SERVING CEDARBROOK, OAK LANE, GERMANTOWN, & MOUNTAIRY

# STANDARU

## SEN. HAYWOOD'S SENATE BILL 1287 THREATENS PRISON TIME OR FINES FOR NOT WEARING A MASK



Senator Art Haywood intro- mittee on September 8, duced legislation which will 2020. He stated his reason make not wearing a face mask in public a 2nd degree was "It seemed to me that misdemeanor. Senate Bill 1287, an Act amending Title compliance to prevent the 18 (Crimes and Offenses) of spread," Sen. Haywood the Pennsylvania Consolidated Statutes, in assault, further providing for the offense of recklessly endangering another person. In Pennsylvania, a misdemeanor in the 2nd degree includes from 1 to 2 years in prison and a fine of up to

. His legislation was referred to the Judiciary Com- time since it looks like

for proposing the legislation we needed the maximum said. "That's what Dr. Fauci and the others were saying."

The Senator feels that his legislation is needed considering that a federal judge found the Governors restrictions be unconstitutional. "And so the need to have masks on now is even more pressing now than any other

there's going to be these large gatherings," Sen. Haywood said.

Senator Haywood sent out Senate Co-Sponsorship Memoranda to gain support for his proposed legislation that stated:

"The Commonwealth confirmed its first cases of COVID-19 in early March of this year. Today, we have over 101,000 positive cases and already lost over 7,000 family and friends to COVID-19. All Pennsylvanians have a responsibility to protect themselves, their families, and their communities. If we are going to stop the spread of this highly contagious and deadly disease, wearing face coverings in public must be enforceable."

"My legislation will add failing to adhere to the face

covering requirements of a declaration of disaster emergency to the crime of recklessly endangering another person, punishable as a misdemeanor of the second degree. Willfully exposing someone to another deadly disease already is a violation of our Crimes Code. Now is the time to act to protect those we love and those at risk from a senseless death.'

Some legislation like State Senator John DiSanto believes the legislation is unconstitutional, government over-reach, and unrealistic. "It's government overreach at the worst," Republican State Senator John DiSanto, said. "I think it's unfair and unjust to ask the police to enforce an order that's really senatorhaywood.com unenforceable," Sen. DiSanto said. "Ya know I believe we should be wearing our masks, and that it's the safe

thing to do," Sen. DiSanto said. "But at the same time I think that it is just ridiculous. I don't know how else to put it."

Sen. Haywood doesn't believe that most people will face up to 2 years in prison, but how can he be sure of this, after all sentencing is determined by Judges. At a time when we are having conversations about criminal justice reform, racial profiling, traffic stops, unfair sentencing, and police reform this legislation seems to be out of touch.

After all Senator Haywood district encompassed the 14th Police District of Philadelphia, were police target black drivers 3 times more than white drivers. Which is a clear sign of racial profiling, while City Councilman like Isiah Thomas is passing legislation to limit the police regarding to racially based stops. In a district that has seen officers arrested for illegal stops, it seems like Sen. Haywood is giving them another tool to profile Blacks in the 14th District.

"Just because there's some non-compliance because we can't catch every traffic violator, doesn't mean we should do away with the stop signs," Sen. Haywood said.

By Editorial Board Photo Courtesy of

LEGALIZATION OF ADULT-USE CANNABIS CAN LEAD TO ECONOMIC GAINS AND RESTORATIVE JUSTICE FOR PENNSYLVANIANS

COUNCILWOMAN PARKER FIGHTS FOR DIVERSITY AND INCLUSION MUNICIPAL CONTRACTS



#### **PROGRAMS:**

Barber Program (1250 hours of state board training)
Cosmo-crossover-barber program (695 hours of state board training)
Barber manager program (12 month program)
Barber-Teacher program (1 year program)
Teen-barber program (1250 hours of state board training)
State board tutoring (Hourly Rate)

FULL TIME CLASSES
PART TIME CLASSES
VIRTUAL CLASSES

FOR MORE INFORMATION CALL:
MR. MURRAY (DIRECTOR/TEACHER)
215-251-0524 (CELL)
RONCUTS7777@GMAIL.COM

- PHILLY FLORAL DELIVERY SERVICE
- SAVE MONEY WITH FLORAL BUNDLES
- DAILY DELIVERIES
- PRICED \$20-\$60 FOR STANDARD SIZES
- BUNDLES STARTING AT \$70
- SUBSCRIPTION SERVICE AVAILABLE



TWO BALA PLAZA
SUITE 300-682
BALA CYNWYD, PA 19004
215-399-5756
SUPPORT@FLORALSCRUBS.COM
WWW.FLORALSCRUBS.COM

## Florals & Scrubs



- · Our arrangements are created with Love and delivered with care
- · Grab some Goodie Gifts for the ultimate goodie swag at your next event
- · Floral Mini's are just right for small spaces
- · Specializing in Micro Wedding Florals
- · Chemical Free Hydrating Body Scrubs Ships Nationwide
- · Healing Eucalyptus Shower Bouquets Ships Nationwide



## COUNCILWOMAN PARKER FIGHTS FOR DIVERSITY AND INCLUSION IN MUNICIPAL CONTRACTS



Councilwoman Cherelle Parker introduced Dr. Walter P. Lomax, JRTransparency in Business Act, a series of bills that would require any firm bidding for a City contract to disclose the firms that are looking to race, ethnicity, salary range, titles, and gender of the members of their firm employees and leadership.

"Our father, Walter P. Lomax Jr., M.D., was a successful physician, entrepreneur, and philanthropist who loved Philadelphia deeply," said Sara Lomax-Reese, daughter of Dr. Lomax and the CEO of WURD Radio. "He modeled integrity, creativity, and ingenuity in business and in life. And he understood that to achieve real equity, you need access to real economic opportunity.

Only then can we move towards true empowerment. This bill, named in our father's honor, is a step in the right direction."

This legislation will require garner city contracts to provide information regarding the firm's business with the city in the last five years, if applicable. This criteria applies to contractors and subcontractors. Firms seeking to do business with the City would also be required to provide information regarding the firm's prior business with the City in the previous five years, if applicable. "Have you ever wondered what's the demography of the firms that reap significant benefits from doing business with the City?" Parker said. "Residents of Philadelphia have a right to

know who is benefitting and cial and economic disparibuilding wealth from doing business with their local government. This legislation would bring transparency to what has traditionally been an opaque bidding process. We should be intentional about that."

"Recently, we have seen local businesses make very public commitments to diversity, equity, and inclusion. This legislation will help shine a light on the effectiveness of their goals and objectives."

City Council President Darrell L. Clarke (5th District) stated:

"We're glad to see the Dr. Walter P. Lomax Jr., Transparency in Business Act package of bills introduced today. As we seek to recover as a City from COVID19 and the ra-

ties revealed by this pandemic, it's obvious we need to do much better at ensuring that the City is doing business with firms and businesses that employ people of color and provide genuine opportunity to them to succeed and prosper. Councilmember Parker's legislation is a constructive, positive step in the right direction."

This legislation does set quotas for businesses looking for city contracts and doesn't prevent any firms for bidding for city contracts. However, it does require them to be very transparent to secure a city contract. And the data obtained due to this legislation will not deny them the opportunity to bid for city contracts.

Considering that Philadelphia is a majority-minority city, meaning minorities are the majority of the population. The city has failed to award contracts in a manner that is reflective of the city's population. Based on data from the City's Office of Economic Opportunity, the City's goal is the achieve 35 percent participation from minority, women, and disabled-owned enterprises (M/ W/DSBs) on its contracts.

By Jimmy Will, Editor & Chief

Photo Courtesy of PHLCouncil.com

## VKBBQ2020 10% OFF

# VICTORIA'S KITCHEN & CATERING

FOOD LOVE & HAPPINESS

**ORDER ONLINE AT:** WWW.VIKKISKITCHEN.COM **7304 OGONTZ AVE, PHILA. PA 19138** 215-927-1066





















We Deliver

Call 215-927-1066

We understand the spread of the COVID-19 virus has made getting your favorite Victoria's Kitchen platters a lot more difficult. We're here to help, Along with our online delivery options, our in-house delivery services will bring your favorite foods to the front door.

- All orders must be paid by credit card before delivery
  3 mile limit on all deliveries.

## GOV. WOLF: LEGALIZATION OF ADULT-USE CANNABIS CAN LEAD TO ECONOMIC GAINS AND RESTORATIVE JUSTICE FOR PENNSYLVANIANS



On October 13, 2020, Governor Wolf went to The Mountain Center in Tobyhanna, Monroe County to of the legalization of adultuse cannabis. Wolf lets it be known that this isn't the first time he and Lieutenant Governor John Fetterman have requested the General Assembly of Pennsylvania to advance this legislation.

He expects this to be prioritized with intentions to "find ways to overcome the economic hardships of the

COVID-19 pandemic". He focuses mainly on two benefits of this legalization which are potential economdiscuss some of the benefits ic growth and needed restorative justice.

> "This year, I again went to the General Assembly and asked them to make legalizing adult-use cannabis a priority for the fall as we work to find ways to overcome the economic hardships of the COVID-19 pandemic," Gov. Wolf said. "To date, there has been no movement Governor Wolf then brings to advance legislation. So,

I'm here today to ask again, hibition of marijuana has and to focus on two particular benefits of legalization – potential economic growth and much-needed restorative justice."

Wolf believes that marijuana may have the same potential that the Hemp farm bill of 2018 did after it had been prohibited for decades. He's joined by Eric Titus White, a local hemp farmer, who talked about the economic opportunities that come with the Hemp bill and how he sees the same opportunities with marijua-

"The cannabis plant is capable of stimulating our economy, healing our soil, and bringing the focus back to natural medicine and natural farming," White said.

up the point of how the pro-

disproportionately targeted minorities. Marijuana use is not just punishable by jail time, but even after time is served people now have less access to jobs and certain housing because of their criminal records. He mentions the Clean Slate bill that he signed to seal the certain marijuana-related records of low-level offenders, ten years without an offense, to try to "reverse decades of injustice" though na offenses. But there is he knows much more has to be done to do so. Simply put, Governor Wolf is so adamant about legalizing marijuana because he believes the government of Pennsylvania should "stop ruining people's futures over something that's already legal in several states and something that most Pennsylvanians don't even think should be illegal."

"We are taking steps to re-

verse the injustices caused by marijuana criminalization," Gov. Wolf said. "In 2018, I signed the Clean Slate bill, which allows for the sealing of records for certain low-level offenses if a person has been free from convictions for ten years. That law can be applied to offenses, and the Board of Pardons has expedited pardons for low-level marijuamuch more that needs to be done to reverse decades of injustice. And we need to start by decriminalizing cannabis and legalizing it for adult use."

By Blair Knuckle, Correspondent Photo Courtesy of PA.Gov



## LOSE 5 POUNDS IN 5 DAYS

WOULD YOU LIKE TO DROP 5 POUNDS IN 5 DAYS? IN A COMPLETELY NATURAL WAY TO LOSE THAT STUBBORN FAT AND FEEL ALL-AROUND HEALTHY!



WWW.JOANNASDRINK2SHRINK.COM FOR INFOMATION JOANNA 484-640-2590 CALL ME

## TRUE WORSHIP CHURCH OF GOD IN CHRIST

Rev. Dr. E.O. Nugent, Th.D. & Evangelist Kim Nugent



**LIVE STREAMING SUNDAYS @11AM** FACEBOOK/TRUEWORSHIP.COGIC TUREWORSHIPCOGIC.COM **7612 OGONTZ AVE, PHILA, PA. 19150** 

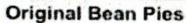
## SISTER MUHAMMAD'S KITCHEN &BAKERY

HOME OF THE FAMOUS FISH HOAGIE

HOURS: Sun-Wed 11am - 8 pm

Thurs 11 am - 9 pm Fri & Sat 11 am - 10 pm







**Famous Fish Platters** 



(215) 621-7250
4441 Germantown Ave, Philadelphia, PA 19144
www.sismuhammadskitchen.com
sismuhammadskitchen@gmail.com



WE CATER ANY EVENT PARTIES, WEDDINGS, FUNERALS - JANAZAHS sismuhammadskitchen@gmail.com

## BISHOP McDEVITT RUNNERS ADVANCES TO PIAA CROSS COUNTRY STATE CHAMPIONSHIP



The PIAA District 12 Cross Country Championships where held at Belmont Plateau on October 29th. Even though the course was muddy from the heavy raining that occurred all day, the race still took place. Many district cancelled their races

due to the weather conditions, but the PCL teams decided to face the ele-

Due to Covid the rules were a little different than normal. There was only two teams running at a time, therefore the meet started at 11am and concluded at 3pm. There were no spectators allowed and the teams had to depart immediately after their race, and was only permitted to arrive an hour before their races.

With the Public League Schools not competing in Fall Sports the meet only featured Philadelphia Catholic League teams. The Catholic League had started decided to have Fall Sports in July but in August decided not to compete in Fall Sports, only to decide to restart in September.

On the Boys side LaSalle High School dominated the Boys AAA race, placing all seven runners in the top 10, in route to winning the district championship for their classification. LaSalle is always a favorite to win the PIAA state Championship, and usually wins the district title so there dominance was no surprise to anyone.

But the surprise came in the Boys A race, with Bishop McDevitt's Kendall White one of the top 400m runners in the state took 7th place, qualifying for the PIAA Cross Country State Championship. McDevitt is not know for fielding strong Cross Country teams. They're usually known for their Track & Field teams, in 2019 they were District 12 AA Outdoor Track & Field Champions.

Kendall White, will be

joined at the State Championship by his McDevitt teammate sophomore Kyon White, a resident of West Oak Lane.

"I expected Kendall to qualify for states he is one of the top runners in the state, and one of the few athletes to earn all Catholic honors in the 60m dash, 400m, 4x400 relay, 4x200 relay, and Cross Country. Kendall has most major colleges recruiting him and has been offered a full scholarship to the Naval Academy. But Kyon was a pleasant surprise this was his first cross country race and he handled it like a seasoned runner. The sky is the limit with this kid and I expect many big races from him in the upcoming years" said McDevitt Head Coach James Williams.

McDevitt did not field a

complete team, due to the unrest in the city and the weather Coach Williams gave the runners and their families the option to compete. "I felt that with everything going one in the city at the time with Walter Wallace death, I felt that there are more important things going on in the community from which the majority of my runners come from than a Cross Country meet. But I'm excited to have our kids compete in the state championship."

The PIAA State Cross Country Championship will take place in Hershey on Nov 7.

By Brandon Brown, Sports Editor Photo Courtesy of Bishop McDevitt HS

### ML COMMUNITY HEALTH CARE

Serving the Multiple Sclerosis Community



MS COMMUNITY LIASON

610 OLD YORK RD SUITE #400 JENKINTOWN, PA. 19046

484-474-6033 MSCREW143@GMAIL.COM BUTTERCARE143@GMAIL.COM



FAX 215-848-9680 FAX 215-242-4126



eroomlt.tm@gmail.com www.nutritionandherbscenter.com

## THE TRUTH HANDYMAN

CARPENTRY, PLUMBING, CEMENT, KITCHENS BATHROOMS, GARAGE DOORS, ELECTRICAL, PAINTING, SHEETROCK

> ROB DAVENPORT 862-888-1511









# HIGH SCHOOL FOOTBALL BACK IN ACTION IN THE PCL



While the Philadelphia Pub- knocked off 5A defending back in action.

St. Joesph's Prep continued Kyle McCord threw four to show its dominance early in the season beating La Salle 38-14. They also

lic league sits out, the Phila- State Champion Archbishop delphia Catholic league was Wood this past weekend by a score of 52-6. Senior QB and Ohio State Commit touchdowns passes and senior Jeremiah Trotter Jr. returned an interception for

another score in a the victory over Wood this past weekend.

Bishop McDevitt secured the 2A Philadelphia catholic Photo Courtesy of crown this weekend with its Bishop McDevitt HS 14-0 win over Connell Egan. The Lancer defense,

led by star Semaj Bridgemen, struggled in a lost to Wood in week one allowing 35 points, but since has only allowed 6 points in its last two games. They will face Dunmore next week before heading off to the state playoffs.

Bonner- Prendergast has been a surprise early on in their wins against Roman Catholic (21-0) and Archbishop Ryan 42-7. The defense will need to stay hot if they are going to beat a 4-1 Upper Moreland team this week.

By Brandon Brown, **Sports Editor** 

#### Uptown Standard's **Monthly City Top 5**

- 1. St. Joesph's Prep: Next Opponent (@Roman Catholic Sat. 7pm)
- 2. La Salle: Next Opponent (Archbishop Wood Sat. 7pm)
- 3. Archbishop Wood: Next Opponent (La Salle Sat. 7pm)
- 4. Neumamn-Goretti: Next Opponent (State Playoffs vs New Hope)
- 5. Bishop McDevitt Next Opponent (State Playoffs vs Dunmore)





## **GOV. WOLF URGES GENERAL ASSEMBLY** TO SUPPORT SMALL BUSINESSES

In late, October Governor Wolf pressed the State House of Representatives to act rapidly on funding small businesses during the pandemic.

"Small businesses have been significantly impacted by the COVID-19 pandemic," said Gov. Wolf. "The Small Business Assistance Program has seen immense success, but further support is needed to support our small businesses and strengthen the economy. I am calling on the General Assembly to approve additional funds to support our small businesses. We cannot let another week go by without addressing this need."

The Governor requested that the state House provide an additional \$225 million in Cares Act funding in the form of loans. These funds would be provided through the COVID-19 Relief Statewide Small Business Assistance Program.

The Governor also proposed an additional \$100 million in forgivable loans and grants for the hospitality, leisure and service industries, this funding would also be available for restaurants and bars, salons and barber shops.

These funds are available due to a partnership with state lawmakers and are allocated through the state budget. This includes \$2.6 million in Cares Act Funding, of which \$225 million was earmarked for relief for small businesses, including historically disadvantaged businesses. Over 10,000

businesses have been approved for \$192 million in grants through the COVID-19 Relief Statewide Small **Business Assistance Pro-**

"So many of Pennsylvania's small businesses have taken on additional work and costs to do the right thing and keep their employees and customers safe since

reopening," Gov. Wolf said. nia's small businesses right "They are doing everything right, and they need our help to continue to make ends meet.

"We held back a portion of Pennsylvania's CARES Act Editor & Chief funding so that we could address the commonwealth's needs this fall. There is a need for additional funding for Pennsylva-

now, and I implore the General Assembly to take action without delay to support our small business community."

By Jimmy Will,



The Änest Home Brand is a Lifestyle Brand, emphasizing Food, Family and Home, from a Millennial mom perspective.

Find slices of Philly's Famous 7up Pound Cake at: Sister Muhammad's Kitchen 4441 Germantown Ave. Philadelphia, PA 19144 Uptown Seafood & Caterers 6255 Limekiln Pk. Philadelphia, PA 19141

> Receive a FREE sample of our Signature Jerk Seasoning with a purchase of a whole cake or when you order online at www.anesthomebrand.com

Place your orders directly at (267)240-9190 or info@anesthomebrand.com



**Sheena Williams** 215-808-9644 Sharris7130@gmail.com **6074 Ridge Avenue** Philadelphia, PA 19128



#### GET SERVSAFE CERTIFIED TODAY!

Come to our local exam site and take the ServSafe Food Protection Manager Certification Exam. We welcome all new and renewal examinees! In order to get certified, you will need a Registered ServSafe Proctor. A Registered ServSafe Proctor is required to administer the exam. That's where we come in! We have Registered ServSafe Proctors ready to schedule with you today!

**How Much Will It Cost?** \$120 (includes Proctor and exam fees). Fees payable upon registration and are nonrefundable. Payment is to be made via Cash, Check/Money Order, PayPal, Apple Wallet, or CashApp.

# OP ED: INSTITUTIONAL RACISM EXPOSED

There is a lot going on in the United States today. However, there is a topic that has never come to date has explained what this with a totally different exlight the way it has in this period of history. Institutional Racism. It has always been the elephant in the room that was discussed behind closed doors. However, if you brought it to the light, and you were a public figure, you would most likely end up in a coffin. It is a new day, For some reason Floyd in broad daylight has put a shining light on what has plagued the great old USA for centuries, white supremacy.

ca will never be the same. Executions like Mr. Floyd's are not new. It is the history be happy if you're thought of this county to murder black people with no justice. The marches and These protests, however, are given. Just be quiet, things different, lasting for months, not days or weeks. What is new is what was done in the dark is If you find it normal to be finally coming to the LIGHT, and the LIGHT is shining bright! The public saw an execution with their own eyes. People of all rac- tion. It's the same for black es are coming together to say the behavior of institutional racism in the United States of America has got to side they know it isstop! This time it's different. Can you feel the differ- ated through indoctrinaence this time? I do.

White privilege is being tampered with, in a way it's never been tampered with hearing "Make America Great Again". To make something great again means something is wrong now, and we have to return to something. What era do you want to return to? When was this era of

greatness? What is this "Make America Great Again all about? Nobody to another black man dead slogan means. They have hats, stickers, all kinds of paraphernalia, but that's as far as it goes.

The sense of entitlement that white people have enjoyed whether consciously or unconsciously is being called out. Some want to know what all the commothe execution of Mr. George tion is about. What's all the complaining about? Aren't you happy black people? Aren't you happy you're free! You should appreciate what this country has done for you! So what if The United States of Ameri- in this country black people and people of color are an afterthought. You should of at all. So what if your blood, sweat, and tears built this country and no demonstrations are not new. acknowledgement was ever are fine. Don't rock the boat of white supremacy.

> first, and being white gives you that privilege, it's an illusion that has been created through indoctrinapeople and people of color to think it is normal to be last, even though deep inn't right. It's an illusion cretion. Illusions are not real.

However, institutional racism has reigned supreme as the norm in the United before. That is why we are States of America, and have made these illusions real. It is the culture of this country. However, it's now being exposed in a way never done before. The phone recording of Mr. Floyd's execution made us watch something ugly about this coun-

try that still exists. If not for necessary. However, there that recording, it would be planation concerning his death. This Nation needs healing.

The times we are now going through are difficult but

are glimmers of hope in this this country is being revealed, and lies exposed. People of all races are openly admitting to the sickness of institutional racism, and doing work to change it. They have the common goal

of making America a Great Nation for all people and an madness. The true history of example to the World! Dividend we'll sink or together we'll swim!

By Beverly





# OP ED: NATURE'S CURRENCY- SILVER AND GOLD



Now that Halloween is over, we are now going into the season of giving. It's the season of sales, inventory checks and seeing if you can make yearend expectations. We all know 2020 was a tough year, worldwide, but we all have to make the best of it-and hope that's Gold and Silver. And (and pray) that 2021 will be a better year. Can it actually get worse?

Yes it can. Worst I ever saw standard. That was when in my lifetime is the Great

Recession, but it wasn't as bad as the great recession. After seeing all the damage Covid19 caused around the world with death, job losses and food shortages, something worse than 2020 is actually imaginable. So there's no wonder food, firearms AND Gold/Silver prices skyrocketed this year. Hmmmm.... Does it sound

We are going to focus on just Gold/Silver. There are two metals that

presidential candidate William Bryan wanted to back the US Dollar, and eventually the dollar was backed by gold until the on took it off the gold you could exchange your

dollars for gold- mainly by central banks. And the USA held a whopping 70% of gold reserves. Nixon ended due to a gold run (almost like a bank run when a bank is insolvent) because of US deficits and US inflation on its currency.

like the USA (and its USD) is going through this event right now? We had a Cares act back in March 2020 of \$2.2 Trillion, which was printed by the US Treasury.

So what happened when we the decreased purchasing got our \$1,200? The USD value declined versus all the another stimulus is passed 1970's, when President Nix- currencies because we added \$2.2T of USD in circulation. And like Rudolph the and so will the price of Red Nosed Reindeer said:

"Silver and gold, silver and gold Everyone wishes for silver and gold. How do you Earth. measure its worth? Just by the pleasure it gives here on Whether your 20 or 60, a earth"

It's the Earths currency, and you should be buying into. One Gold or Silver bullion or coin or bar (if you got money like that) would be a great gift that would last a lifetime. Or at least, it would hedge against inflation. All that means is that Gold and Silver is to protect remember money a'int just power of your money. So if (Hero's Act?) then prices will go up once more gold and silver. Basically,

this will be the gift that keeps you afloat financially if hell breaks loose on

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 or YouTube at @TheGetMoneyShow. Believe in yourself, believe in your dreams, and always green.

By R.S. Broker



#### binspiredapparel.net

BINSPIRED IS A BRAND THAT OFFERS A VARIETY OF APPAREL FROM HEAD TO TOE, TO INSPIRE YOU TO DREAM BIG, DREAM BOLD, AND DREAM WITH EXPECTATIONS!



### **AVAILABLE AT THESE LOCATIONS**

#### Restaurants

Victoria's Kitchen 7304 Ogontz Ave

Uptown Seafood 6255 Limeklin Pk

Sister Muhammad's Kitchen Bakery 4441 Germantown Ave

Nonna's Pizza Tavern 7200 Germantown Ave

Mi Puebla Mexican Restaurant 7157 Germantown Ave

Paradise Jamaican Restaurant 1530 E. Wadsworth Ave.

AGAPE Christian Café 1605 E. Wadsworth Ave

Metropolis Restaurant 8460 Limekiln Pk

AJ Diner 8152 Ogontz Ave Lincoln Chicken & Burger 801 E. Chelten Ave

Vernie's Soul Food 1800 Eleanor St

The Nile Cafe 6800 Germantown Ave

Mr Hook Fish & Chicken Halal 5625 Germantown Ave

Tasties 5241 Germantown Ave

Food from The Heart 8010 Ogontz Ave

O Sunny Side Breakfast 7706 Ogontz Ave

Silver Star Kitchen 1453 Vernon Rd

All The Way Live 6108 Germantown Ave

Green Garden 1556 Wadsworth Ave Mt. Airy Deli 7200 Devon St

#### **Markets**

Day & Night Food Market 7722 Ogontz Ave

Choo's Quick Stop 6709 Chew Ave

NRC Mini Market 1532 67th Ave

Rodriguez Mini Mart 6731 Ogontz Ave

Town Supermarket 5031 Germantown Ave

Heems 1 Stop Shop 200 W. Clapier St

Lee's Market 8014 Ogontz Ave

Stop One Food Market & Deli 6510 N 21st St. Pat's Caribbean 1527 Wadsworth Ave

Sam Meats 1524 Wadsworth Ave

M&F Supermarket 1431 E. Vernon Rd

Crab & Claw 7801 Ogontz Ave

#### **Salons**

RDB'S Unisex Salon 6900 Ogontz Ave

Michael's Unisex Salon 8008 Ogontz Ave

Allure Hair Designs Inc 8006 Ogontz Ave

Hair Culture 7909 Ogontz Ave

Golden Comb 7614 Ogontz Ave

Cuts Correct 1447 E. Vernon Rd Savvy Salon 1443 E. Vernon Rd

#### **Service**

Nickens Agency 1550 Wadsworth Ave

ML Community Health Care 610 Old York Rd #400

Nutrition & Herbs Center 5601 N. 10th St

Cleaners & Laundry 7222 Ogontz Ave

M Lawton & Associates 7167 Ogontz Ave # A

215 Wireless 7907 Ogontz Ave

R.E. Amstead Real Estate 1455 Vernon Rd

# UPTOWN SEAFOOD & CATERERS

6255 Limekiln Pike, Philadelphia PA 19141

215-924-1284

Come try all our tasty creations!

Breakfast - Lunch - Dinner

Wings Wednesdays 50¢
Tuesdays and Thursdays \$1 Shrimp
Seafood Cheesesteak \$16.00



Salmon Burger with Grilled Shrimp \$9.75

Turkey CheeseBurger with Grilled Shrimp \$8.75

MON-WED 8AM-10PM/THUR-SAT 8AM-11PM/ SUNDAY CLOSED



Sean Crump President

Jimmy Will Editor & Chief

Andre Brown Chief Correspondent

Brandon Brown Sport Editor

Liz Crawley Correspondent

Blair Knuckle Social Media

**Published Monthly** 

Email: phluptownstandard@gmail.com

VISIT US ONLINE AT:
UPTOWNSTANDARD.COM

phillyuptownstandard







# NOW ENROLLING!! PHLMASTERMINDSDAYCARE.COM

6154 RIDGE AVE, ROXBOROUGH, PHILA, PA. 19128 215-621-6052

### **PHLMASTERMINDS**





# BISHOP McDEVITT HIGH SCHOOL **APPLY TODAY!** www.mcdevitths.org



74% \$\$

OF STUDENTS RECIEVE FINANCIAL AID GRADUATION RATE

100% 🖛 100% 💸



**COLLEGE ACCEPTANCE RATE** 

Ms. Megan Gerhard Director of Admissions 125 Royal Avenue, Wyncote, PA. 19095 215-887-5575X255 mgerhard@mcdevitths.org www.mcdevitths.org



#### WWW.EATIBLEDELIGHTSONLINE.COM

11 AM - 9 PM TUESDAY - SATURDAY



**PLATTERS** 

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,

#### **20% SENIOR CITIZEN DISCOUNT ON TUESDAYS**

**WE DELIVER TO THE FOLLOWING:** CEDARBOOK, OAKLANE, MOUNT AIRY, GERMANTOWN, ELKINS PARK, CHELTENHAM, WYNCOTE, WYNDMOOR, CHESTNUT HILL, JENKINTOWN, AND ABINGTON



WE

DISCOVER'