



Liberty Gateway (Salt Lake City)

At Home

News and Tips for Residents of Cowboy
Properties Communities
Oct. 22, 2021

Pizza My Heart

We recently asked what your favorite local pizza places were, here are some of your favorites!

[Family Owned BELLA Food Truck](#)

You can't beat wood-fired pizza. Visit them at [TF Brewing](#) and other stops around the valley.

[The Pie](#)

A longtime Utah staple, they have locations in Salt Lake, Midvale, South Jordan, South Salt Lake and Ogden. We love the Pull-A-Parts as well as their express lunch slices.

[Villaggio Pizzeria](#)

Marketed as a blend of recipes from Naples and Calabria, they offer slices all day and try their pizza rolls or subs. Located at 3144 S State Street (Salt Lake City).

[Pizza Cone Zone Food Truck](#)

Pizza dough is rolled into a handheld cone shape stuffed with cheese and toppings.

[Nico's Pizza](#)

Pizza done Boston style. Try their Nico's Sauce, a made-in-house creamy vinaigrette. Located at 255 W Cougar Blvd (Provo).

[Slackwater Pizzeria & Pub](#)

Best seller is the California Sunrise pizza with a green goddess dressing, roasted chicken, grape tomatoes, peppered bacon and a three-cheese blend. Locations in Ogden (1895 Washington Blvd.) and Sandy (10290 State Street).

Minky Couture Giveaway

Congratulations to the winner of our Minky Couture Giveaway from Liberty Junction! Purchase your own Minky blanket at softminkyblankets.com.

The Quiet Workout

Worried about bothering your downstairs neighbors with your workout? Give this quiet full-body quiet workout a try!

Complete three rounds of the following circuit.

Plank: 30 to 60 second hold.

Air Squat: 20 reps.

Triceps Dip: 15 reps.

Lunge with Hold: 10 reps per leg.

Superman: 15 reps.

Russian Twist: 15 reps per side.

Glute Bridge: 15 reps.

Wall Sit: 30 to 60 second hold.



Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 12 and up is eligible for the vaccine in Utah. Need a rapid test? [Here is a list of locations.](#)

If you have tested positive for Covid-19 and are at high risk [you may benefit from monoclonal antibody therapy.](#)

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.

Housing Assistance

rentrelief.utah.gov

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211

Utah Department of Workforce Services Resources

jobs.utah.gov/
jobs.utah.gov/docs/hotjobs.html

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/