



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
March 21, 2025

## Color-fully Cheerful

Embrace the design trend of dopamine decor, which is about creating spaces that trigger happiness and joy with the use of bold colors, playful patterns, eclectic furnishings, and personalization. Check out these ways to incorporate the trend into your home.

## Embrace Bold, Bright Colors

Think canary yellow, fuchsia pink, teal, or electric blue. You can introduce these bold colors through accessories such as cushions and rugs.

## Play with Patterns

Floral prints, geometric shapes, or abstract designs can add visual interest and excitement to your space.

## Layer with Textures

Incorporate different materials like velvet, faux fur, wool, and rattan to add warmth and richness and create a tactile, comforting environment.

## Incorporate Whimsical Art

Choose pieces that make you smile—whether it's abstract art, bold photography, quirky illustrations or even DIY pieces.

## Mix Eclectic Furnishings

Choose furnishings that speak to your personal taste—whether it's a vintage armchair, a mid-century modern coffee table, or a whimsical lamp. Don't be afraid to mix different styles, as the beauty of this trend lies in its uniqueness.

## Fowl Play

Chicken is a great source of protein, contains 9 essential amino acids, and provides a variety of essential vitamins. It's easily available in any grocery store and there are dozens of recipes you can get on the table within a half hour. Check out these recipes.

[Party Chicken](#)

[Marry Me Chicken](#)

[30 Minute Honey Garlic Chicken](#)

[Baked Chicken Breasts](#)

[Fiesta Chicken](#)

[Creamy Garlic Chicken](#)

[Indian Butter Chicken](#)

[Baked Mayo Parmesan Chicken](#)

[Ritz Cracker Chicken Casserole](#)

[Chicken Crouton Casserole](#)

[Chicken Enchiladas](#)

[Baked BBQ Chicken](#)

[Creamy Tuscan Chicken](#)

[King Ranch Chicken](#)

[Chicken Fried Chicken](#)

[Roasted Chicken with Clementines and Arak](#)

[Air Fryer Chicken Parmesan](#)

## Events of the Week

[RMPRA Winter Series Rodeo](#)

March 21-22

Golden Spike Event Center (1000 N 1200 W, Ogden)

Featuring some of the best cowboys and cowgirls in the West.

[Great Salt Lake Woodcarvers Show & Competition](#)

March 21-22

Wheeler Historic Farm (6351 S 900 E, SLC)

Amazing work from talented woodcarvers, join in on mini carving classes.

## 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.

[Salt Lake City Tenant Resource Center](#)

[Power & Gas Assistance](#)

[Utah Department of Workforce Services Resources](#)

**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>

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

<https://www.utahfoodbank.org/programs/mobile-pantry/>  
[FeedUT.org](https://FeedUT.org)