

# Welcome

Spring -Summer 2013





## 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 2013

## Arco Hair Company

4301 Arco Avenue  
(314) 371-0834  
[www.arcohaircompany.com](http://www.arcohaircompany.com)

## City Boutique

4300 Manchester Avenue  
(314) 657-0125  
[www.ilovecityboutique.com](http://www.ilovecityboutique.com)

## K-9 Carnival

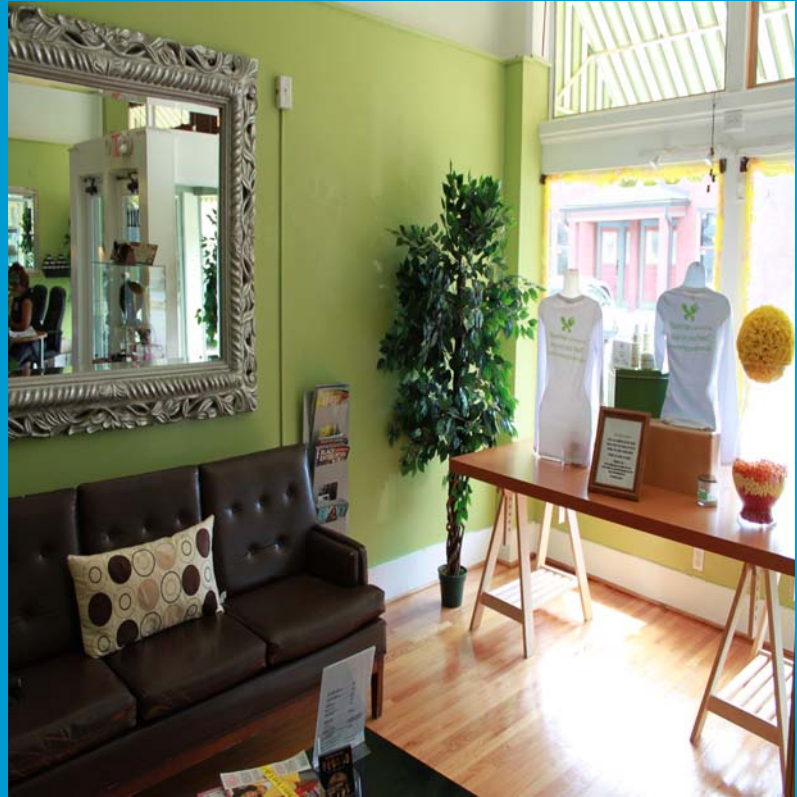
4501 Chouteau Avenue  
(314) 534-3647  
[www.k9carnival.com](http://www.k9carnival.com)

## 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)



## No Coast Skateboards

4260 Manchester Avenue  
(314) 534-0080  
[www.nocoastskateboards.com](http://www.nocoastskateboards.com)

## Outlaw Inks & Styles

4254 Manchester Avenue  
(314) 534-9993

## Randy's Recycled Cycles

4130 Manchester Avenue  
(314) 535-2278  
[www.randysrecycledcycles.com](http://www.randysrecycledcycles.com)

## Shear Lounge Barber & Beauty

4500 Chouteau Avenue  
(314) 802-8022

## Southside Barber And Beauty Salon

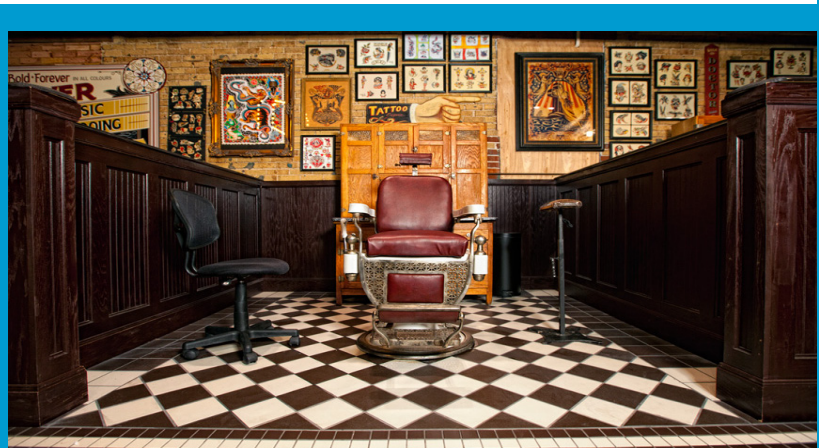
4264 Manchester Avenue  
(314) 531-1973

## Urban Breath Yoga

4237 Manchester Avenue  
(314) 421-9642  
[www.Urbanbreathyoga.com](http://www.Urbanbreathyoga.com)

## Tower Classic Tattooing

4146 Manchester Avenue  
(314) 875-9995  
[www.towerclassic.com](http://www.towerclassic.com)



# Restaurants & Nightlife

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

**Attitudes Nightclub**  
4100 Manchester Avenue  
(314) 534-0044  
[www.attitudesnightclub.com](http://www.attitudesnightclub.com)

**Bad Dog Bar and Grill**  
3960 Chouteau Avenue  
(314) 652-0011

**Big Moe's**  
1072 Tower Grove Avenue

**The Demo**  
4144 Manchester Avenue  
[www.thedemostl.com](http://www.thedemostl.com)

**Everest Café and Bar**  
4145 Manchester Avenue  
(314) 531-4800  
[www.everestcafeandbar.com](http://www.everestcafeandbar.com)



**Forever Yours Bar & Grill**  
4227 Race Course Drive  
(314) 531-7800

**Giddy Up Breakfast Bar**  
4140 Manchester Avenue  
(314) 775-0775

**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)

**Honey**  
4170 Manchester Avenue  
(314) 932-1211  
[www.honeystl.com](http://www.honeystl.com)

**Joyia Tapas**  
4501 Manchester Avenue  
(314) 531-5300  
[www.joyiatapas.com](http://www.joyiatapas.com)



**Erney's 32 Degrees**  
4200 Manchester Avenue  
(314) 652-7195  
[www.vodbox32.com](http://www.vodbox32.com)

# Restaurants & Nightlife

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## Just John's Night Club

4112 Manchester Avenue  
(314) 371-1333

## Layla Lebanese Restaurant

4317 Manchester Avenue  
(314) 535-5500  
[www.laylalebaneserestaurant.com](http://www.laylalebaneserestaurant.com)

## Manchester Chop Suey

4263 Manchester Avenue  
(314) 533-1707

## Meyer's Grove

4510 Manchester Avenue  
(314) 932-7003  
[www.meyersgrove.com](http://www.meyersgrove.com)

## Novak's Bar and Grill

4121 Manchester Avenue  
(314) 531-3699

## O'Shay's Pub

4353 Manchester Avenue  
(314) 932-5232  
[www.oshayspub.com](http://www.oshayspub.com)

## Premium Lounge

4199 Manchester Avenue  
(314) 367-3146

## Rehab

4054 Chouteau Avenue  
(314) 652-3700

## Sameem Afghan Restaurant

4341 Manchester Avenue  
(314) 534-9500  
[www.kabob-palace.com](http://www.kabob-palace.com)

## Sanctuarium Wild Tapas

4196 Manchester Avenue  
(314) 535-9700  
[www.sanctuariastl.com](http://www.sanctuariastl.com)

## Sweetie Pie's at The Mangrove

4266 Manchester Avenue  
(314) 371-0304

## SoHo

4229 Manchester Avenue  
(314) 932-5554  
[www.eatplaysoho.com](http://www.eatplaysoho.com)



## White Castle

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



## Banking

### **Bank of America**

4625 Lindell Boulevard  
(314) 284-0525  
www.bankofamerica.com

### **Choices Federal Credit Union**

4471 Arco Avenue  
(314) 535-9900

### **Commerce Bank**

4019 Chouteau Avenue  
(314) 726-2255  
www.commercebank.com

### **Fifth Third Bank**

1 North Euclid Avenue  
(314) 454-0617  
www.53.com

### **PNC Bank**

230 North Euclid Avenue  
(314) 361-8672  
www.pnc.com

### **Pulaski Bank**

10 Maryland Heights Plaza  
(314) 367-8333  
www.pulaskibankstl.com

### **US Bank**

4301 Lindell Boulevard  
(314) 531-4495  
www.usbank.com

## Automotive Services

### **Chouteau Mini Mart**

4105 Chouteau Avenue  
(314) 533-9202

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

4570 Manchester Avenue  
(314) 533-7959  
www.earlsheib.com

### **Jiffy Lube**

4580 Manchester Avenue  
(314) 535-0074  
www.jiffylube.com

## Post Office

4120 Manchester Avenue  
(314) 531-0949  
www.usps.com



## Medical

### **Barnes-Jewish Hospital**

660 South Euclid Avenue

(314) 747-3000

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

### **Family Care Health Centers**

4352 Manchester Avenue

(314) 531-5444

[www.fchcstl.org](http://www.fchcstl.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 & Convienent

### **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)

**Destiny Worship Center**  
4372 Vista Avenue

**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)

## Organizations

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

**The Grove CID**  
4512 Manchester Avenue  
(314) 535-5311  
[www.thegrovestl.com](http://www.thegrovestl.com)





## Organizations

### **HealthStreet**

4306 Manchester Avenue  
(314) 531-3034  
<http://myHealthStreet.org>

### **Herbert Hoover Boys & Girls Club**

#### **Adams Park Unit**

4317 Vista Avenue  
(314) 633-7900  
[www.hhbhc.org](http://www.hhbhc.org)

### **The LGBT Center of St. Louis**

4337 Manchester Avenue  
(314) 472-5428  
[www.lgbtcenterstl.org](http://www.lgbtcenterstl.org)

### **Mission: St. Louis**

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

## Education

### **Adams Elementary School**

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

### **City Garden Montessori**

1618 Tower Grove Avenue  
(314) 664-7646  
[www.citygardenschool.org](http://www.citygardenschool.org)

### **Lamb's Bride Church Childcare Center**

1324 Tower Grove Avenue  
(314) 531-2425

### **Stix Early Childhood Center**

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

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

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

### **St. Louis Language Immersion School**

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

### **Midtown Catholic Charities**

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

### **Park Central Development**

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

### **White Flag Projects**

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



# Forest Park Southeast Community Gardens

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## Adams Elementary Field

4346 Vista Avenue  
(314) 535.3910  
[www.slps.org](http://www.slps.org)

## Boyle & Norfolk Garden

1303 Boyle Avenue

## FPSE Community Garden

4332 Chouteau Avenue

## Gateway Greening Garden

1311 Boyle Avenue

## St. Cronan's Garden

4201 Norfolk Avenue

## Tower Grove & Gibson Garden

4351 Gibson Avenue

## Tower Grove & Vandeventer Garden

4200 Race Course Avenue

## Science Corner

1170 Kingshighway Avenue  
(314) 289-4400  
[www.slsc.org](http://www.slsc.org)



## 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 - Ron Coleman

(314) 657-1361

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

Bike Patrols

(855) TCF-COPS

## Safety and Security Tips

- Secure all packages in the trunk and out of sight, Remove all electronic devices and cords from plain view
- Eliminate hiding places around your home by keeping your bushes and trees well trimmed.
- Always plan ahead and work out your journey to avoid going into deserted areas. Be very alert in your appearance and of your surroundings
- When walking; use the safest route, choose a well lit street, stay alert to your surroundings, walk confidently and purposefully.
- If someone grabs your things, let it go – if you hang on, you could get hurt (your safety is always more important than your property).
- 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

Contact Park Central Development (314) 535-5331 [www.parkcentraldevelopment.org](http://www.parkcentraldevelopment.org)

## Be a Forest Park Southeast Block Captain

- Volunteer to be the point person for the block by receiving and relaying information to and from neighbors and to and from the community at large.

## Forest Park Southeast Safety & Security Meetings

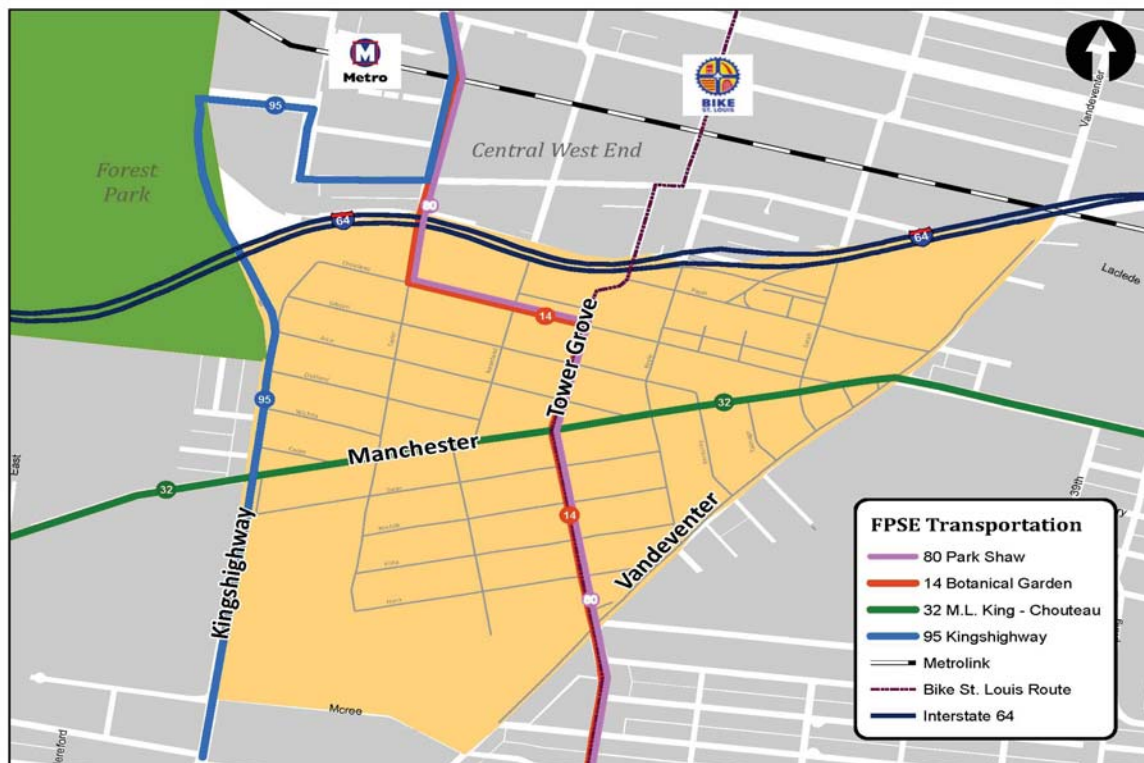
- Meetings take place the 4th Wednesday of every other month, on the odd months at 6:30 p.m. at the Adams Park Community Center - 4317 Vista Ave : [www.fpsesafe.wordpress.com](http://www.fpsesafe.wordpress.com)

## Forest Park Southeast Neighborhood Association

- Meetings take place on the 3rd Tuesday of the month at 6:45 p.m. at the Adams Park Community Center 4317 Vista Ave: [www.forestparksoutheast.com](http://www.forestparksoutheast.com)

## FPSE Neighborhood Ownership Model

- Meetings take place the 4th Wednesday of every other month, on the odd months at 6 p.m. at the Adams Park Community Center - 4317 Vista Ave : contact [fpsenom@gmail.com](mailto:fpsenom@gmail.com)



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