

# Welcome

Spring -Summer 2011





## FOREST PARK SOUTHEAST

Welcome to the Forest Park Southeast (FPSE) neighborhood, one of the most dynamic neighborhoods in St. Louis! Forest Park Southeast, originally known as Rock Springs after the spring that feeds into Mill Creek, is an area filled with history and tradition. In the past, the neighborhood served as a resort for city dwellers wishing to break free from the urban grid. Soon, however, the construction of rail lines along Manchester Road brought new accessibility along with drastic demographic changes to the neighborhood. Major development in FPSE began at the turn of the century, making the neighborhood the city's first subdivision. The area's close proximity to downtown and industry made the new subdivision a popular place to live. While the majority of residential development took place prior to 1915, commercial development in the neighborhood took place between 1930 and 1950.

As the population density grew, many FPSE residents opened new businesses to cater to the needs of the community. The initial wave of businesses brought blacksmiths, bakers and grocers. As the neighborhood grew larger, industries such as lumberyards, brick yards and train car manufactures began to move in, providing jobs for neighborhood residents. The commercial and residential densities in the neighborhood continued to thrive. The commercial strip along Manchester Avenue became one of the city's busiest commercial districts. Today, the Grove continues to be one of the city's premier entertainment districts.



# Retail & Salons

Spring -Summer 2011

## Ujamaa Maktaba Book Store

4267 Manchester Avenue

(314) 535-2665

## Exquisite Designs, LLC

4260 Manchester Avenue

(314) 531-9991

## Little Blaque Dress

4300 Manchester Avenue

(314) 535-3311

[ilovethislook.com](http://ilovethislook.com)

## In Stages Furniture and Home Décor

4300-C Manchester Avenue

(314) 533-8368

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

## Randy's Recycled Cycles

4130 Manchester Avenue

(314) 535-2278

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

## Not Just a Bookstore

4507 Manchester Avenue

(314) 531-5900

## K-9 Carnival

4501 Chouteau Avenue

(314) 534-3647

[www.k9carnival.com](http://www.k9carnival.com)

## Southside Barber And Beauty Salon

4264 Manchester Avenue

(314) 531-1973

## Kolors Salon

4188 Manchester Avenue

(314) 531-1218

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

## The Nappy Kitchen Salon

1110 Tower Grove Avenue

(314) 535-1811

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

## Outlaw Inks & Styles

4254 Manchester Avenue

(314) 534-9993

## Arco Hair Company

4301 Arco Avenue

(314) 371-0834

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

## Shear Lounge Barber & Beauty

4500 Chouteau Avenue

(314) 802-8022

## Billy's Headhunter

4261 Manchester Avenue

(314) 531-0770



# Restaurants & Nightlife

Spring -Summer 2011

## Just John's Club

4112 Manchester Avenue  
(314) 371-1333

## Novak's Bar and Grill

4121 Manchester Avenue  
(314) 531-3699

## Premium Lounge

4199 Manchester Avenue  
(314) 367-3146

## Joe Boccardi's

### Catering & Italian Market

4476 Chouteau Avenue  
(314) 533-1221  
[www.joeboccardis.com](http://www.joeboccardis.com)

### Rehab

4054 Chouteau Avenue  
(314) 652-3700

## Sweetie Pie's at The Mangrove

4266 Manchester Avenue  
(314) 371-0304

## White Castle

1002 Vandeventer Avenue  
(314) 533-3530  
[www.whitecastle.com](http://www.whitecastle.com)

## White Flag Projects

4568 Manchester Avenue  
(314) 531-3442  
[www.whiteflagprojects.org](http://www.whiteflagprojects.org)

## La Dolce Via Bakery and Cafe

4474 Arco Avenue  
(314) 534-1699  
[www.ladolceviabakery.com](http://www.ladolceviabakery.com)

## Manchester Chop Suey

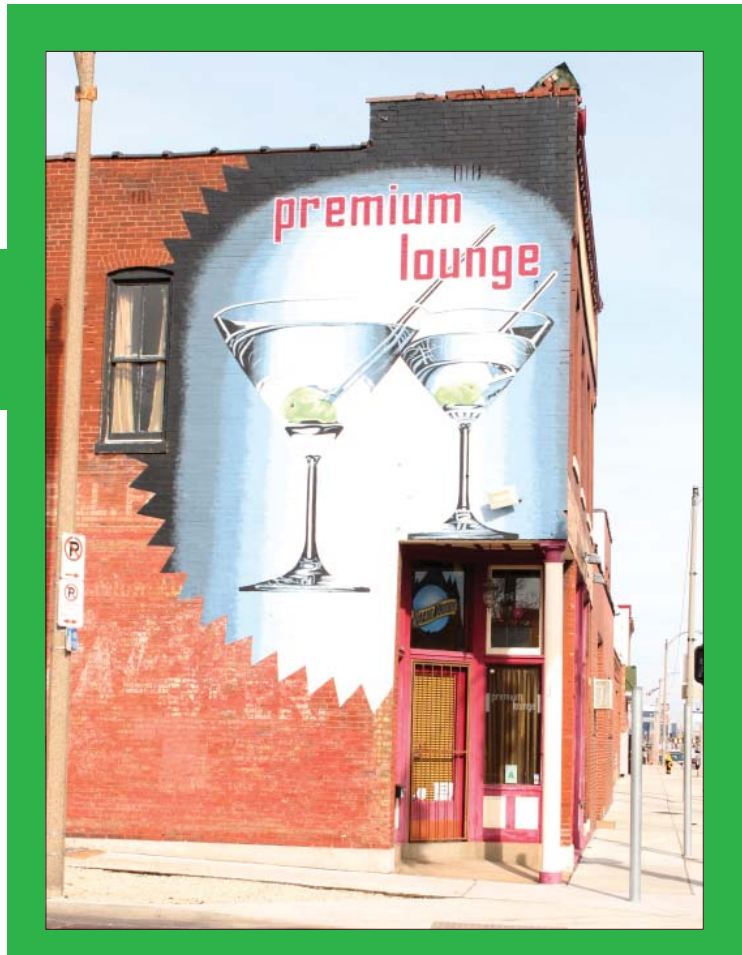
4263 Manchester Avenue  
(314) 533-1707

## Verlin's II

1449 Vandeventer Avenue

## Forever Yours Bar & Grill

4227 Race Course Drive  
(314) 531-7800



## Atomic Cowboy

4138 Manchester Avenue  
(314) 775-0775  
[www.atomiccowboystl.com](http://www.atomiccowboystl.com)

# Restaurants & Nightlife

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## Attitudes Nightclub

4100 Manchester Avenue

(314) 534-0044

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

## Meyer's Grove

4510 Manchester Avenue

(314) 932-7003

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

## Bad Dog Bar and Grill

3960 Chouteau Avenue

(314) 652-0011

## Ernie's 32 Degrees

4200 Manchester Avenue

(314) 652-7195

## Everest Café and Bar

4145 Manchester Avenue

(314) 531-4800

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

## Flavor's BBQ Sports Bar and Grill

4317 Manchester Avenue

(314) 533-1133

## Sanctuaría Wild Tapas

4196 Manchester Avenue

(314) 535-9700

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

## Big Moe's

1072 Tower Grove Avenue

## The Gramophone

4243 Manchester Avenue

(314) 531-5700

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

## HandleBar

4127 Manchester Avenue

(314) 652-2212

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

## Spaghetteria Momma Mia

904 Vandeventer Avenue

(314) 531-9700

[www.spaghetteriamammamia.co](http://www.spaghetteriamammamia.co)



## Banking

### **Commerce Bank**

4019 Chouteau Avenue

(314) 726-2255

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

### **Choices Federal Credit Union**

4471 Arco Avenue

(314) 535-9900

### **Bank of America**

4625 Lindell Boulevard

(314) 284-0525

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

### **Fifth Third Bank**

1 North Euclid Avenue

(314) 454-0617

[www.53.com](http://www.53.com)

### **US Bank**

4301 Lindell Boulevard

(314) 531-4495

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

### **Pulaski Bank**

10 Maryland Heights Plaza

(314) 367-8333

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

### **PNC Bank**

230 North Euclid Avenue

(314) 361-8672

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

## Automotive Services

### **Earl Sheib of Missouri, Inc.**

4570 Manchester Avenue

(314) 533-7959

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

### **Jiffy Lube**

4580 Manchester Avenue

(314) 535-0074

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

### **Chouteau Mini Mart**

4105 Chouteau Avenue

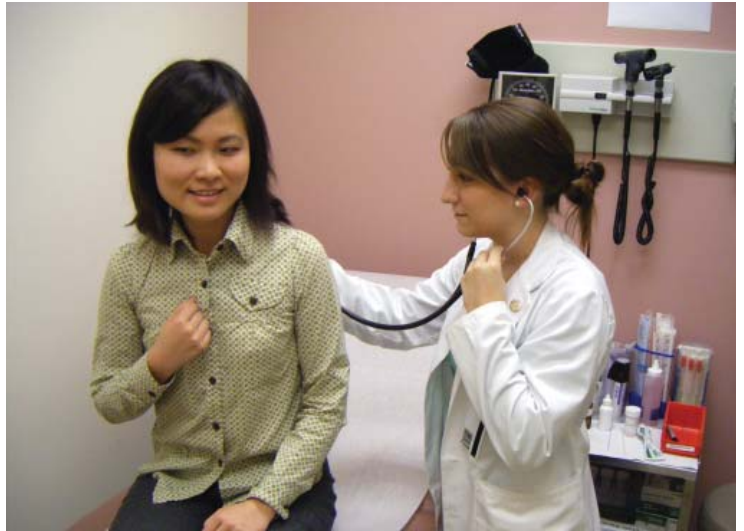
(314) 533-9202

## Post Office

4120 Manchester Avenue

(314) 531-0949

[ww.usps.com](http://ww.usps.com)



## Medical

### **Family Care Health Centers**

4352 Manchester Avenue

(314) 531-5444

[www.fhcstl.org](http://www.fhcstl.org)

### **HealthStreet**

4306 Manchester Avenue

(314) 531-3034

<http://myHealthStreet.org>

### **Barnes-Jewish Hospital**

660 South Euclid Avenue

(314) 747-3000

[www.bjc.org](http://www.bjc.org)

### **Saint Louis University Hospital**

3635 Vista Avenue

(314) 577-8000

[www.slu.edu](http://www.slu.edu)

### **St. Louis Children's Hospital**

1 Children's Place

(314) 454-6000

[www.stlouischildrens.org](http://www.stlouischildrens.org)

## Grocery

## & Convenient Stores

### **City Greens Produce**

1202 Boyle Avenue

(314) 534-1180

[www.localharvest.org](http://www.localharvest.org)

### **Manchester Market**

4519 Manchester Avenue

(314) 371-1492

### **N & M Food Market**

4201 Manchester Avenue

(314) 652-1208

### **Schnucks**

4171 Lindell Boulevard

(314) 533-8027

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

### **Straub's**

302 Kingshighway Boulevard

(314) 361-6646

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





# Human and Social Services

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## Churches

**Bridge of Hope Church of the Nazarene**  
1201 Tower Grove Avenue  
(314) 223-5425  
[www.stlbridgeofhope.org](http://www.stlbridgeofhope.org)

**Emmaus Baptist Church**  
4341 Chouteau Avenue  
(314) 533-9773

**Gibson Heights Presbyterian Church**  
1075 Taylor Avenue  
(314) 371-3513

**Lamb's Bride Church**  
1324 Tower Grove Avenue  
(314) 531-1068

**Lighthouse Free Methodist Church**  
1218 Tower Grove Avenue  
(314) 531-7525

**Redemption Center Church  
of God in Christ**  
4454 Manchester Avenue

**St. Cronan Church**  
1203 Boyle Avenue  
(314) 256-9350  
[www.stcronan.org](http://www.stcronan.org)

**Destiny Worship Center**  
4372 Vista Avenue

## Organizations

**Beyond Housing Neighborhood Service**  
4156 Manchester Avenue  
(314) 533-0600  
[www.beyondhousing.org](http://www.beyondhousing.org)

**Herbert Hoover Boys & Girls Club  
Adams Park Unit**  
4317 Vista Avenue  
(314) 633-7900  
[www.hhbhc.org](http://www.hhbhc.org)





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## Organizations

### Midtown Catholic Charities

Community Services  
1202 Boyle Avenue  
(314) 534-1180  
[www.midtowncc.org](http://www.midtowncc.org)

### Mission: St. Louis

4366 Manchester Avenue  
(314) 534-1188  
[www.missionstl.org](http://www.missionstl.org)

### Park Central Development

4512 Manchester Avenue Suite 100  
(314) 535-5311  
[www.parkcentraldevelopment.org](http://www.parkcentraldevelopment.org)

### The Grove CID

4512 Manchester Avenue  
(314) 535-5311  
[www.thegrovecid.org](http://www.thegrovecid.org)

## Education

### Lamb's Bride Church Childcare Center

1324 Tower Grove Avenue  
(314) 531-2425

### St. Louis College of Health Careers, Inc.

909 Taylor Avenue  
(314) 652-0300  
[www.saintlouishealthcareers.com](http://www.saintlouishealthcareers.com)

### Adams Elementary School

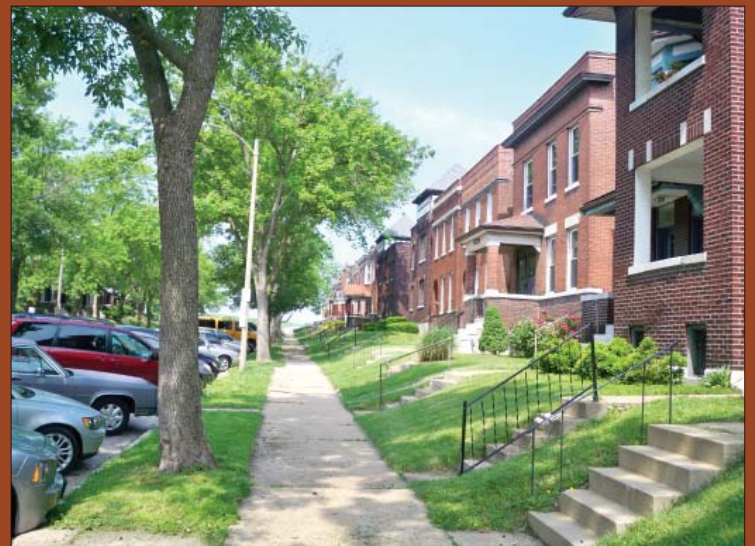
4317 Vista Avenue  
(314) 535-3910  
[www.slps.org](http://www.slps.org)

### Stix Early Childhood Center

647 Tower Grove Avenue  
(314) 533-0874  
[www.slps.org](http://www.slps.org)

### St. Louis Language Immersion School

4011 Papin Street  
(314) 533-0975  
[www.sllis.org](http://www.sllis.org)



# Forest Park Southeast Community Gardens

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## WUMCRC Garden

1303 Boyle Avenue

(314) 747-2331

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

## Boyle & Norfolk Garden

4201 Norfolk Avenue

## Gateway Greening Garden

1311 Boyle Avenue

## Tower Grove & Gibson Garden

4351 Gibson Avenue

## Tower Grove & Vandeventer Garden

4200 Race Course Avenue

(314) 747-2331

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

## Science Corner

1170 Kingshighway Avenue

(314) 289-4400

[www.slsc.org](http://www.slsc.org)

## Adams Elementary Field

4346 Vista Avenue

(314) 535.3910

[www.slps.org](http://www.slps.org)

## FPSE Community Garden

4332 Chouteau Avenue



## Important Contacts

Park Central Development

(314) 535-5311

Alderman Joseph D. Roddy

(314) 622-3287

FPSE Liaison Officer: Roland Doty

(314) 633-7909

17th Ward NSO

(314) 657-1367

Non- Emergency Service

(314) 231-1212

Laclede Gas

1 (800) 887-4173

Ameren

1 (800) 552-7583

The Grove CID

(314) 535-5311

Saint Louis Public Schools

(314) 231-3720

## Safety and Security Tips

- Secure all packages in the trunk and out of sight
- Only load packages in your vehicle once you are ready to drive away
- Remove all electronic devices and cords from plain view
- Carry minimal amount of cash – carry a “decoy” bundle in small bills
- Be very alert in your appearance and of your surroundings
- Carry your keys in your hand and attempt to keep your hands free of other items
- Wear minimal jewelry
- Avoid dark places or unfamiliar places for ATM usage
- Walk on opposite side of street if someone is approaching you from front or rear
- Remember to call 911 immediately if you are a victim of a crime – this includes a good description of the criminal if possible





# Getting Involved

## Get involved in a neighborhood committee!

- Forest Park Southeast Development Committee
- Forest Park Southeast Infrastructure Committee
- 17th Ward Social Services Committee
- 17th Ward Marketing Committee

## Be a Forest Park Southeast Block Captain

- Volunteer for neighborhood events from bike races to street festivals to block parties as well as distributing materials and conducting surveys in the neighborhood.

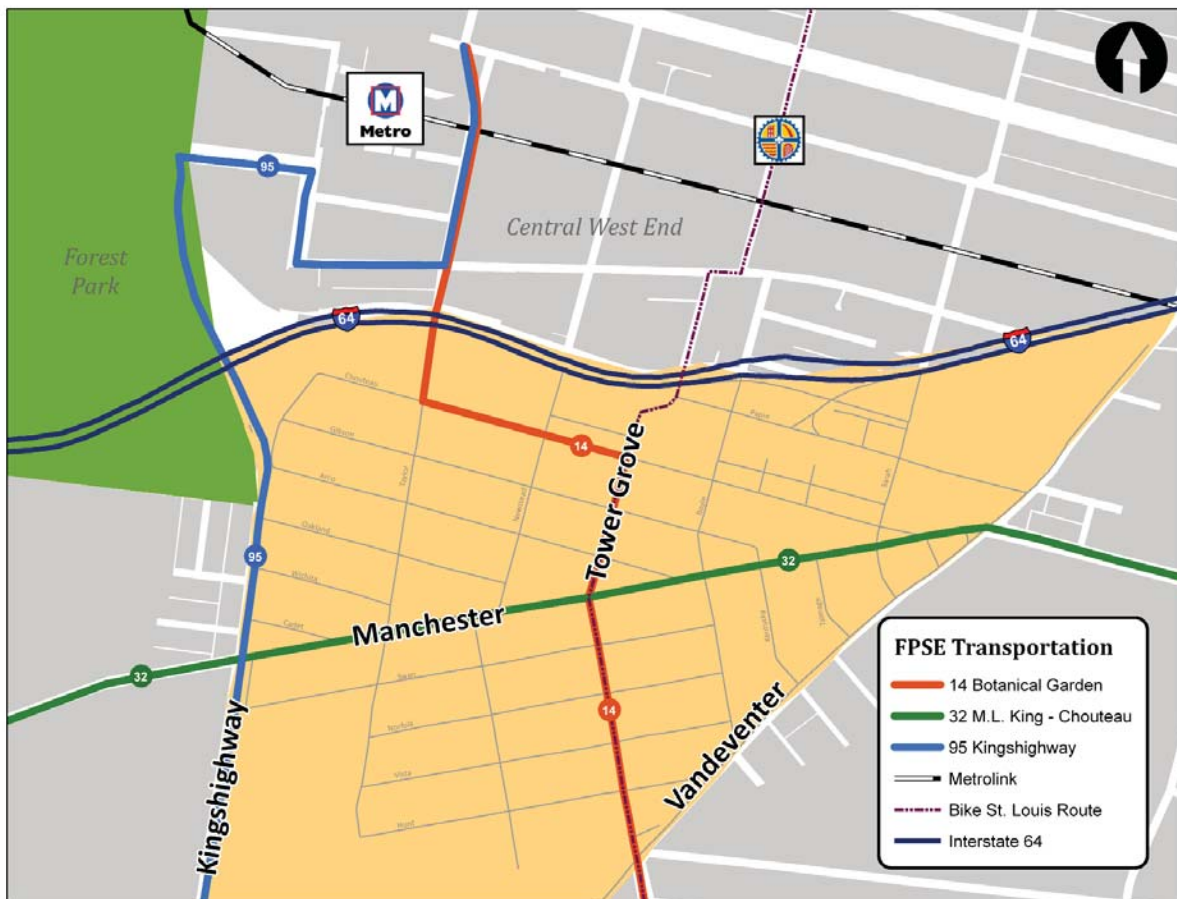
## Forest Park Southeast Safety & Security Meetings

- Meetings take place the 4th Wednesday of every other month.

Contact Park Central Development  
(314) 535-5331 (Office Phone)

## Gibson Heights Neighborhood Association

- Meetings take place on the 3rd Tuesday of the month at 7 p.m. at the Gibson Presbyterian Church, 1075 South Taylor. Contact [gibson.heights@gmail.com](mailto:gibson.heights@gmail.com)



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