

At Home

Making the Most of Living in a Cowboy Properties Community
July 31, 2026

School Smart Start

Backpacks are packed and the carefree days of summer are waving goodbye. Whether you're sending the kids back to class or heading to campus yourself, these five tips will help you start the school year feeling a little more organized.

Create a Weekly Reset Routine
Set aside 30–60 minutes each weekend to prepare for the week ahead. Pack backpacks, wash laundry, refill water bottles, review calendars, and make a meal plan. For college students, this is also a great time to organize class materials, clean your living space, and check upcoming assignments. Starting the week prepared helps eliminate last-minute stress.

Prioritize Sleep
A consistent sleep schedule makes a huge difference in energy, focus, and mood. Aim for 7–9 hours of sleep each night, and try to keep similar bedtimes and wake-up times, even on weekends. Well-rested students are better equipped to handle busy schedules, homework, and extracurricular activities.

Keep Healthy Snacks Handy
Busy days often lead to skipped meals or unhealthy choices. Stock your kitchen and backpack with easy grab-and-go options like fruit, yogurt, trail mix, granola bars, nuts, or string cheese. Having nutritious snacks nearby helps maintain energy and keeps hunger from becoming a distraction.

Meals Made Easy

Your future self will thank you for spending time prepping meals that make the rest of the week a breeze.

Power Bowls

Sheet Pan Greek Chicken Power Bowls

Chicken and Vegetable Meal Prep

Honey Garlic Chicken

Ground Beef and Potatoes

Cheeseburger Casserole

Blueberry Oatmeal Breakfast Cookies

Sweet Potato Hash

Egg Muffin Cups

3 Ingredient Slow Cooker Salsa Chicken

Quinoa Salmon Bowls

Use One Calendar for Everything
Whether it's a paper planner, wall calendar, or digital app, keeping assignments, practices, appointments, work shifts, and social events in one place helps everyone stay on track. Set reminders for important deadlines and review your schedule daily to avoid surprises.

Make Time for Fun
School and responsibilities are important, but so is taking a break. Schedule family game nights, weekend hikes, coffee dates with friends, or simply unplug for an hour each week. Building time for relaxation and connection helps reduce stress, prevent burnout, and creates balance throughout the school year.

Events of the Week

Back to School Luau
Aug. 3
The Orchard at University Place (575 E Univ. Parkway, Orem)
Luau performances, fire dancers, games and crafts, food.

Utah County Fair and Rodeo
Through Aug. 1
Spanish Fork Fairgrounds (475 South Main St., Spanish Fork)
Free admission. Vendors, food, activities 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.

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/ 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