



# At Home

*Making the Most of Living in a Cowboy  
Properties Community  
June 14, 2024*

## Waterfall Frenzy Unleashed!

The snow's melting, rivers are roaring, and the local waterfalls are putting on a show! Time to hit up these local waterfall hikes. Get your butt out of bed early to beat the crowds and don't forget the sunscreen, water, and snacks. You got this!

### Bells Canyon

3400 Little Cottonwood Rd., Sandy  
5 miles, rated moderate by AllTrails  
Once you hike to the reservoir, follow the signs to the left for the falls. Most of the route follows the creek.

### Stewart Falls

Aspen Grove Trailhead, Alpine Loop Scenic Byway (SR-92), Provo  
3.5 miles, rated moderate by AllTrails  
This impressive waterfall is well over 200 feet high. Parking is limited and it does get busy on the weekends.

### Gloria Falls

8280 Little Cottonwood Canyon Rd, Sandy  
2.3 miles, rated moderate by AllTrails  
Follow the Red Pine Trail for about a mile and after you cross the two-plank footbridge the entrance will be on the left. There are no signs for this waterfall and the final stretch isn't well marked, but you will be impressed once you make it.

### Donut Falls

9730 S Big Cottonwood Canyon Rd., Brighton  
1.5 miles, rated easy by AllTrails  
The waterfall gets its name through the donut-hole shaped hole in the rock.

## Nailing Home Harmony

Running a smooth household can feel like herding cats, but with a few savvy strategies, you can turn chaos into calm and create a well-oiled, stress-free machine.

**Meal Planning:** If you don't plan your meals, you're planning to order takeout... again. Cook in bulk and freeze. Your future self will thank you.

**Delegate Chores:** Assign specific chores to each family member based on age and ability to share the workload.

**Home for Everything:** Everything should have a place. If it doesn't, it's probably because it doesn't belong in your house. Declutter regularly.

**Nighttime Hustle:** Lay out clothes, pack lunches, and prep for tomorrow the night before. Wake up ready to conquer, not scramble.

**Tidy As You Go:** Don't wait for the mess to become a monster. Clean up as you go. Spills don't age well.

### Grotto Falls

14926 Nebo Loop Rd, Payson  
0.6 miles, rated moderate by AllTrails  
You don't have to hike too far to reach this fun waterfall.

### Waterfall Canyon

2900 Buchanan Ave, Ogden  
2.4 miles, rated moderate by AllTrails  
Recent hikers say the waterfall is full and beautiful but the trail is very wet.

## Events of the Week

### Utah Scottish Festival and Highland Games

June 14-16  
Utah State Fair Park (155 N 1000 W, SLC)  
Entertainment, clans, bagpiping, Highland dancing and athletics.

### Utah Blues Festival

June 14-15  
Gallivan Center (50 E 200 S, SLC)  
Enjoy an unbelievable weekend of blues music. Featuring workshops, vendors and food trucks.

## 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/>