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Become a Member of Our Community

Thank you to the businesses that support our UpDoNa group!



# Presidents Message: Lisa Pope

## Presidents Message: Lisa Pope

### Welcome to fall!

Maybe you attend the Great American Beer Fest, or maybe you're a fan of Hocus Pocus which is in concert at Boettcher Concert Hall, or better yet, maybe you love to don your most gruesome zombie outfit for the Zombie crawl. If the latter, you will be disappointed to hear that Zombie Fest 2022 has been cancelled due to the 16<sup>th</sup> Street Mall Construction. No matter, there are still many things to do in downtown Denver this fall. Enjoy!

[Read the Full President's Message...](#)

# Improvements in the South Platte River Trail

By: Ron Townsend, UpDoNA Vice President

Upcoming improvements in the South Platte River Trail – a step upward for downtown transportation, exercise, and general enjoyment.

Read more about the expected trail improvements [here](#).



720-800-6206  
 prepbeautybar.com  
 @prepbeautybar

## Prep Beauty Bar

891 14th st., ste. 150  
 denver, co 80202

50% off any single service when mentioning this promotion.  
 No expiration. Call for Appointments 720-800-6206  
 \*Limit 1 per customer

## Business Spotlight - Prep Beauty Bar

by Carly Ebenstein

Casey Lott, the owner of [Prep Beauty Bar](#), has a passion for skin and makeup. She has the heart of an artist and sells her paintings in addition to being the neighborhood aesthetician of UpDoNa for skincare, makeup, and permanent makeup. While working as a makeup artist in Los Angeles, Casey realized makeup looks better when the skin is healthy and in great shape. Little did she know that this path would take her from Dallas to Las Vegas, Los Angeles, and Sweden. Fortunately for us, she now calls Denver home.

I asked Casey what she would say to someone who's just getting started on their skincare journey, and her response was, "get educated and talk with different professionals." She also advises to be mindful that a Vitamin C facial at a Med Spa will likely use the same level of products as an aesthetician, but you'll pay for the overhead in the latter.

Casey advises for adults to take good care of your skin with quality products, book maintenance facials at [Prep Beauty Bar](#) (or your aesthetician of choice), and go to the Med Spa for more intensive procedures if that's what you seek.

The relationships that Casey has built at [Prep](#) are what she values most. She loves each client's story and helping them with their skin and/or makeup goals. Owning her shop allows her to offer a diverse level of high-quality products (including the Colorado line, [truth treatments](#)) at every price point and offer very competitive prices for all her services.

As a special offer to the readers of this newsletter, please see the promotion above. With the change of season, treat yourself and get to know the newest business member of our UpDoNa group.

## UpDoNA Cares Committee

### Delores Project Update

Helen Hedrick

The Cares Committee is signed up to prepare and deliver a meal to the shelter on **October 28**. We are soliciting help from our UpDoNA community. Our menu will consist of soups and chiles, various breads, salad, and dessert. We need volunteers for the following:

- 2 batches of soup or chile for 22 people
- 2 batches of bread of any sort for 22 people (one gluten free like cornbread)
- 2 salads for 22 people
- 2 easy desserts for 22 people (one gluten free)

Interested in preparing one of the batches of chili, soup, bread, salad, or dessert in your own kitchen for this meal?\* Please email [KristinBennett@updona.org](mailto:KristinBennett@updona.org). **The Cares Committee will deliver the meal to the shelter for lunch on October 28.**

Use the Delores Project's volunteer page to get involved. Just say the UpDoNA Cares Committee sent you!

<https://www.thedeloresproject.org/volunteer/>

For more information, [click here](#).



Click on any of the images below for more information!





***\*\*\*UpDoNA has been approved and is now a 501c(3) organization! Your donations are tax-deductible and any donations made previously are tax-deductible retroactively to the date of UpDoNA's founding in 2021.\*\*\****

**Yes, I want to Donate to UpDoNA!**



**Clean Sustainable Denver**

**First Saturday of the month (October 1st) at 9 AM**

**Venue: Lobby of Spire at 891 14th St.**

**Bring gloves, a trash grabber or broom, and a dustpan**

**[The Oddities and Curiosities Expo](#)**

**October 1st, 10 AM to 6 PM**

**Colorado Convention Center**

**[Great American Beer Festival](#)**

**October 6th, 5:30 to 10 PM**

**700 14th Street, Denver**

**[Tina - The Tina Turner Musical](#)**

**Oct. 18th - 29th, 2 PM & 7:30 PM**

**Buell Theater**

**[Susan G. Komen Walk for Breast Cancer](#)**

**Sunday, Oct. 23rd**

**7 AM Event Opens, 9:30 AM Walk Starts**



### Who We Are

UpDoNA is a city registered neighborhood organization formed to advocate for the interests of the residents and businesses in Upper Downtown Denver.

### Our Vision

To have an Upper Downtown community that is and continues to be one of the most sought-after neighborhoods for residents, businesses and visitors.

### Our Mission

To be a partner and advocate for the betterment of the Upper Downtown community and all those who live, work and play here!

### Civic Center Park

[Ain't Too Proud - The Life and Times of the Temptations](#)

**Oct. 25th to Nov. 6th, 2 PM, 7:30 PM**

**Buell Theater**

To see more, please click [here!](#)

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For a complete list of concert and event schedules at the biggest venues around town, visit the following sites:

<https://www.ballarena.com/events-tickets/calendar/>

<https://www.empowerfieldatmilehigh.com/events>

<https://www.paramountdenver.com/event-calendar/>

<https://www.redrocksonline.com/>

<https://www.denvercenter.org/tickets-events/>

For a complete list of Events Around Town, visit [Denver.org](https://denver.org)

## Volunteers Needed!

We need help to do our work. It takes volunteers to make a volunteer organization run. There are opportunities all over.

- Interested in making downtown life safer and more rewarding? Volunteer for the Safety and Quality of Life Committee
- How about helping to improve the lives of the homeless? Volunteer for UpDoNA Cares
- Would you like to help make our streets clean and attractive? Volunteer for our monthly Community Cleanups with our Clean Sustainable Denver Committee
- Have a writing skill? Write articles for our Website/Newsletter Committee
- Or would you rather help by increasing the influence of UpDoNA. There is power in numbers, and you can be a part of our Membership Committee
- Are you good at organizing? Help arrange social events as a part of our Social Committee
- Do you have a skill or interest in managing organizations? Consider running for our Board of Directors. We have an immediate opening and will be holding an election in April of this year.

We can only do our work with the help of people like you! Please consider offering your services to help us be a more effective and influential association. [Click here to get involved as a volunteer!](#) Every committee I mentioned can use help. Please – Get Involved.



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