

Downtown News from the U.N., July 31, 2008

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Next Social at Iguana

The U.N.'s next social event is on August 14 at downtown's new Iguana Mexican Grill. Note the new time for our socials is 5:30 - 7:30 p.m. Iguana is at 9 NW 9th, just east of Broadway. Free appetizers and a cash bar will be provided. Come out and meet your neighbors! [More info >>](#)

MEMBER SPOTLIGHT

Fitness Together!

Fitness Together Downtown OKC is located at 119 N. Robinson Avenue, Suite 200 OKC, Ok 73102 in the Robinson Renaissance Building. We are a one-on-one private upscale personal training studio that has a wide range of experience, helping people of all shapes, sizes and goals – weight loss, post pregnancy, sports specific, strength and conditioning, toning, etc. Our clients who are mainly busy executives with busy lifestyles train within their own private training room for 45 minutes to help fit within their busy lifestyles. We develop an individualized fitness program that covers their resistance, cardio, and nutrition plan to help reach their goals in the shortest amount of time and make lifestyle changes.

Other Services include online personal training, online meal plans, lunch and learns, & corporate wellness programs. Our hours of operation are M-F 5:30am-8:30pm and Sat 6am-3pm. Please check out our website for more information at www.ftdowntownokc.com or feel free to call us at 405-604-9655 for a complimentary consultation. Bring in this newsletter to receive 2 Weeks of Personal Training for \$1: this offer will expire 8/31/08.

Red Prime Steak!

Red Prime Steak is the newest in upscale dining downtown Oklahoma City has to offer. The focus is super premium USDA prime steak, including Oklahoma's first dry-aged steaks and a number of highly sought-after cuts, spice rubs, crusts and sauces infused with chilies and other vibrant flavors are at the heart of RED's inventive cuisine. Along with a tantalizing menu Red's

architectural design is a spectacular urban beauty inside the historic Buick building on 4th and Broadway. The charismatic ambiance of RED Bar includes a grand front window onto North Broadway that frames the streetscape outside. The bar's backdrop is the floor-to-ceiling Wine Wall, housing RED's vast collection of more than 300 different wines.

Drop by for Cocktail Hour weekdays from 4:30pm to 7pm and enjoy \$3 hors d' hourvers. Red Prime invites all Urban Neighbors to take pleasure in a delicious 3 course meal for \$29 every Sunday through the end of the August. For more information on Red Prime Steak please visit their website www.redprimesteak.com or call 405.232.2626.

Website Additions

Check out www.urbanneighbors.org to find lots of new content including: Board meeting minutes, Newsroom, Committees and Projects, and Featured Businesses.

Improved Trolley Routes

The U.N.'s Environmental Committee is working with Metro Transit to improve downtown trolley routes. [Read an overview from the July 17th meeting here.](#) To get involved with this committee, email [Nate Size](mailto:Nate.Size).

Downtown Safety Class

Urban Neighbors, along with the Downtown College Consortium and the Downtown Library, is sponsoring a free two hour class on Downtown Safety at the Downtown Library, 300 Park Avenue, from 5:30 to 7:30 PM, Monday, August 11. Topics will include presentations from Oklahoma City Police Department officers on Downtown personal safety and bicycle safety. [More info >>](#)

Train Noise Committee

The UN is working with Downtown OKC, Inc. to look at ways of reducing the noise from train horns in downtown. An update on some exciting progress will be given at a meeting at 5 PM, **Friday, August 1** in the bar area at Trattoria il Centrino, 500 W Main. [Click here for more info >>](#)

Media Clips

Parking No Problem in Bricktown - <http://www.newsok.tv/?titleID=1697162938>

Rack Up Downtown! Committee Meeting

The bike rack project committee will be meeting at 3 PM on Tuesday, August 12 at the Downtown OKC, Inc. offices, 210 Park Avenue, Suite 230. We will then be meeting every second week as we prepare for the main launch events on Wednesday, September 10. For more

information and how else to get involved please email Mark Gibbs. [Get a complete overview of the project here](#) >>

Art Rack Presentation to the Bricktown Urban Design Committee

On August 13 a [proposed art bike rack](#) to be located south of the Ballpark will be presented to the Bricktown Urban Design Committee. The Committee meets at 9:00 AM in the 2nd Floor Conference Room, 121 E Sheridan. Come along so that we can demonstrate support for the Rack Up Downtown! project and in particular for this exciting design by Stan Carroll of Beyond Metal.

Fantasy Football

Football season is almost here! This is every member's chance to have their own team made up of the NFL's best players and compete against fellow members for bragging rights as the Urban Neighbors Champion. All you need is a computer and five minutes per week to set your lineups. Then watch your players take your team to the championship! We will charge a small entry fee to cover our costs with any money left over going to fund future Urban Neighbor projects. If you are interested, please email [Brian Hammond](#).

Upcoming Downtown Events

Thursdays: [Trivia at Tapwerks](#)

Fridays: [Oklahoma City Museum of Art](#) (and rooftop terrace) now open late on Fridays

Fridays: [Live Music at Java Dave's](#)

August 1 and 2: [Reggae Fest in Bricktown](#)

August 1 and 2: [Charlie Christian Jazz Festival](#)

August 3: [OCMA Film, "A Funny Thing Happened On the Way To The Forum"](#)

August 3: [Downtown Meet and Greet at Soleil](#)

August 8: [Lemma at Tapwerks](#)

August 8: [Live on the Plaza presents Creative Circus](#)

August 8: [Wade Bowen at Wormy Dog](#)

August 9: [SuperFreak at CityWalk](#)

SUBMIT: Want to submit something for this newsletter or inquire about advertising? [Email us here](#). * Content submissions are not guaranteed placement.

UNSUBSCRIBE: [Click here](#) if you no longer wish to receive emails from Urban Neighbors.

About Urban Neighbors:

Urban Neighbors is downtown OKC's neighborhood organization. Our membership-based organization encourages the further development of quality residential living through positive interactive meetings, social events, and issue-oriented dialogue and activities. Our organization is committed to making downtown an exciting place to live!

