



# At Home

Making the Most of Living in a Cowboy  
Properties Community  
Jan. 23, 2026

## Clearing the Clutter

Overwhelmed with stuff after the gift-giving of the holidays? Kick clutter to the curb with these tips for helping you along:

- If you let the item go now, what would it take to get it back? Is it sold at any local big box store? Can it be bought for \$25 or less? Can you get a replacement tomorrow with Amazon Prime? If so, you can probably let it go now. This is extremely helpful for making decisions about kitchen appliances you rarely use.
- Use the five second rule. If you pick up an object and can't remember when you last used it or wore it within five seconds, then get rid of it.
- If the item were to get covered in mud, would you attempt to clean it off or would you throw it out?
- Split big jobs into smaller tasks, like sorting through your shoes one day and your shirts the next instead of your whole closet at once. Similarly, set a timer for 2-5 minutes and use that time to toss out the items that are easy for you to let go of. You'll immediately feel lighter. Any time that you have a moment where you think 'why do I still have that?,' throw it out or put it onto your donation box right then instead of putting it back to deal with it later.
- If you have items that you are unsure about, put them in a box out of sight and go through it every few months. If you haven't thought about the item in those several months, donate or toss

## The Easy Stuff

Decluttering can be overwhelming, so start with these things that shouldn't take much thought.

- Anything expired - food, medicines, makeup, coupons and cleaning products. CVS and Walgreens both have [safe medicine disposal options](#) for expired prescriptions and some cleaning products may need to be dropped off at a local [hazardous waste disposal center](#).
- Piles of papers, magazines and receipts. File them, digitize them or shred them.
- Pens and markers that no longer work.
- Free promotional items that you don't use (stress balls, keychains).
- Old towels, sheets or blankets. Animal shelters will often take these.
- Empty boxes from purchases that you have already set up.
- Instruction manuals for things you no longer own.
- Plastic silverware, takeout chopsticks and condiment packets as well as takeout menus or restaurant fliers.
- Wire hangers. Many dry cleaners will take these back.
- Old electronics or power cords. [Best Buy](#) will take most electronics for recycling.
- Food containers that are warped, stained or missing their lids.

## Events of the Week

### [Fire and Ice](#)

Jan. 23, 4 - 8 PM

The Shops at Riverwoods (4801 N University Ave, Provo)  
Ice sculptures, fires, fireworks and entertainment.  
Free gift with donation of two cans of food.

### [Jordan World Glow Circus](#)

Jan. 23-25

Golden Spike Event Center (1000 N 1200 W, Ogden)  
Aerialists, acrobatics, stunts and classic circus acts.

## 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 \(Utilities, Food, Housing\)](#)

[Utah Community Action](#) 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)