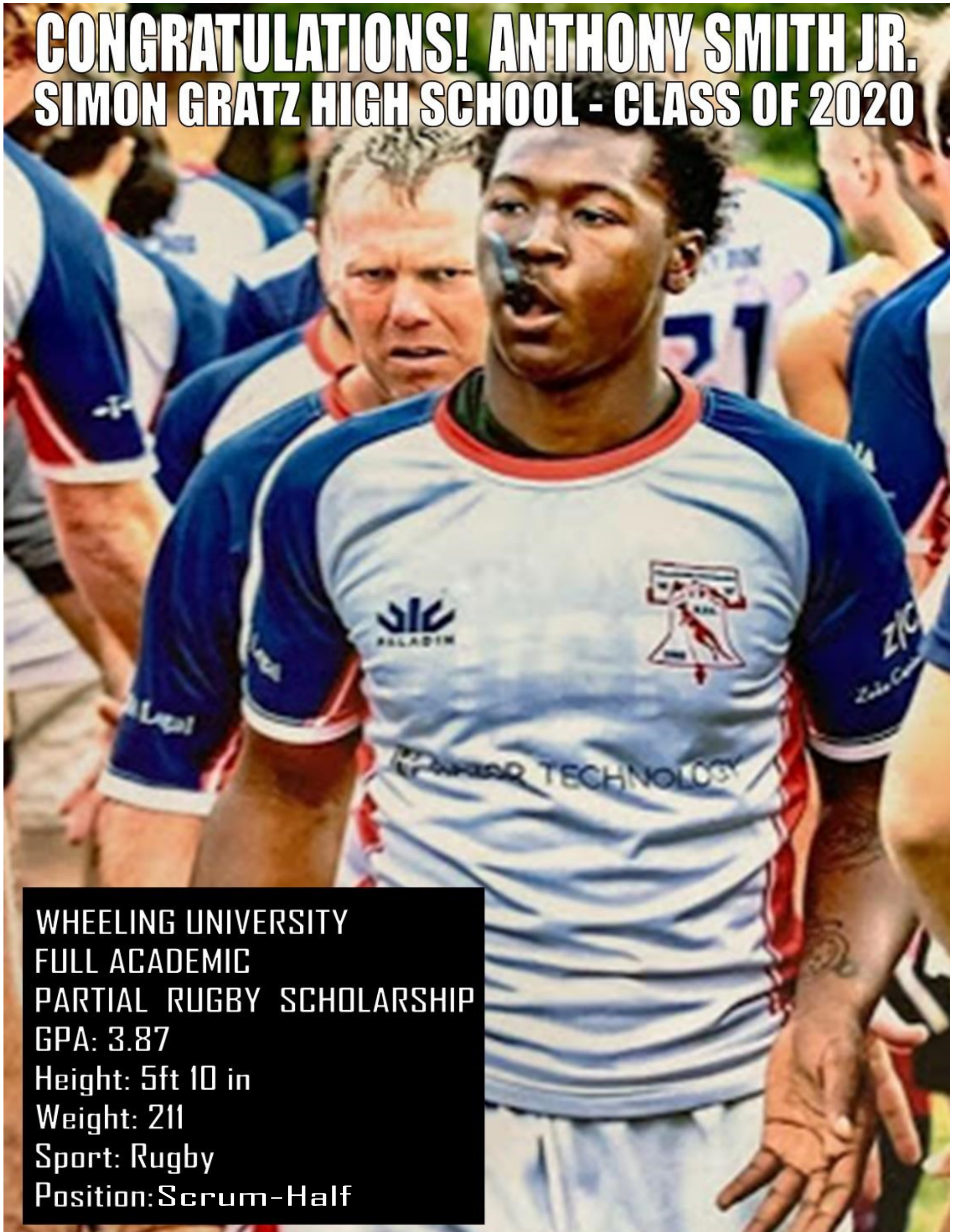
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# FINANCE OP ED: WHAT IS GOING ON WITH THIS ECONOMY

Some companies are doing well. Some companies are not Apple, Tesla are performing great. Caribbean Cruise, Boeing are doing not as well at the moment. We all expected that in the Covid19 pandemic. Who is really taking a cruise right now or a flight to a vacation?

Interest rates dropped again since the last issue of Up-town. The housing prices and rents are getting higher in some regions (example Philadelphia) and dropping in others (example New York and San Francisco).

Why does the process, particularly in the stock market continue to rise when there's a virus affecting people worldwide and jobs are being lost? Its only because the markets are forward thinking, particularly priced 6 months or more ahead. So the stock market expects good times between now and

second quarter 2021. And the government is assisting with this. The Cares act is a stimulus bill passed by Donald Trump in the amount of \$2.2 Trillion that distributed payments in April due to the economic collapse caused by the corona virus. This bill also helped businesses stay afloat and benefitted Wall Street in keeping the markets moving in an upward direction.

Now there is a second stimulus coming sometime this month, called the Heroes Act. This will continue to prop up the markets and keep liquidity (easy cash movement to and from) flowing. All this stimulus, estimating between \$6 AND \$7 Trillion for 2020 is more than enough to keep it all afloat.

No one knows if the trend of the stock market rising can continue. We know the US Dollar is weaker in its purchasing power. All


you must do is go to the grocery store and notice everything went up. The dollar has been getting weaker against other currencies. Even against Gold, Silver and even Bitcoin, USD is not as strong as it was 12 months ago. The wealth isn't distributed evenly, as asset prices are rising. What , How, Why... What does this all mean? I believe its not that the stocks and real estate cost more. Its that the USD is becoming

less valuable. Buying assets like Real Estate and Gold is the best things to do when the government is printing money to keep the economy moving (quantitative easing). Basically it's not that goods are more expensive because it cost more to produce a product. It's that you dollar is becoming less valuable than ever. So please don't be discouraged, your fate is in your hands. Whether

your 20 or 60, a new transfer of wealth is upon the horizon. This isn't just the USA going through a change. The whole world is... It won't be easy, but you never know until to try. Oh, and don't forget to follow me on IG at TheGetMoneyShow. Believe in yourself, believe in your dreams, and always remember money a'int just green.

By RSB

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# DREAMS INTO REALITY POP UP SHOP

As I walked into the store front on Rising Sun Ave, a sign stood in front of the door, “\$1,000 Special: LLC Formation, Credit Repair, 1 on 1 tips/tricks.” Standing outside, I was met by credit repair specialists Hassan Brockman and Malcolm Jenkins. We talked about their experience helping to change lives through credit repair. “It’s been crazy, just being able to put someone in a better situation is the best part of what I do.” Hassan told me. Qadir Cobbs, or “DIR CEO” as he is known on social media, started a credit repair business called “Dreams into Reality” last year and has since turned it into a 6-figure business specializing in credit repair, and business formation. This past week, he opened a pop up shop in the city where customers could come and get their credit fixed ‘on the spot’ as well as start their own LLC. “We’ve had steady traffic in here all week. Trying to obey social distancing laws and keep everybody safe we’ve only been allowing 3-4 customers in at a time.” Qadir told me.

As I was observing the wondering blue and silver display in the store, two customers walked in with money in hand and sat down at the table where Hassan was working behind a computer. After a brief introduction he got right to work on helping the couple with credit repair. Malcolm, a credit repair specialist mentioned earlier, explained to me the process when a customer comes in and talks to a specialist, they then go through three rounds of repairs to their credit which is a process that could take up to 6 months.

The shop was open from Monday August 17- Saturday August 22. Following the closure of business Saturday, Qadir hosted a ca-

tered dinner for some of his closest friends and family to celebrate the success of the shop as well as to look forward to the times ahead. Before everyone headed out, Qadir’s longtime friend, Love Williams, got everyone’s attention to say a few words about Qadir and the impact he has had on his life:

“I’ve seen you grow from nothing, running around in the streets, seeing you

through visitation, and so much more. To see you winning now and changing the lives of everybody in this room and so many more people are amazing, and I know it’s just going to keep getting crazier.”

It is exceedingly rare you see someone’s life do a complete 360 in as short of a time as it has happened for Qadir. He is put in the time to dedicate and educate himself to learning about

credit and how it works, now he is teaching and helping others on how they can have a better life for themselves and their family.

On October 3rd, Dreams into Reality will host a hands-on class in Philadelphia along with Herman Dolce Jr, also known as ‘Hatian CEO’, owner of Bella Sloan Enterprises, a credit repair, and LLC formation company. For more information on

this class, as well as information on credit repair contact Qadir Cobbs on Instagram @DIR\_CEO or email info@dreamsnreality.com

By Brandon Brown



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## HEALTH OP ED: HAVE YOU HAD YOUR MEATLESS MEAL TODAY?

I've learned about these lies through my own experiences. I began waking up out of my slumber in my early twenties. Began learning more about how wonderfully made I was. How beautiful my skin and natural hair are. During this time a friend of mine started talking to me about how poor my diet was. She explained to me that I ate too much meat and entirely too much sugar. I listened, however, I really couldn't at that time comprehend the words she was saying. I thought "she's crazy". I said it to myself, not to her. How could she possibly want me to give up ANY of the wonderful, tasty, scrumptious foods I had eaten since I was a child. These foods comforted me and made me feel good. I could not even imagine (at that time) giving up my glaze doughnuts, mountain dew sodas, mac and cheese, potato salad, hoagies, steak sandwiches, french fries, home fries just to name a few. I simply LOVED these foods. I loved SUGAR, FAST FOOD, and the traditional meals that we ate. I felt these foods fed my SOUL. These foods are who I am. DUH!!! SILLY GIRL!!!

Once I started cleansing I realized

so many lies had been told. Lies like, you need some meat or animal food in your diet. That's how I was indoctrinated. You have to eat some type of animal food for your health. All lies. If that was true, I would be dead by now, having not eaten any animal foods for over forty years. I tell you part of my story because I want you to be more cognizant of what you put in your temple. Disease is running rampant in our communities. Almost everyone knows someone close to them who has or has died from diabetes, heart disease, high blood pressure, kidney disease, cancer, just to name a few. Some of the main and biggest culprits of these diseases are starch, sugar, and animal foods. Do your research and you will see what I am saying is true. Usually doctors will tell you to cut down on these foods, after they diagnose you. If you eat meat, cut down on your meat consumption. Stay away from processed meats which contain a lot of sugar and salt. There should be at least one meatless meal everyday. This is a new day, a new time. People are waking up. Dispelling the myths and the lies. Cut down on sugar and starch consumption.

Look Out! It's A New Day!

Always There For You,

By Beverly Medley

# GOVERNOR WOLF CALLS FOR LEGALIZATION OF CANNABIS



On September 3rd, Governor Tom Wolf and Lt. Governor John Fetterman called on the state legislature to pass legislation that would legalize adult-use marijuana. The end of prohibition on cannabis would provide a much needed revenue boost to the state to help deal with the crippling economic toll that COVID has placed on the state. In addition, funds would be redirected to restorative justice programs to help repair the damage that cannabis criminalization has caused.

“Now more than ever, we see a desperate need for the economic boost cannabis legalization can provide. So

today I am proposing we legalize adult-use cannabis here in Pennsylvania with a portion of the revenue going toward existing small business grants,” Gov. Wolf said. “Half of these grants would be earmarked for historically disadvantaged businesses, many of which have had difficulties obtaining other assistance because of systemic issues.

“The other portion of the revenue will go toward restorative justice programs that give priority to repairing the harm done to crime victims and communities as a result of cannabis criminalization.”

Lt. Governor Fetterman

hammered down on the need for legislation to provide restorative justice.

“It has been nearly a year since Governor Wolf and I urged the legislature to act on immediate decriminalization and start the discussion about legalization,” Lt. Governor Fetterman said. “Now more than ever, we must stop prosecuting people for doing something that most Pennsylvanians don’t even think should be illegal.”

Currently, there are 11 eleven states that have legalized weed, and legalization has given a huge boost to their economies.

“Some states that have legalized adult-use cannabis have received millions in additional revenue,” Gov. Wolf said. “In Washington state, adult-use cannabis brought in \$319 million in tax revenue in 2018. In Colorado, that figure topped \$266 million, and provided

the city of Aurora with \$900,000 to open a space for people experiencing homelessness. And these figures don’t count the secondary economic benefits of new businesses opening.”

“Communities across our commonwealth are suffering,” said Sen. Sharif Street, who joined the governor and the Lt. governor at the event. “Government has a responsibility to provide for and protect Pennsylvanians without cutting vital support systems or levying new taxes during a pandemic. After years of disparate enforcement of marijuana laws, which drives mass incarceration, social justice reform must be central to any policy on adult use. I’m proud to support Governor Wolf in this effort.”

The Governor has asked the legislature to take immediate action to decriminalize possession of small amounts, and change possession from a misdemeanor

to a summary offense.

In September 2019, the Governor did a statewide listening tour on the issues and came to the finding that the majority of Pennsylvanians favor legalization. And that the following steps needed to be taken moving forward; a referendum on legalization, decriminalization and expungement of small possession convictions.

“The time has come to legalize adult-use cannabis in Pennsylvania,” Gov. Wolf said. “It will help our economic recovery, it will help Pennsylvania families and it will help make our criminal justice system fairer.”

By Staff

Photo courtesy of PA.Gov

## LOCAL MMA ARTIST AND WRESTLER: "FACE EVERYTHING AND RISE."



Fear in some minds leads to limitations. The question is what happens when you embrace your fears?

For 26 year old Olney Resident Nigel he has called himself Fear. Nigel is a MMA and a local wrestling favorite.

He has a fan base that spread across the city of Philadelphia and he is known as an amazing showman in his craft.

Nigel says that his name Fear stands for: "Face everything and rise." He has already started shooting a documentary with the same name, set to release Summer 2021. When asked why the name Fear, Nigel responded "To conquer all obstacles, pain, and trauma to come out on the other side is important."

He also added "Fear doesn't always mean being scared it can sometimes be an obstacle to overcome.

Fear's signature martial arts style is known as "Takito." It is a style that comes from Korean self defense using pressure points to attack." Nigel also offers training in the community for those who want to learn. The goal is to, "teach others how to defend and protect themselves." He ensures that this is not violence just a way to defend yourself if necessary.

Under his Training Camp, "Blurry Visions" Fear offers 5 days a week of training, with a focus on MMA and self defense strategies. Training is aged based and is available for all levels.

As for Nigel, his hope for the sport of MMA in Philadelphia is simple, "change the thinking of violence in the city, and continue to teach others the art of MMA."

By Andre Brown

# LOCAL BUSINESS PROFILE: FOREVER READY CROCHET



With the Philadelphia School District deciding to maintain a online presence to start the school year, many are concerned. A number of people believe that without school chaos will find a way to fill the youth of the community with idle time. For Freddie McCrea III at the age of 15 he started his

first business. Forever Ready Crochet is a business that McCrea still owns and operates. His motto for the business is: "Bring your Crochet Dreams alive." The business serves to provide custom crochet. "If you can think of it, we can make it!" Vera Reynolds the grandmother of McCrea and also the one who at a young age taught her grandson how to crochet. "The skill has stuck with me for life." At 23 now McCrea owns not only the Crochet business but also offers a cleaning service under the name Forever Ready Cleaning.

The cleaning business offers Residential cleanouts as well as Gardening services including cutting grass and weed removal. A 2017 graduate from Cabrini University with a Degree in International Business with a focus on Entrepreneurship , McCrea always had a passion for business. "I always had the passion for business," explains McCrea " My dad [Freddie McCrea Jr.] and my aunt [Khyia McCrea] taught me the meaning of hard work. McCrea Jr. serves the city of Philadelphia as a police officer while McCrea III serves as an CNA.

Before leaving for college in 2015 McCrea offered his services as a mentor to the youth in his community. "I showed kids in the community how to start and manage a business." Many of the kids he has mentored stay in touch and a few of them have businesses in the community today. As both of McCrea's businesses continue to grow he has hope for the future for all community businesses. "Don't let the media and "outside people" influence the reputation of the black owned business." McCrea wants the business in his community to grow

and become necessary in the neighborhoods that we all share. While schools have decided to continue to keep its online presence, learning can still occur. At 15 years old a young man started a business and taught other leaders. If he learned that, he would tell all the business owners who could be sitting in front of their school issued laptops. The hope is much like these two businesses and their owner the youth will grow.

By Andre Brown



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Mi Puebla Mexican Restaurant 7157 Germantown Ave	Victoria's Kitchen 7304 Ogontz Ave	O Sunny Side Breakfast 7706 Ogontz Ave	Lee's Market 8014 Ogontz Ave	Cuts Correct 1447 E. Vernon Rd
Paradise Jamaican Restaurant 1530 E. Wadsworth Ave.	Uptown Seafood 6255 Limeklin Pk	Silver Star Kitchen 1453 Vernon Rd	Day & Night Food Market 7722 Ogontz Ave	Savvy Salon 1443 E. Vernon Rd
AGAPE Christian Café 1605 E. Wadsworth Ave	Vernie's Soul Food 1800 Eleanor St	All The Way Live 6108 Germantown Ave	Stop One Food Market & Deli 6510 N 21st St.	<b>Service</b>
Metropolis Restaurant 8460 Limekiln Pk	The Nile Cafe 6800 Germantown Ave	Sister Muhammad's Kitchen Bakery 4441 Germantown Ave	Pat's Caribbean 1527 Wadsworth Ave	ML Community Health Care 610 Old York Rd #400
AJ Diner 8152 Ogontz Ave	Mr Hook Fish & Chicken Halal 5625 Germantown Ave		Sam Meats 1524 Wadsworth Ave	Cleaners & Laundry 7222 Ogontz Ave
	Tasties 5241 Germantown Ave		M&F Supermarket 1431 E. Vernon Rd	M Lawton & Associates 7167 Ogontz Ave # A

## Markets

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		NRC Mini Market 1532 67th Ave	<b>Salons</b>	215 Wireless 7907 Ogontz Ave
		Rodriguez Mini Mart 6731 Ogontz Ave	RDB'S Unisex Salon 6900 Ogontz Ave	Nickens Agency 1550 Wadsworth Ave
		Town Supermarket 5031 Germantown Ave	Michael's Unisex Salon 8008 Ogontz Ave	R.E. Amstead Real Estate 1455 Vernon Rd
			Allure Hair Designs Inc 8006 Ogontz Ave	
			Hair Culture 7909 Ogontz Ave	

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## PLATERS

BAKED CHICKEN, TURKEY WINGS, CHICKEN PARM, PORK BBQ SPARE RIBS, BLACKENED, FRIED CATFISH. BEEF RIBS, GRILLED SALMON, CRAB CAKES, BEEF BRISKET, BLACKEND, FRIED CATFISH, GRILLED SALMON CAESAR OR GARDEN SALAD, LOLLIPOP LAMB CHOPS .

## SIDES

COLLARD GREENS W/ SMOKED TURKEY, STIR FRY VEGETABLES, STRING BEANS, GLAZED CARROTS, GRILLED ASPARAGUS, TOMATO SALAD, CANDIED YAMS, BAKED MAC N CHEESE, RICE PILAF, HOT PENNE PASTA W/CRÈME SAUCE, PARSLEY GARLIC POTATOES, POTATO SALAD, AND BLACK EYE PEAS,

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