



# At Home

*Making the Most of Living in a Cowboy  
Properties Community  
Sept. 15, 2023*

## **The Best Weekends Begin With Brunch**

The bigger the omelet, the better the brunch. Check out these local restaurants to start out your weekend right.

### [Oasis Cafe](#)

151 S 500 E, Salt Lake City

Their menu focuses on fresh ingredients that come from sustainable sources. You'll love enjoying your meal on their lush patio.

### [Sweet Lake Biscuits and Limeade](#)

Locations in Salt Lake, Draper and American Fork

Their signature sandwich is The Hoss (biscuit, chicken, bacon, egg, gravy and cheese) and you'll love the limeades, including mint, raspberry, ginger and honeydew cucumber mint.

### [Bartolo's](#)

Locations in Salt Lake and Park City

Google reviewers rave about their lattes and their pastas are house made.

### [Roots Cafe](#)

3474 S 2300 E, Millcreek

Try their house-made apple-pecan cranberry bread pudding french toast.

### [Manoli's](#)

402 E Harvey Milk Blvd. #2, Salt Lake City

Breakfast with a Mediterranean flare, including myzithra pancakes and manitaropita.

## **Tour of Utah**

This state is be-Utah-ful, and there is always something new to discover around the corner. These local tours will help you learn new things about where you live.

### [City Sights](#)

801-364-3333

[info@toursofutah.com](mailto:info@toursofutah.com)

Check out their unique Trolley Adventure show tour with professional entertainers sharing stories and history on an air-conditioned trolley. Other tours include the Salt Lake City Tour.

### [Salt Lake Bicycle Tours](#)

Their most popular tour is the Big City Loop giving you a taste of the city. They also offer E-Bike tours, hiking and walking tours. If someone can't bike, ask about a Pedicab.

### [Tours by Locals](#)

Several different small-group customized day trip options are offered by different guides. Some of the more unique tours offered include movie and TV filming locations, historic churches and a history of Utah. Change the location to [St. George](#) to see additional day trip options.

### [Southwest Adventure Tours](#)

1-800-970-5864

Interested in visiting the national parks but aren't sure where to start? One of their most popular tours is Mighty 5 Utah which takes you to five of Utah's most spectacular national parks - Arches, Bryce Canyon, Canyonlands, Capitol Reef and Zion - over eight days. Tours to Grand Teton and Yellowstone are also offered from Salt Lake City.

## **Events of the Week**

### [Cross E Ranch Sunflower Festival](#)

Through Wednesday, Sept. 20

Cross E Ranch (3500 N 2200 W, Salt Lake City)  
Explore over one million sunflowers in full bloom. One free flower with admission. Additional attractions include barrel train, hay ride and more.

### [International Arts & Crafts Festival](#)

September 16

Draper Park (12500 S 1300 E, Draper)  
Featuring 150 artists and artisans, live cultural entertainment, food and more.

## **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/](http://utahca.org/housing/) or call (801) 359-2444

[211utah.org/](http://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/](http://jobs.utah.gov/)

### [Food Resources, and Mobile Food Pantry Dates and Locations](#)

[slc.gov/sustainability/food-covid/](http://slc.gov/sustainability/food-covid/)

[utahfoodbank.org/programs/mobile-pantry/feedut.org/](http://utahfoodbank.org/programs/mobile-pantry/feedut.org/)