

# AZ LIFESTYLE

September & October 2021

















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## VIRTUAL COOKING CLASSES

#### Cajun Seafood Boil

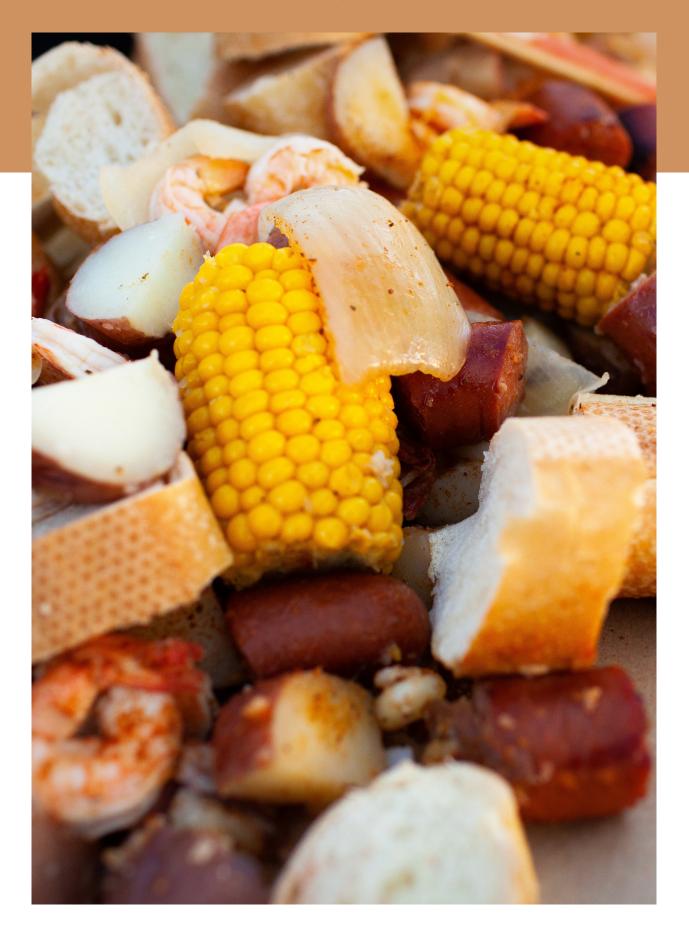
Thursday, October 28<sup>th</sup> 6:00 pm PST

Join us for a free virtual cooking class! This Louisiana-inspired cooking class will be led by Executive Chef Jude Walker, featuring his seafood boil. Included is a drink pairings list along with the traditional Hurricane cocktail founded in New Orleans.

Register for this class.







## CAJUN SEAFOOD BOIL

#### **Ingredients**

3 each Lemons

¼ cup Old Bay Seasoning

plus more for garnish

1 tbs Cajun Seasoning

8 each Garlic Cloves, smashed

1 each Yellow Onion,

medium diced

1 lb Yukon Gold Potatoes,

halved

4 ears Corn on the Cob

cut into 3-4 inch pieces

3 each Jalapeno, halved

(seeded optional)

1 lb Clams, scrubbed

1 lb Lump Crab Meat

1 lb Andouille Sausage

cut into coins ½ inch thick

1 lb Shrimp peeled & deveined

(leave tails on)

4 tbs Butter

1 cup White Wine

2 tbs Fresh Parsley, rough chop

14 cups Water

#### **Instructions**

1. Cut 2 of the lemons into quarters. Slice the remaining lemon into wedges and reserve the wedges for garnish.

2. In a large pot melt 2 tbs butter. Add onions, jalapenos and garlic to pot and sauté for about 4 to 5 minutes. Add wine and continue to sauté for 3 minutes (deglaze the pot). Add 14 cups of water. Place the 2 quartered lemons in the water along with the Old Bay seasoning. Bring to a boil.

3. Add the potatoes to the pot and cook for 8 minutes.

4. Add the clams and corn, sausage and cook for 5 minutes.

5. Add the shrimp and crab meat and cook for 2–3 minutes.

6. Drain the seafood mixture from the pot, reserving 1 cup of the broth.

7. Melt the butter in a small bowl and whisk it into the reserved broth. Pour the broth over the seafood mixture.

8. Garnish with chopped parsley and lemon wedges. Sprinkle with additional Old Bay seasoning to taste, then serve immediately.

# THE HOUSING MARKET

## Phoenix Leads Nation with 29.3% Year-Over-Year Home Price Increase

\*article courtesy of AZ Big Media

S&P Dow Jones Indices (S&P DJI) today released the latest results for the S&P CoreLogic Case-Shiller Indices, the leading measure of U.S. home prices. Data released today for June 2021 show that home prices continue to increase across the U.S. and Phoenix leads the way with a 29.3% year-over-year home price increase.

#### Phoenix home price increase

The S&P CoreLogic Case-Shiller U.S. National Home Price NSA Index, covering all nine U.S. census divisions, reported a 18.6% annual gain in June, up from 16.8% in the previous month. The 10-City Composite annual increase came in at 18.5%, up from 16.6% in the previous month. The 20-City Composite posted a 19.1% year-over-year gain, up from 17.1% in the previous month.

Phoenix, San Diego, and Seattle reported the highest year-over-year gains among the 20 cities in June. Phoenix led the way with a 29.3% year-over-year price increase, followed by San Diego with a 27.1% increase and Seattle with a 25.0% increase. All 20 cities reported higher price increases in the year ending June 2021 versus the year ending May 2021.

Read the full article.

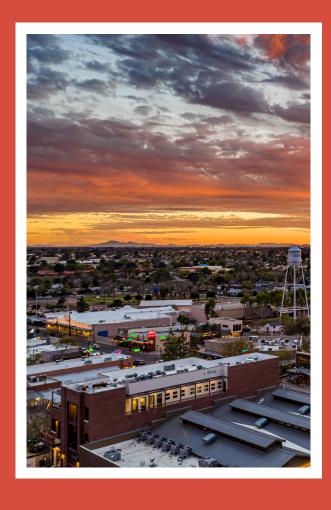




## LIFE IN GILBERT, ARIZONA MIGHT BE THE PERFECT FIT FOR YOU

If you're thinking about moving and finding the best place to call home, maybe it's time to consider Gilbert, Arizona. Gilbert was ranked as the 46th best place to live by Money's 2020-2021 out of over 1,800 U.S. cities and towns. To give Gilbert more of the spotlight it deserves, it was the only town to make the list from Arizona. The list of reasons to live in Gilbert goes on and on whether it be work opportunities, economic rankings, affordable housing, climate, diversity, attractions, and overall safety. Gilbert deserved this recognition as one of the best places to live.

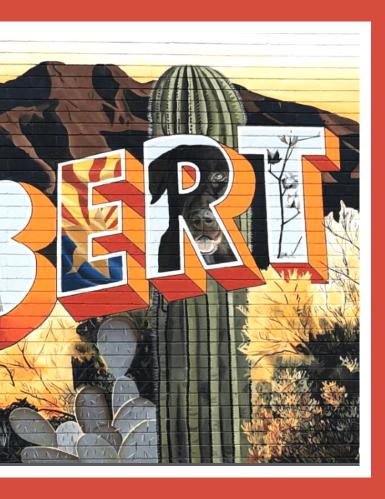
So where is this remarkable town of Gilbert? Gilbert, AZ is a vast town located in Central Arizona. To give some prospective, to go from Gilbert to Phoenix it's approximately 24 miles southeast and quick 15–20-minute drive to other well-known cities such as Mesa and Tempe.

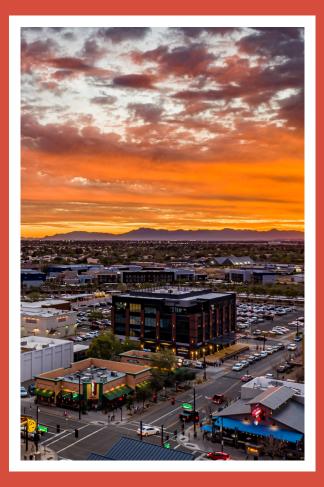




With a population of around 271,000 and still growing at a high rate, Gilbert is home to many families and young professionals. While the cost of living in Gilbert, AZ is higher than most towns in Arizona, don't worry the unemployment rate of Gilbert is at a low 9.7% with a median household income of approximately \$96,000 and median home price of approximately \$359,000. If your kickstarting your career or settling down with your family Gilbert is the place to be. Gilbert, AZ was awarded national as 3rd best city to buy a house, 2nd best city for first time home buyers, and best city for apartment amenities.

Some of the best neighborhoods to live in Gilbert, AZ includes; Val Vista Lakes which is great for those who want to be close to the water. You can spend your day to visit waterfalls, lagoons, and the beach. And if you want to be near the water you'll always be surrounded by a network of man-made lakes. Another neighborhood in Gilbert is Power Ranch, great for families who have young children. Power Ranch offers multiple options for schools nearby with high education rankings. If you love golfing, Seville is the right neighborhood for you.





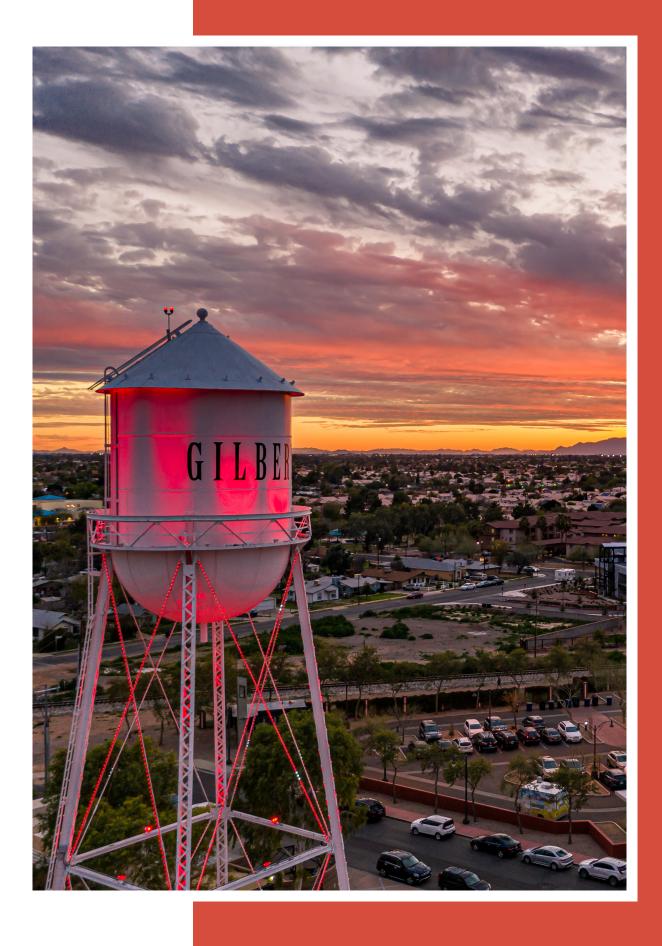
## LIFE IN GILBERT, ARIZONA MIGHT BE THE PERFECT FIT FOR YOU

You won't have to worry about being too far from a golf course and you'll have the opportunity to enjoy luxury club house amenities. Ashland Ranch is the place to be if you're looking to live in the safest place in Gilbert. Although on the wealthier sides, Ashland Ranch offers plenty of shopping plazas nearby. The Islands is perfect for you if you want to feel as though you're on a tropical vacation surrounded by palm trees and lakes. Finley Farms is great for those who appreciate taking trips to local farmers markets and enjoying the outdoor activities such as hiking, bike riding, or scenic walks. Coronado Ranch is a great neighborhood for those with children. Nearly half of the population is under the age of 18 years old and it's gives you more of an opportunity to meet families in the neighborhood and for your kids to participate in neighborhood activities. Last we have Lyon's Gate, if you're looking to be near Arizona State University or if you travel a lot the airport is less than 4 miles away then Lyon's Gate is for you.

Gilbert is not only one of the safest places to live in Arizona, despite its overall large population in Gilbert AZ, and a median age of 34, Gilbert, AZ ranked the second safest city in the U.S. Based on the FBI's Uniform Crime Reports, Gilbert, AZ saw a dramatic decrease of crime in 2018 to 2019 even with an increase of over 6,000 new residents.

It was ranked 9th best place in the US to raise a family. Gilbert is one of the best places to live in Arizona as its employees are dedicated to protecting its community which is reassuring for new homeowners, families, and visitors.

Now that we've covered the statistics of Gilbert, AZ let's talk about what the locals do for fun. Whether you're planning on settling down or traveling for vacation there are plenty of fun activities to do in Gilbert AZ, to for all ages. Whether you play sports or just like watching the games, there are numerous recreational facilities for playing sports whether it be with friends or on your local communities' teams. You can even take a short drive to watch several MLB teams at the nearby Chase Field stadium, go AZ Diamondbacks! If you love playing golf well you're in luck. Gilbert has numerous golf courses and is one of the best towns in the U.S for golfers. Ranked 8th best city, because of its beautiful year-round weather and vast courses. If you, your friends, and family prefer to catch up on the sports games with a cold beer in hand, head over to Gilberts Heritage District, and you'll find yourself surrounded by plenty of bars and breweries that fit the atmosphere you're looking for. What's better than having an endless amount of locally brewed beers on a sunny day in Gilbert, AZ. Nothing right!





### LIFE IN GILBERT, ARIZONA MIGHT BE THE PERFECT FIT FOR YOU

Well before you spend your time out having a beer or dinning at local restaurants, there are a lot more places to visit. With Gilbert being known for its agriculture, farm to table restaurants is not a problem to find. Whether you want a quick bite or an elegant evening Gilbert has been awarded as one of the best foodie towns in the US.

Gilbert, AZ is a great place for those who love to spend their time outdoors and indulge in nature. With the temperature in Gilbert, AZ ranging from lows of 41 ° F and highs of 105°F. If you prefer a warmer climate with lots of sunshine then Gilbert, AZ climate is for you. What better place to be where the sun is shining nearly 300 days out of the year? If you're a nature junkie head over to Riparian Preserve at Water Ranch and be amazed by the wildlife. With over 4.5 miles of trails, its perfect for those who love a good hike, bike ride, even horseback riders. If you just want to have a scenic walk, Riparian Preserve is home to around 300 species of birds, so don't forget to stop and take a look around. There are also places for fishing, having a picnic and much more. The town of Gilbert. AZ offers six major parks. If you think you've seen it all Gilbert offers more than 135 miles of marked and unmarked trails. Bike enthusiast have 54 miles of marked bike trails with views of canals. If you're a dog lover and are wondering where to walk your dog not only do you have plenty of trails, but head over

to Cosmo Dog Park, ranked 4th best in the U.S., to let your dog run free and meet other dogs. If you love shopping visit SanTan Village in Gilbert where you'll find a wide range of major retail stores. Don't forget to support the local crafters. You can find unique creations that can be a souvenir or gift for others that truly reflects the community and culture of Gilbert.

After spending your days outdoors you can visit the many art galleries, memorials, museums, and theatres. For those who want to update their Instagram story there are plenty of murals around the town that you have to keep an eye out for. For those interested in creating their own art there is the Gilbert Visual Art League which brings local artists together as well as the community and offers venues for local artists to show off their work. There are also many attractions for family nights, date nights, or spending time with friends. Gilbert has live performances, trampoline parks, escape rooms, bowling centers, cinemas, minigolf, game rooms, arcades, laser tag, rock climbing, karaoke, and anything you can name of, there's a good chance you'll find it in Gilbert.

What better way to get to know how to live like a local than to experience some of Gilberts signature events! These include the famous Gilberts Day which celebrates the community and the paving of Gilberts Road. This 3-day festival in November includes a parade throughout the town, the water tower lighting ceremony and concert, and Gilberts 5k,10K, and half marathon. What better way to celebrate the creation of a road then to have a parade and run on it? Another well-known event is the Gilbert Global Village Festival. This festival celebrates the diversity in Gilbert and

encourages all ages to participate in the festival. This festival is a great way to bring the community together, meet new people, and celebrate cultural traditions around the world. You'll be able to experience live performances, hands on activities, and cuisine from around the world. You can travel the world in your own neighborhood! This event takes place in March annually. There are many more special events such as the Gilbert Glow Run, H20 fest, Gilbert Outdoors Expo, Kapow! Superhero Run, Truck-a-Palooza, Riparian After Dark and many more events. It's reassuring that if you live in Gilbert, AZ, there will always be something to do no matter what your interest is.

Now that you've discovered just a glimpse of what life could be like for you in Gilbert, AZ why wouldn't you want to live there! Not to brag, but Gilbert has a long list of awards and achievements and strong community values. You'll be able to say that you live in a town that was ranked in the top 25 coolest town in America to live and top 46th best place to live!



# Top 9 Sonoran Desert Tours to Experience

The Sonoran Desert, also known as Desierto de Altar, is one of the most breathtaking and unique places on earth. It spans over 100,000 miles and is the only place where saguaro cacti grow.

The hot, dry climate is the perfect habitat for many Sonoran Desert animals and plants. In fact, about 100 species of reptiles and 60 species of mammals call this desert home. It boasts mountains, underground rivers, and massive rock formations. This beautifully vast Arizona desert is truly a sight to behold.

If you were wondering what activities you can do in the desert, check out the top 9 Sonoran Desert tours to experience!





#### Sedona & Grand Canyon Day Tour

Sedona and the Grand Canyon are among the "must see" places in the desert. Wandering Heart Adventures offers an adventurous day trip that will captivate the whole family.

Sedona is known for its vibrant red rock and remarkable scenery. During your tour, you will stop downtown to browse local artwork and shops while taking in all the sights.

The Grand Canyon is one of the United States' greatest treasures. This Arizona gem is one of the seven wonders of the natural world, and people come from all over the globe to visit. The remarkable canyon is 277-miles long, 18-miles wide, and over a mile deep. The vastness cannot be captured with words; it's just an exceptional sight that you must see for yourself!

Wander around, take in the sights, snap a few photos, and enjoy lunch before heading back for the evening. What a unique, fun-filled day!

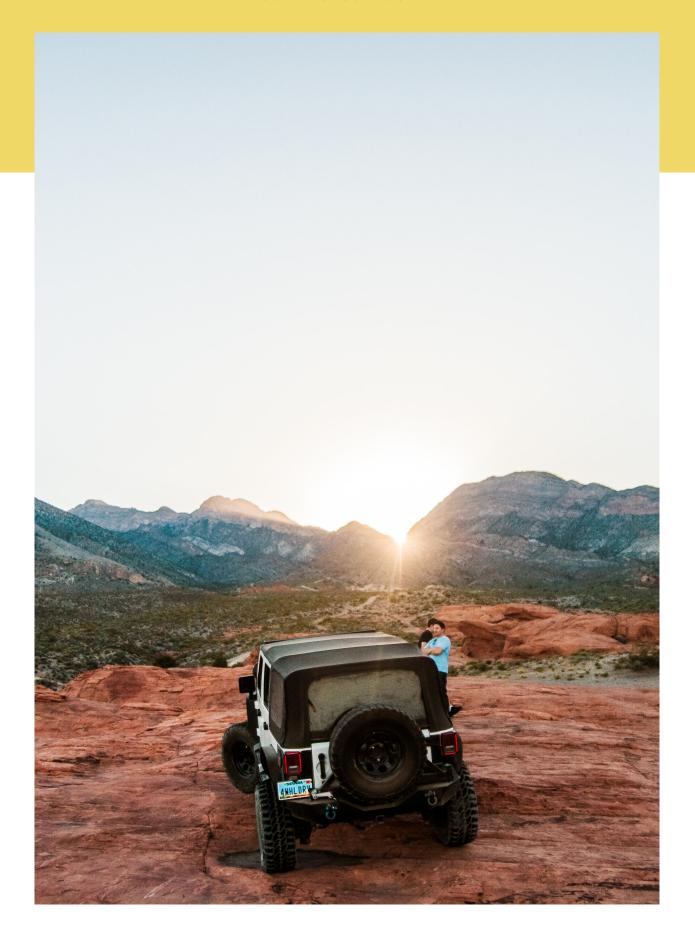
### Sonoran Desert Hiking (or Biking) Tours

There is no better way to experience the awe-inspiring desert scenery than taking a hiking tour. While there are many hiking tours to choose from in the desert near Phoenix, one of our favorites is Sonoran Outdoor Adventures.

You'll explore scenic trails surrounding the city of Phoenix. The professionally guided tours showcase amazing mountain views and desert landscapes. You'll enjoy learning about the Sonoran Desert plants, wildlife, area history, and more.

If you're up for a biking adventure, Sonoran Outdoor Adventures also offers Fat Bike Tours. The bikes are equipped with "fat" tires, which add extra stability when riding the desert trails. Travel over almost any terrain while enjoying the stunning beauty of the Sonoran Desert!





#### **Sonoran Desert Jeep Tour**

Going on a Sonoran Desert Jeep Tour may just be the highlight of your week, month, or even year! The "Old West" will come alive as you explore the diverse vegetation, fascinating wildlife, and iconic views of the Sonoran Desert. Because the tours are given at Tonto National Forest, you'll be able to immerse yourself in the same scenery the Native Americans enjoyed hundreds of years ago.

Take a two-hour sunset tour for unmatched views. While on your tour, your professional tour guide will teach you about Sonoran Desert flora, fauna, Native American practices, and Sonoran Desert history.

A three-hour guided tour is also available. Enjoy the tour in one of their many open-air jeeps, which accommodates 6, 7, or 17 passengers.

#### **Salt River Rafting Tour**

If you're ready for even more adventure, you will probably love a Salt River Rafting Tour. Check out Wilderness Aware Rafting for "world-class river rafting action!"

The Salt River is a free-flowing river that is fed by snowpack, so these tours are limited to the spring months only. Choose a short one-day trip or a long five-day adventure! Whatever trip length you're looking for, Wilderness Aware Rafting has you covered.

Explore the stunning Salt River Canyon, which is truly one of the Southwest's hidden gems. You'll marvel at oak and juniper woodlands; Sonoran Desert vegetation; and an array of desert plants, animals, and birds. You'll find that there are several campsites available along the way if you choose an overnight rafting tour. What a unique, thrilling adventure!

#### **Apache Trail & Dolly Steamboat Tour**

Take some time to explore incredible sights along the Apache Trail and enjoy an exciting tour of Canyon Lake. Across Arizona Tours offers a great one-day guided tour that takes you deep into the Sonoran Desert.

Get up close to a saguaro cactus while enjoying the stunning desert scenery. You'll take a trip back in time at Tortilla Flat, followed by a ride on Dolly Steamboat. See Arizona like you never have before from the deck of this impressive boat!

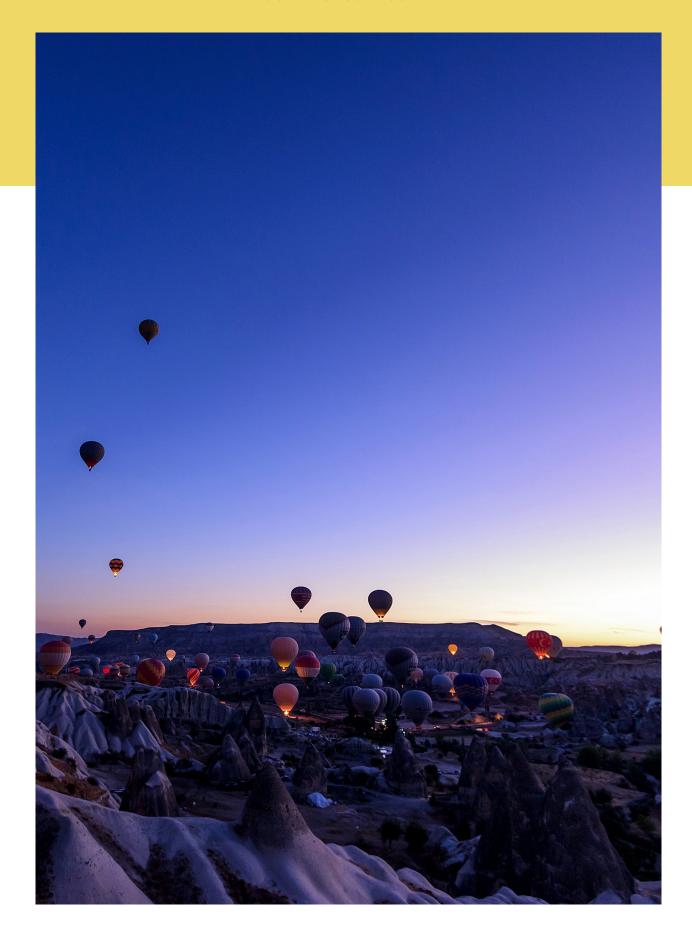
#### **Guided Arizona ATV Adventure**

If you're looking for excitement, explore the desert with an ATV! Stellar Adventures offers thrilling ATV tours. Explore secluded off-road trails with jaw-dropping views!

Enjoy the pristine landscape and rugged beauty that this area offers. You'll have a greater appreciation for the native Americans and frontiersmen who walked these great lands before you.

Be prepared to be challenged! You'll encounter rocky slopes, creeks, and sandy washes. Cover up to 25 miles of the Sonoran Desert while taking this tour. Also, your Chief Adventurer will be able to answer any questions you have about wildlife, plants, Arizona history, and more.





#### **Hot Air Balloon Ride**

Take a magical trip across the gorgeous Arizona desert sky! This once-in-a-lifetime expedition will be thrilling, awe-inspiring, and most importantly- memorable. Choose to explore either the Phoenix/Scottsdale area or Tucson by air when enjoying a ride with Hot Air Expeditions.

Your tour includes viewing the inflation of the balloon, a 45 to 60-minute trip in the balloon, as well as a post-flight champagne toast and catered meal. You'll even be awarded a commemorative flight certificate to take home!

Hot Air Expeditions provides more than just a balloon ride- They give you the whole experience. Enjoy a Sonoran Desert balloon adventure!

## Horseback Riding through the Scenic Sonoran Desert

See the foothills of Tonto National Forest in a way that not many people do- On horseback. A sunset trail ride with Arizona Horseback Adventures will be a casual, relaxing experience.

You'll meet your horse and get a few tips before hitting the trail, so even the most inexperienced rider will feel comfortable. Once you start your horseback riding adventure, you'll see impressive desert sights while learning about the cactus and desert habitat. When you return to the stables, feed your horse a couple carrots to thank him for his loyal companionship on the tour.

A vibrant Arizona sunset is the perfect backdrop to your riding adventure!

#### Canyoneering

If you love obstacle courses, you'll love canyoneering. Canyoneering is a great way to enjoy earth's natural "playgrounds" and Arizona's unmatched beauty.

Explore incredible granite slots and steep cliffs on your canyoneering adventure. You'll also encounter glistening streams and roaring waterfalls! 360 Adventures offers exceptional dry and wet canyoneering tours in the Phoenix and Scottsdale area.

If you choose a dry tour, you'll enjoy hiking, rappelling, and rock climbing through magnificent canyons. On a wet tour, expect to add wading and swimming to that list!

More canyon permits are held by 360 Adventures than any other company in the Southwest. Because many of these canyons are inaccessible for other hikers, you'll enjoy this amazing experience with fewer distractions.

The Sonoran Desert offers a tremendous number of tours and activities but starting with these 9 will give you a wonderful desert experience. The unmatched beauty of the Sonoran Desert is truly a treasure of the Southwestern United States. Enjoy your incredible desert adventure! You are sure to make memories that will last a lifetime.

