



At Home

Making the Most of Living in a Cowboy
Properties Community
July 28, 2023

All Quiet on the Homefront

We know that sometimes sound travels in community living. Use these tips to help reduce sounds that may travel throughout the community.

Acoustic Panels

Acoustic panels absorb sound waves and prevent those waves from reflecting off hard surfaces. Arrange panels in a [mosaic design](#) or purchase a [printed picture design](#).

Hang Heavy Curtains

Not only do [heavy curtains](#) help dampen noise, but they help balance room temperature by insulating against heat and cold, and serve a blackout function as well.

Seal Door Gaps

Seal off the bottom of the door from noise and airflow. Get a version that [slides with the door](#) or sits in [front of the door](#). We also love these [animal-shaped stoppers](#).

Hang Fabric On The Walls

Sound is absorbed by soft surfaces, so hanging a [tapestry](#), [quilt](#), [rug](#) or [blanket](#) on your walls will help dampen noise.

Add Furniture

Big heavy pieces of furniture against the walls can help absorb sound. The classic [IKEA Billy bookcase](#) comes in white, black and birch. Hang a blanket on the wall behind the furniture for additional sound dampening.

Slow Cooking in the Summer

When it's too hot to turn on your oven, put your slow cooker to work instead. Although you may think about cozy soups and stews when you think about your slow cooker, in the summer you avoid heating up your house and have more time to spend outside as your meat cooks low and slow.

[Sweet and Spicy Pineapple Chicken Sandwiches](#)

[Spicy Lime Chicken](#)

[Pulled Pork Sandwiches](#)

[Salsa Chicken](#)

[Chipotle Ribs](#)

[Corn Dip](#)

[Chicken Tacos](#)

[Berry Cobbler](#)

[Slow Cooker Ribs](#)

[Pineapple Upside-Down Dump Cake](#)

[Smothered Pork Chops](#)

[Banh Mi Chicken Tacos](#)

[Thai-Inspired Peanut Chicken with Sticky Coconut Purple Rice](#)



Events of the Week

[Great Salt Lake Fringe Festival](#)

July 28 - Aug. 6

Trolley Square (602 E 500 S, Salt Lake City)
Showcasing 20 performing arts and groups featuring theater, dance, music, magic, storytelling and more.

[City Creek/Memorial Grove Park Trash Cleanup](#)

July 29, 8:30 AM - 10:30 AM

Park on the corner of East Capitol Blvd and 500 N. Look for a table setup and banner.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211

<https://jobs.utah.gov/assistance/index.html>

Power & Gas Assistance

<https://www.utahca.org/heat/>

Utah Department of Workforce Services Resources

jobs.utah.gov/

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/feedut.org/