



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
Feb. 23, 2024

## Clothes Call

Why did the sock go to the doctor? Because it had a hole in one! It's a fact of life that the laundry will never truly ever be done, because as soon as you get it done, that day's clothes become laundry. Check out these tips for your next load.

- Forget to take your clothes out of the dryer promptly? Get rid of wrinkles by throwing 3-4 ice cubes or a wet rag in the dryer and running a cycle on high for 10 minutes. The heat creates a steam-like effect that will remove the wrinkles.
- Denim experts recommend rarely washing your jeans, unless they have gotten particularly dirty. Washing jeans inside out helps maintain their color, and hand wash and hang dry to help protect the fabrics.
- Original Dawn Dish Soap is a versatile stain remover. Add it to the stain with a little water, let it sit overnight, and run it through a wash cycle the next day.
- Safety pin sock pairs together before you throw them in the laundry to save time on sorting after the wash.
- Consider having a 'wash me first' basket for your most pressing laundry, like that shirt you know you want to wear for your presentation at work in a few days, or the sports uniform that you don't want to be caught without on game day.
- Try something different in your routine if you're struggling – do smaller loads more frequently or make it your only chore that day with several loads. If you are overwhelmed and need to get caught up, think about going to a laundromat with an extra-large washer and dryer and getting it all done in one shot.

## Resident Survey, Win A Gift Card!

Resident feedback is important to us! [Please click here to take a few minutes to fill out our Resident Survey](#) and be entered to win a \$100 Visa gift card. We appreciate you taking the time to help us learn more about how we can make your experience living in a Cowboy Properties community better.

You must be a current resident of a Cowboy Properties community to win. One entry per person. We may follow up with you directly for clarification on your answers. You can also keep your answers anonymous if you prefer. To be entered into the drawing, your entry must be in by 8 AM MT on Thursday, Feb. 29.

## 30 Minute Small Space Workout

Get a great workout in even when you're pressed for time and space. [Click here for more info or more small space workouts.](#)

4 rounds of:  
20 air squats  
10 push-ups  
Rest for 1 minute

4 rounds of:  
20 alternating step-ups (step onto a sturdy chair or swap with alternating split squats)  
20 alternating heel touches  
Rest for 1 minute

4 rounds of:  
20 hip bridges  
20 plank shoulder taps  
Rest for 1 minute

## Events of the Week

### [Crossroads Fandom Fest](#)

The Shops at South Town (10450 S State St., Sandy)  
Feb. 24-25  
Experience Utah local pop culture with two days of toys, Funko Pops, Pokémon, video games, music, sports cards, celebrity signers, art, cosplay, and more!

### [ACR Chariot Races \(Click for more info\)](#)

Golden Spike Event Center (1000 1200 W St, Ogden)  
Feb. 24-25

## 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/](https://utahca.org/housing/) or call (801) 359-2444  
[211utah.org/](https://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/](https://jobs.utah.gov/)

## Food Resources, and Mobile Food Pantry Dates and Locations

<https://www.utahfoodbank.org/programs/mobile-pantry/>  
<https://www.utahca.org/nutrition/>