East Falls NOW

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iMore than 300 persons took part in the East Falls Black Lives Matter Rally on June 8 in McMichael Park.

300 Fallsers and neighbors march for Black Lives Matter

by John T. Gillespie

Part religious revival, part street corner protest and part litany for the deceased, some 300 Fallsers and near neighbors joined the crusade for Black Lives Matter June 8 in McMichael Park.

Speaker after speaker aroused the crowd, invoking recent police-related deaths and demanding change. Later, people paraded around McMichael Park from the War Memorial to the corner of Henry and Midvale Aves. carrying signs and chanting "Black Lives Matter."

The rally was reminiscent of thousands of peaceful protests across the nation since the murder of George Floyd by Minneapolis police on May 25.

"We wanted to come together as a neighborhood and provide a place to meet and listen" said Corinne O'Connell, one of the organizers of the event. "As a predominantly white community, we stand in solidarity with Black Lives Matter."

The rally, arranged in just four days, began with a call by Dr. Darryl J. Ford, Head of School at Penn Charter, for eight minutes and 46 seconds of silence for Floyd.

Floyd's death under the knee of a Minneapolis policeman triggered outrage and prompted calls for a national discussion of racism and police practices. Many in the predominantly white crowd of all ages knelt, parents as well as children.

"As a largely white community, we felt like we needed to do something to show our support," said Heather Plasteras, another organizer.

Dinah Hayward, staff member for Councilman Curtis Jones, quoted Benjamin-Franklin that "Justice will not be served until those who are unaffected are as outraged as those who are," adding, "We are fed up with 400 years of oppression."

Bill Epstein, president of the East Falls Community Council, said the Council is

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Anti-racism: A call to action for our East Falls neighbors, Part 1

by Carla Lewandowski, Ph.D. and Mary Alice Duff

Anti-racism protests and rallies have sweept the nation. Philadelphia saw no less than two weeks of protests, with tens of thousands in attendance.

The vigils, rallies, and protests continue. Find more at phillyprotest.com. East Falls had its own rally attended by several hundred people who wanted to show their support for the Black Lives Matter Movement.

If you attended a protest or

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Jefferson plans fall semester opening with in-person classes

by Tom Smith

In a June 10 announcement Jefferson University President Stephen Klasko and Mark L. Tycokinski, Provost, described their plan to deliver instruction in person "in a framework that maximizes safety and abides by local, state and federal regulations related to the COVID-19 pandemic."

This is expected to include labs and studios, consistent with safe distancing.

Many other on-campus operations also will resume in the fall. University residence halls will be open. Dining, athletic and other facilities will be open, but now "ever more attentive to maximizing safety."

Besides in-person instruction, the University will continue to offer "all-digital" classes for students who prefer them. The fall semester will see other changes as well. The number of sections for individual courses will be expanded, so that individual classes, labs and studios will be able to incorporate "appropriate social distancing policies."

Most activities in the meantime have been suspended or delayed. Libraries are closed. Graduation ceremonies are planned for Sunday, July 12. And many other usual summer activities are not taking place.

Jefferson's Fall 2020 schedule will be unusual, in a manner brought on by the Coronavirus, with changes being adopted by other universities. Students will not return to campus after Thanksgiving, because of the increased exposure risk students present after being home for the holidays. All post-Thanksgiving classwork, including final examinations, will take place on-line.

Classes for the fall semester are scheduled to begin on Monday, August 17. In a break for students, tuition, room and board and other fees will be frozen for the entire academic year.

EFCC officer nominations open

Owing to the inability to hold in-person meetings due to the coronavirus crisis, nominations for East Falls Community Council officers for the 2020-21 year remain open.

Holly Maher, Chair of the Nominations Committee, said that persons interested in running for EFFC office should indicate so by emailing info@eastfallscommunity.org.

Nominations for all offices are open: President, Vice President for Zoning, Vice President for Events, Treasurer, Recording Secretary, Corresponding Secretary and Members of the Executive Committee-at-large.

Damage was heavy throughout the Bakers Centre shopping plaza, anchored by ShopRite.

Fox St. ShopRite quickly reopens after two nights of looting damage

by Bill Epstein

Sandy Brown said that community residents had one question when they saw the extensive damage created by looters at her and her husband's ShopRite supermarkets – one at Fox St., the other on Parkside Ave. in West Philadelphia.

"Are you going to close the stores?" they asked Brown and her husband, Jeff Brown.

Residents had reasons for concern, as the first hours of peaceful demonstrations over the death of George Floyd under the knee of a Minneapolis policeman turned into two nights of looting and burning in Center City and neighborhoods in more than 100 U.S. cities.

Fortunately for East Falls and the other neighborhoods surrounding the stores, the Browns' answer was an immediate "No."

"The thought of closing never entered our minds," Sandy Brown told East Falls *NOW* as she surveyed the aisles of the just-reopened Fox St. store.

"We never gave it a second thought," she said. "Instead, our questions went to how quickly we could get the stores repaired and restocked."

The Browns' Parkside Ave. store – opened in 2013 as the first new supermarket in West Philadelphia in 50 years – suffered worse damage than the Fox St. store. It was looted for 15 hours, "ripped apart," said Brown.

At Fox St., the vandals focused on destroying and breaking into nearly all of the machines that might have contained money – cash registers, ATM machines, coin machines and lottery ticket dispensers. Brown said that her staff was able to salvage six out of 30 self-checkout cash registers after two nights of looting.

On the second night, workers were restocking the shelves when looters broke in again. Fearing for their safety, the workers fled up a stairway exiting to the roof,

(Continued on page 10)

View on W. Queen Ln. looking toward Conrad St. – a real tree canopy.

Your July 2020 East Falls *NOW* Calendar

With the coronavirus pandemic entering its fourth month, what can we say? Your East Falls *NOW* team misses -- as much as all of us do – the Falls Library, shopping without worrying about staying away from people, and being able to sit down in a restaurant with family and friends.

Here's hoping that the return to some normalcy is near. In the meantime, the best we can do is continue to use masks, wash our hands, stay six feet apart and visit the East Falls *NOW* Restaurant and Business Guide on Page 11. Use this guide to help our neighborhood eateries by ordering take-out or delivery. We'll do our best to keep it up to date at www.eastfallscommunity.org and in our East Falls Community Council's weekly emails. If you don't get them, drop us a line with your email address at info@eastfallscommunity.org.

In addition to the restaurants listed in the East Falls *NOW* Restaurant and Business Guide, the East Falls Farmers Market continues with its 11 am to 1 pm Saturday hours under the Twin Bridges. Order and pay in advance at www.eastfallsfarmersmarket.com. Customers who cannot do credit card or e-payments should contact David Dettmann at eastfallsfarmersmarket@gmail.com.

EF Tree Tenders: Why I became one

by A. Rodriguez

During the early days of the COVID-19 Lockdown, I found myself restless and began taking frequent walks around the neighborhood, seeking out tree-lined streets. The feeling of walking outdoors amongst the trees was rejuvenating after spending many days inside.

A walk through the neighborhood is one way to appreciate the nature around us, especially when surrounded by the many species of trees planted along streets such as Midvale Ave. and W. Queen Ln. Trees not only have environmental impact; they benefit human health, too.

Did you know that exposure to trees helps to increase overall happiness? It's true! Studies show that simply looking at a tree can help reduce stressors and improve moods. According to a new study published by researchers at the US. Forest Service, an increase in tree canopy of just 30 percent can lead to a decreased mortality rate in cities.

For these reasons, I decided to learn more about what I could do to impact our community by becoming a Tree Tender. To help protect and increase Philadelphia's tree canopy, the Pennsylvania Horticultural Society's Tree Tenders Program provides volunteer training for individuals seeking to become tree advocates. This program teaches proper planting, care, and identification of trees. Through the East Falls Tree Tenders group (EFTT) residents can apply to receive a free street tree of their own.

The increased presence of trees beautifies our neighborhood while naturally improving the wellbeing of everyone in the community. As a new tree tender, I encourage you on your next neighborhood walk to stop under a tree; feel the bark, notice the leaves, and take in the benefits.

You can learn more about the PHS Tree Tenders program by visiting www.phsonline.org.

For information regarding EFTT contact Cynthia Kishinchand at crk3114@msn.com.

The Philadelphia Horticultural Society will sponsor three webinars in July for gardeners. Register for the free on-line sessions at www.phsonline.org.

The first in the series is titled Beginning Food Growing: Container Growing, at 4 pm Monday, July 6.

The second is titled Beginning Food Growing: Harvesting Summer Crops, at 4 pm Monday, July 13.

The third in the series of webinars will focus on Selecting Shrubs for Four Seasons, at 12:30 pm Friday, July 17.

OLD ACADEMY PLAYERS

OLD ACADEMY PLAYERS

During these uncertain times, the Old Academy Players extends its very best wishes to our patrons and the East Falls Community. Our hearts go out to everyone who has been impacted by the world-wide Coronavirus COVID-19 crisis. Our theater is currently closed in compliance with CDC guidelines, but we look forward to performing for you again soon.

For all Old Academy updates, follow us on http://www.oldacademyplayers.org and facebook.com/OldAcademyPlayers.

We thank you for your ongoing support.

Take care and be well!

3540-3544 Indian Queen Lane • Philadelphia, PA 19129

VNA sets annual butterfly release for July 26

The Visiting Nurse Association of Philadelphia has set its 10th Annual Butterfly Release and Community Celebration for a new date – 11 am to 2 pm Saturday, July 26 – and a new location, the Cancer Support Center of Philadelphia, 4100 Chamounix Dr.

A brief ceremony also will be held to remember and honor patients and frontline workers who have died due to COVID-19.

A universal symbol of hope, the butterfly symbolizes the soul in many cultures. To remember loved ones lost in VNA Philadelphia's Hospice program, hundreds of butterflies are released each summer. This year, VNA Philadelphia will join with the

Cancer Support Community of Greater Philadelphia to co-host the 10th annual event.

Nestled in Fairmount Park, the Cancer Support Center provides a reflective backdrop for the lives honored. The annual event allows family and friends a venue in which to remember and honor in a celebratory and symbolic manner those they have lost.

Community members will come together to watch the butterfly release and celebrate life. VNA Philadelphia will provide education on what hospice is and the services provided by the agency.

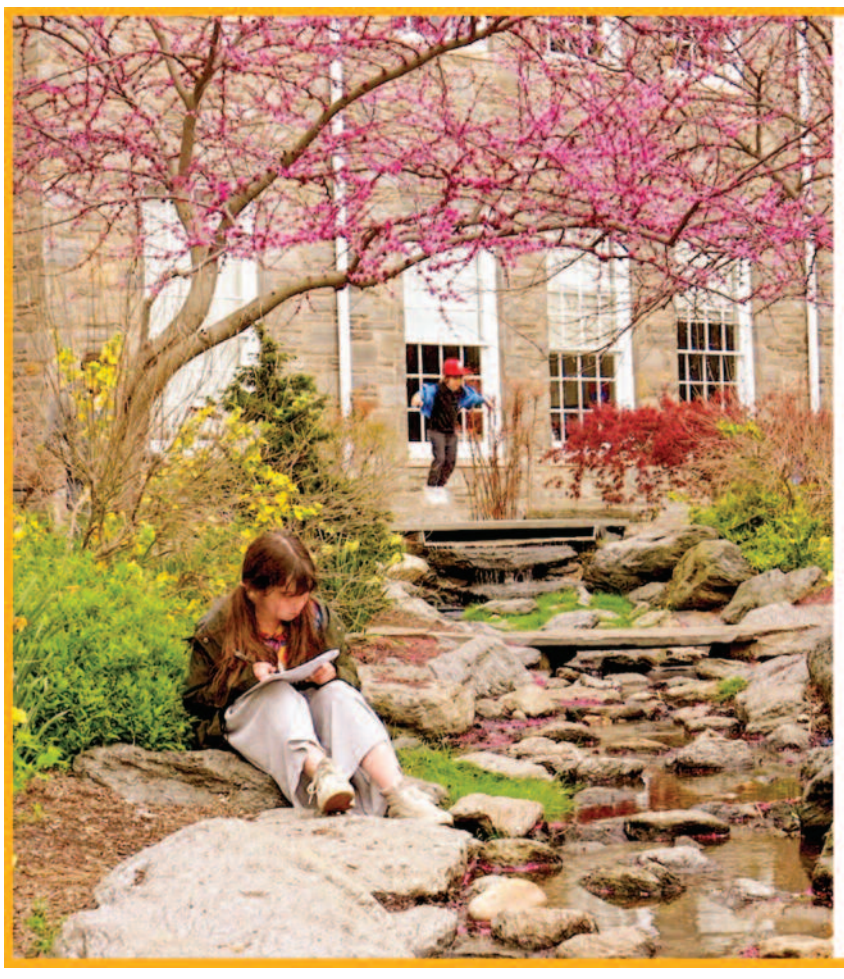
Management of diabetes, one of the leading health issues in Philadelphia, also will be addressed. In light of the current crisis, education on standard precautions including proper hand-washing techniques, will be reviewed.

Other non-profits will provide information on their programs. Entertainment and free food also will be provided to ensure that this event is a true celebration for people of all ages. Clowns, face-painters, a gym and local vendors have also been invited to promote fitness and wellness.

The event originally was set for June, but had to be rescheduled due to the COVID-19 crisis.

To learn more about the butterfly release, visit: http://www.vnaphilly.org/2020-butterfly-release/.

VNA Philadelphia is the oldest and largest non-profit home health and hospice provider in the region. Founded in 1886, it is headquartered in East Falls and serves more than 50,000 residents of Philadelphia and the surrounding suburbs each year. VNA Philadelphia is Medicare Certified, licensed by the State.



Summer Reads for Young Children

With so many new books for children published every year, plus all our favorite classics, the choices can be daunting. Here are some books our librarians think children pre-K to grade 5 will enjoy.

View the suggestions, listed by grade, at **penncharter.com/read2020**.

Happy reading!

1689 William Penn Charter School

Please join the EFCC Executive Committee's conversation

A message from the **EFCC President**

by Bill Epstein

On a Monday in June that brought us the most daylight of any day this year, the Philadelphia Inquirer ran a story about NASCAR banning the Confederate flag from its races.

The Inquirer described how one vendor selling the flags outside Alabama's Talladega Superspeedway bemoaned the move. He called the flag "a heritage thing."

No mention of whether the vendor's "heritage" was rooted on the sales he will lose if he sells less flags, or on his genuine fondness for what the Confederate flag represents.

It doesn't matter. At least we know where we have to shine some of that daylight in the aftermath of the tragic, gut-wrenching death of George Floyd on May 25.

The same goes for people who argue that "all lives matter, so why do we have to say 'Black Lives Matter?'"

To those folks I suggest they view the 10-minute video by the *New York Times* detailing the final moments of George Floyd's life as he gasped his final breaths under the knee of a police officer sworn to uphold the law and protect people.

Bottom line, George Floyd was black. As was every name read by Rev. Steven Blunt of the Revelations Church of the living God at the June 8 East Falls Black Lives Matter Rally.

That's why Black Lives Matter. Period.

And that's why the members of the Executive Committee of the East Falls Community Council saw it necessary to meet via Zoom on June 3 to reach agreement on a statement "calling attention to injustices and racism Black Americans experience and demanding change."

That statement is posted on our website, www.eastfallscommunity.org.

We agreed that conversations in our community have not always been tolerant and respectful. That they have included prejudice and been divisive and hurtful. And we committed ourselves to starting what we called "the uncomfortable and inconvenient work of fixing that brokenness."

Our statement talks about all Philadelphians being familiar with the words in our nation's founding document that declare the "self-evident" truths about "unalienable rights."

Except those 18th century words were flawed by the enormous evil of the institution of slavery brought to our shores more than a century and a half before.

The EFCC Executive Committee concluded that the Declaration of Independence "was not then, nor is it 244 years later, a statement of who we are as a nation. It is a promise of who we strive to be as a people."

We promised to encourage an inclusive conversation with our neighbors in which "we challenge each other to identify what needs to change, and what needs to remain the same." And we committed ourselves to "listen, learn and explore…and begin to build the bridge that brings our community together."

We invite all of our East Falls *NOW* readers to take part in this conversation, which we'll have on-line if we can't have it in person. In the meantime, see Page 1 for a "Call to Action" from our neighbors Carla Lewandoski and Mary Alice Duff with many starting points – including making sure that everyone is registered to vote and has applied to vote by mail.

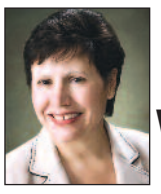
We ask for volunteers for this important task. State your interest with an email to info@eastfallscommunity.org.

Please use this same address to indicate your interest in being nominated for any of the 2020-21 officer positions – President, Vice President for Zoning, Vice President for Events, Treasurer, Corresponding Secretary, Recording Secretary and Executive Committee Member At-Large.

I've always resisted the role of being the guy who is the community scold, but here goes. You know who you are. Stop being a hero behind your keyboard by complaining and not getting involved. Every issue of East Falls *NOW* describes many ways each of us can make East Falls better. Try one.

Here's an example. At the last EFCC general membership meeting we discussed the possibility of enlisting volunteers to straighten up the Mifflin School Arboretum – a job missed in April because the city was unable to do its annual city-wide clean-up due to the COVID-19 crisis. Anyone interested in helping on a Saturday in July or August, consistent with COVID-19 guidelines? If so, it's the same address: info@eastfallscommunity.org.

'The Help' is instructive in addressing racism today



Pam's Viewpoint

by St. Rep. Pamela A. DeLissio

Last night I started to watch the movie *The Help*. The first time I saw the movie was in 2011, during its initial release.

If you struggle to understand what is meant by systemic and institutional racism, watching this period drama will help.

Since I was a little girl, I have always had a heightened awareness of racism. However, needless to say, I was viewing this movie through a different filter than I did in 2011.

My awareness now is framed by the Black Lives Matter movement of the past several weeks. And watching this movie for a second time in this context has been very instructive as to just how systemic and institutionalized racism is today.

In the early 2000s, I had the opportunity to have my consulting practice engaged by the Black Men at Penn. This was a group of African American male social workers who were led by Dr. Walter Palmer. They retained our services to explore the feasibility of establishing an Institute for the Study of American Racism within the School of Social Work at the University of Pennsylvania.

It was an enlightening experience. The engagement included interviewing a variety of key stakeholders, many of whom were African American who fought hard during the civil rights movement of the 1950s and 1960s. It was interesting to hear their take on where we were at almost 40 years later and the road yet to be traveled.

What is different now almost 19 years after that consulting engagement? Unfortunately, not a lot has changed in a substantive way. Why?

Because much of the racism that exists is indeed institutionalized, and that is what must change.

Institutional racism is a form of racism expressed in the practice of social and political institutions. It can lead to such issues as discrimination in criminal justice, employment, housing, health care, political power and education, to name a few.

Individual racism often is identifiable because of its overt nature, for example calling someone a name or making blatant and derogatory comments of a racial nature.

Institutional racism, on the other hand, might be less perceptible because often it is far more subtle in nature. For example, if a state legislature passes a law that changes early voting to exclude some Sundays, that law actually reduces a citizen's right to vote and should be generally understood as institutional racism because many African-American churches promote voting, often in conjunction with service on Sunday.

State policy often institutionalizes racism by making it more difficult for many poor people, many of whom are of color, to seek the services and aide needed to escape poverty.

Why do I think meaningful change will occur this time?

Over the past several weeks I have witnessed more folks who look like me, a Caucasian woman in case we have not met, involved in this movement and discussion.

A broader and more sustained effort that recognizes that if a fellow citizen, friend, or neighbor is at a disadvantage due to their skin tone more meaningful outcomes should result.

Already we have witnessed some changes at the local and state government level and discussion at the federal level is ongoing.

If we take time to advocate individually and as a group, we can effect the change that is so long overdue.

As I have said on many occasions, you are more powerful than you know. You have the right (and responsibility) to vote and I have seen many elected officials seated with as few votes as 11. You have the right to hold all elected officials accountable for their actions and to seek their commitment to ensure that policy will not further institutionalize racism.

Thank you for making a commitment to further understand what our neighbors and friends of color have known all of their lives -- that the inequities that exist were not created by them and that they are endeavoring to live their lives no differently from the rest of us who do not and rarely have had the same challenges.

Watch The Help, then send me your thoughts at RepDeLissio@pahouse.net or call the office at 215-482-8726.

East Falls NOW

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Legacy courts available, subject to COVID-19

The three outdoor back tennis courts at Legacy Tennis and Education, 4842 Ridge Ave. opposite School House Ln., are available seven days a week at no charge for East Falls residents.

Subject to conditions related to the COVID-19 pandemic, the courts are set aside from 8 to 11 am Monday through Friday, and 4 to 7 pm Saturday and Sunday. The availability, first come, first served, is the result of an agreement between Legacy and the East Falls Community Council.

Residents are asked to call ahead at 215-487-9555 to make certain that a special event is not scheduled, and to determine if coronavirus conditions permit play. If play is permitted, check in at the front desk and present identification showing East Falls residency.

Assist EF Town Watch

See Page 5

East Falls in the 50s: A summer day's reminiscence

Lyda Doyle grew up in East Falls and recalls how she and her friends spent their summer days.

by Lyda Doyle

Today it's Boy's Day at the Bathey, the public swimming pool located where the Trolley Car Café now stands.

The boys would be waiting in line for their one-hour swim time before getting back in line again. My girlfriends and I decide it's too hot to fish from the large stepped wall along the east side of the Schuylkill River, or the rocky outcropping on the west side just below the Falls bridge, or even from the large rocks under the twin bridges.

On a cooler day, we would choose one of those locations and patiently wait with our homemade fishing poles to try to catch catfish, sun fish or carp. In addition, we would have to cook the cornmeal, stirring in the molasses, and rolling it into small balls to use for bait. But today it's just too hot.

On a nicer day in Mifflin School Yard, we could roller skate, play hopscotch or jump rope, Red Rover, or Giant Steps. We decide against those activities, as well as riding our bikes down to the Art Museum. We choose, instead, to cut through the Chamounix Woods and Fields to go to the pond where the boat rides used to run at Woodside Park, and where we have fished before.

We can sit on the wooden walkways dangling our feet in the cool water and splash it all over to cool off. However, we will need to keep a look out for snapping turtles.

To get there we cross over the Falls Bridge and walk up the small incline on the other side of the West River Dr., now Martin Luther King Dr., to the top of the little water falls there. Above the falls, we cut through the water tunnel that runs under the Reading railroad tracks, feeling the coolness of the shade and the little stream of water. Crossing the short distance from the other side of this tunnel, we enter the much longer tunnel under the Schuylkill Expressway

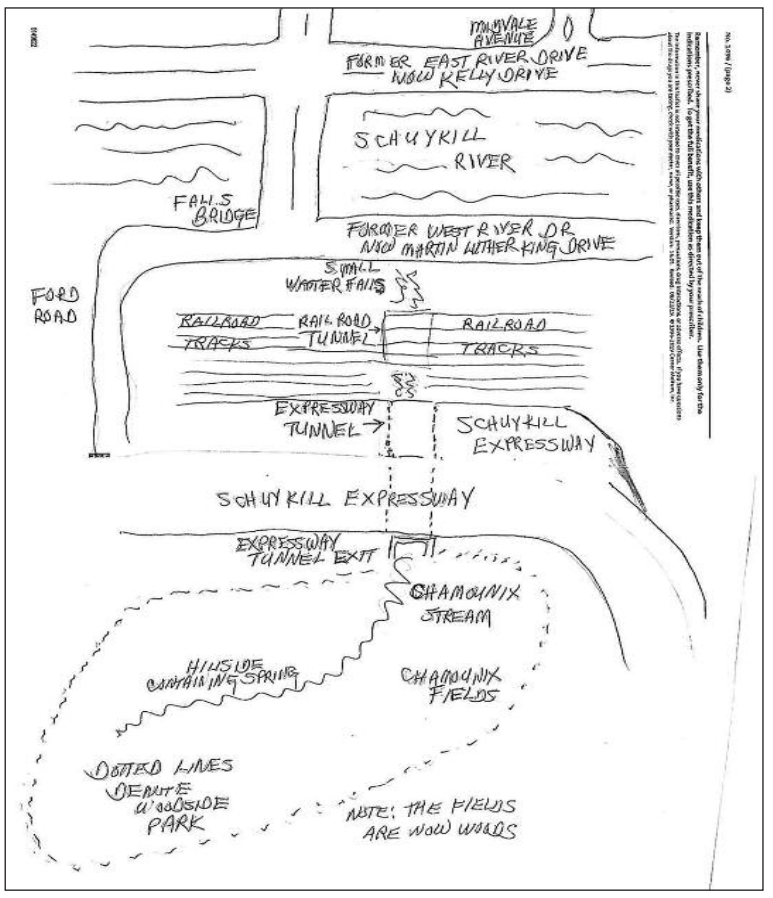
We stay close to the sides to avoid the shallow but swift moving stream of water in the middle. I try not to drop the empty, clean glass milk bottle I am carrying. In the cool, semi-darkness, large, round openings on the sides gape at us from time to time as we edge past. These openings allow water to enter from other directions.

Finally, we reach the other side and scramble up the small embankment to the open fields where we have picnics on cooler days. Crossing into the tree line we stop at the Chamounix Spring and fill the milk bottle so we can each get a drink. We continue along the path and enjoy our time at the pond, returning home after another stop at the spring. We will use milk bottles tonight to gather mulberries from the tree on Plush Hill, or use them for containers for the fireflies we will catch there. We will wait for dark, and the fireworks show from the roof of the fort we built in the Spring. The fireworks will be launched from the former Woodside Park grounds, where we spent a good part of our afternoon.

East Falls NOW and the EFHS urge readers to NOT attempt to replicate Lyda's childhood excursion.

The Bathey was the Public Swimming Pool located where the Trolley Car Cafe now stands. There were so many children in the neighborhood at the time that they had to rotate boys' days and girls' days to avoid overcrowding.

Plush Hill was located at the original end of Haywood Street where only a pedestrian gate led to a private drive down to Indian Queen Lane.



Map by Lyda Doyle

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We mourn the loss of:

Eileen E. Furlong, 96, long-time resident of W. Coulter St., wife of the late Joseph V. Furlong. Survived by her son, Paul J. Furlong, and former son-in-law, Andrew C.M. Smith. Preceded in death by her daughter, Tracey, and her grandson, James Wood.

Rev. Robert T. Feeney, 63, former Pastor of St. Bridget Church from 2017 to 2020, died at Mercy Fitzgerald Hospital on April 7, 2020. Ordained in 1986, Fr. Feeney served six parishes in Philadelphia as pastor, including St. Clement, All Saints, St. Leo, Sacred Heart of Jesus, Our Lady of Peace in Milmont Park and as parochial vicar at St. John the Baptist. He is survived by four brothers, a sister, and nieces and nephews.

Dr. Herminio R. Muniz, 91, long-time resident of Warden Dr., husband of Jeanine (nee Pasquariello), father of Herminio Jr. (Lauren), Jeanine Benon (Christophe) and Margarita Urbanczyk. Also grandfather of Brice and Lily Muniz, Gabriel Benon, and Cece, Luke, Andrew and Dylan Urbanczyk.

William (Bill) Spearing, 47, of Vaux St., on June 14, 2020.

The editors of East Falls NOW provide these brief death notices as a courtesy to the community. Please submit information to editor@eastfallsnow.com. Longer notices are available for $25 per column inch. Submit to ads@eastfallsnow.com.

East Falls Historical Society

Discovering, Preserving and Appreciating the History of East Falls

We have helped protect EF historic sites through listings on the Philadelphia Register. Support us as a member! Find the membership form on our website, or email.

Odd Fellows/Palestine Hall, 1868

For all inquiries: eastfallshistory@gmail.com.
Eastfallshistoricalsociety.org And, visit us on Facebook!

EFTW wages war against graffiti, trash; launches fundraising drive

The COVID-19 crisis hasn't gotten in the way of East Falls Town Watch and its battle against graffiti vandals and trash.

Mary Jane Fullam, EFTW President, said that a special target has been the increased amount of graffiti scaring Kelly Drive and other high-traffic areas of the neighborhood.

To pay for new equipment -- such as a pressure generator for a spray painter -- TW has launched a fund-raising campaign.

"In recent years we have asked the business community of East Falls to support our work," Fullam told East Falls *NOW*. "We have been successful in that effort and are very appreciative of the financial commitments we have received.

"But the COVID-19 emergency has had a severe impact on commerce, and we think it is only fair to seek funds elsewhere," Fullam said. "Combined with the uncertainty of city funding that also has been affected by the coronavirus crisis, our TW Executive Committee has decided to launch an appeal directly to the residents of East Falls.

"We are asking our neighbors to contribute $10 or whatever they can afford so that we can pay for the equipment we need to remove graffiti and the materials we need, such as bags and clean-up equipment, to continue our monthly 'Litter Crew Ahead' clean-ups."

Contributions can be sent to East Falls Town Watch, 3540 Indian Queen Ln., Philadelphia, PA 19129, or can be made by credit card at www.eastfallscommunity.org. Please designate "TownWatch."

Fullam said that the City of Philadelphia has donated paint to use in the fight against graffiti vandals.

Fullam also commented on the state of community-police relations and the Black Lives Matter movement.

"The need for systemic reform is so clear that it is blinding," she said. "It also is clear that the police have been asked to do too much over time.

"But we have worked too long with Philadelphia police and we know that most of them are dedicated, caring professionals. I ask all neighbors to help them and Town Watch by calling 911 immediately if they see any problems. That is the only way they can respond."

Meetings:

EF Town Watch's Mary Jane Fullam and Ben Stravinsky paint over graffiti on the former Rivage Ballroom property on Kelly Dr.

Thurs., July 9, 7 pm: Zoom EFTW meeting; contact the TW office at 215-848-2033 for log-in information.

Wed., July 15, 6 pm: 39th District Police Service Area 1 meeting, dial 605-313-5071, code 9416071#,

Sat., July 18, 9 to 3 pm: Monthly clean-up

Mon., July 27, 6 pm: 39th Police district-wide meeting; same dial-in number.

Donations Needed!

Dear Neighbors:
In past years we have asked the East Falls business community to financially support the work of East Falls Town Watch. We also have received funds from the City of Philadelphia. Now, however, the business climate is grim due to the impact of the coronavirus crisis. The outlook for city funds similarly is dim. Therefore, we are asking you to contribute $10 or whatever you can afford to support the ongoing work of EF Town Watch – particularly to eliminate graffiti, clean up litter and enhance safety.

Please send your contribution to East Falls Town Watch, 3540 Indian Queen Ln., Philadelphia, PA 19129.

Thank you,
The East Falls Town Watch Executive Committee
Mary Jane Fullam, William Epstein, Marie Filipponi and Joan McIlvaine

Allison Hirst-O'Callaghan -- Another Amazing McMichael Park volunteer

Friends of McMichael Park volunteers Frances Bourne and Allison Hirst-O'Callaghan

What do you love about volunteering in McMichael Park?

I appreciated the improvement of this community treasure, which had become neglected throughout the 1970-80s. I played in the Park as a kid and partied in the Park as a teen, so it was a coming of age moment in 1990 when Bill and I moved (back) to Midvale Ave. and took a little ownership of this unique green space.

What volunteer moment are you most proud of?

I remember painting the green benches for a number of years early on and mulching the ground around them. It was an immediate visual improvement and we were proud to be a part of the changes. My grandpop used to rest on those benches in the 1960-70s while taking walks; they offer a clean quiet place in our community for visitors passing through by bus. I always admire evidence of spring clean-up after Love Your Park Day, with newly planted colorful flowers and the addition of a variety of trees.

What's the biggest challenge you've had to overcome regarding being a park volunteer?

As I aged, I struggled to always participate in Park improvements while keeping up my own property. I often wish more Fallsers and newcomers to the community would see the benefit of contributing a few hours now and then, recognizing McMichael Park as our shared natural space.

How many years did you volunteer in McMichael Park and what inspired you to keep participating?

Bill and I began to participate in the early 1990s but were not always consistent. I've been inspired by those who continue to maintain the Park for the benefit of everyone. It's a wonderful and gratifying way to meet your neighbors. My most recent contributions involved watering a newly planted evergreen through summer and fall, assuring its health as it took root. I also filled the "Doggy-Pot" boxes for about three years, a job that seems silly until dog-owners find themselves without a bag!

What advice do you have for other friends and volunteers?

Don't be shy, just jump in and introduce yourself to neighbors and friends you have yet to meet. Reach out to a few of the FOMP "old timers" and ask about the scheduled workdays or what you can do on your own. Pick up trash, plant a flowerbed, participate in Park socials and introduce your children to fun and service. No one is ever too young or old to be a valued neighbor!

Strawberries and the 'king of herbs'

by Anne Farnese

The lush, pungent herb basil has been cultivated for more than 5,000 years.

Derived from the Greek basilikos, meaning royal, it's often referred to as the "king of herbs." A member of the mint family, basil imparts its distinctive taste to Mediterranean cooking, especially Italian foods such as pesto, pasta sauces and caprese salad.

Most folks are familiar with the flavor affinity basil has with tomatoes, but not everyone knows the plant's bright green leaves enhance the luscious taste of fresh strawberries. Together, the two work well to give a summertime deliciousness to various dishes such as salads, sauces and desserts.

Sometimes, basil's taste can be strong, so keep in mind a small amount can be sufficient. Best to taste test.

Chevre Goat Cheese Stuffed Strawberries

This recipe works as an hors d'oeuvre or a dessert.

- 12 large strawberries, rinsed, hulled and core removed
- 4 ounces Chevre Goat Cheese
- ¼ cup 2 percent Greek-style plain yogurt
- 2 Tbs. chopped fresh basil
- Balsamic Glaze (Bertolli or Trader Joe's)

Whisk together the cheese and yogurt and half of the chopped basil.

Pipe or spoon the mixture to fill each strawberry.

Sprinkle remaining basil on top.

Drizzle some balsamic glaze on serving dish before plating the prepared strawberries.

Basil and Strawberries – perfect together.

Balsamic-Macerated Strawberries with Basil

Try this on top of slices of grilled or toasted pound cake:

- 2 lbs. fresh strawberries, rinsed, hulled and sliced
- 1 Tbs. granulated sugar
- 2 tsp. balsamic vinegar
- 8 fresh basil leaves

In a large bowl, gently toss the strawberries with sugar and vinegar.

Let sit at room temperature until strawberries have released their juices. (No more than 30 minutes)

Just before serving, stack basil leaves on a cutting board and roll vertically in a cigar shape; slice very thinly across the roll to make a chiffonade of basil.

Portion strawberries among four serving bowls and garnish with basil.

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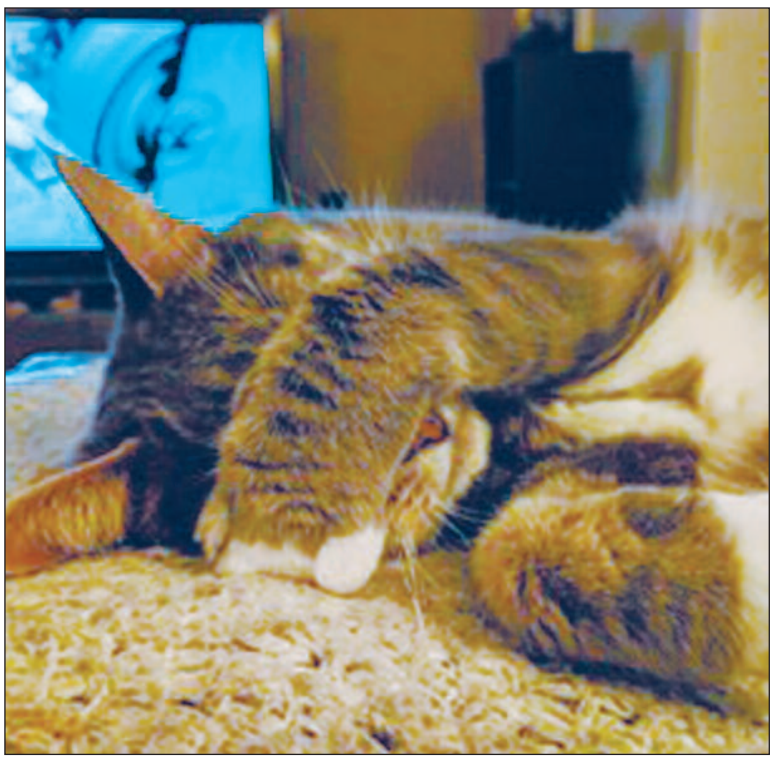
Outdoor cats, super predators:

Long past time to reign them in



Playing shy, Navin's cat, aka Tonks.

Navin on Nature

by Navin Sasikumar

I wrote previously, but rather peripherally, about this topic a year or so ago when I took a mourning dove to a rehab after it was attacked by an outdoor cat. But a recent online post has me revisiting the topic.

Outdoor cats are a contentious issue ,so I treat the topic carefully. Like many sensitive issues, however, ignoring the problem won't make it go away. Outdoor cats have been estimated to kill some two billion birds and 10 billion other animals in the US alone every year.

Outdoor cats come in many flavors -- from pets allowed to go outside to strays to ferals. Cats also are highly efficient predators, stealthy and fast with an excellent sense of hearing and equipped with sharp claws on all four limbs as well as with sharp teeth.

Unfortunately, cats do not belong to the native fauna of North America and were introduced here by humans. Evolution is a slow process happening over thousands and millions of years and the hunter and the prey evolve together in an ecosystem. To put it simplistically, when the hunter gains an advantage, the prey evolves an advantage of its own, although not all at once.

Evolutionary science

But when we drop an already highly evolved predator into an ecosystem where it doesn't belong, its prey doesn't have the time to evolve the defenses needed to survive against the predator, leading to decimation of the prey species. While humans have directly caused the extinction of many species, we have also caused the extinction of numerous others indirectly through the introduction of cats.

One argument I hear often about outdoor cats is that they are predators and they hunt. But that's an argument that chooses to ignore the evolutionary science of predator-prey relationships.

The problem is not that cats are hunters. The problem is that our native animals haven't had the chance to co-evolve with a super-predator like the domestic cat, leading to a situation in which the prey doesn't have the necessary defenses against a hunter such as the cat. And since evolution works over long time spans, this imbalance cannot easily be corrected before it is too late for our native species.

Often the same people who say cats are part of the environment are also the ones going out of their way to feed strays and artificially prop up colonies of feral cats. So which is it? Are feral cats part of the ecosystem (which they are not), or do they need human intervention to keep them alive and cared for?

We don't set up feeding stations and heated shelters for foxes, raccoons, or skunks, do we?

Humans also work to remove any predators that cats might have of their own from the environment -- coyotes, for example. Feeding stations also support cats in higher densities than would normally survive were it not for human intervention.

While they are efficient predators, studies have shown that one animal that cats don't prefer to hunt are rats. Cats find rats to be big and formidable and having evolved together, it is an evenly matched predator-prey relationship (if they are hunting rats at all.) So cats prefer more defenseless prey, such as frogs, native mammals and birds. Cat feeding stations are also attractive to rats since they can pretty much hold their own against cats. In addition, feeding stations are hotbeds of diseases as so many animals are feeding in close proximity to each other, often from the same bowls.

Another argument I hear from proponents of feeding strays and ferals is compassion for these cats. But this is just "speciesism" -- that is, favoring one species of animal as more morally important than another species. Feeding stray cats chooses to abandon compassion for the millions of chickens and cows tortured and killed in factory farms to make cat food; these animals are sentient and capable of feeling pain and suffering just as much as an outdoor cat. This is in addition to the aforementioned billions of birds and other animals that outdoor cats kill, often for fun. So the compassion argument doesn't really work, since it is compassion only for one's preferred species, ignoring hundreds of other species.

Need for licensing and regs.

All that said, trap-neuter-release (TNR) advocates do good work in ensuring that outdoor cats cannot reproduce freely by spaying and neutering them and re-homing cats that can be adopted. These services work to limit the ballooning numbers of cats. Unfortunately, with feeding stations and shelters, feral colonies rarely see a reduction in numbers unless the majority of cats are actually adopted.

So what can we do about this? The first step should be to bring the regulation of cats in line with existing laws for dogs at a state level. While it will not immediately fix all the problems, it is a good first step. While most states require dogs to be licensed, no state except Rhode Island requires the same of cats. And while dogs are required to be leashed at all but designated areas, no such law exists for cats. We need to pass legislation to make it illegal for cat parents to let their cats out without a leash. Not only is it better for the native ecology, but it is also better for the cats themselves.

Next, we need to make it illegal to feed and maintain unenclosed feral cat colonies on a continuous basis outside of the sole purpose of trapping them to adopt them out. I cannot maintain a dog colony outside in Philadelphia, nor can I set up a rat or skunk feeding station in my neighborhood. The same should apply to cats. It is also absolutely urgent to relocate any feral cats away from ecologically sensitive areas. Hopefully, this is something on which people can work together on legislation for the good of billions of animals.

Finally, a disclaimer:

I adore cats. I would prefer them to most humans, and I do not blame cats in any way -- only the humans who favor cats to the exclusion of every other animal. This disclaimer is necessary because criticism of owners who place cats outdoors earns ad-hominem attacks whenever someone tackles this sensitive issue. I wrote this article with one of my sweet kitties cuddled next to me, one that was rescued from the outdoors and is the cuddliest of indoor cats now.

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Checks should be payable to EFCC and mailed to EFCC c/o 3219 W. Coulter St., Philadelphia, PA 19129

300 Fallsers and neighbors march for Black Lives Matter

(Continued from page 1)

committed to playing a role in ending racism and righting wrongs of the past.

Referring to a statement on race issued by the EFCC Executive Committee one day earlier, Epstein said the Executive Committee relied on the words of the EFCC's mission statement and the nation's founding fathers.

"Our mission statement draws on the symbolism of the East Falls Bridge," he said. "It says that the Community Council is a bridge between community members, the city and our community's past, present and future.

"We build on those words and commit to building bridges of trust, respect and kindness among ourselves, our elected officials and our neighboring communities," he explained:

"Our statement "posits the hope that this is where we begin to have the conversations to deliver the promise of those founding fathers, and that we begin to build the bridges to deliver on the promise that all people are created equal and with unalienable rights to life, liberty and the pursuit of happiness."

Epstein said the EFCC's statement is posted on its website, www.eastfallscommunity.org. He invited anyone interested in joining the discussion to send an email to info@eastcallscommunity.org.

Maggie Lockwood, another organizer, said of McMichael Park that she wanted a place where families could gather. "It's important for white people to think more about race and to have a discussion," she said. She and her co-planners picked speakers who could inspire.

With thunderous voice and rythmic cadence, Rev. Sylvester Peterka of St. Vincent de Paul Church in Germantown, recalled the names of the dead to the repeated incantation, "O Lord, hear us. Help us to change our hearts!" Some in the crowd joined the chant. The Vincentian priest is known for his work on racial and cultural issues.

Later, Fr. Sy, as he is known, described the McMichael rally as a sign of gradual awakening. "We are finally getting it," he said of the white community. "The issue is far deeper than individuals like George Floyd or Breonna Taylor, terrible as those cases are. Racism is systemic and institutional. White privilege is ingrained in society. Fifty years ago blacks dominated the civil rights movement. Today, whites have joined in increasing numbers.

"We've become more sensitized for the first time in 400 years."

Ken Houston, long-time Germantown resident and former Director of the Boys and Girls Club of Germantown and a U.S. Veteran, offered words on the call and response tradition in the black community. His call of "black lives matter" elicited the affirming response of "Yes, black lives do matter."

Tom Volker, of East Falls, urged those gathered to join their voices with POWER – an interfaith non-partisan coalition of 50 religious organizations. He shared his experiences with POWER and its commitment to economic, climate, education, criminal justice and health care reform, and urged participants to visit the group at www.powerinterfaith.org.

Pastor Steven Blunt, of the Revelations Church of the Living God in Spring Garden, said, "We're not here to bash police, but to recognize evil in the world. It's time to starve bigotry, hatred and nationalism. Injustice anywhere is injustice everywhere."

Mary Jane Fullam, head of East Falls Town Watch and an advocate for local police, said the time had come "to do away with the police culture of protectionism."

"The system is broken," said Mamie Minella.

"I want to live in a just world. East Falls has a role to play," said Kelly McClure, who attended the rally with her husband, Matt.

"It's important that we show our support," said Tom Flynn, member of the executive committee of EFCC.

Part of the crowd of some 300 people who took part in the East Falls rally for Black Lives Matter

Participants marched around McMichael Park following the rally

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A Black Lives Matter call to action for our East Falls neighbors, Part 1

(Continued from page 1)

a rally it might be easy to think the work is finished. After all, reforms have already begun, including the recognition of Juneteenth as an official holiday, a reduction in police spending, long overdue police reform, and an investment of $25 million on anti-poverty measures in Philadelphia.

But this is only the tip of the iceberg in the fight against racism -- as systemic racism permeates every aspect of our lives, including our childrens' education.

If East Falls truly cares about our Black neighbors, we need to put far more effort into showing the students of Thomas Mifflin that they matter. And this is felt no more acutely than in the disproportionate access to resources and funds in our neighborhood schools. While Mifflin supporters are desperately trying to raise $60,000 to get a much-needed playground for the school's students, less than one mile away on Penn Charter's 47-acre campus, where tuition is $24,250 to $39,900 a year, some 900 students have access to six grass playing fields, an all-weather track, multiple tennis, squash and basketball courts, a climbing wall and a swimming pool. Thomas Mifflin, our local K-8 neighborhood school, has a student population of 332, 78 percent of whom are black/African American, compared to Penn Charter's 13 percent. The disparity in privilege is nothing short of astounding.

Horace Mann, a pioneering educator, said, "Education then, beyond all other devices of human origin, is a great equalizer of the conditions of men -- the balance wheel of the social machinery." Yet, it is impossible to believe that the educations provided by Penn Charter and Mifflin are, in fact, an equalizer

How can they be when the disparity in the deployment of resources is so vast? Supporting private and other predominantly white schools and not our majority Black public school upholds an inequitable system in which resources are concentrated in the hands of a few.

We understand the need for parents to do what they believe is in the best interest of their children, but it is also our shared responsibility to do everything in our power to ensure all kids, not just our own, get a fair shot at a good education. And until our actions align with this sentiment, education can never be the great equalizer.

There is no shortage of ways to show support for Black Lives Matter right in our own neighborhood, and one of those ways is to support our neighborhood school! Here are actions all of us can take right now:

Donate

The Friends of Mifflin are raising funds to help make our playground a reality! You can contribute here: https://thomasmifflinschool.org/the-playground

We also have a general fund that is used to purchase supplies for teachers or help fund students in after-school programs. Contributions can be sent to https://thomasmifflinschool.org/donate-to-fom.

Volunteer

Read to students once a week with East Falls Village and/or volunteer to staff the Mifflin Library. Check out http://eastfallsvillage.org/ for more information.

Offer to be a running buddy with Girls on the Run and cheer on one of our students as they run their first 5K. Follow Friends of Mifflin on Facebook for an announcement in the fall.

Join Friends of Mifflin. Enter your email on the listserve at https://thomasmifflinschool.org/take-action

Beautify Mifflin's campus by joining Mifflin's Pollinator project. Email mifflinpollinatorproject@gmail.com.

Share your career path with students at their next Career Day. We will look for volunteers beginning next February. Join the FOM listserve for the announcement.

Serve as a coach for the Mifflin Chess Club. Email carla.cue@gmail.com.

Advocate

Participate in School Board meetings. They are open to the public and anyone can register to speak. More information at https://www.philasd.org/schoolboard/

Fight for Fair Funding for all Philly Public Schools. Visit www.philasd.org/fudourschools/.

Encourage local parents to consider Mifflin as a first choice for their children! Learn more on the Friends of Mifflin facebook page.

Research

Check out integrated-schools.org and learn more about the grassroots movement by and for parents who are enrolling their children in integrating schools.

Watch a Ted Talk on how to understand racism in America: https://www.ted.com/playlists/250/talks_to_help_you_understand_r.

Vote

Be sure you're registered to vote! And apply to vote by mail: https://www.pavoterservices.pa.gov.

Vote for candidates who promise to equitably fund all public schools.

This is a call to action to all people in our community. Each one of us can contribute our time, funds and talent to make sure that Mifflin continues to be a strong, vibrant community for its students.

And to our Quaker neighbors up the road, we welcome collaboration in order to help us raise what amounts to .1 percent of your current $70 million campaign. As an institution whose principles are mutual respect, equality, and community, we believe that together we can make education equitable for all. Because in East Falls we believe that Black Lives Matter.

'…to our Quaker neighbors up the road…we believe that together we can make education equitable for all. Because in East Falls we believe that Black Lives Matter.'

Participants marched around McMichael Park following the rally

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Volunteer powered, the East Falls Community Council represents the interests of the people of East Falls. We improve our quality of life through the work of our Zoning and Traffic committees, and by supporting:

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• Falls of Schuylkill Library • EF Village • Grants
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• EF Historical Society • McMichael Park
Inn Yard Park • EF Community Garden
• Solarize East Falls • EF Dog Park, coming soon

We also sponsor events that improve and bring together our community:

Mifflin Arboretum Clean-up • EF Flea Market
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For the love of gardens: From the 1940's to today – a mindful gardener

by Robert Rabinowitz

A 1940's photograph of a victory garden with a little boy holding his grandfather's hand became an ever-expanding reality when Donna and I moved to W. Coulter St. in the early 90's.

Four separate gardens, plus a plot across the street in the corner of McMichael Park, now surround our house.

Though duties are shared, my wife is the primary landscape architect and I am the grunt worker.

Each year we mourn for what has died over the winter. We replant the calla lily bulbs stored in the attic, excited as the early spring colors begin to emerge. We make a careful deliberation of what is possible to add for new hues and tints, stopping to find the perfect baskets for setting into or on top of planters and long ago yard sale-rescued chimney pots. The flowers create a spring and summer flow of vibrant colors enjoyed from the patio or our walking trail that begins with a memorial to our cat. The herbs flavor our cooking, and harvesting the two crops of summer raspberries provides the main ingredient for making jam for winter enjoyment.

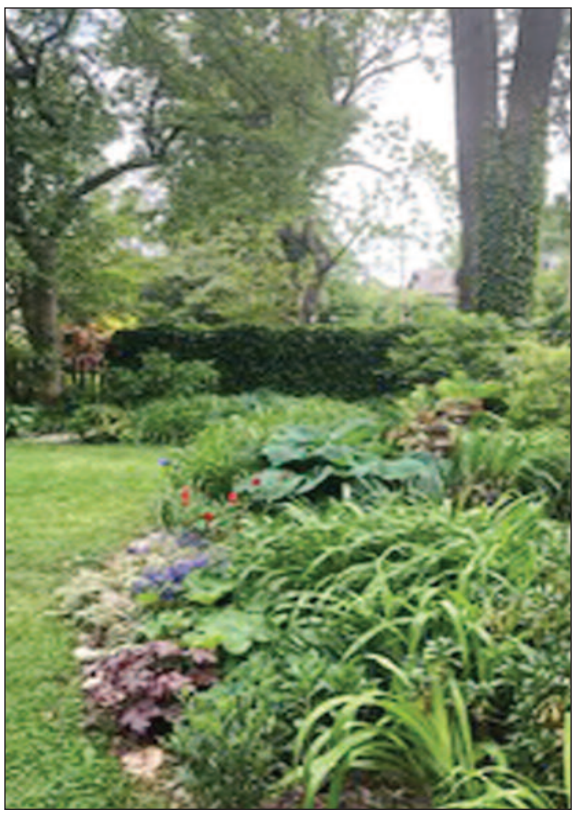
We have mysteries waiting to be unraveled. Will the lilac tree transported from our previous home bloom for another year after all the dead wood is taken down? Will the crepe myrtle, mistakenly thought to be a bush while, in reality, a tree whose size and spread, need a major annual haircut? Will it extend new branches and flowers?

And the questions: Is there a way to discourage the orange cat from hiding in the pachysandra at the side of the bird feeder? Should we put down artificial mulch to slow the growth of weeds? Ought the privet hedges, a doorway between garden sections, be evenly trimmed in the name of symmetry or continue with their height differences?

And the surprises: The purple phlox that, with the help of seed dropping birds, are more closely packed and brighter than remembered. The peony bushes, weighted with branch-drooping blossoms, the result of a warm winter and cool spring, just beg to be placed indoors so that their color might be more appreciated. The same weather conditions also benefited the longevity of the magnolia blossoms that so often are brief in their moment and then require extensive cleanup.

This year, with the pandemic properly curtailing travel, we returned to more of the victory garden model by adding vegetables. The landscape gardener decides which ones and where they will be placed. During these sad and difficult times I've begun a meditation practice that blends into the requirement that full attention needs to be given to the section of weeds being done. The fact of the weeding having a beginning, middle, and a decision to end for the day helps to maintain a sense of time in these days, especially given the loss of usual temporal checkpoints when one is retired.

As each of the gardens is a never-ending task, often I move from one job to another, creating a pretense that a project is near completion. Twice in the past month I've dug out ferns and tulips, put them into a pot at the curb and smiled knowing that they are now beautifying another garden.



Circa 1940's, the author and his grandfather and a view of the author's garden today at the intersection of W. Coulter and McMichael Sts.

One of the pleasures of working in the front of the house is the opportunity to exchange information with friends and strangers and meet many of the neighborhood dogs and the people who walk them. Perhaps my being on all fours encourages the dogs, a few upright runners and other people to stop and chat. The pervasive isolation and loneliness of these times is helpfully mitigated by this neighborly contact.

This column is dedicated to your stories about your love of gardens. We encourage our neighbors of all ages and ask that you send your submission of 450 words along with a photo to: dkaplan8@verizon.net,

Fox St. ShopRite quickly reopens after two nights of looting damage

(Continued from page 1)

where Philadelphia firemen rescued them.

In spite of that episode, the ShopRite team was able to open both stores within a week of the looting.

All 22 stores in the Bakers Centre shopping center suffered similar broken windows and looting, leaving a bombed out, boarded up look to the stores that sit on the former site of Tasty Baking Co.

The Browns' other ShopRites in Philadelphia -- on Ridge Ave. in Roxborough and Island Ave. in Southwest Philadelphia -- suffered no damage. Their Fresh Grocer supermarket on Monument Rd. suffered minor damage.

Observers who know of the Browns' commitment to the communities served by their stores were deeply saddened by the attacks on their supermarkets.

The Browns make it a policy to hire community residents for their 2,300-person workforce in 12 stores. They provide training and jobs to women and men who have served time in prison, and they established a foundation, Uplift Solutions, to provide assistance to grocery operations and improve food access in communities across the U.S.

Before the George Floyd tragedy, as the business community struggled with the coronavirus crisis, Jeff Brown partnered with real estate developer Jeff Bartos and other business leaders to establish the PA 30 Day Fund. The fund provides small business owners with forgivable loans to help them ride out the economic challenges created by COVID-19.

Jeff Brown is a fourth generation Philadelphia grocer. He founded Brown's Super Stores, Inc. and serves as its President and CEO. Sandy Brown serves as Director of In-Store Branding and Public Relations, and as a Director on the board of Uplift Solutions.

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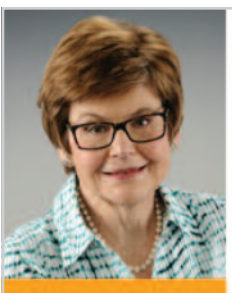
Volunteering in the Community

The City of Philadelphia has set up a warehouse to partner with local food pantries to assist with getting meals to the City's most vulnerable population during the COVID-19 pandemic. This warehouse will be the main hub through which food will be sorted, packed, and distributed.

Volunteers will work in teams of 6 to 10 people to sort food and pack meals. The City is committed to keeping volunteers safe through practicing social distancing and following guidelines from the CDC and the Philadelphia Department of Public Health. Ages 18 and up. 10 AM to 12 PM.

For more information, go to *forphilly.com*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East Falls *NOW* Restaurant and Business Guide

As we face the coronavirus crisis together, East Falls *NOW* and the East Falls Community Council present this service to our readers and to the restaurant owners and workers in our community.

Please consult www.eastfallscommunity.org, as we will update this alphabetical guide regularly. For questions or to change or add information, please email us at info@eastfallscommunity.org.

We'll also carry this guide in the EFCC's weekly emails. If you don't get them, send your email address to the same address.

Restaurants are permitted to operate for take-out if orders are called-in or submitted on-line ahead of pick-up. They also can make deliveries.

4th Street Famous Cookies, 4177 Ridge Ave., 215-625-9870 or famous cookies.com; order 8 am to 3 pm Mon. to Thurs., 8:30 am to 1 pm Fri.; Grub Hub.

Apollo's Pizza, 3542 Conrad St., 215-842-0178; take-out 11:30 am to 8:30 pm daily.

Billy Murphy's Irish Saloon, 3335 Conrad St., 215-844-9683; call ahead to order 4 pm to 8 pm Thurs. to Sunday.

Black Squirrel, 3749 Midvale Ave.; will open with an English pub-style menu when sit-down service is permitted.

Cranky Joes, 3501 Indian Queen Ln., 215-844-5626; 12 noon to 6 pm, call for take-out food and beer.

East Falls Deli, Conrad and Tilden Sts.; 267-297-5746; order online at www.falls-deliphilly.com; takeout and delivery; 7 am to 3 pm, Mon. to Tues.; 7 am to 6 pm, Wed. to Fri.; 7 am to 3 pm, Sat. and Sun.

East Falls Farmers Market, under the Twin Bridges 11 am to 1 pm Sat.; order and pay in advance at eastfallsfarmers-market.com.

Fiorino, 3572 Indian Queen Ln., 215-843-1500 or 877-585-1085; take out and sidewalk tables 4 to 8 pm daily.

Foghorn Fried Chicken, 4213 Ridge Ave; 267-335-3061; order online: www. foghornphilly.com take-out and delivery 12 noon to 8 pm daily.

Founded Coffee and Pizza, 3300 Henry Ave., 267-900-5338; order online at www.foundedpizza.com; take-out and delivery 10 am to 9 pm daily. Full pizza, sandwich, salad and platter menu.

Franklins, 3259 Cresson St., 267-336-7420, google franklins east falls; take-out limited menu and beer, Wed. to Sun., 12 noon to 9 pm.

Frank's Pizza, 3600 Fisk Ave., 215-848-6433; order online at www.frankspizza-eastfalls.com; take-out and delivery; Grub Hub; pizza, steaks, hoagies, salads and platters; 11 am to 10 pm Mon. to Thurs., 11 am to 10:30 pm Fri. and Sat., 11 am to 9:30 pm Sun.

Golden Crust Pizza, 3732 Midvale Ave.; 215-848-4400; order online at www.golden-crustpizzaiii.com; pickup and delivery; full pizza, sandwich, salad and platter menu, Mon through Sat.

In Riva, 4116 Ridge Ave., 215-438-4848; order online at www.in-riva.com; take-out, curb-side service and delivery; opentable; specials: ½ off draft beers, pizzas and specialty cocktails, and $5 house wines; 12 noon to 8 pm daily.

LeBus, 4201 Ridge Ave., 484-255-2100; order online at www.lebuseastfalls.com; opentable, open for takeout, sidewalk service, delivery and curbside service; 11 am to 9 pm Mon. to Thurs., 11 am to 10 pm Fri., 9 am to 3 pm and 4 pm to 9 pm Sun.

Majors, 4207 Ridge Ave., 215-848-0848; closed.

Murphy's Irish Saloon, 3333 Conrad St., 215-844-9683; take-out 4 to 8 pm, Thur. to Sun.

Nou Vaux Market, 3539 Vaux St., corner of Tilden and Vaux Sts., 215-438-7600; 8 am to 7 pm Mon. to Fri., 8 am to 5 pm Sat., 8 am to 3 pm Sun.; local meats, Marchiano's breads, vegan and gluten-free products, dairy, pet needs, lottery, seasonal plants, tools and soil.

Shan Chuan, 4211 Ridge Ave., 215-844-7889, shanchuaneastfalls.com; 11:30 am to 10 pm Mon. to Thurs., 11:30 am to 11 pm Fri. and Sat., 12 noon to 10 pm Sun.

Side of the Road Jerk Chicken, 3502 Scotts Ln., Bldg. 21 in Sherman Mills, 267-297-7286 for take-out and delivery; 12 noon to 8 pm Tues. to Sat., 12 noon to 6 pm Sun.

Slices Pizza, 4249 Ridge Ave., 215-843-4747; take-out and delivery; 11 am to 11 pm Sun. to Wed., 11 am to 12 midnight Thurs. to Sat.

Terron vegan restaurant, 3426 Conrad St., 215-716-7111, order at terronkitchen.com; take-out curb-side service; free local lunch delivery and delivery anywhere via Grubhub and Doordash; 11 am to 2 pm and 5 to 9 pm Mon. to Fri., Sat. brunch 9 am to 2 pm, dinner 5 to 9 pm,Sun. brunch 10 am to 3 pm and dinner 5 to9 pm.

Thunder Mug, 4233 Ridge Ave., 267-766-6950; call to order ahead or on-line at www.thundermugcafe.square.site for coffee and pastries; 8 am to 3 pm daily.

Trolley Car Cafe, 3269 S. Ferry Rd. under the Twin Bridges, 267-385-6703; trolley-carcafe.com; take-out and delivery, Uber Eats and Grub Hub; 9 am to 3 pm daily.

Vault + Vine, 3507 Midvale Ave., 267-331-6292, cafe@vaultandvine.co; café open for bagged coffee, drink and pastry curbside pick-up 8 am to 3 pm daily; plant shop open Thurs. to Sat. for delivery, hello@valutandvine.co.

Wissahickon Brewery, 3705 W. School House Ln., 215-483-8833 or order online at www.wissahickonbrew.com; take-out and delivery of beer, snacks and doggy treats; 12 noon to 7 pm daily.

Please consider giving to this go-fund-me site to assist employees of restaurants and bars in East Falls who have been impacted by the coronavirus pandemic: www.gofundme.com/f/support-east-falls-restaurant-and-bar-workers

Also open in East Falls:

RG Group, quality printed sportswear, 877-549-7712 or ronangill.com

Zoom into yoga with East Falls Village

by Mary Flournoy

Despite the pandemic, the East Falls Village yoga classes have been able to continue – through the Zoom meeting online platform.

We have two instructors and each class is slightly different: the Tuesday class, taught by Lillian Rozin, includes poses done on a mat (or rug); the Thursday class, taught by Shiva Das, is done while sitting on a sturdy armless chair and standing behind the chair for balance.

We hold two classes per week – Tuesday and Thursday afternoons from 2 to 3 pm. Each class includes a focus on breathing, balance and stretching, as well as a chance to relax and de-stress.

The Tuesday classes will run from July 14 through August 25; the Thursday classes will run from July 16 through August 27. The fee for each series is $42 for Village members; $49 for non-Village members. To register, call 267-444-4507 or email info@eastfallsvillage.org.

Checks should be made payable to EFCC and mailed to EFCC, c/o 3219 W. Coulter St., Phila. PA 19129. Send one check If registering for both the Tuesday and Thursday classes. Registration deadline is July 13.

While the Zoom classes are not the same as in-person classes, there are some advantages:

• It may be easier to see and hear the instructor – use Speaker View

• If you don't want your image shown, you can turn off the Video and only your name will be shown.

• You can participate from anywhere – the comfort of your own house, a place at the shore, or at a relative's house – as long as there is internet access.

• You can use any type of computer – desktop, laptop, a tablet (such as an I-Pad), or even a smartphone.

What some class members say about Zoom Yoga:

• "It has been fun and meaningful. I was surprised how much my body missed the movement. While we had some technical difficulties, we've managed to overcome them and get our full yoga benefits."

• "The classes have been so convenient and brighten up my day. I look forward to them each week – a great help during these trying times since they relieve stress and energize at the same time."

• "It keeps me connected to my classmates and well stretched! A valuable bridge to when we can once again gather and enjoy in person."

• "One Thursday, I was so relaxed by the class that I almost fell asleep in my chair at the end."

• "Doing the classes by Zoom is really easy. I like having the ability to have two different classes, with two great teachers with different styles."

If you have never used Zoom before, the East Falls Village website has tips on using Zoom on its home page, www.eastfallsvillage.org.

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