

SERVING CEDARBROOK, OAK LANE, GERMANTOWN, & MOUNT AIRY

# UPTOWN STANDARD

JULY 2021

FREE

## OAK STREET HEALTH IS MAKING A DIFFERENCE THEIR TEAM IS PROVIDING QUALITY MEDICAL CARE TO UPTOWN RESIDENTS



### INSIDE

- CARVIN HAGGINS UPTOWN'S GRAMMY AWARD WINNER
- PHILLY FACTOR TRACK CLUB'S LAUREN BROADUS IS FOLLOWING IN HER MOTHERS FOOTSTEPS
- RABB INTRODUCES LEGISLATION TO FUND ALL PA. PUBLIC SCHOOLS FULLY, EQUITABLY





# GRAND OPENING



# ROYAL MEATS



WWW.ROYALMEATSMARKET.COM

1619 WADSWORTH AVE. PHILADELPHIA, PA 19150 — 215-475-8000

**WE WILL MATCH ANY  
PRICE OUT THERE!  
JUST BRING IN  
ANY COMPETITOR'S  
CIRCULAR**

**Store Hours:**  
**Monday thru Saturday**  
**8:00am to 7:00pm**  
**Sunday**  
**9:00am to 5:00pm**

**FREE  
PARKING**

**WE TAKE ORDERS  
OVER THE PHONE**

WE ACCEPT ALL MAJOR  
• CREDIT CARDS •  
• DEBIT CARDS • EBT •



PRICES MAY CHANGE IF SUPPLIES RUN OUT OR AFTER THE 15TH OF THE MONTH

**GRAND OPENING**

**GRAND OPENING**

**GRAND OPENING**

# BBQ SPECIAL

# \$9.99

FOR A  
LIMITED  
TIME

2 Slabs Beef Back Ribs  
10lbs. Leg Quarters  
5lbs. Boneless Breast  
4lbs. Beef Patties (Family)  
3lbs. Dietz & Watson  
Beef Deli Hot Dogs  
5lbs. Chicken Drums  
2lbs. Turkey Hot Dogs  
2 Bottles of BBQ Sauce

**SPECIAL PRICING FOR CATERING & WHOLE SALE**



40 LB. Case  
**Chicken  
Leg  
Quarters**

**\$19.99** EA  
First Case  
Additional Cases  
\$24.99ea

## 40LBS. OF CHICKEN

**Chicken Boneless Breast 10lbs.**  
**Chicken Bone-In Breast 10lbs.**  
**Chicken Drums 10lbs.**  
**Chicken Leg Quarters 10lbs.**

**ALL FOR**  
**\$69.99**



Turkey  
**Wings, Drums,  
or Necks**

**\$1.99** LB



Case of  
**Chicken  
Drumsticks**

**\$29.99** EA

FOR A  
LIMITED  
TIME



Freshly Sliced 1 Lb.  
**Any Dietz &  
Watson**  
Less Than 1 Lb.  
Priced at \$7.99lb

**\$6.99** LB



**Lamb Chops**

**\$5.99** LB

**ALL AVAILABLE**

**BEEF TRIPE, COW SKIN, COW FEET,  
BEEF LIVER, BEEF KIDNEY, GOAT HEADS**

**SPECIAL PRICING FOR  
RESTAURANTS**



**Martin's**  
Chicken Sausage  
with Sundried  
Tomatoes & Basil  
Buffalo Style  
Chicken Sausage  
with Blue Cheese  
Chicken Sausage  
with Feta Cheese  
& Spinach Turkey  
Italian Sausage with  
Pepper & Onion

**\$5.99** LB

**NEW**



Fresh  
**Boneless  
Chicken  
Breast**

**2 \$6** LB FOR



Fresh Beef  
**Short Ribs**

**\$5.99** LB

Case of  
**Beef Back  
Ribs** 22 Lb. Avg. ....

**\$45** EA.



Fresh  
**Ground Beef**  
10 LB. ....

**\$3.49** LB

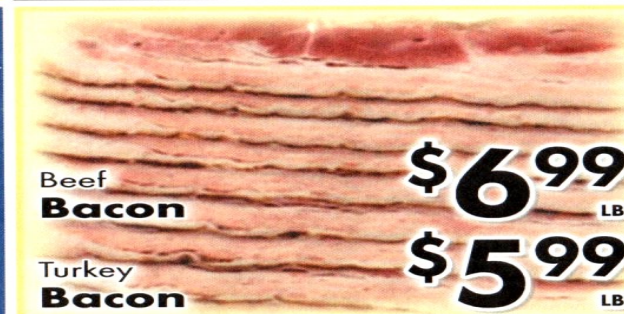
FOR A  
LIMITED  
TIME



2 Lb. Bag  
**Tilapia Fillet**

**\$7.99** EA

FOR A  
LIMITED  
TIME



Beef  
**Bacon**

**\$6.99** LB

Turkey  
**Bacon**

**\$5.99** LB

**FREE DELIVERY**  
with Purchase of \$100 or More!

**THE FRESHEST AND THE BEST IN PHILLY!**  
**BRING IN ANY AD AND WE WILL MATCH IT - REG. PRICE AND LB. FOR LB.!**

We reserve the right to limit quantities. Not Responsible for typographical errors. Some artwork for display purpose only & may not represent actual product. Sale items not for retailers or wholesalers.

ROYAL MEATS





# OAK STREET HEALTH

## We are doctors for adults on Medicare.

As you get older, primary care has never been more important. We're experts at providing professional, friendly medical care to Medicare patients and adults over 65, and we know what it takes to keep you happy, healthy, and out of the hospital. So let's talk about how our Medicare doctors can better care for you.

## Become A Patient Today



Visit our Cheltenham health center in Philadelphia, PA, where you will find our friendly and personal team of doctors and primary care physicians ready to care for you. This location includes general practitioners who specialize in internal medicine and geriatric medicine for adults on Medicare. Find primary care providers and doctors near Cheltenham to get the care you need in person, or via video through our convenient telehealth options.

2401 West Cheltenham Avenue in Philadelphia, Pennsylvania



Visit our Fern Rock health center in Philadelphia, PA, where you will find our friendly and personal team of doctors and primary care physicians ready to care for you. This location includes general practitioners who specialize in internal medicine and geriatric medicine for adults on Medicare. Find primary care providers and doctors near Fern Rock to get the care you need in person, or via video through our convenient telehealth options.

1200 West Godfrey Ave, Suite 3100



Visit our Germantown health center in Philadelphia, PA, where you will find our friendly and personal team of doctors and primary care physicians ready to care for you. This location includes general practitioners who specialize in internal medicine and geriatric medicine for adults on Medicare. Find primary care providers and doctors near Germantown to get the care you need in person, or via video through our convenient telehealth options.

220 West Cheltenham Ave, Philadelphia, PA 19144

VISIT US: [WWW.OAKSTREETHEALTH.COM](http://WWW.OAKSTREETHEALTH.COM)



## AVAILABLE AT THE FOLLOWING LOCATIONS

### MARKETS

Chew's Market  
6709 Chew Ave

Mt Airy Deli  
7200 Devon St

Rodriguez Mini Mart  
6731 Ogontz Ave

Stop One  
Food Market & Deli  
6510 N 21st St.

Heems 1 Stop Shop  
200 W. Clapier St

Town Supermarket  
5031 Germantown Ave

M&F Supermarket  
1431 E. Vernon Rd

Sam Meats  
1524 Wadsworth Ave

Pat's Caribbean  
1527 Wadsworth Ave

Day & Night Food Market  
7722 Ogontz Ave

Crab & Claw  
7801 Ogontz Ave

Roxie Market  
8315 Stenton Ave

Famous Deli

7522 Ogontz Ave

Young's Deli  
7401 Stenton Ave

Stenton Supermarket  
6400 Stenton Ave

Royal Meats  
1619 Wadsworth Ave

Pete's Deli  
8016 Ogontz Ave

Riley Deli  
7701 Ogontz Ave

NRC Mini Market  
1532 67th Ave

Convenience Store Inc.  
1951 74th Ave

Serrata's Grocery Store  
7453 Walnut Ln

TNT Food Market  
1947 72nd Ave

### RESTUARANTS

Bizini's Seafood & Steaks  
1800 Lindley Ave

Victoria's Kitchen  
7304 Ogontz Ave

Vernie's Soul Food  
1800 Eleanor St

Green Garden Chinese  
1556 Wadsworth Ave

Uptown Seafood  
6255 Limeklin Pk

Tasties  
5241 Germantown Ave

Mr Hook  
Fish & Chicken Halal  
5625 Germantown Ave

Silver Star Kitchen  
1453 Vernon Rd

Jeisy's Grilled Chicken  
5701 Germantown Ave

Paradise  
Jamaican Restaurant  
1530 E. Wadsworth Ave.

AGAPE Christian Café  
1605 E. Wadsworth Ave

O Sunny Side Breakfast  
7706 Ogontz Ave

Food From The Heart  
8010 Ogontz Ave

BBQ Town  
7711 Ogontz Ave

Philly's Platinum Grille  
7719 Crittenden St

Sister Muhammad's  
4441 Ger5m antown Ave

Eatibles Delight  
1540 E. Wadsworth Ave

Lincoln Chicken & Burger  
801 E Cheltenham Ave

### SERVICE

Nutrition & Herb Center  
5601 N. 10th St

Cleaners & Laundry  
7222 Ogontz Ave

D&Y Laundry Mat  
6825 Ogontz Ave

Laundry Depot  
2548 W. Cheltenham Ave

Z Laundry  
8001 Ogontz Ave

H2O Laundry  
8207 Stenton Ave

Nickens Agency  
1550 Wadsworth Ave

Ponzettas Tof  
4928 N. Broad St

### SALONS

Michael's Unisex Salon  
8008 Ogontz Ave

Allure Hair Designs Inc  
8006 Ogontz Ave



**Sean Crump**  
President

**James Williams**  
Editor in Chief

**Alana Lukens**  
Chief  
Correspondent

**Andre Brown**  
Correspondent

The Uptown  
Standard is owned  
and operated by the  
Uptown Standard,  
LLC. And released  
on the first Tuesday  
of the monthly

Contact:  
Uptownstandard.com.



### AVAILABLE AT

440 W. Cheltenham Ave.

1700 W. Cheltenham Ave.

7434 Ogontz Ave.

6240 Germantown Ave.

2300 W. Cheltenham Ave.

8261 Stenton Ave.

100 W Queen Ln.

7900 Ogontz Ave.

5810 N Broad St.

5000 Ogontz Ave.

5901 Wissahickon Ave.



**Anest Home Brand**  
Create a life you admire

*The Anest 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](http://www.anesthomebrand.com)**

**Place your orders directly at (267)240-9190 or [info@anesthomebrand.com](mailto:info@anesthomebrand.com)**

**FIRST BLACK OWNED BRAND TO PRODUCE**

**PLUS SIZE APRONS**

**www.anesthomebrand.com**

**ANEST HOME COOKING CAKE MENU**

**PHILLY'S FAMOUS 7UP POUND CAKE**  
WHOLE CAKE W/ ANEST 7UP 135  
CONFECTIONERY 135  
ADD 100% WHOLE WHEAT CEREAL  
CATERING 150 | 150 | 150 | 150  
RETAIL SIZE 135

**LEMON POUND CAKE**  
MADE WITH FRESH LEMON JUICE  
AND LEMON ZEST  
WHOLE CAKE W/ ANEST 7UP 135  
CONFECTIONERY 135  
CATERING 150 | 150 | 150 | 150  
RETAIL SIZE 135

**BUTTER POUND CAKE**  
WHOLE CAKE W/ ANEST 7UP 135  
CONFECTIONERY 135  
CATERING 150 | 150 | 150 | 150  
RETAIL SIZE 135

**SUPREME BUTTER POUND CAKE**  
WHOLE CAKE W/ ANEST 7UP 135  
CONFECTIONERY 135  
CATERING 150 | 150 | 150 | 150  
RETAIL SIZE 135

**DOUBLE CHOCOLATE LAYER CAKE**  
TWO CHOCOLATE LAYERS FILLED  
AND FINISHED W/ CHOCOLATE  
BUTTERCREAM ICING AND BAKED  
W/ MINI CHOCOLATE CHIPS 135

**SEASONAL**  
1 LAYER CAKE W/ FRESH  
WALNUT AND CREAM CHEESE  
ICING 135  
RATON POUND CAKE W/ TEQUILA  
LIME GLAZE 135

**NEW FREE SAMPLE WITH EVERY PURCHASE**

**JERK**

**www.anesthomebrand.com**



# Vernie's Soul Food Inc.

1800 Eleanor Street Philadelphia PA 19141

215-457-3805/06 • Fax: 215-457-3859  
(Located between Belfield and Windrim Avenues)

Look for  
Our Daily  
Specials

Closed Monday & All Holidays  
Tuesday - Saturday  
11am - 8pm

Sunday  
12pm - 7pm  
On the 4800 Block of 18th Street

Tax  
Not  
Included

**10% DISCOUNT**  
FOR SENIORS  
WEDNESDAYS ONLY

CATERING AVAILABLE  
Avoid The Wait,  
Call Ahead!

## Side Orders

\$3.50

- COLLARD GREENS
- STRING BEANS
- MASHED POTATOES
- CABBAGE
- CANDIED YAMS
- CORN
- RICE

MACARONI & CHEESE \$4.00  
DOUBLE ORDER \$1.00



## Salads

\$4.00

- POTATO
- MACARONI & TUNA

## Cakes

- RED VELVET \$4.50
- SWEET POTATO LAYER CAKE \$4.50
- CHEESE CAKE \$4.00
- 7UP CAKE \$5.00
- CARROT CAKE \$4.50
- CHOCOLATE CHOCOLATE \$4.00
- VANILLA POUND \$4.00
- CHOCOLATE POUND \$4.00
- COCONUT POUND \$4.00
- LEMON POUND \$4.00
- PLAIN POUND \$4.00



## Soda

- CANADA DRY \$1.90
- PEPSI \$2.00
- CALYPSOS \$2.60
- NANTUCKET \$1.90
- EVER FRESH \$1.90
- CLEAR FRUIT \$1.60
- WATER \$1.00
- ALOE DRINK \$2.25

## Desserts

\$3.25

- BANANA PUDDING
- PEACH COBBLER
- SWEET POTATO PIE



## Ask about Daily specials

- BEEF RIBS \$14.50
- BEEF SHORT RIBS \$15.50
- PEPPER STEAK \$13.00
- OXTAILS \$15.00
- TURKEY CHOPS \$10.50
- BEEF STEW \$7.00
- LIMA BEANS \$4.50
- BLACK EYED PEAS \$4.75
- CORN OKRA & TOMATOES \$3.00
- 15 BEANS \$5.00
- SPAGHETTI & MEATBALLS \$7.00

## Lunch & Dinner Platter

CHOICE OF 2 SIDES  
Small \$10.00 Large \$12.00

- TURKEY WINGS
- FRIED OR BAKED CHICKEN  
(Wings, legs, or breast)
- FRIED OR BAKED FISH  
(Whiting)
- Small \$10.00 Large \$11.50  
(Tilapia or Basa)
- Small \$11.50 Large \$13.50

- WINGS \$1.50 EACH
- BREAST \$2.50 EACH
- LEGS \$2.50 EACH
- TURKEY WINGS \$2.50 EACH  
(FRIED OR BAKED)



# THE TRUTH HANDYMAN

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

ROB DAVENPORT  
862-888-1511



**FARMERS**  
INSURANCE

## NICKENS AGENCY

Insurance  
Auto/Residential/Commerical  
6747 Germantown Ave  
Phila, PA. 19119  
215-848-9633  
FAX 215-848-9680

Auto Tag  
Direct Line to PENNDOT  
1550 Wadsworth Ave  
Phila, PA. 19150  
215-242-4090  
FAX 215-242-4126

COMMERICAL - RESIDENTIAL - HOME REMODELING - PAINTING - CLEANING



LICENSED & INSURED

267-774-1633

# DAY & NIGHT FOOD STORE



**Pennsylvania  
SKILL**

DAY & NIGHT FOOD MARKET  
7722 OGONTZ AVE/215-660-9639





By Shelly "Shell" Williams  
Contributor

Perhaps you've been in the Cheltenham Mall and have seen the new state-of-the-art health facility or maybe even seen a group of fit seniors walking the mall. That's all part of Oak Street Health and the Care Team. I had fascinating conversations with two outstanding members of the Care Team; Dr. Marisa Rogers, MD, Executive Medical Director, and Jazmin Jones, the Senior Outreach Director for Oak Street Health. The Care Team genuinely has a passion and heart for the communities they serve. Both are born and reared in Philadelphia and share the same enthusiasm about working for Oak Street Health. "Everyone deserves High, Quality Health," said Dr. Marisa Rogers, MD. It's time to get excited again about health and getting the care we all deserve, and Oak Street Health is available to serve the needs of older adults. Oak Street Health is located at 2401

West Cheltenham Ave, Philadelphia, PA 19150, where you will find friendly and a personal team of doctors and primary care physicians ready to care for you. This location includes general practitioners who specialize in internal medicine and geriatric medicine for adults on Medicare.

Jazmin Jones has an unparalleled dedication to ensuring that the older population stays active, has fun, and just as everyone on the care team, she continues to go to extraordinary lengths to ensure their well-being. Jazmin would love to tell you more about the benefits of becoming a patient of Oak Street Health.

Shelly Shell: Tell me about your position at Oak Street Health and how you began?

Jazmin Jones: My responsibility is growth and community relationships as an Outreach Director. So I am charged with helping Oak Street Health become a household name and community pillar. My team and

I literally go into the community daily to tell people about Oak Street and help them access the care we provide. We also ensure that our organization contributes to community efforts to support our local politicians, schools, and social advancement initiatives. Honestly, I stumbled on Oak Street Health! I was the first person hired in Philly and launched the first site, so we didn't have any centers here when I began. So I saw the job description and said to myself... "I wonder if I could do this? AH welp, just apply!" and the rest is history.

Shelly Shell: As the Sr. Outreach Director at the Cheltenham Mall; how many centers do you oversee?

Jazmin Jones: Right now, I am overseeing the Cheltenham and Fern Rock Locations. However, we have ten centers in Philly from Cheltenham all the way to South Philly. We have amazing Outreach Directors and outreach teams at each of our locations, so we are looking to grow and help people gain access to healthcare all over our city!

Shelly Shell: What are some of the programs and social activities offered at Oak Street Health?

Jazmin Jones: In addition to our amazing health care model and superb providers keeping our community healthy, we also host soooooo many social activities. We have everything from Fitness classes to Chair Yoga, Walking Club, Book Club, Pinochle Club, Vegan cooking classes. If our seniors want it, we will provide it!!

Shelly Shell: What populations do you serve at Oak Street Health?

Jazmin Jones: We solely focus on adults with Medi-

care.

So mostly seniors, but we have patients who are not seniors but receive Medicare also.

Shelly Shell: What are some of your community outreach efforts?

Jazmin Jones: Well, we work very closely with Martin Luther King High School; we also contribute to significant local events like the Oak Lane Jazz Festival, Let's Love Logan Day, and almost any effort to improve the quality of life of our community members.

Shelly Shell: I've noticed that due to the pandemic, we've seen a limited amount of providers in certain regions; is there a long wait to be seen by the primary care provider?

Jazmin Jones: Absolutely Not! So while our social contributions are important to us, healthcare is our #1 priority. We specialize in same-day and next-day appointments for our patients. If you need healthcare, we want to provide that care as soon as possible.

For so long, we've seen disparities in healthcare, and there are many regions with limited access to primary care. The areas with greater need deserve to have state-of-the-art health facilities like The Oak Street Health. For that reason, Dr. Marisa Rogers, MD, joined the team at Oak Street Health to bring her radiant energy to the patients and the staff.

Shelly Shell: What are some of your responsibilities as the Executive Medical Director that oversees Oak Street Centers in several areas?

Dr. Rogers: I am responsible for

- Hiring and leading provider team
- Ensuring high quality of care across the division
- Maintain team culture

- Organizational growth through new center expansion and increased number of patients
- Input and collaboration on organizational policies impacting providers and clinical care

Shelly Shell: Do you have a direct connection with the patients?

Dr. Rogers: I see patients one day per week at the Cheltenham location. I hope never to have a job that I don't get to see patients.

Shelly Shell: You've had a successful career as a doctor in Philadelphia; why did you choose Oak Street Health?

Dr. Rogers: That's a really great question; I like our model of care. We provide comprehensive community-based primary care. Most centers are located in areas of need. We provide high-intensity primary care for those who need it the most. This includes seeing pts frequently, longer visits that typically found in primary care, integrated behavioral health, social work, transportation. We meet weekly in a multidisciplinary team to collaborating on a patient-centered care plan for our patients have highest risk.

Shelly Shell: What services does Oak Street Health for the seniors?

Dr. Rogers: Primary medical care, integrated behavioral health care, social work assistance, transportation, lab services. We also offer engagement activities for patients and community members in community rooms located in each center. Activities are tailored to the interests of patients and include activities such as live music, arts and crafts, yoga, tai-chi, etc.

Shelly Shell: Seniors have severely been affected by the covid pandemic; what are the ways you've been able to bounce back?





Dr. Rogers: We never stopped providing care for our patients. Last year in the spring, we quickly changed to a telehealth model and

maintained in-center access for those who needed it. We developed office protocols to see patients in centers safely have been primarily care in center since the fall.

We closed the community rooms for safety and turned them into COVID vaccine clinics to vaccinate community members and patients. During the height of the pandemic, we repurposed vans to deliver food for patients with food insecurity. We have developed a COVID monitoring program for patients with COVID symptoms. This program deployed supplies such as medications and supplies to treat and monitor patients at home safely.

Shelly Shell: Do you recommend the covid vaccine to

the patients of Oak Street Health?

Dr. Rogers: Absolutely! Most of our patients are at high risk of severe illness, hospitalization, and death from COVID-19. The vaccine decreases this risk dramatically and is very safe. Vaccinations protect patients, families, and communities.

Without exaggeration, speaking to Dr. Rogers and Jazmin Jones leaves you inspired as they radiate positive energy.

To become a patient at Oak Street Health, you can walk into any of the centers, and they will take care of you. You can also reach the following people:  
Betty Washington Simms - betty.washington-simms@oakstreethealth.com - 267-636-7029  
Bernard Corbett - bernard.corbett@oakstreethealth.com - 267-636-7002  
Shala Ellerebee - shala.ellerebee@oakstreethealth.com - 561-685-7705  
Shaneese Johnson - shaneese.johnson@oakstreethealth.com - 267-601-4212

## POLITICS

# RABB INTRODUCES LEGISLATION TO FUND ALL PA. PUBLIC SCHOOLS FULLY, EQUITABLY

By Alana Lukens  
Chief Correspondent

Rabb introduces legislation to fund all Pa. public schools fully, equitably

Free the mind and you free the world. A strong fundamental base for any child consists of education. Not only does education seed minds, but it also helps the mind flourish to grow with the intellectual challenges of life.

Earlier this month State Rep Chris Rabb, D-Phila. called attention to legislation to fund all public schools across the state. The legislation, which Rabb had introduced twice before, would require 100% of the funds to be fairly distributed to public schools state-wide.

“Access to a high-quality education is the single best, a long-term investment we can make in our children – and for our society – with public dollars,” said Rabb. “That many children throughout Pennsylvania are starting their life’s path without the resources they need because legislators in Harrisburg haven’t

done the work to ensure they have every opportunity for success is unacceptable. My legislation would ensure that public education funding is fully and fairly distributed to districts throughout our commonwealth.”

Most districts are underfunded and barely have the resources or budget to provide for students properly.

The fair funding formula would be effective immediately.

The bill includes another package to expand the duties of the bipartisan Basic Education Funding Commission. The Commission’s objective would be to provide adequate ways to delegate the school’s funding. As well as step-up funding which will be reflected in their upcoming 2022 study.

The other bill in the package would expand the duties of the bipartisan Basic Education Funding

“Under my legislation, every school district – small and large, urban and rural, growing and shrinking

– would receive the resources they need,” Rabb added. “Right now, in part because of population and demographic shifts, school districts across Pennsylvania are funded at levels that do not match their respective needs. Most of Pennsyl-

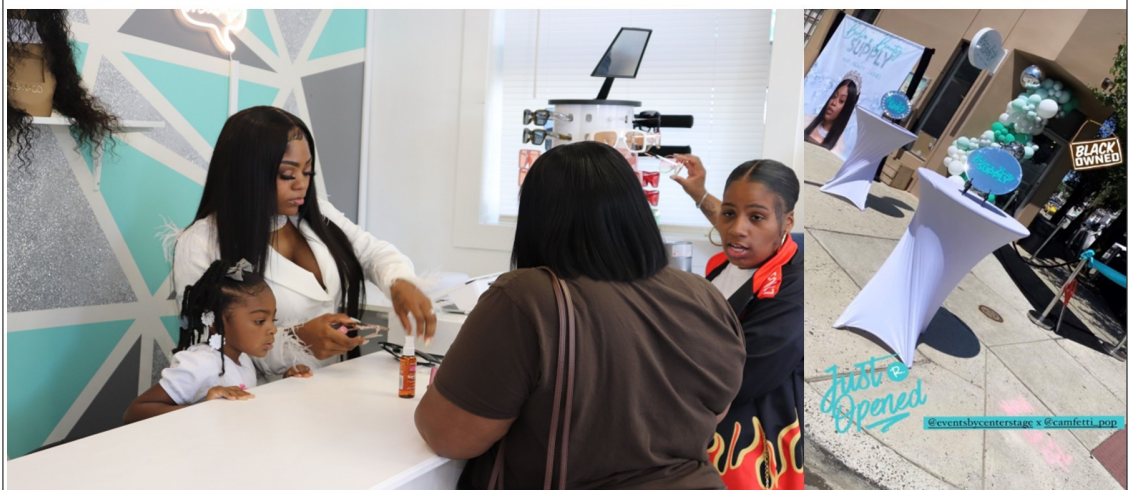
vania’s poorest students are enrolled in woefully underfunded school districts. This, simply put, is wrong. It’s time to right this wrong. Neglecting this crisis only furthers the educational apartheid that persists in our commonwealth where the

single most statistically significant factor for how many education dollars a school district receives from the state is whiteness.”

## Berlin's Beauty SUPPLY

HAIR . BEAUTY . LASHES

We Offer a variety of different hair products, hair accessories, jewelry, sunglasses, mink lash extension also starting at \$65 come check us out we're are now open!



**Black Owned Beauty Supply Store**  
**Located at 6817 Germantown Ave, Philadelphia, Pa 19119**  
**Contact information is 267-323-0424**





Alana Lukens  
Chief Correspondent

Rainbows and equality are soon to arch over long-overdue precedence for the protection of the LGBTQ+ community to become law. On June 15th, the LGBTQ+ Equality Caucus introduced the PA Fairness Act. Sponsored by State Rep. Malcolm Kenyatta, Brian Sims both D-Phila along with many others, the bill would prohibit discrimination against individuals based on sexual orientation, gender identity, or expression in the state of Pennsylvania.

“The Fairness Act is popular with voters and virtually guaranteed to pass the Pennsylvania House and Senate. I’ve been fighting for civil rights protections for LGBTQ+ people for more than two decades, and all we need to get it across the finish line is for GOP leaders to schedule the votes,” said Dan Frankel, D-Allegheny, sponsored the bill, who is the founder and current co-chair of the LGBTQ+ Equality Caucus.

“It’s the right thing to do, and the smart thing to do.” The bill has gained some powerful momentum. Governor Tom Wolf is extremely on board with the bill. “This legislation is long overdue in our commonwealth and will provide needed protections to members of our LGBTQIA+ community,” Gov. Wolf said. “As public servants, we have a duty to all of our constituents, to ensure that their rights are protected, and their interests are served. It is past time for our commonwealth to stop ignoring this infringement on the rights of LGBTQ Pennsylvanians and pass the Fairness Act.”

The U.S. Supreme Court made an unprecedented decision last year concerning whether an employer cannot discriminate against an individual because of their sexual orientation or gender identity. Their decision was a huge victory for the LGBTQ+ community. When passed, Pennsylvania Commonwealth will be the 23rd state to legally protect their LGBTQ+ residents. Yet the bill, HB 300, as monumental as it is, does not include other discriminations.

Although some nondiscrimination protections exist on

municipal and state levels there is no comprehensive protection that covers housing and public accommodations.

“It is unacceptable that in Pennsylvania, in the year 2021, it is still perfectly legal to discriminate against members of the LGBTQ+ community. We should all be ashamed of that, and actively fight to make our Commonwealth an inclusive place for all residents. We must stand up for all Pennsylvanians and ensure that no person is discriminated against because of who they are, and who they love.” Sen Steven Santarisiro, D-Bucks.

The Bill is said to be unanimously supported with 65 co-sponsors on both sides of the aisle.

Fairness Act has been referred to the House State Government Committee and awaits further action. “It is time for my Republican colleagues to heed Governor Wolf’s, and the people’s, call to pass the Fairness Act and ensure that all citizens have equal protection under the law,” said Rep. Brian Sims, D-Phila. This bill has been long overdue. The LGBTQ+ community has been in a battle to be recognized for

who they are for far too long. No one should be ostracized for their sexual preference, who they choose to love, or how they choose to identify themselves.

“The absence of this legislation is a fundamental injustice, leaving huge gaps in the protections we afford to vulnerable Pennsylvanians. While it is unfathomable that this law does not yet exist, it is an honor and a joy to stand with members of the LGBTQIA community and demand that we, as a state, do better.” Sen. Nikil Saval, D-Phila.

No one should be denied their civil liberties. And most who support this bill agree that it is an embarrassment on the state, as well as the country, that legislation such as this has been denied in the past. “LGBTQ+ Pennsylvanians have long faced the brunt of economic disenfranchisement and social ostracization, including violence; and remain widely unprotected. It is an absolute embarrassment that in 2021 in this commonwealth that gender identity and sexual orientation are weaponized to deny residents economic autonomy and a decent quality of life. Codifying the same civil rights rendered in last year’s U.S. Supreme Court’s ruling into the

Pennsylvania constitution through the Fairness Act finally provides and solidifies the dignity and humanity that LGBTQ+ people are owed across this commonwealth.” said Rep Malcom Kenyatta, D-Phila.

This historic victory for civil rights provides some employment protections but does not prevent a Pennsylvanian from being denied housing, education, or access to public accommodations because of who they are or who they love. Governor Wolf expanded protection against discrimination for state employees and employees of contractors doing business in the State in 2016.

The bill expands the definition of public accommodations to include places or establishments that provide (1) exhibitions, recreation, exercise, amusement, gatherings, or displays; (2) goods, services, or programs; and (3) transportation services.

The bill allows the Department of Justice to intervene in equal protection actions in federal court on account of sexual orientation or gender identity. The bill prohibits an individual from being denied access to a shared facility,

**B Inspired Apparel**

**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!**



**ORDER ONLINE AT: BINSPIREDAPPAREL.NET**



including a restroom, a locker room, and a dressing room, that is per the individual's gender identity. Pennsylvania's history concerning Non-Discrimination October 27, 1955: The Pennsylvania General Assembly passes the Human Relations Act, which prohibits discrimination against state residents based on race, color, religion, ancestry, and national origin. Over the years, the Human Relations Act is amended many times to include protections from discrimination based on age, sex, and disability status.

April 23, 1975: Pennsylvania Governor Milton Shapp signs an executive order prohibiting discrimination

based on sexual orientation in state employment, the first executive order of its kind in the entire world.

August 5, 1982: The City of Philadelphia passes a local ordinance prohibiting discrimination based on sexual orientation, the first Pennsylvania city to do so.

1983: Harrisburg passes a local ordinance prohibiting discrimination based on sexual orientation and gender identity, the first Pennsylvania city to extend nondiscrimination protections for transgender people.

1983-2011: Local and national organizations engage in conversations about who LGBT Pennsylvanians are,

and support for fully comprehensive non-discrimination grows. Several bills are introduced in the Pennsylvania Legislature to extend statewide nondiscrimination protections to LGBT people, but the bills stall.

July 28, 2003: Pennsylvania Governor Edward Rendell signs an executive order extending nondiscrimination protections to transgender Pennsylvanians in state employment.

2000-2015: Dozens of cities, boroughs, and townships throughout Pennsylvania pass local ordinances protecting people from discrimination based on sexual orientation and gender iden-

tity. The local ordinances, strongly supported and led by Equality PA, build momentum toward statewide legislation.

August 9, 2015: Pennsylvania Competes launches a bipartisan campaign dedicated to passing the Pennsylvania Fairness Act, which would update state laws to prohibit discrimination based on sexual orientation and gender identity/ expression.

August 26, 2015: A bipartisan coalition of lawmakers introduce the Pennsylvania Fairness Act in the Pennsylvania Legislature to extend nondiscrimination protections to LGBT Pennsylvanians.

June 22, 2016: The Pennsylvania Senate Committee on Housing and Urban Affairs votes 7-4 – with bipartisan support – in favor of explicit state-level laws protecting people from employment and housing discrimination based on sexual orientation and gender identity. This is the first time in Pennsylvania's history that the Senate has voted in favor of LGBT protections.

December 19, 2019: The city of Huntingdon passes a comprehensive nondiscrimination ordinance — the first "rural" city in the state to do so.

(SOURCE: UPENN LGBTQ COMMUNITY RESOURCES)

## POLITICS

# CITY COUNCIL FINALLY CRACKS DOWN ON DIRTBIKES

By Alana Lukens  
Chief Correspondent

As the summer season heats up in Philadelphia, the residents hear a buzz in their ears. And we're not talking about bees or flies. The city is wrought with the sounds of illegal dirtbikes and ATVs. Not only is it a noise ordinance but a huge safety issue for drivers and the community alike.

City Council unanimously approved Bill No. 210423, which would close the loophole to the law that restricts law enforcement to act and enforce illegal use of these street nuances.

Sponsored by Councilmember Allan Domb, Mark Squilla, and Derek Green this legislation will give Philadelphia Police the authority to confiscate the illegal vehicles. The bill will bundle dirt bikes, ATVs, and dune buggies into one category, classifying all as illegal street vehicles. City Council is working closely with PPD and the District Attorney's office as well as several community organizations to come up with solutions to silence the

whine of these summer nuances.

"Residents from every neighborhood came to us with their concerns and experiences with dangerous situations that were caused by the illegal vehicle riding," said Councilmember Domb.

Domb went on to say, "We also found that the illegal activity is chasing people out of the city at a time when we need people to come back to the city. We will continue to bring people to the table on this issue, including members in the riding community who weighed in on this bill, and find solutions that will keep everyone safe."

This is an issue for all neighborhoods across the city. City Council have been exploring options to possibly provide riders a safe place for all to ride.

"This bill will end a loophole in the previous legislation to group all the illegal vehicles into one form and treat them the same," said Councilmember Squilla. "This legislation is just one

tool to address the ongoing safety concerned while we continue to look into alternative measures."

This will be a dream come true for us to have our own place to ride ATV's, "said

Joey Zazalino, who is a member of the ATV/Dirt bike workgroup. "It will be a milestone for the City of Philadelphia and create harmony once again with our youth."

The law is effective immediately.

## CATERING, WATER SLIDES, BOUNCE HOUSES, TABLES, CHAIRS, AND TENT RENTALS



# KIDEVENTSPLAY

Helping Families Put Together Special Memories!

**JUWANNA RAGIN**  
**267-528-9840/KIDEVENTSPLAY@GMAIL.COM**  
**KIDEVENTSPLAY.GODADDYSITES.COM**





Photo Credit: carvinhaggins.com

By Shelly “Shell” Williams  
Contributor

Grammy Winning Producer, Carvin Haggins Produces the Music He Loves “I make music I love for me, and if the world love’s it, that’s a bonus!”

Carvin G. Haggins is a Grammy Award-winning songwriter and producer. He has worked and collaborated with notable artists in the music industry, including: Will Smith, Jill Scott, Musiq Soulchild, Chrisette Michelle, Justin Timberlake, Mary J. Blige and Chris Brown to name a few. The multi-platinum songwriter has received 21 Grammy nominations and 10 ASCAP writer awards. Haggins is also Co-Founder of The Haggins Group, Co-Founder of Karma Productions, Co-Founder of Advance Global Solutions, Radio Show Host, Creator of Ethical Music Entertainment and Founder of “Rage Against the Ratchet” campaign.

Don’t tell anybody that Carvin Haggins is one of my favorite humans. We meet so many people in the industry; few remain the same after achieving the level of success Carvin has. Thank you, Carvin, for being ethical!!

Carvin G. Haggins, is a Philadelphia Native, who’s lived in various areas in Philly including Uptown. Shelly Shell: What are

some of your fondest memories of living in Uptown? CGH: Uptown is where I learned the fundamentals of friendship. The kind where you really got your friends back and they have yours. “Brotherhood but not blood brothers.”

Shelly Shell: When did you realize that you had the gift of songwriting and producing?

CGH: When I was around 5, I use to play and study my mom’s music all the time. Then my older brother (Leon) and sister (Kecia) had their personal record collections that I would sneak a listen. I was always fascinated with the storytelling and emotions the songs evoked. Whenever I could, I would sing and perform with my friends on my Cousin Carl’s front porch for the girls in the playground across the street from his house. Then rap came along when I was 11 or 12, and that was my music. My voice changed, and my singing voice was gone, so I started rapping around 1985. While as an MC, the natural progress is producing your own music as well, so that’s what I did.

Shelly Shell: What are some of your obstacles or limitations that you’ve encountered?

CGH: Because I’m not a singer or a musician, trying to convince people I was capable was the hardest

part. Instructing a singer on how to sing without the ability to sing can be challenging for the artist as well as me. But I don’t focus on what I can’t do; I master what I can then find a way to make it work.

Shelly Shell: With all the changes in the music industry; do you still have the same passion for creating music?

CGH: I didn’t fall in love with the industry; I love the music, so I’m always inspired with the same passion and always creating. I make music I love for me, and if the world love’s it, that’s a bonus.

Shelly Shell: In a world when sex, drugs, etc., are gloried and appear to be what’s making money, do you feel the pressure to produce/write that type of music? How has creating (Ethical Music) affected you financially?

CGH: The music I create has sustained my life up until now. So why would I abandon it? Fads come and go, and music changes every 10 years. I never was the chasing type. I rather create a wave than to chase one. My career has been established through love and love songs; I would never want to damage that legacy. Think about it sex lasts but a minute; love lasts for lifetimes.

Shelly Shell: How did Covid and the shutdown affect your business?

CGH: It had a positive effect in every way. It taught me about myself in ways that I never knew to explore. The shutdown due to Covid made me better.

Shelly Shell: What are some of the ways you maintained and continued to grow in business?

CGH: I’m a student that’s willing to learn from those

who failed and from those who succeeded. All of my mistakes were because of my lack of education in that field but those mistakes became my education in that field.

## Carvin’s Current Projects

Shelly Shell: What are your current projects?

CGH: I have a project out right now called: Carvin Haggins presents In The Key Of Love featuring a lot of great artists such as Musiq SoulChild, Raheem Devaughn, Algebra Blessett and MuMu Fresh. I’m also working with MuMu Fresh on a project called Revolutionary Love.

Shelly Shell: If you could tell an up and coming artist one thing that would set them apart from the rest, what would it be?

CGH: Find out who you really are then magnify that understanding of yourself. Be you! You are uniquely made. The moment you start to become like everyone else you become obsolete.

## Entrepreneurship Beyond Music

Shelly Shell: We see so many legendary artists pass away with limited income, needing to do a GoFundMe for their funeral expenses; what are some of the ways you’ve been able to expand beyond music?

CGH: I’ve always been about the honest hustle, so gaining traction in the music business gave me access to the revenue, which open doors to options. Such as meeting people who excelled in different types of businesses. Real estate is one of the first ventures then I stepped into the home health care market. I had a lot of trial and error and failed attempts, but it was all worth it.

Shelly Shell: What inspired you to write your book

CGH Thoughts?

CGH: Years ago, a friend of mine Amanda Decker compiled all of my quotes that I posted on FB into a book then gave it to me for a birthday gift. It was inspiring to read the things that I had written over the years that I had to share. So I asked her to send me the file so I could put it in a format that flows and makes sense.

Shelly Shell: What has been the response and do you plan on doing more with CGH Thoughts?

CGH: I actually post my #CGHThought’s every morning on IG but I plan to do another book as well as a podcast in the near future. Carvin’s Philanthropic Endeavors

Shelly Shell: You have a passion and call to help the homeless; what are some of your upcoming plans to help the homeless populations?

CGH: My plan is to build a free high-end living residential building for the homeless. There we will have teachers and doctors to help educate, train, evaluate and rehabilitate the residents.

Shelly Shell: What makes Carvin Haggins so successful?

CGH: I am a servant to the people motivated by the love of GOD through Jesus. I don’t operate for selfish vainglory.

To Find out more visit [www.carvinhaggins.com](http://www.carvinhaggins.com), [www.ethicalmusicent.com](http://www.ethicalmusicent.com), [www.lovetheynighborcareservice.com](http://www.lovetheynighborcareservice.com)





By RS Broker  
Contributor

Have you noticed the price of food? Have you noticed the price of cars? Have you seen the prices of buying a house? Its absurd. The average price in the USA for a house is \$350,000 USD, which is the highest it's ever been in our history. Cost is up almost 25% from a year ago. The price of a car, if

you can find one for sale, is up almost 10% this year. And food. I don't have to tell you about prices at the supermarket, grocery store- we all see it. Prices are higher.

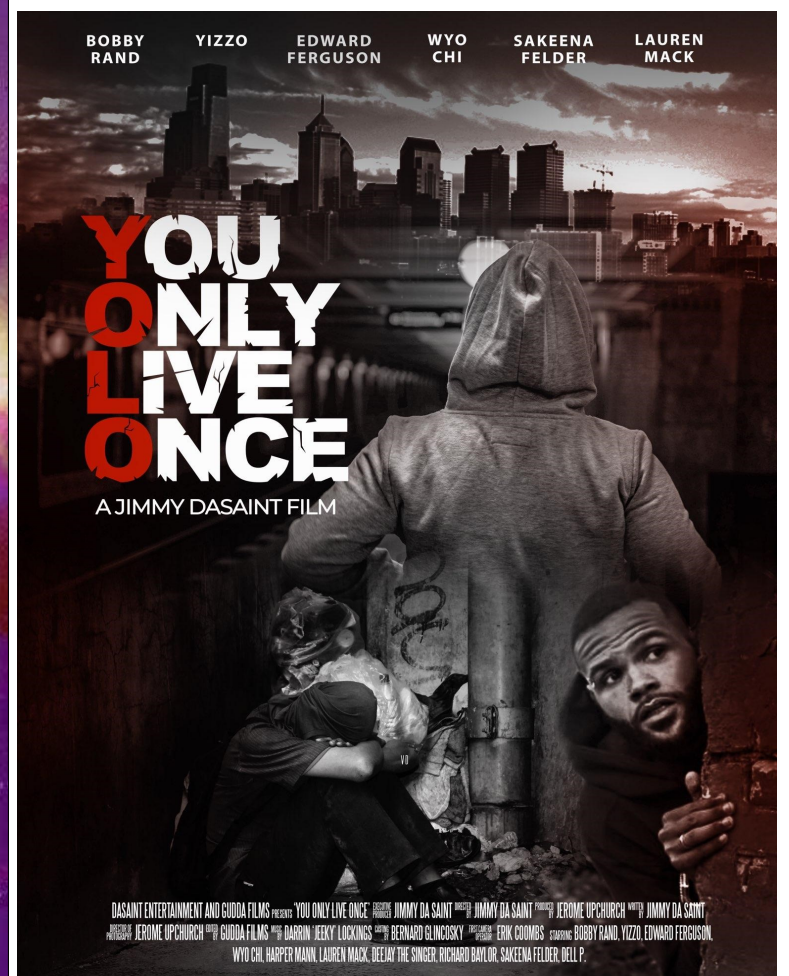
The reason for these higher prices for food, cars and houses is because of the law of supply and demand- homeowners are unwilling to sell their homes (then when you have the increase prices of materials, labor cost and land and we have the highest prices we ever seen in the United States). Climate change, transportation cost and distribution issues are affecting the cost of groceries. And for cars, there is a shortage of micro-

chips which is driving up prices.

I'm no financial advisor, but I know you can't eat money. There's nothing you can really do but pay for food. As for purchasing a car or a house, I would wait to buy. Since everything opened up and people are going back to work (state unemployment will be ending soon), supply will start meeting the demand for the goods. If you want to invest, please use link below. 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 or YouTube at @TheGetMoneyShow. Believe in yourself, believe in your dreams, and always remember money a'int just

green. We are not financial advisors or giving out financial recommendations. Link to invest in cryptocurrency is right here [coinbase.com](https://coinbase.com)



## MAXIMIZE YOUR CREDIT SCORE!

OUR SERVICE WILL HELP YOU REMOVE ANY INACCURATE, ERRONEOUS AND OBSOLETE INFORMATION IN YOUR CREDIT FILE, INCLUDING:

**WE WORK WITH....**

- BANKRUPTCY
- CHILD SUPPORT
- LATE PAYMENT
- FORECLOSURES
- PUBLIC RECORDS
- EVICTIONS
- COLLECTIONS
- JUDGEMENT
- IDENTITY THEFT
- REPOSSESSION
- MEDICAL BILLS
- STUDENT LOANS
- TAX LIENS AND MORE...

*Melody Baysmore*

**CALL OR TEXT TO 267-908-3382.**

**Melody Baysmore**

*Melody Baysmore*

FINANCIAL LITERACY COACH



**Hours:**  
Monday: Closed  
Tues to Thurs: 12pm-9pm  
Friday to Saturday: 12pm-10pm  
Sunday: 12pm-7pm.

**Address**  
8010 Ogontz Ave,  
Philadelphia, PA 19150

**Phone**  
215-276-0657



CATERING AVAILABLE

Serving Soul Food, Seafood, & BBQ.



**Burgers & Sandwiches**

*(Lettuce, tomato, onion, pickles, and American cheese.)*

Beef Burger-	\$5.50
Bacon Burger-	\$6.50
Turkey Burger-	\$5.50
Pulled Pork	\$7.00
Pulled Pork w/Cole Slaw	\$8.00
BBQ Pork Rib	\$11.25

**BBQ**

BBQ Pork Ribs Platter-	\$15.00 (1/2 ) \$26.00 (Slab)
BBQ Beef Ribs Platter-	\$17.50 (1/2) \$28.50 (Slab)
BBQ Chicken Platter-	\$8.00 (1/2) \$16.00 (Whole)
Jerk Chicken Platter-	\$8.00 (1/2) \$16.00 (Whole)
Fried Chicken Platter-	\$8.00 (1/2) \$16.00 (Whole)
BBQ, Jerk, or Fried Wing	\$1.35

**Platters**

BBQ Pork Ribs-	\$15.00
Pulled Pork-	\$13.00
BBQ Beef Ribs-	\$16.00
BBQ Chicken-	\$13.50
Jerk Chicken-	\$13.50
Fried Chicken-	\$13.50

Chicken Wings-	\$11.25
BBQ Pork Ribs & Chicken-	\$19.50
BBQ Beef Ribs & Chicken-	\$21.50
Turkey Wing-	\$11.25

**Seafood**

Shrimp-	\$21.00 (12) \$10.50 (6) \$9.50
Fresh Fish Sandwich- (Whiting, Catfish, Swai)	
Fresh Fish Platter-	
Whiting	\$13.50
Catfish	\$14.50
Swai	\$14.50
Grilled Salmon	\$15.50
Shrimp Platter-	\$24.00 (12) \$15.50 (6)
Fish and Shrimp Combo Platter-	
Whiting	\$25.00
Catfish/Swai	\$26.00
6 Crab Balls	\$10.00
w/Fries	\$12.00
Crab Cake Platter (2 Cakes)	\$21.00

**Desserts**

Apple Cobbler-	\$3.50
Peach Cobbler-	\$3.25
Assorted Cakes-	\$3.25

**Signature Sides & Sides**

Potato Salad-	\$3.5
Cabbage-	\$3.5
Collard Greens-	\$3.5
Candied Yams-	\$3.5
Mac & Cheese-	\$4.75
String Beans-	\$3.5
Baked Beans-	\$3.5
Coleslaw-	\$3
Mac & Tuna-	\$3.5
Seafood Salad-	\$3.5
Corn on the Cob-	\$2
French Fries-	\$2
Sweet Potato Fries-	\$2
Extra Corn Muffin-	\$0.75

WE  
ACCEPT





## SPECIALS

(\$ 12.99 Specials Include 2 Sides)

FLOUNDER TILAPIA SALMON	
6 WINGS WHITING	\$12.99
SHRIMP ALFREDO	\$13.99
(W/CHICKEN OR SALMON)	\$17.99
SALMON ALFREDO	\$13.99
GRILLED CHICKEN ALFREDO	\$9.99
SHRIMP SCAMPI (w/broccoli)	\$13.99

## SALADS

CHICKEN TENDER	\$8.75
FLOUNDER	\$8.75
TILAPIA	\$8.75
GRILLED CHICKEN	\$8.75
GRILLED CHICKEN W/SHRIMP	\$17.99
SHRIMP	\$12.99
SALMON	\$8.75
CHEF(TURKEY)	\$7.00
SMALL GARDEN	\$2.50
LARGE GARDEN	\$5.00



## SIDE ORDERS

CORN ON THE COB	\$2.00
BROCCOLI	\$3.25
TUNA MAC.SALAD	\$3.25
SEAFOOD SALAD	\$4.00
MIXED VEG.OR RICE	\$3.00

Famous Homeade Lemonade,  
Fruit Punch & Daiquiris

## STEAKS

STEAKS	\$6.00
PLAIN STEAKS	\$6.25
CHEESE STK	\$6.50
CHEESE STK HOAG	\$7.00
CHICKEN CH STK	\$6.50
CHICKEN CH STK HOAG	\$7.00
GRILLED CHIC STK	\$6.50
GRILLED CHIC CH STK	\$7.00
GRILLED CHIC CH STK HOAG	\$7.25
MUSHROOM CH STK	\$7.00
MUSHROOM CH STK HOAG	\$7.25
JUNGLE FEVER CH STK	\$6.50

## BEEF & TURKEY BURGERS

PLAIN	\$3.50
PLAIN W/CH	\$4.00
DELUXE	\$4.25
DELUXE W/CH	\$5.00
DOUBLE CH BURGER	\$6.25
DOUBLE CH BURG DELUXE	\$6.75



## CHICKEN WINGS & TENDERS

CHICKEN WINGS EACH	\$1.25
5 PCS TENDERS	\$5.75
4 PCS TEND. PLAT	\$6.50

## BUFFALO WINGS

6 WINGS	\$4.50
12 WINGS	\$8.00

(add \$1.25 for platters w/fries)

## FISH FRIED RICE

FLOUNDER	\$11.99
SALMON	\$12.99
GRILLED CHKN	\$11.99
TILAPIA	\$11.99
WHITING	\$11.99
VEGGIE	\$7.99
SHRIMP FRIED RICE	\$13.99



## HOAGIES



Your Choice of:  
TURKEY OR CHEESE BURGER.....ONLY \$6.50

## FISH HOAGIES

Your Choice of:  
TILAPIA, FLOUNDER,  
WHITING, SALMON,  
FISH HOAGIE OR STEAK HOAGIE.....ONLY \$7.25  
"THE DAMN THANG" .....\$8.00  
CRAB CAKE HOAGIE.....\$12.00

## SANDWICHES

TURKEY BREAST	\$5.00
TILAPIA	\$6.00
WHITING	\$6.00
FLOUNDER	\$6.25
SALMON	\$6.25
GRILLED CHICKEN	\$5.25
GRILLED CHICKEN CH	\$5.50
CHICKEN STEAK	\$4.50
CHICKEN CH STEAK	\$5.00

## WRAPS

GRILLED CHICKEN	\$6.00
TURKEY HAM	\$5.50
FISH	\$6.50



## FRIES

	Small	Large
FRENCH FRIES	\$1.90	\$3.90
CHEESE FRIES	\$3.00	\$4.25
CRAB SEASONED FRIES	\$1.90	\$3.90
CRAB CAKES	\$7.00	



PICK-UP DELIVERY  
DINE-IN CATERING

## OPEN HOURS

SUN-THURS 12 NOON - 11 PM  
FRI & SAT 12 NOON - 1 AM

WE ACCEPT  

215-842-5571  
1800 LINDLEY AVENUE  
PHILADELPHIA, PA 19141  
www.bizinisfamous.com

## SEAFOOD

GET YOUR SHRIMP YOUR WAY!!  
(Fried, Steamed Or Sauteed)

#1 FRIED SHRIMP ½ Dozen..... \$10.99 1 Dozen..... \$18.99	#2 STEAMED SHRIMP ½ Dozen..... \$10.99 1 Dozen..... \$18.99
#3 FRIED SHRIMP COMBO (6) Fried shrimp (3) Wings w/Fries or Salad \$13.99	#4 SEAFOOD COMBO 6 Shrimp 1 Fried Fish (w/fries) \$16.99
#5 FRIED TILAPIA PLATTER (3) Shrimp(w/Fries) ..... \$9.99	#6 SNOW CRABS 1 pound..... \$12.99 w/6 Shrimp..... \$21.99
#7 BROILED FISH Tuna Mac Salad or Rice or salad w/Broccoli \$12.99	#8 SNOW CRAB COMBO 1 pound w/broccoli & corn \$16.99
#9 SEAFOOD COMBINATION Combo (6) Shrimp, (3) Wings, Tuna Mac & Broccoli... \$19.99	#10 SAUTEED SHRIMP ½ Dozen..... \$10.99 1 Dozen..... \$18.99
#11 FRIED SHRIMP SPECIAL (6) Fried Shrimp w/Broccoli Tuna Macaroni..... \$14.99	#12 DUNGENESS CRABS 6 Steamed Shrimps \$24.99
#13 DUNGENESS CRABS 1 pound..... \$15.99 Broccoli & Corn... \$18.99	#14 SNOW OR DUNGENESS CRABS 1 lb (2) Clusters, Crab Seasoned Fries, (6) Shrimp, Broccoli & Corn \$26.99
#15 SHRIMP STIR FRY Shrimp & Linguine..... \$15.99	#16 CHICKEN RICE PILAF \$8.99
#17 CRAB CAKE PLATTER (1) Crab Cake, (6) Shrimp & Fries..... \$17.99 (1) Crab & Fries..... \$8.25	



## FISH PLATTERS

(COMES WITH FRIES & BREAD)

YOUR CHOICE OF:  
FLOUNDER, TILAPIA,  
WHITING, SALMON,  
FISH STEAK OR FISH HOAGIE ONLY \$8.50





6255 Limekiln Pike,  
Philadelphia PA 19141

Delivery

215.924.1284

CLOSED ON MONDAYS



### • SEAFOOD

#### Dungeness or Alaskan Crab Legs

1 lb - 2 clusters	\$25
1 Lb Black Mussels	\$16
Platter 1lb w/ Corn, Broccoli, Potatoes	
Special Garlic Butter Sauce	\$33
• With 1 1/2 Dozen Shrimp	\$44
• With 1 1/2 Dozen Scallops	\$55
• With 1 Lb Black Mussels	\$70

#### Grilled Salmon

Platter: Corn, Broccoli, Potatoes	\$20
With 2 Dozen Shrimp	\$29

#### Shrimp

1/2 Dozen	\$11	w/Fries	\$14
1/2 Platter			\$16
1 Dozen	\$21	w/Fries	\$24
1 Dozen Platter (2) Sides			\$26

### • REAL SEA SCALLOPS

1/2 Dozen	\$11	w/Fries	\$14
1/2 Dozen & 1/2 Dozen Shrimp			\$21
With Fries			\$24
1/2 Platter (2) Sides			\$16
With 1/2 Shrimp			\$26
Doz Platter			\$26
With 1/2 Shrimp			\$36
1/2 Scallops w/ Fries			\$14
Dozen Scallops w/ Fries			\$26

#### Flounder Sandwich

with Fries	\$15
with 1/2 doz Shrimp	\$24
Platter with 2 sides	\$17
Add (6) Shrimp to any order	\$10

#### Whiting Sandwich

with Fries	\$14
with 1/2 doz Shrimp	\$19
Platter with 2 sides	\$16
Add (6) Shrimp to any order	\$10

#### Crab Cake Sandwich

with Fries	\$14
with 1/2 doz shrimp	\$24
2 cakes Platter with fries	\$24
2 cakes Platter with 2 sides	\$26
2 cakes Platter with 1/2 doz Shrimp	\$36

### • WRAPS

Wrap - (Wheat, Spinach, Tomato Basil) Dry  
Slaw, Sautéed Onions & Peppers, Rice,  
Veggie - (Spinach or Broccoli)

Fish	\$12
Salmon	\$13
Salmon & Shrimp	\$17
Seafood	
(Crab Meat, Scallops, Shrimp, Salmon)	\$20

### • BURGERS Add Fries \$3.00

Served on Brioche Roll w/ Special Sauce

Hamburger	\$5.00
Cheese Burger	\$6.00
With Grilled Shrimp	\$10
Double Cheese Burger	\$10
With Grilled Shrimp	\$14
Turkey Cheese Burger	\$6.00
With Grilled Shrimp	\$10
Double Turkey Burger	\$10
With Grilled Shrimp	\$14
Salmon Burger	\$7.00
With Grilled Shrimp	\$10
Fillet Grilled Salmon w/ Cheese	\$11
With Grilled Shrimp	\$15

### • WINGS

Buffalo Wings	
10PC \$10 . 15PC \$15. 30PC \$28	
Chicken Wings	
3PC \$4.75 . 6PC \$9.00 . 9PC \$12.12PC \$15	
Chicken Fingers	
3PC \$5 . 6PC \$10 . 12PC \$16. 18PC \$22	

#### Buffalo Wing Platter

6 Piece w/ Fries	\$8.00
10 Piece w/ 2 sides	\$16

#### Chicken Wing Platter

3 Piece w/ Fries	\$8.00
5 Piece w/ 2 sides	\$16

#### Chicken Finger Platter

3 Piece w/ Fries	\$9.00
5 Piece w/ 2 sides	\$16



6255 Limekiln Pike,  
Philadelphia PA 19141

Delivery

215.924.1284

CLOSED ON MONDAYS



### • SEA FOOD COMBO

1PC FISH Flounder or Whiting	
(3) Shrimp (3) Scallops (1) Crab Cake	
Fries, Cole Slaw or Mac Salad	\$28
Grilled Salmon (1 PC) shrimp (3)	
scallop (3) Crab Cake (1 PC) - rice	
Corn, brocc, roasted, potatoes	\$40

### • UPTOWN RICE BOWL

White, yellow, brown, sauteed onion, peeper  
brocc or spinach.

Salmon	\$12
Shrimp	\$12
Salmon • Shrimp	\$17
Seafood	
(Salmon, scallops, Shrimp, crab ,meat)	\$19
Chicken	\$10
Chicken • Shrimp	\$16
Shrimp • Grits	\$14
Salmon filet • Grits	\$15
Whiting • Grits	\$12
Flounder • Grits	\$13
Salmon cakes • Grits	\$13
Shrimp Tacos (3)	\$15
Fish Tacos (3)	\$13
Hard soft shell regular or spicy	

### • UPTOWN QUICK FIX

Piece Founder w/ Fries	\$9.00
1Piece Whiting w/ Fries	\$8.00
1Crab Cake w/ Fries	\$13
1Piece Founder (3) Shrimp w/ Fries	\$14
1Piece Whiting (3) Shrimp w/ Fries	\$13
(3) Shrimp (3) Scallops w/ Fries	\$14
(3) Shrimp (3) Scallops (1)	
Crab Cake w/ Fries	\$24

### • STEAKS

Cheesesteak	\$10
With Grilled Shrimp	\$15
Grilled Chicken Cheesesteak	\$10
With Grilled Shrimp	\$15
Jerk Chicken Cheesesteak	\$12
With Grilled Shrimp	\$17
Salmon Cheesesteak	\$14
With Grilled Shrimp	\$19
Seafood Cheesesteak	\$20
(Grilled Shrimp, Lump Crab Meat, Scallops, Salmon, Sautéed Onions, Peppers, Broccoli or Spinach)	
Fried Whiting Sub	\$12
Flounder Sub	\$13

### • SALADS

Garden Salad	\$8.00
Grilled Chicken Salad	\$9.00
Grilled Chicken Caesar Salad	\$11
Salmon Salad	\$12
Salmon Caesar Salad	\$13

### • VEGGIE PLATTERS

Corn, Broccoli, Potatoes	
(Garlic Butter)	\$9.00

### • FRIDAY SPECIAL

Lobster Tail, Dungeon Cluster	
(3) Super Jumbo Shrimp, 1/2 Lb	
Mussels, Corn, Broccoli, Roasted,	
Potatoes, W/Special Garlic Sauce	\$50
Strawberry, 7Up, Coke, Lemonade or Tea	

### • SIDES

#### While Available

Corn on The Cobb	\$3.00
Broccoli Florets	\$3.00
Spinach	\$3.00
Roasted Potatoes	\$3.00
Mac & Cheese	\$4.00
Potato Salad	\$3.75
Cole Slaw	\$3.00
Onion Rings	\$3.00
Crab Fries	\$3.00
Cheese Fries	\$4.00

#### Uptown Crab Fries

Fries, Onions, Pepper,	
Lump Crab Meat,	
Cheese Sauce, Garlic	
Butter	\$10

### • DRINKS

Water	\$1.00
Can Soda	\$1.00

#### HOMEMADE

Sm \$3.00 Lg \$5.00	
Strawberry	
Lemonade	
Half & Half	

### • CAKES

Slice	\$5.00
Whole	\$35
Lemon	
Strawberry	
7Up	
Yellow W/Chocolate	
icing	
Carrot	



Prices subject to change due to market price



Prices subject to change due to market price





# T. O. T. S.

## Taste of the South



### PAYMENT TYPE:

CashApp - \$SouthernFlamesbbq  
Cash, Debit or Credit Card



**Wednesday - Sunday**  
**11:00 AM TO 7:00 PM**

**PICK-UP OR PRE-ORDER**

**8221 Germantown Avenue**  
**Philadelphia, PA 19118**

**215-621-7919**

## MENU

### SIDES

<b>Tempting Potato Salad</b>	<b>\$4.75</b>
<b>Southern Collard Greens</b>	<b>\$4.75</b>
<b>Smoky String Beans</b>	<b>\$4.75</b>
<b>Big Mama's Baked Beans</b>	<b>\$4.75</b>
<b>Tasty Baked Mac &amp; Cheese</b>	<b>\$4.75</b>
<b>Apple Raisin Cole Slaw</b>	<b>\$4.75</b>

8 oz. portions  
purchased separately from platter



### PLATTERS

<b>Chicken Platters</b>	<b>\$21.00</b>
<b>(1/2 of whole chicken w/(2) Sides)</b>	
<b>Fried Fish Platters</b>	
3 pieces w/(2) sides	\$18.00
5 pieces w/(2) sides	\$20.00
<b>Pork Rib Platters</b>	<b>\$23.00</b>
<b>With (2) Sides</b>	
<b>Beef Short Rib Platters</b>	<b>\$23.00</b>
<b>With (2) Sides</b>	
<b>Full Slabs</b>	<b>\$32.00</b>



### DESSERTS

<b>Dessert of the Month</b>	<b>\$5.00</b>
<b>(ask about our seasonal flavor!!)</b>	





# LOCAL SPORTS

## PHILLY FACTOR TRACK CLUB'S LAUREN BROADUS IS FOLLOWING IN HER MOTHERS FOOTSTEPS



Photo Credit: Niara Woods



Photo Credit: Niara Woods

By James Williams  
Editor & Chief

Philly Factor track club was started back in 2019 by Niara Woods along with Oliver Williams, Nicole Drumwright, Melita Johnson, Cheron Walker and Kyra Williams.

The team currently practices at Cedarbrook Middle school now that the season has started back up now that the pandemic is over. We also utilize Valley Green a lot as well for our strength base training.

The team consist of about 25-30 kids roughly aging

from Age 7 up to 18yrs old as well as an adult team for anyone who is over 18 years of age. The bulk of our team is the 13-14 age group with top runners such as Payton Drumwright who is on her way to Engineer and Science along with 5-6 other teammates who will be going there as well. Payton will be joining her brothers' who will be seniors at E&S this coming school yr. Dhakir Brinkley (Duke) is another top 13-14 yr old runner who attends Haverford School who will be entering high school as well this coming fall.

Lauren Broadus who is in

the 11-12 age group will be going to the 6th grade and is already making a name for herself as she took third overall in the 400 meters the first time she ran in the Colgate Women's game up in NY when she was in the 2nd grade winning \$250.00 dollars for college and then Lauren turned around and won the 400meters placing 1st overall and winning \$1,000 dollars to go towards college. Lauren has been placing at Indoor Nationals ever since she has been running at the age of 7 but one of her biggest goal is to place and bring home some hardware at this upcoming outdoor AAU Club Nation-

als down in Florida July 14th-17th. Lauren events are the 100, 200 and the 400. I think she will be a great 800 meter runner as well but she does not even think of running that race so much lol.

Lauren's best times so far in the 100 is a 13.4, 200 a time of 27.2 and the 400 is a 65. We are so grateful to have a season this summer because at first it wasn't looking like there would be any meets scheduled due to the COVID Pandemic. But a group of club coaches got together on zoom calls and we started to put some local meets together so that the kids could have someone to run against during there summer training.

We are looking to get back in the full swing of things started this fall but as of now we do have a few athletes that finished out the season running at the Mid Atlantic regionals up at Millersville University. Lauren being one of them placing 2nd overall in the 100 and 200 and also planning on taking her talents to compete in the AAU club Nationals in Florida in July.

Philly Factor has a strong volunteer coaching staff with each coach specializing in certain areas; Niara

Woods - Speed and technical, Oliver Williams- middle distance, Nicole Drumwright handles the admin side of things, Cheron Walker handles the multi events( jumps, throws, hurdles), Melita Johnson- hurdles and Kyra Williams- throws.

Laura comes from a Track background, her father Jermaine Broadus ran for AOC track club and Roxborough HSCoach Niara Woods ran club track for the Mallory challengers track club and then went on to run at the infamous power house track program over at Simon Gratz high school with the legendary coaches Robert Massie and Fred "beetle" Daniels.

Woods then went on to run for Wheaton College a Div 3 school up in MA where she became a 14 Time All American and her and her team won 6 team NCAA titles. Woods still currently holds the 800 meter outdoor record at Wheaton and is a 2 time Hall of Fame Inductee at the College as well. Lauren couldn't help but to fall in love with track because it runs extremely deep in her bloodline.

**GONE BUT NOT FORGETTEN**  
**GERMANTOWN HIGH SCHOOL**  
**1914-2013**

**GERMANTOWN**  
**XXL**  
**BEARS**



# ON LOCATION IN HONOR OF JUNETEENTH FRANCISVILLE MORROCCO'S PRESENTS A POP UP ALL WHITE AFFAIR



Photo Credit: Seven J Siojo





Photo Credit: NW Local

By Caroline Filmore  
NW Local, Editor

All the feels when a community comes together about gun violence. Events are organic. The best plans allow for this, and will adapt to the audience who comes out. The result may be something you never imagined — which we learned June 24th, when an outreach program for National Gun Violence Awareness month turned into a Family Movie Night where kids were entertained while grown-ups connected over the grim reality of almost-daily shootings. “We’re coming out to acknowledge this violence that’s touching so many lives. We’re reaching out to everyone who’s hurting, to let them know they’re not alone. We will fight this together,” Monique Gaillard said in Tabor Community Partners’ press release. TCP and REVIVE Radio initially coordinated an outdoor screening at Vernon Park of “Shell Shocked,” a documentary about guns and inner city youth. “Gun violence impacts everyone, whether you’re Black, white, Hispanic, Asian, whatever,” noted Elfia King (TCP coordinator), “This goes beyond politics, affecting us intimately: where we live, and those we love.” Indeed, the families featured in Shell Shocked could be any one of us — which was exactly the point.

Pop-up media booth (aka modified shower tent) This event focused on validation: there’d be an audience Q&A, with trained professionals on-site to help guests express themselves and talk things through. The movie’s director had recorded a personal message, there was even a “media booth” where neighbors could go on camera about their experiences with gun violence. But then something unexpected happened... The big inflatable screen going up was like a beacon to the many parents and small children enjoying Vernon Park on a beautiful summer evening. Soon, the chairs were filled with innocent, expectant faces, patiently waiting for the show to begin. “Is this a funny movie?!” one little boy asked, and everyone kind of winced...

Host. P.O.C. (Revive Radio) did not skip a beat, though. In a flash, we had a new plan to show the Disney movie “Soul” and try this gun violence event another time — perhaps at a venue where the audience can be better targeted. So on this night of Gun Violence Awareness, the park filled with lively music and the sound young kids’ laughter. And yet. People still took the opportunity to connect with victims services and anti-

violence advocates tabling at the event. Some even shared their personal stories with our own Lenora Gaillard, herself a survivor of gun violence.

Lenora sat with neighbors as they talked about the worst day of their lives, and the enormous toll that violence has taken on them and their families. Some quotes provide a visceral snapshot of loss and trauma: “My brother was shot twice in the head, he didn’t die but it changed his life, and ours too. He’s paralyzed on his right side, he’s non-verbal. He’s only 29. All over nonsense, it was just a fight. Guy came back and shot him.” “When you look around and see it’s the norm to be killed or incarcerated, it shifts your whole perspective on your life. I think that hopeless feeling makes people turn to violence. What do I have to lose? It’s not a big deal, I wasn’t expecting to get far anyway.” “I was a junior in college I got a call that woke me up from my sleep that my father had been robbed and murdered. A friend was raped and killed. Another friend was murdered. I don’t know how to explain it.” “Do you want to correct your child or do you want the streets to correct your child? If the streets correct your child, you might not have a child.” “When you feel that rage coming over you or whatever those emotions are — think about the people you will affect. Not just you and the conflict you have. Think about that person’s family. Their kids. Their mother. Everything doesn’t require violence.” “He was killed right next to me. I saw him. He was

shot in his heart and his face and his head. His blood was on me, he was on the ground, I was telling him he needs to get up.” “You get tired of the stories now. It was never that way before. Where are the guns coming from? How do they get a hold of them? Where are their parents — these guys are young. They say children are our future, well, we’re losing our future.”

When the movie ended, Tabor blasted Golden Oldies as we broke down our booths. Looking out over Vernon Park, some of the people shaking their booties had just shared their saddest memories. Their carefree children smiled to fill goodie bags with snacks off tables offering Gun Violence info — which they are thankfully oblivious to. For now. These kids who came out to this Gun Violence Awareness event represent the next generation of Philadelphians who deserve better, period. Better schools, better healthcare, better nutrition, better recreation, better opportunities. It doesn’t make sense to keep investing in prisons and policing, and then blaming society for getting more violent. Pardon us, but we’re not the ones buying grenade launchers. Perhaps the final irony of the evening came when the cameraman from Channel 3/CBS had to leave for a shooting in South Philly. Nobody was surprised. Happy kids carried off orange balloons while families here and across the city carry on with their grief and their guarded hopes for change.

For support and information about gun violence, Northwest Victims Services, Every Murder Is Real, and the Anti-Violence Partnership of Philadelphia. We’re super grateful for Lenora and her interview subjects, for fearlessly speaking out and, hopefully, energizing others into action. Meanwhile, we look forward to planning another screening for Shell Shocked. For updates — or If you’d like to share your story with Lenora — please email [editor@nwlocalpaper.com](mailto:editor@nwlocalpaper.com). About Tabor Community Partners: A program created to impact systemic social problems in Philly at the community level. Trauma-informed child welfare and behavioral health outreach with a focus on families. TCP promotes networking, cooperation and sharing resources to benefit all. 57 East Armat Street 19144, 215-842-4800 [tabor-services-inc.org](http://tabor-services-inc.org) About WHYY/Revive Media’s P.O.C.: Tamara Russell aka Proof of Consciousness, or “P.O.C.” to her audience of 15,000+ unique listeners who follow her online and thru her broadcasts on WHYY 90.9FM and Uptown Radio 98.5FM. REVIVE reports on news, trends, politics, music and more with an emphasis on youth and Millennial viewpoints. A partner in WHYY’s innovative “News & Information Community Exchange” program, P.O.C. specializes in honest, opinionated storytelling that’s centered in African-American culture. [Reviveisalive.com](http://Reviveisalive.com)





# Sonya's

## Decor & More

**WEDDINGS**  
**ANNIVERSARIES**  
**SWEET SIXTEEN**  
**BABY SHOWERS**  
**TREAT TABLES**  
**BIRTHDAY PARTIES**  
**AND MORE...**




**Sonya p**  
**267-250-5613**



NAVY VET. RANDY BREELAND  
 STARTED PHILLY-4-LIFE INC. PHILLY-4-LIFE  
 ENTERTAINMENT 3YEARS AGO, AND SINCE HIS BRAND  
 HAS GROWN DRASTICALLY. HIS GOAL IS TO END  
 VETERANS HOMELESSNESS. MAKE SURE YOU  
 SUPPORTS HIS CONCERTS AT MILO'S  
 (7165 GERMANTOWN AVE), SOME OF THE PROCEEDS  
 GOES TOWARDS THE FIGHT TO END VETERANS  
 HOMELESSNESS.

FOR MORE INFORMATION CONACT RANDY AT:  
 267-307-9259



# It's BBQ season



Less Salt More  
**SEASONING**  
1st time customers  
**20% off**  
use code: **UPT2021**



Big Grill Flavor Seasoning Company was created in 2019 on a journey to find healthy, low or no sodium cooking seasonings. This journey led them to create their first seasoning blend using Himalayan Pink salt and other natural herbs and spices. Today, Big Grill Flavor caters to individuals diagnosed with diabetes and trying to manage hypertension as well as those just looking to live a healthier lifestyle.

## 15 different seasonings to choose from!

- \* Gourmet BBQ Rub
- \* No Salt Lemon Pepper
- \* Fried Chicken Seasoning
- \* Sweet Memphis Honey BBQ
- \* All Purpose Big Grill Seasoning
- \* Garlic and Herb Blend
- \* Salmon & Big Fish Seasoning
- \* Gourmet Sweet Red BBQ Sauce
- \* Vegetarian "No Salt" Seasoning
- \* Roasted Garlic & Pepper Seasoning

**BigGrillFlavor.com**

## Big Grill Flavor Seasoning Co.



follow us



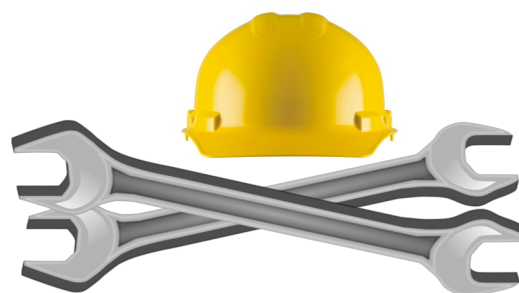
24 HOUR  
EMERGENCY SERVICE

## BROTHER'S PEST CONTROL

CARL T.                      ZAID R.  
215-650-1155              215-970-8675

25% SENIOR CITIZENS DISCOUNT  
20% MULTI-PROPERTY DISCOUNT

BEDBUGS ROACHES  
RATS  
MICE  
FLEAS & TICKS  
TERMITES  
RACOONS & POSSUMS  
ALL KINDS OF RODENTS AND  
BUGS



## DIFRANCO

GENERAL CONTRACTOR

SIDE WALK & PATIO	SHINGLES
CURBS & STEPS	ALUMINUM COAT
BRICKS & STONES	GUTTERS
POINTING	SNOW REMOVAL
WINDOWS	FINISHED BASEMENTS
RUBBER ROOFS	

FOR MORE INFORMATION  
AND A FREE ESTIMATE CALL

FRANKIE  
215-554-1001





**120 Allison Road  
Oreland, Pennsylvania  
19075**

**THE TRUE, THE GOOD, THE BEAUTIFUL**  
NOW ACCEPTING APPLICATIONS FOR THE 2021-2022 ACADEMIC YEAR

[info@martinsaintsclassical.org](mailto:info@martinsaintsclassical.org)  
[whymsc.org](http://whymsc.org)



**NOW ENROLLING!!**  
**PHLMASTERMINDSDAYCARE.COM**  
6154 RIDGE AVE, ROXBOROUGH, PHILA, PA. 19128  
215-621-6052

PHLMASTERMINDS





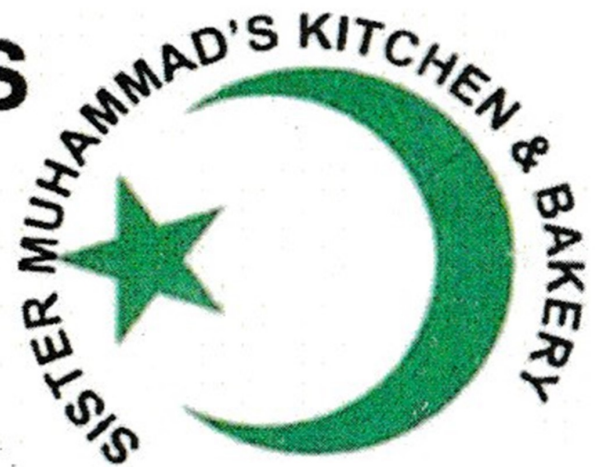
# SISTER MUHAMMAD'S KITCHEN & BAKERY

*HOME OF THE FAMOUS FISH HOAGIE*

HOURS: Sun-Wed 11am - 8 pm

Thurs 11 am - 9 pm

Fri & Sat 11 am - 10 pm



Original Bean Pies



Famous Fish Platters

(215) 621-7250

4441 Germantown Ave, Philadelphia, PA 19144

[www.sismuhammadsKitchen.com](http://www.sismuhammadsKitchen.com)

[sismuhammadsKitchen@gmail.com](mailto:sismuhammadsKitchen@gmail.com)



**WE CATER ANY EVENT  
PARTIES, WEDDINGS, FUNERALS - JANAZAHS**  
[sismuhammadsKitchen@gmail.com](mailto:sismuhammadsKitchen@gmail.com)



# VICTORIA'S KITCHEN & CATERING

FOOD LOVE & HAPPINESS

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



*The Grill Is*  
**FIRED UP!!**

BBQ 1/2 CHICKEN WITH 2 SIDES.

**ORDER ONLINE**

PROMO CODE: **VKBBQ2020**



**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.



PHONE: 215-236-3900  
 ADDRESS: 1540 E. WADSWORTH AVE.  
 WEBSITE: WWW.EATIBLEDELIGHTSONLINE.COM  
 HOURS: 11AM TO 9PM/TUESDAY-SATURDAY



# EATIBLE DELIGHTS CATERING

EATIBLEDELIGHTSCATERING



**DISCOUNT DAYS:**  
**TUESDAYS SENIOR CITIZENS 20% OFF**  
**WEDNESDAYS POLICE, FIREMAN, & CORRECTION OFFICERS 20% OFF**  
**SATURDAYS ENON TABERNACLE BAPTIST CHURCH 20% OFF**

GOLDEN FRIED CHICKEN WINGS (4) \$17.00  
 BAKED CHICKEN MARINATED IN GOLDEN ITALIAN DRESSING, AND A HEART GRAVY 17.00  
 TURKEY WINGS, TENDER, SUCCULENT, WITH A NATURAL AU JU GRAVY \$17.00  
 CHICKEN PARMIGIANA, SERVED WITH A RICH MARINARA GRAVY, AND FRESH MOZZARELLA \$17.00

**BBQ SPARE RIBS- COOKED ON THE GRILL, AND LIGHTLY DRIZZLED W/ BBQ SAUCE- TENDER, AND TASTY**  
**BBQ BEEF RIBS- SAME, TENDER, TASTY, AND SMOKY \$20.00**

BLACKENED OR FRIED CATFISH, OR SWAI FILET- 17.00  
 GRILLED SALMON- MOIST AND JUICY TOPPED WITH A HONEY TERIYAKI GLAZE \$20.00  
 CRAB CAKE SPECIAL COMES WITH HAND CUT FRIES AND COLESLAW \$22.50  
 MARYLAND STYLE CRAB CAKES ALL LUMP, NO FILLER \$25.00  
 LOLLIPOP LAMB CHOPS, ROSEMARY AND GARLIC, AU JU, MOUTH WATERING \$25.00

## **\$15.00 SALAD SPECIALS**

SALMON, CRAB, OR GRILLED CHICKEN, ON TOP OF CAESAR OR GARDEN SALAD, COMES WITH DRESSING, DINNER ROLL, AND POTATO CHIPS  
 COLLARD GREENS W/ SMOKED TURKEY, STIR FRY VEGETABLES, STRING BEANS, GLAZED CARROTS, GRILLED ASPARAGUS, CABBAGE, COLE SLAW. CANDIED YAMS, 4 CHEESE BAKED MAC, RICE PILAF, FRENCH FRIES, HOT PASTA W/ CREME SAUCE, PARSLEY GARLIC POTATOES, POTATO SALAD  
 ALL MEALS COME WITH 2 SIDES AND A DINNER ROLL

**We Accept, Cash, Credit Cards, Cash App \$eatilbe**

### **WE DELIVER TO THE FOLLOWING:**

**CEDARBROOK, OAKLANE, MOUNT AIRY, GERMANTOWN, ELKINS PARK,  
 CHELTENHAM, WYNCOTE, WYNDMOOR, CHESTNUT HILL, JENKINTOWN, AND ABINGTON**

**GRUBHUB**  
 Restaurants you love, delivered.

Uber **Eats**

**DOORDASH**

**BAM**  
**BLACK AND MOBILE**  
 THE CULTURE DELIVERED