

# St. Bernard Parish Community Guide



PRESENTED BY PIONEER PROMOTIONS

Promoting Businesses and Communities Statewide



### **Famous Donuts & Burgers**



6901 St. Claude Ave. Arabi, LA 70032 **504-277-0030**  2101 E. Judge Perez Dr. Chalmette, LA 70043 **504-277-0030** 



504-905-2065

2001 E Judge Perez Chalmette, LA 70043

> CAFE HOURS CLOSED MONDAYS TUESDAY - SUNDAY 10:30AM - 8PM











#### If you...

- have spine, nerve, or disc issues,
- have headaches,
- have arm, or leg pain,
- had an auto accident or whiplash,
- are pregnant or want your child checked,

We are here to help!

504-271-6500

X f G

221 W. Judge Perez Dr. Chalmette, LA 70043 www.shoemakerchiro.com

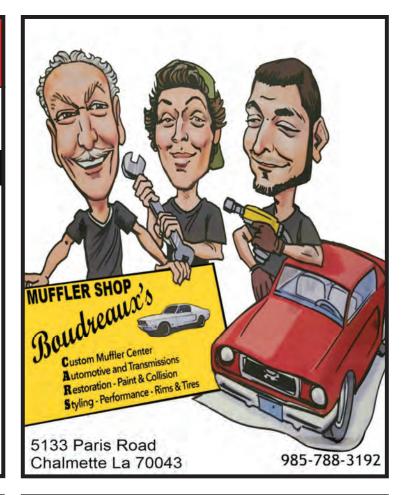


120 E Morales St. Chalmette, LA 70043



St. Bernard Strong

504-579-6410

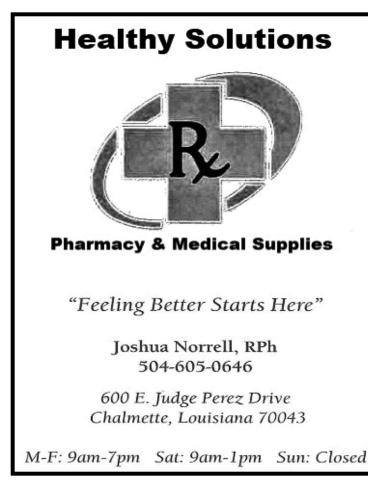






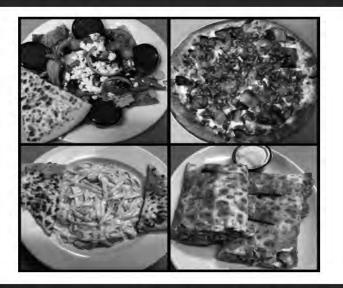








# cafe roma



3358 Paris Road Chalmette, LA 70043 www.caferomachalmette.com (504) 270-0999



2110 E. Judge Perez Dr. Chalmette, LA 70043 504-279-6639 www.todaysketch.com

Celebrating 40 Years

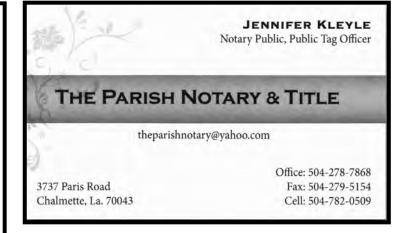


Meal Replacement Shakes Loaded Teas

4217 E Judge Perez Dr | Meraux LA 70075

(504) 220-8642

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# HURRICANE PREPAREDNESS CHECKLIST



#### Food and Supplies for Severe Weather

No one wants to think about a hurricane, tornado, or other major storm system visiting your area, but it's better to be prepared to protect your home and family. With this checklist, you can ensure you have the necessary materials on hand at home.

#### **KEY SUPPLIES**

- □ Water − 1 gallon per
  1 person per day.
  For a family of 4 for 5
  days, you need 20 gallons. Save water
  in a bathtub for basic sanitation and
  dishwashing, but do not drink this water.
- ☐ First Aid Kit Band-Aids, bandages, antibiotic ointment, bleach and a medicine dropper so you can create water disinfectant (6 drops of bleach for every 1 gallon of water), hand sanitizer, any necessary medications, hygiene products, and baby products.
- ☐ Flashlight 1 flashlight per family member and the correct size of extra
- ☐ **Tool Kit** A basic set of tools: hammer, nails, screws, screwdriver, pliers, and knife.
- ☐ Sanitation Products Toilet paper, moist towelettes, and plastic garbage bags in different sizes. You need to keep waste away from your family and other supplies until local services like water and trash have been restored.

#### **FOOD**

Your family needs to accumulate at least a five-day supply of non-perishable food that requires no refrigeration and little preparation.

#### This includes:

- Dry cereal
- ☐ Canned goods: fruit, vegetables, juice, soups, meats, pasta, beans
- Nuts
- Peanut butter
- □ Bread
- Crackers
- ☐ Granola and energy bars
- Un-refrigerated fruit: bananas, apples, oranges
- ☐ Pet food
- Baby food and bottles
- Rice and pasta
- Pasta sauce
- Seasoning
- Oats

#### OTHER ITEMS

- Rain gearPaper towels
- ☐ Plastic sheeting
- ☐ Rope
- Duct Tape
- Garbage bags
- ☐ Aluminum foil
- Mosquito repellent
- ☐ Grill
- Charcoal
- ☐ Lighter
- ☐ Lighter fluid
- ☐ Cash
- Manual can opener
- ☐ Large sealable bags to store important documents
- ☐ At least ONE fully-charged cellular phone
- ☐ Strike anywhere matches
- ☐ Resealable sandwich bags
- Hand sanitizer
- ☐ Dish soap
- Paper plates and cups
- Plastic utensils
- ☐ Pet leash, collar, food bowls and carrier
- ☐ Baby diapers, wipes and rash ointment



Breakfast Seafood Hot Tamales Poboys Ass-Kickin' Chicken

> All-You-Can-Eat Buffet Tuesday-Friday

5442 E. JUDGE PEREZ DR. • VIOLET, LA 70092



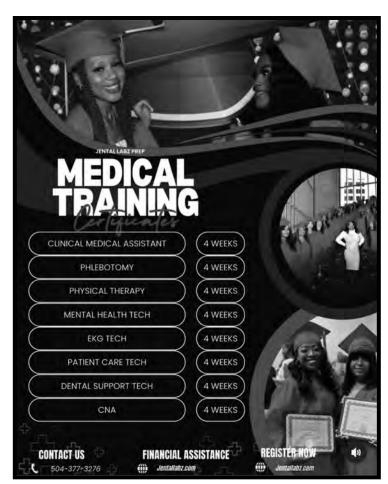
- ▲ Mount & Balance
- **▲** Oil Change

**▲** Wheels

- ▲ Brakes
- ▲ Tire Repair
- ▲ And More!
- ▲ Lift Kits

**3803** Paris Rd. Chalmette, LA 70043

Ph: 504-533-1683





Oysters Steaks Cocktails Wine



**Happy Hour** Lunch Specials Catering Private Events

Hours Tuesday-Wednesday: 11-2, 5-9pm Thursday-Saturday: 11am-9pm

> 712 W. Judge Perez Chalmette. LA 70043 504-644-4992





If you believe you or someone you know is a victim of exploitation, call 1-800-THE-LOST (1-800-843-5678) or visit report.cybertip.org/reporting



Romona Hilton Missing Since: Apr 25, 2025 Missing From: New Orleans, LA Age Now: 17



Diante Perkins Missing Since: Apr 17, 2025 Missing From: New Orleans, LA Age Now: 15



Aurneisha Preston Missing Since: Apr 9, 2025 Missing From: New Orleans, LA. Age Now: 16



Saniya Wilson Missing Since: Mar 20, 2025 Missing From: Shreveport, LA Age Now: 17



Autumn Hooper Missing Since: Feb 20, 2025 Missing From: Lake Charles, LA Age Now: 16



Angela Escobar-Melara Missing Since: Feb 9, 2025 Missing From: Kenner, LA Age Now: 16



Zaniyah Hebert Missing Since: Dec 8, 2024 Missing From: Lafayette, LA Age Now: 16



Juliana Delcid Missing Since: Jan 27, 2024 Missing From: Church Point, LA Age Now: 17



**Demina Perkins** Missing Since: Apr 17, 2025 Missing From: New Orleans, LA Age Now: 16



Ameera Aldamen Missing Since: Apr 9, 2025 Missing From: New Orleans, LA Age Now: 16



Azria Hardy Missing Since: Apr 9, 2025 Missing From: New Orleans, LA Age Now: 16



Tony Moreau Missing Since: Mar B, 2025 Missing From: Denham Springs, LA Age Now: 16



Cydney Lafleur Missing Since: Feb 18, 2025 Missing From: New Iberia, LA Age Now: 14



Jamarious Kelly Missing Since: Jan 18, 2025 Missing From: Baton Rouge, LA Age Now: 17

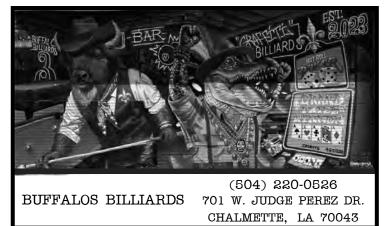


Tyler Southern Missing Since: Nov 20, 2024 Missing From: Baton Rouge, LA Age Now: 17



Laylah Harrell Missing Since: Dec 13, 2023 Missing From: New Orleans, LA Age Now: 18





#### CROSSWORD PUZZLE

(Solution on page 43)

#### Across

- 1. Canine comments
- **5**. Lowest tides
- 10. Caroled
- 14. Soak through
- 15. Resource
- 16. Factual
- 17. Robust
- 18. Not excessive
- 20. Pastry
- 22. Vatican VIP
- **23**. Kind
- 24. Actor's goal
- 26. Key near Ctrl
- 28. Was in debt
- 30. Biblical mountain
- 33. Wave type
- 37. Valley
- 39. Father
- 40. Not written
- 41. Short skirts
- 42. Ladder rung
- 43. English nobleman
- 44. Train track
- **45**. Bar drinks
- 46. Scoffs
- 48. Nutmeglike spice
- **50**. Color
- **51**. Less refined
- **56**. She-sheep
- 58. "Heidi" setting
- **62**. \_\_\_\_ pig
- 63. Eye-opener
- **66**. Move quickly
- **67**. Spring flower
- 68. Heavenly food
- 69. Toledo's lake
- 70. Welshman
- 71. Organization (abbr.)
- 72. Swamp plant

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#### Down

- 1. Campfire remains
- 2. Respond (to)
- 3. Gent (sl.)
- 4. Pointed weapon
- **5**. Not wide
- **6**. Wind dir.
- 7. Kin of PDQ
- 8. Mexican coin
- 9. Street sign
- **10**. RR stop
- 11. Mediate
- 12. Void's partner
- **13**. Nerd
- 19. Adjacent

- 21. False god
- **25**. Radio and newspapers, e.g.
- **27**. Slip-up
- 29. Jeans material
- 30. Pacino and Gore
- **31**. One who mimics
- **32**. Bugle call
- 33. Little piggies
- 34. Persia, now
- 35. Reckless one
- **36**. Back street
- 38. Pale purple
- **41**. " Robinson"
- 45. Boyfriend

- **47**. True
- 49. French brandy
- 52. Bus patron
- **53**. Trap
- **54**. Scary
- 55. Judged
- **56**. Guitarist \_\_\_\_ Clapton
- **57**. "Wish You \_\_\_\_ Here"
- **59**. Dalai
- 60. Sch. groups
- **61**. Transgressions
- 64. RI time zone
- 65. Lennon's lady

Riddle:
The more you take, the more you leave behind. "What am I?"



Answer: Footsteps.



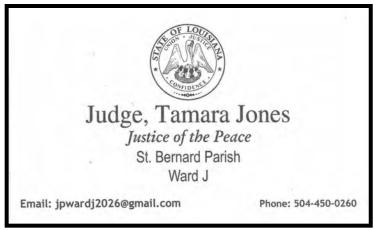














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# Appointments

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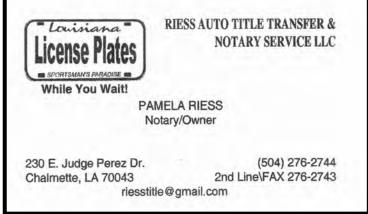




## Addresses & Phone Numbers

Name	Address	Email	Phone	Mobile





# Special Events

DATE	TIME	DESCRIPTION



Monday - Saturday: 10AM - 9PM

Donuts

### Anniversaries

JANUARY	FEBRUARY	MARCH
APRIL	МАҮ	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	N O V E M B E R	DECEMBER





# Birthdays

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
ОСТОВЕК	NOVEMBER	DECEMBER



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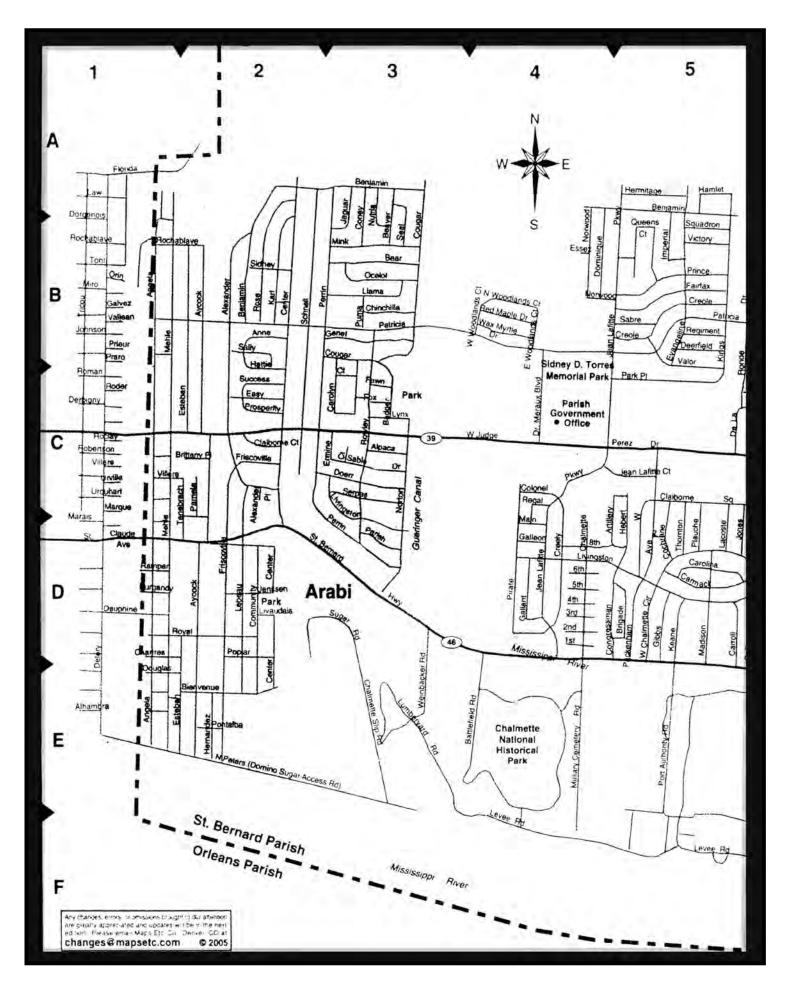
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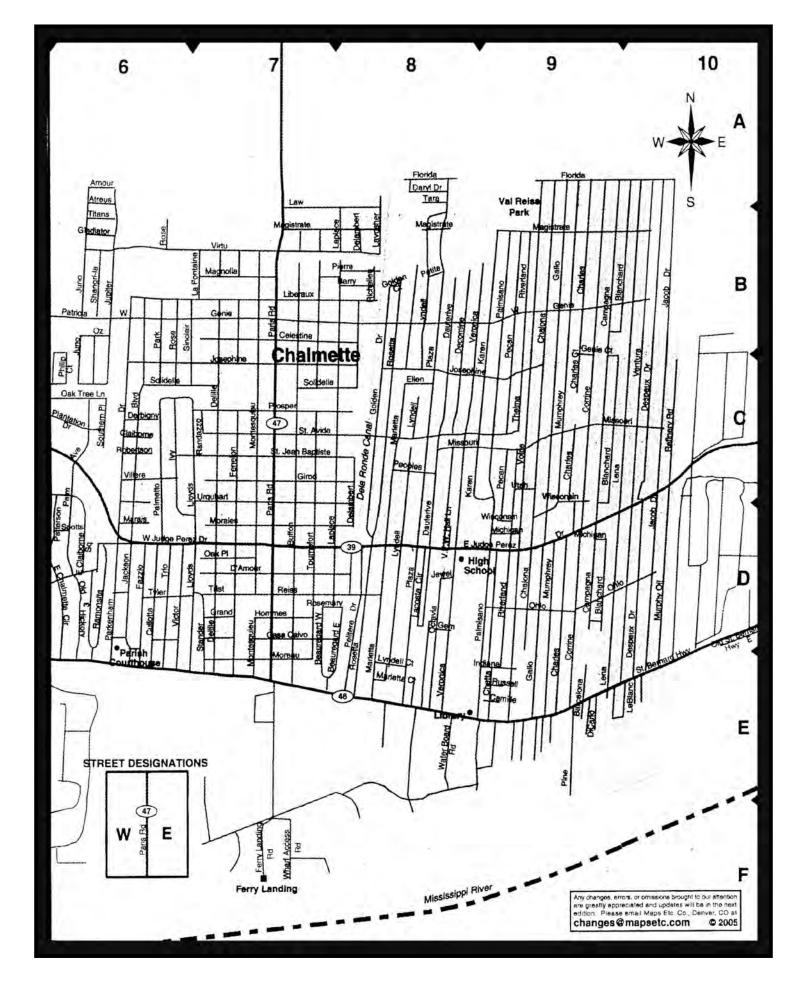
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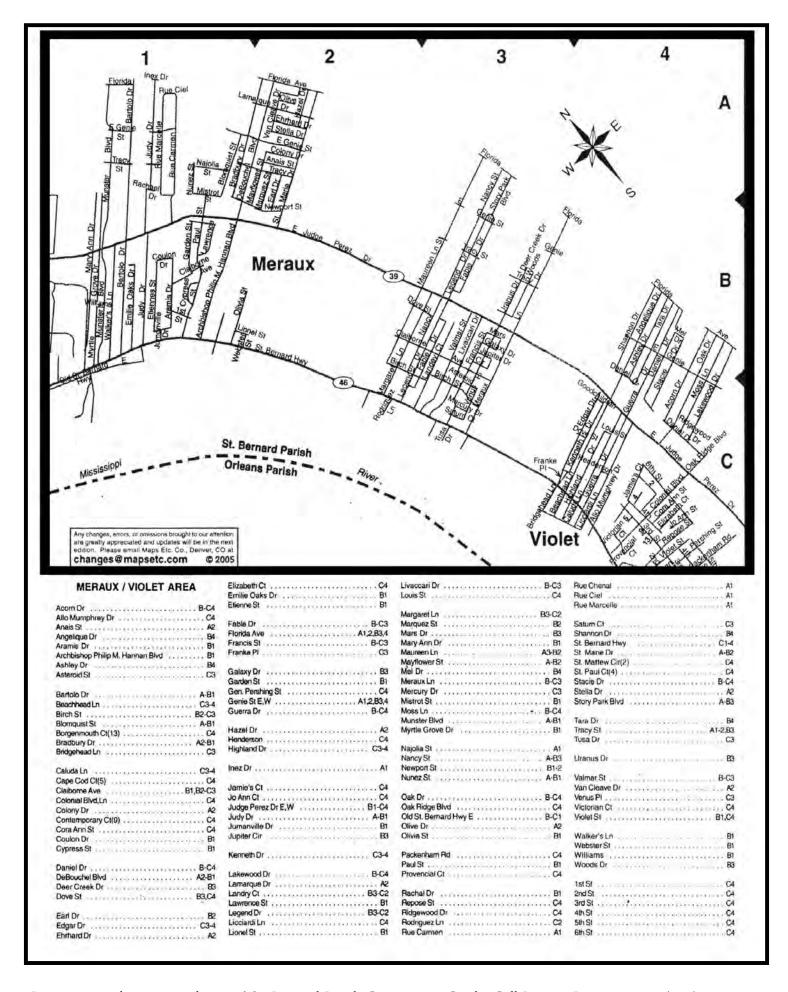


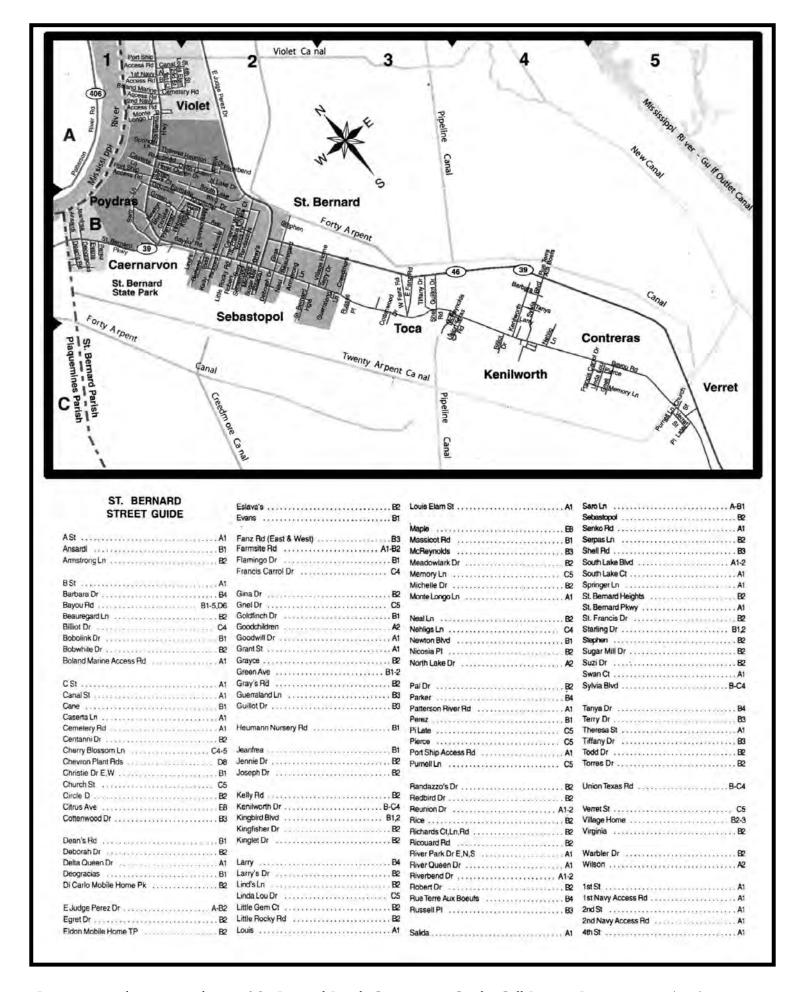


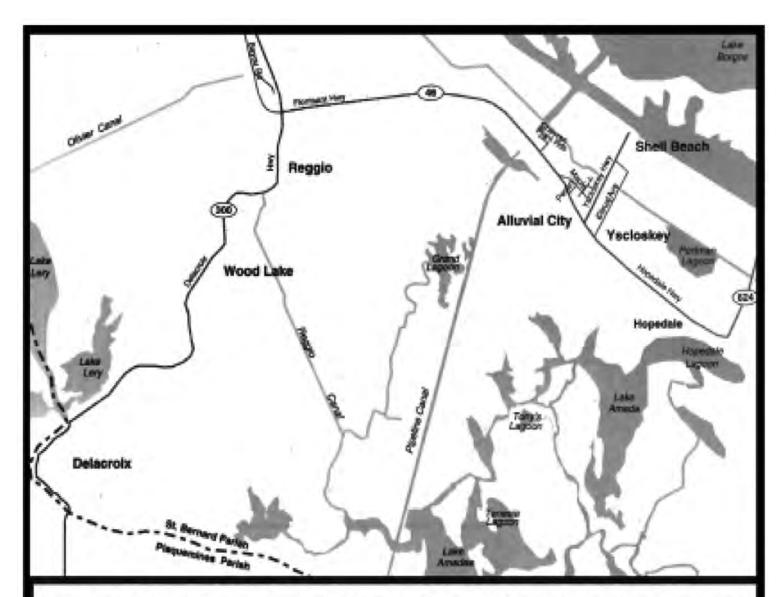
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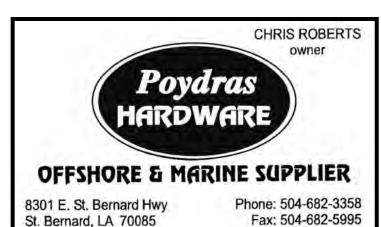




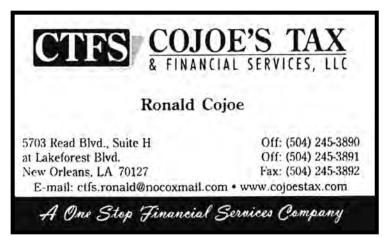


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Date	V/H	Opponent	Score
9/7	Н	Arizona Cardinals	
9/14	Н	San Francisco 49ers	
9/21	V	Seattle Seahawks	
9/28	V	Buffalo Bills	
10/5	Н	New York Giants	
10/12	Н	New England Patriots	
10/19	V	Chicago Bears	
10/26	Н	Tampa Bay Buccaneers	
11/2	V	Los Angeles Rams	
11/9	V	Carolina Panthers	
11/23	Н	Atlanta Falcons	
11/30	V	Miami Dolphins	
12/7	V	Tampa Bay Buccaneers	
12/14	Н	Carolina Panthers	
12/21	Н	New York Jets	
12/28	V	Tennessee Titans	
TBD	TBD	Atlanta Falcons	

Date	V/H	Opponent	Score
8/30	V	Clemson	
9/6	Н	Louisiana Tech	
9/13	Н	Florida	
9/20	Н	Southeastern LA	
9/27	V	Ole Miss	
10/11	Н	South Carolina	
10/18	V	Vanderbilt	
10/25	Н	Texas A&M	
11/8	V	Alabama	
11/15	Н	Arkansas	
11/22	Н	Western Kentucky	
11/29	V	Oklahoma	



(Answers on page 38)

#### **BRAIN TEASERS**

1) A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

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Date	V/H	Opponent	Score					
8/30	Н	Northwestern						
9/6	V	South Alabama						
9/13	Н	Duke						
9/20	V	Ole Miss						
9/27	V	Tulsa						
10/9	Н	East Carolina						
10/18	Н	Army						
10/30	V	UTSA						
11/7	V	Memphis						
11/15	Н	Florida Atlantic						
11/22	V	Temple						
11/29	Н	Charlotte						

Date	V/H	Opponent	Score
8/30	V	Louisiana TEch	
9/6	V	Murray State	
9/13	Н	Mississippi Valley State	
9/20	V	LSU	
9/27	Н	UTRGV	
10/4	V	McNeese	
10/18	Н	Northwestern State	
10/25	V	Houston Christian	
11/1	Н	East Texas A&M	
11/8	V	Lamar	
11/15	V	Incarnate Word	
11/20	Н	Nicholls	

- **2)** No matter how little or how much you use me, you change me every month. What am I?
- **3)** A man describes his daughters, saying, "They are all blonde but two; all brunette but two; and all redheaded but two." How many daughters does he have?
- **4)** Your parents have six sons including you, and each son has one sister. How many people are in the family?
- 5) A man was walking in the rain. He was in the middle of nowhere. He had nothing and nowhere to hide. He came home all wet, but not a single hair on his head was wet. Why is that?







#### **SOUTHERN**



#### **CHALMETTE HIGH**

Date	V/H	Opponent	Score
8/23	Н	NorthCarolina Central (Atlanta, GA)	
8/30	V	Mississippi Valley State	
9/6	Н	Alabama State	
9/13	V	Fresno State	
9/27	Н	Jackson State	
10/11	V	Bethune-Cookman	
10/18	Н	Prairie View A&M	
10/25	Н	Florida A&M	
11/1	V	Arkansas-Pine Bluff	
11/8	V	Alcorn State	
11/14	Н	Texas Southern	
11/29	Н	Grambling State (New Orleans)	

Date	V/H	Opponent	Score		
8/9	Н	South Plaquemines			
9/5	Н	John Ehret			
9/19	V	Holy Cross			
9/26	V	Booker T. Washington			
10/2	Н	Pearl River			
10/10	Н	Ponchatoula			
10/17	V	Northshore			
10/24	Н	Fontainebleau			

# Answers to Brain Teasers 1. The river was frozen.

- 2. A calendar.
- 3. Three. A blonde, a brunette and a redhead.
- 4. Nine-two parents, six sons and one daughter.
- 5. The man was bald.









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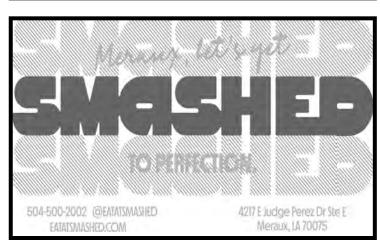


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Answer on page 43

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#### Puzzle Solution (puzzle on page 10)

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С	Е	L	Т		Α	S	S	0	С		R	Е	Е	D

Answer from page 42: The letter "E." End, time, space, and Every place.



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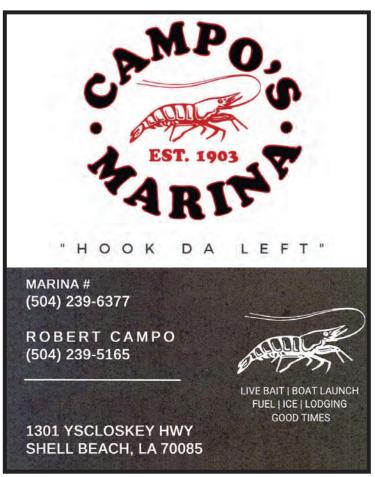
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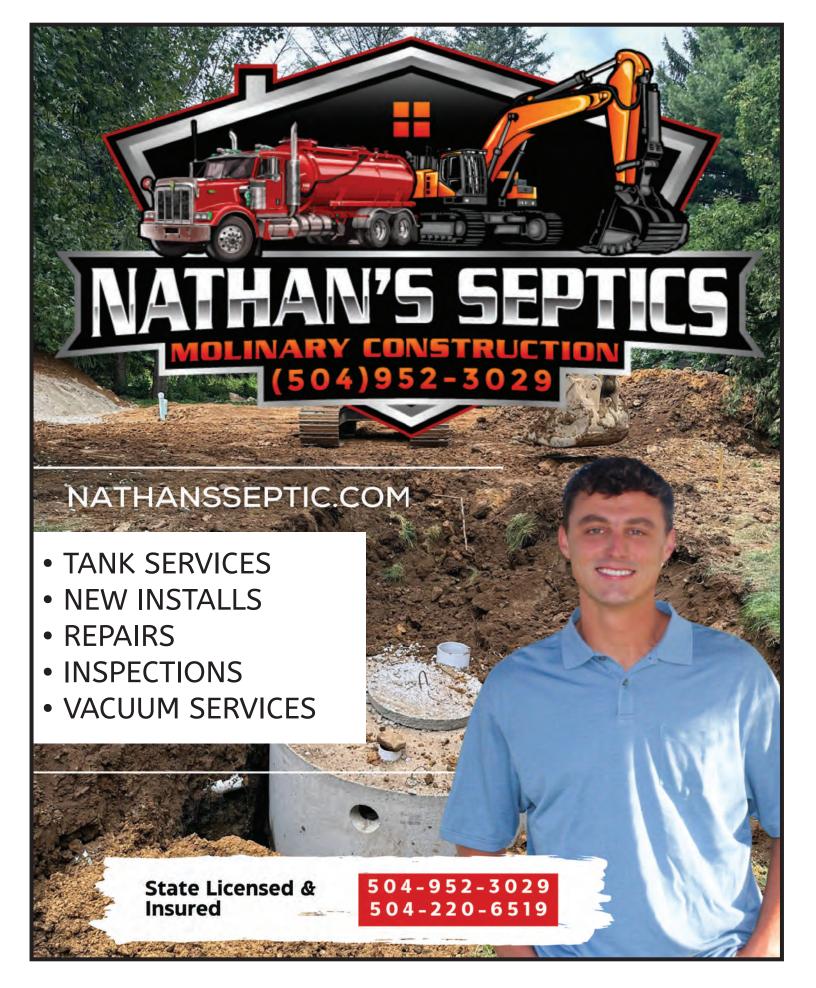
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