

Eco Lifestyle And Home

Offering Real Estate & Lifestyle News For Albuquerque, Santa Fe, Taos Ski Valley & Beyond

Inside This February 2016 Edition:

Happiness

❖ Our Monthly Newsletter Editorial	2
❖ Events Around New Mexico	3
❖ Take a Hike to tent Rocks!	4
❖ February Numerology	5
❖ Affirmation for February	5
❖ Creating Clarity in Your Life	6
❖ Well-Being Sarah Claudia Stout	7
❖ Nerium with Pam Scotty	8
❖ Center For Canine Behavior Studies	9
❖ Savory Spice of Santa Fe	10
❖ Mortgage News: Francis Phillips	11-12
❖ Interior Design & Home Staging	13
❖ Real Estate Market Report	14
❖ Albuquerque Real Estate	15
❖ Santa Fe Real Estate	16-18
❖ Home Selling Tips: Go Mobile	19
❖ Taos Ski Valley Real Estate	20
❖ Aeowyn's Dog Treats	21
❖ Free Reports	22
❖ Contact Us	23



Happiness

Stop waiting for happiness. Happiness is achieved when you stop waiting, wanting & regretting. Make the most of the moment you are in **NOW!**

Real Estate News Pages 11,12,13, 14,15,16,17,18,19,20,22,23

Read about some of our favorite homes for sale in Albuquerque, Santa Fe & Taos Ski Valley. Each month we will feature real estate properties that we love and other pertinent real estate information.



"Pumpkin Cheddar Cheese Crisp Treats"

21



Monthly Newsletter Theme For February: Happiness



Everyone wants to be happy. Yet happiness often escapes us. We get bogged down in our daily lives with responsibilities: planning, wanting, regretting, worrying. Our own personal happiness is often curtailed by the global issues that demand our attention. **Here are some steps to find happiness:**

Mindfulness - Be present: "Stress is caused by being HERE but wanting to be THERE." ~Eckhart Tolle

Gratitude – Be thankful, cultivate appreciation & love

Wellness – Cultivate healthy mind, body, spirit

Compassion - practice kindness, understanding, awareness, thoughtfulness

Forgiveness - Let go: freeing yourself from anything that is no longer serving you.

Connection – Connect with self, nature, other beings, (animals, nature, people). Cultivate empathy.

Purpose – Find meaning by becoming involved.

Metta meditation is very simple, but a powerful tool in cultivating happiness.

Meditation Metta Blessing to Help Cultivate Happiness:

May you be free from suffering.

May you be free from greed.

May you be free from ignorance.

May you be free from fear.

May you have mental happiness.

May you have physical happiness.

May you have ease of well-being.

Meditation Instructions: You progress from sending blessings to yourself, then repeat the blessing to a loved one, then repeat the blessing to family, then repeat the blessing to friends, then repeat the blessing to acquaintances, then repeat the blessing to strangers, then repeat the blessing to all beings- living, past & future beings and send metta to each of them. **Remember, all suffering comes from greed, ignorance and/or fear. So cultivating happiness will relieve suffering, worry, anger & fear.**

Explore what is happiness? What makes you happy?

What are your obstacles to happiness?

Explore self-reflection and nurture body, mind and spirit.

Cultivate compassion with yourself and others.

Notice how we are all interdependent and start connecting with others.

Thank you for reading our newsletter. ~ Dianne McKenzie & Aeowyn, Cecilie Bodman and our content contributors.

Events Around New Mexico

1. Magical Winter Ball and Snow Ball

Saturday, February 5-6, 2016
 Hyatt Regency Albuquerque Downtown
 330 Tijeras Ave NW, Albuquerque, 87102

1st Annual Magical Winter Ball theme is Winter Wonderland for the adults and Snow Ball for the kids.

2. Riverdance - Popejoy Hall

Sunday, February 07, 2016 1:00 PM - 3:30 PM
 203 Cornell Dr NE, Albuquerque, 87106

The Irish dance phenomenon is back by popular demand with Riverdance – The 20th Anniversary World Tour.

3. Friends and Lovers Balloon Rally Albuquerque Convention & Visitors Bureau

Saturday, February 13, 2016 7:00 AM - 12:34 PM
 5000 Balloon Fiesta Pkwy. Albuquerque, 87113

Bring your family, a warm cup of coffee or hot chocolate, and enjoy the view as a close-knit group of local balloon pilots launch up to 135+ hot air balloons.

4. Tap Factory - Popejoy Hall

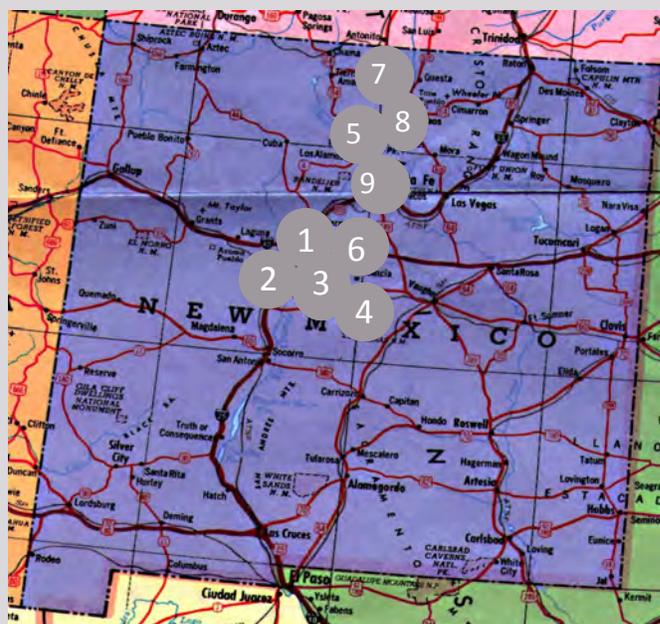
Sunday, February 14, 2016 3:00 PM - 5:30 PM
 203 Cornell Dr NE, Albuquerque, 87016

Renowned tappers combine tap, urban percussion, acrobatics, hip-hop, and comedy to bring Tap Factory into another dimension.

5. 30th Anniversary Celebration of "Writing Down the Bones" with Natalie Goldberg

Society of the Muse of the Southwest
 Friday, February 19 & 20, 2016 4:00 PM - 6:00 PM
 Morada Lane Taos, 87571

Taos Plaza for a presentation of a Proclamation of "Natalie Goldberg Day" by Mayor Dan Barrone.



6. Ailey II - Popejoy Hall

Saturday, Feb 20, 2016 8:00 PM - 10:30 PM
 203 Cornell Dr NE, Albuquerque, 87106

The Alvin Ailey American Dance Theatre combines the country's best young dance talent with the creative vision of today's up and coming choreographers.

7. Just Desserts - Enchanted Forest XC Ski and Snowshoe Area

Saturday, February 27, 2016
 29 Sangre de Cristo Drive Red River, 87558

Enchanted Forest will put homemade desserts from Red River restaurants. Guests then ski or snowshoe to the various dessert sites and indulge.

8. National IFSA Junior Freeride by JETA

Feb 19,20,21 2016 8:00 am - 5:00 pm Taos Ski Valley
 International Freeskiers and Snowboarders Association (IFSA) sanctioned National Junior Freeride Competition.

9. Ray Tracey: One Man Show - Sorrel Sky Gallery

Sunday, February 28, 2016 10:00 AM - 5:00 PM
 125 W. Palace Avenue, Santa Fe, 87501

One of today's most recognized contemporary Native American jewelers.

Let's Take a Hike to Tent Rocks! with Cecilie Bodman



You all know how much I love Jemez and many spots between Albuquerque and Santa Fe. So here we go again!

Here is a really fun hike at Tent Rocks. Tent Rocks Canyon trail is 3 miles out and back hiking through a slot canyon with hoodos and striated rock formations. It is a religious site of the Cochiti Pueblo. Magical! It is shaded and might even have a little bit of moisture. Bring your camera and bird watching equipment!!! It is rated easy but does have a slight climb at the end. There are a couple other trails to explore as well. One is handicap accessible.

Lets meet at the **Range on Wyoming at 9:00 Sunday Feb 13, 2016** and head out from there. We can car pool. It is \$5 a car for parking. Please call me at 505-250-1356 to let me know you will be coming. Text or email works also.

Here is a great link to learn more:

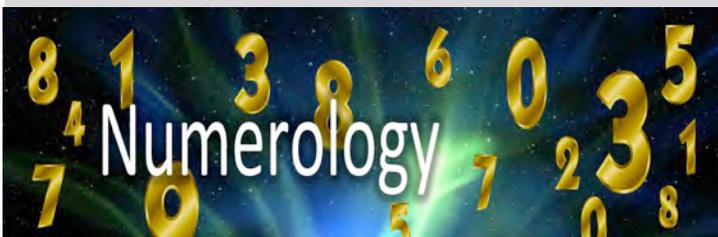
http://www.blm.gov/nm/st/en/prog/recreation/rio_puerco/kasha_katuwe_tent_rocks.html

Directions:

From Albuquerque, take the exit for Santo Domingo/Cochiti Lake Recreation Area (Exit 259) off I-25 onto NM 22. Follow the signs on NM 22 to Cochiti Pueblo and Kasha-Katuwe Tent Rocks National Monument. Turn right off NM 22 at the Smoky Bear sign past the turquoise water tanks on the hill onto Tribal Route 92, which connects to BLM Road 1011. From the fee station, travel five miles to the national monument's designated parking/picnic area and trailhead.

From Santa Fe, take the Cochiti Pueblo Exit 264 off I-25 onto NM 16. Turn right off NM 16 onto NM 22, and follow the signs to Cochiti Pueblo and the national monument.

Cecilie Bodman
Equity NM Real Estate
Ready When You Are
www.ABQgold.com
505-250-1356



Life By The Numbers

- Cecilie Bodman

February 2016 Numerology is
Number 11

This is the month to follow your intuition. Set new standards for yourself. You can be the light of the world today supporting the growth of your community. You can also be greatly inspired or you can inspire others. Rise above daily routine and keep your own inner peace. Live up to your ideals and prepare yourself with meditation. Develop ways so you can hear and act on your illumination.

Gems: Pearls, Silver

Oils: Spruce, Rose, Geranium, Lavender, Orange, Sage. You can add Sage, Rose, Orange and Lavender to your cooking and apply diluted oils to your temples, very top of head at "soft spot", third eye and thyroid.

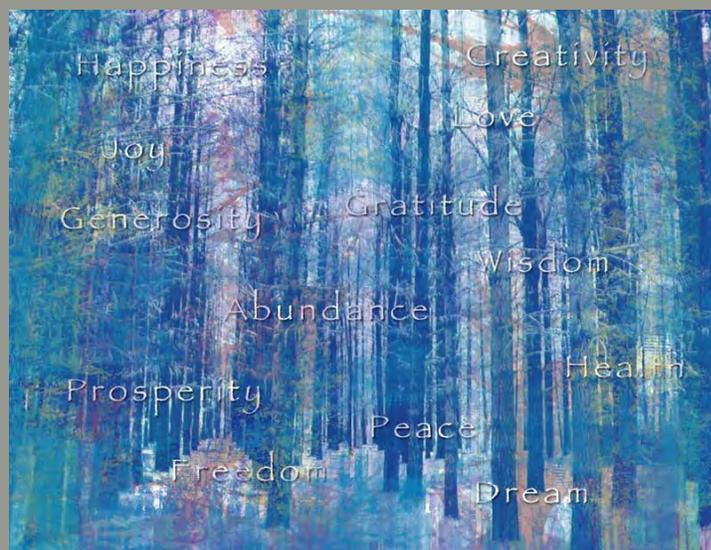
Affirmation For February:

"I am a shining example of the love and happiness growing in the world today."

Affirmation for the Month February

"Why am I able to cultivate mental happiness, physical happiness and ease of well-being?"

"Affirmations", ask empowering questions that cause your mind to focus on what you REALLY want and what you HAVE, and stop focusing on what you don't want and don't have.





Creating Clarity Happiness

by Lainie Grimmer

Happiness: Each of us wants it, wishes we had more of it, or worries that our feelings of happiness won't last. We're obsessed with the subject: Numerous scientific studies have examined the topic, as have songs in every genre. There are myriads of books, courses, and websites to help us increase our happiness. And the kingdom of Bhutan has declared its country's Gross National Happiness to be more important than its Gross National Product!

What is happiness, and where can we find it? Happiness is a mental and emotional feeling of well being, a way to gauge how satisfied you are with your life and how good you feel on a day-to-day basis. We know we're happy when we feel positive, pleasant emotions ranging from contentment to intense joy.

Even when our lives seem to be on the right track, we humans sometimes have trouble being happy. Thanks to our instinct for survival, we're wired to look for the bad in situations, and can easily overlook what is going right. And sometimes we've unconsciously adopted another's idea of happiness, unaware it isn't working for us.

Here's the simple truth: If you want more happiness in your life, look within yourself. Your happiness lies inside you, and is unique to you. If you're ready to tap into your true happiness, follow these steps:

- **Choose.** Happiness is a choice. You have the power to choose your response to the world around you - choose to experience what brings you joy.
- **Question.** What is YOUR idea of happiness? A roller coaster ride can be one person's idea of a happy, exciting thrill, yet cause sheer terror in another. Are the beliefs of happiness you hold truly yours, or someone else's?
- **Rewire your Brain.** Neuroplasticity gives you the ability to change your brain, both to replace old ideas and to overcome negative thoughts. When you notice something makes you happy, you can train your brain as if it were a muscle to accept your new discovery of happiness.
- **Support Your Happiness Habit.** That which grows satisfaction, contentment, and gratitude grows happiness. If sipping hot chocolate on a cold winter morning brings you pleasure, you've just boosted your level of happiness.
- **Enjoy the journey.** Happiness isn't about reaching a destination, being able to afford everything you want, or feeling good all of the time. It's knowing you are in charge of how you feel, and that with consistent practice, you can form new habits for a more satisfying and fulfilling life.

Lainie Grimmer, CPCC, ACC- Creating Clarity, LLC
 Certified Personal and Professional Coach, Facilitator
 Telephone: 505.820.7989 Cell: 505.690.7989
 Email: lainiejg@gmail.com Web: <http://creatingclaritycoaching.com>





Sarah Claudia Stout

Preparing Our Children For A Changing World

Happiness



Many years ago, a Snoopy cartoon that said "Why Me?" decorated my office door. I divided weeks, and thus my happiness quotient, into pretty good, so-so, and not so good. It all depended on how my day or week "had gone".

In time, what has taken place during the week has become less relevant. Yes, there are some weeks or periods of time that are more intense, some are busier, and some have unexpected more challenging turns. I can say that I am happy, embracing a full and rich life.

Happiness is a well-researched subject. Although studies vary in exact percentages, most agree that happiness is partly genetic, partly life circumstances, and partly under one's own control. All the studies agree that when life's basic needs of safety, food and shelter are taken care of, money, raises, sweepstakes, and new cars only provide short-term happiness. And, some recent ones show that, with training, even some genetic propensities can be reversed.

It turns out that understanding, practice, and commitment, quite a bit that contributes to happiness can be learned.

- With awareness and practice, we can decrease time spent in future worry or reliving the past, and increase time in the present. This includes regular watching sunsets, petting animals, smelling roses, feeling feet walking, in other words, being present with the senses in daily life.
- When we practice neutrally noticing, accepting, and acknowledging feelings, and experience what to do with stronger feelings, emotions often lose the potency of their grip.
- Creation of a habit of genuine and frequent appreciation, and acknowledgement of ourselves and others, is a magic key.
- A switch from a victim point of view to one of learning, meaning, responsibility, and growth, where fault and error are not the issue, feeds happiness.
- The story of Scrooge reminds us of the immense value of loving connection, healing relationships, and service from the heart.

Our culture can value extreme work over family and natural pleasure, and victimization over learning and responsibility without blame. The commitment to happiness habits is up to each of us, and to each of us supporting each other. **May you be well, joyful, healthy, and happy.**

Sarah Claudie Stout

email: sarahclaudia.s@gmail.com **web:** sarahclaudiastout.com **cell:** 505.603.1193





NERIUM™

I N T E R N A T I O N A L

Nerium offers exclusive products, with age-defying ingredients that you can't find anywhere else. This leads to unprecedented results. We observe the best of nature to find cosmetic skin-care applications and supplements that mimic natural age-fighting mechanisms. Our nature-based approach provides innovative solutions that produce exceptional results.

While we incorporate a number of tried and true ingredients into our formulas, we don't stop there. We search out ingredients developed and tested by the top universities and scientific labs in the world. This allows us to work with patented, exclusive ingredients that no other company can use or duplicate.

Unlike most skincare products, which contain a water-based foundation, Nerium formulations are created with Aloe Leaf Juice, a highly emollient and nutrient-rich source of moisture and hydration. Extracted from the leaves of the Aloe Vera plant, this powerful juice contains many beneficial properties to keep the skin healthy.



Give Yourself the Gift of Younger Looking Skin

By Pam Scotty, Director, Independent Brand Partner, Nerium International

I have personally been using Nerium AD night cream for the past 3 months. I notice much smaller pores, my skin feels and looks great, and I LOVE that it's only 1 product...no more eye cream, wrinkle cream, night cream, it's all in one and completely effective! Ask me to try the 5-day sample and see for yourself! Then ask me about the 3UR-Free program to get your Nerium AD for FREE!

Contact Pam Scotty or visit the website to find out how you can benefit and transform your life:

<http://freelexus.nerium.com> Email: info@GatewayMarketingllc.com



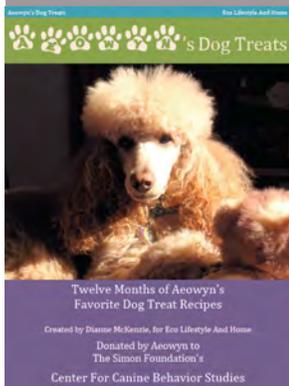


The Center for Canine Behavior Studies

If you love dogs like we do, we are asking you to visit the Canine Center For Behavior Studies. The Study's two investigators, Dr. Dodman at Tufts Cummings and Dr. Serpell at UPenn are recognized as two of the world's leading animal behaviorists. They believe the results of their Study—among many things—will help reduce the annually killing of up to 1.5 million dogs a year—in the US alone.

Let's Get Cooking:

If you would like to receive Aeowyn's Canine Treat Recipe Portfolio (electronic version, so you, too, can pass on the love!) contact Dianne, Aeowyn's guardian. That's 12 months of treat recipes with techniques, tips, ingredients, photographs & more.



If you wish to receive Aeowyn's Dog Treat Recipe Booklet, just email Dianne & she will email you a copy for free!
Dianne@RealEstatePropertiesSantaFe.com

Any dog owner in the world can participate in the on-line Animal Ownership Interaction Study by anonymously completing an initial survey of about 93 questions. Every six months Study participants may be asked to answer additional questions. The Study will run for two years.

A final goal of the Study will be to publish the findings in high impact scientific journals, particularly the ones that support open-access publishing, such as PLoS One and Preventive Veterinary Medicine, and to disseminate globally their findings to animal welfare organizations, veterinarians, and animal professionals in training and behavior.

We hope you will join like-minded citizen scientist volunteer dog owners from around the world and participate in the Animal Ownership Interaction Study.

Participation is free but requires you to register for membership at the Center for Canine Behavior Studies: <http://CenterForCanineBehaviorStudies.org>



I cannot think of a better topic than happiness.

Food is happiness.

We eat when celebrating, are sad, and when we commune. I have been a part of the spice industry for 11 years now, and previously a chef. Nothing is more personal than food. Everyday I have people come into my shop, Savory Spice, and stare at a product... open the jar... and smell it with closed eyes. Whatever it is evokes something that helped to form them. And then the stories flow. There are international adventures, traditions, passions and losses. I love the stories.

Here are a few of my stories. Let's begin with rosemary. My love of cooking began when I was very young. There are pictures of me at 5 or 6 holding a mixer with rapt attention as I delved into my culinary adventure. By the time I was 11 I had completed the Wilton Cake Decorating courses through wedding cakes. My parents let me stay home alone after school when I turned 12. I would call them at work every afternoon and ask what they wanted for dinner. The first spice I remember exploring was rosemary. Steaks and burgers were coated in the potent herb. Later in life my father told me he didn't care for rosemary, but was happy to choke it down for me.

Another formative memory is aroused from saffron. When I graduated high school my mother asked what gift I wanted before I left for culinary school. I asked to explore France through cheese, wine, and cuisine. When we ended in Paris, I discovered my very first spice shop. I was in awe. I had no idea someplace like this existed and a new world unfolded in front of me. Little did I know I was glancing into my future. I purchased a corked jar of saffron that kept me inspired through college.

Lastly, I would like to tell you about paprika. After school I worked as a cook at McMurdo Station in Antarctica. Those stories are for another time. When I came back to the USA I reconnected with an old friend. On our first date we stumbled upon the first Savory Spice. I was so ecstatic that I nearly caused a car accident. We ventured in and, overwhelmed, I began to tell my stories to the proprietor. I joke that a week later I had the man and the job. On my first day I was given a giant bowl of Spanish paprika to jar. As I stared into the red mass all I could think was "This is the coolest thing I have ever done in my life." Considering I had just spent the last 9 months at the bottom of the earth and traversing the world, this was significant. This was happiness, and the first day of the rest of my life.



Kate Wheeler, owner/operator - Savory Spice Shop is your local destination for over 400 spices & seasonings. Also offering cooking classes and private events.

Savory Spice Shop in Santa Fe

225 Galisteo Street, Santa Fe, New Mexico 87501

P: (505) 819-5659 F: (505) 466-5682 E: santafe@savoryspiceshop.com

Follow on Facebook: facebook.com/SavorySpiceShopSantaFe



by Francis Phillips

Building family wealth over the next 5 years

When you see the words *family wealth* do you think, “that’s not for me,” and stop reading? If your answer is “yes,” please take a minute and read on. You may be surprised by what I have to share.

As the U.S. economy continues to strengthen and personal finances start to improve, people are beginning to look beyond day-to-day expenses and think about saving money for the future and finding ways to build their net worth. One way to build net worth and increase *family wealth* is to buy real estate.

Let’s say you purchased a home for \$250,000 in January. What might it be worth 5 years from now? The Pulsenomics, LLC group surveys a national panel of over 100 economists, investment strategists and housing market analysts every quarter for their Home Price Expectation Survey¹. The most recent survey shows the equity in that home potentially growing \$42,075 in 5 years! And just think – that may be growth based on an investment of only 20 percent of your assets as you leverage more by using a home loan for the rest of the purchase. That’s a pretty decent return on investment. And since home equity is often a large – or the largest – portion of a family’s net worth, buying a home may be a great option.

Perhaps you think homeownership is too much trouble. You prefer to rent and let your landlord worry about the roof and the plumbing. Maybe if you know how much that decision can cost your family wealth, you’ll re-consider.

The Federal Reserve conducts a national study every three years called *The Survey of Consumer Finances*². Sounds exciting, doesn’t it? They collect data about “family incomes, net worth, balance sheet components, credit use, and other financial outcomes” across economic and social groups. In the latest report, based on data from 2010-2013, they found startling information about the difference in net worth between homeowners and renters: A homeowner’s net worth is 36 times greater than a renter’s! According to the Federal Reserve, a typical homeowner’s net worth was \$195,400, while that of renter was \$5,400.

The National Association of Realtor’s Chief Economists Lawrence Yun went even further in projecting the 2016 net worth gap. In an article in *Forbes*³, Yun predicts that it will increase to 45 times greater.

If you have the option to buy but still decide to rent, consider this: You are paying a mortgage and building net worth, but not for you and your family. Your landlord is the one who benefits.

I’ve talked about home price appreciation and the difference in net worth between homeowners and renters. One last thought: Stability. When you purchase a home with a fixed rate mortgage, your monthly principal and interest payments will remain the same over the life of your loan. Yes, your property taxes and insurance will almost certainly increase, but a large portion of your housing cost will stay the same, for as long as 30 years if you choose a 30 year loan.

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. And rent? I'll give the last word to a recent Wall Street Journal article⁴: **Apartment rents increased faster last year than at any time since 2007...**

¹https://pulsenomics.com/Q4_2015_HPE_Survey.php

²<http://www.federalreserve.gov/pubs/bulletin/2014/pdf/scf14.pdf>

³<http://www.forbes.com/sites/lawrenceyun/2015/10/14/how-do-homeowners-accumulate-wealth/#2715e4857a0b60d513b093af>

⁴<http://www.wsj.com/articles/u-s-apartment-rents-rose-the-most-last-year-since-recession-survey-says-1452054600>



Francis Phillips, NMLS #193642, is Senior Mortgage Loan Originator with First Choice Loan Services Inc. in Santa Fe. He has served as director of business development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. Contact him

at fphillips@fcbmtg.com or 505.982.3400.



John Edmund Halley
Catalyst & Founder

Cell: 505.231.1454

Comet@CometStudios.com

www.CometStudios.com

KachinaMountainRealEstate.com



Cultivating The Spirit of Taos Ski Valley Real Estate Properties

Home Staging + Design with Debbie DeMarais

Using Orange to Invoke Happiness at Home

Color plays an important role in design whether we are trying to stimulate a joyful and happy place or creating a room for quiet reflection. When I think of happiness and color - orange makes me smile. In fact, as a teenager I insisted my bedroom be painted orange, it was uplifting compared to the dreary Seattle weather. Now I surround myself with pops of orange in my office, which makes for a stimulating and creative space.



Orange created by combining red (energy) and yellow (happiness) represents sunshine, warm weather and places like the tropics. Studies show that orange can stimulate the brain, increase the oxygen supply and is invigorating. Imagine the scent and taste of a slice of orange, how it felt peeling back the rind, releasing sprays of orange fragrance in the air and feeling bursts of juice explode as you bit into each segment, note how refreshing this was and happy you felt. One simple slice of an orange produces endorphins stimulating your “happy” place. It is a powerful color representing happiness, strength and endurance. In Feng Shui and Interior Design important elements are often highlighted using the color orange, while commercially it is used to help stimulate business success.

Quoting Oscar Levant, he said, *“happiness isn’t something you experience, it is something you remember.”* Isn’t it time to remember something that made you happy? Recall how you felt during the summer with the warmth of the sun on your face, did you feel happy? Let’s recreate this feeling in our home. I could suggest we paint a wall or four with a warm orange palette, however doing so would invoke too much of a good thing. Instead paint a niche, add a great accessory that pops of warm orange, or add a piece of furniture. Socially orange becomes a conversation starter, and has uplifting energy while creating the sense of warmth. Afraid of commitment then start small with a simple bowl of oranges or tangerines, as a centerpiece. It’s a perfect way to introduce happiness and prosperity, especially as we celebrate Chinese New Year on February 8th.

Debbie DeMarais, HSR Certified Home Stager, ASID, Allied Member

Home Staging + Design

T – 505-699-4989

debbie@homestagingsantafe.com

www.homestagingsantafe.com



Monthly Market Report Albuquerque

GAAR GREEN SHEET December 2015



A condensed overview of the monthly statistical highlights.

Active Listings

Detached: 3,108
Attached: 299

🕒 *One year ago*
Detached: 3,850
Attached: 362

% Change (Detached)
-19.27%

Pending Listings

Detached: 679
Attached: 65

🕒 *One year ago*
Detached: 649
Attached: 66

% Change (Detached)
+4.62%

Closed Listings

Detached: 807
Attached: 90

🕒 *One year ago*
Detached: 656
Attached: 71

% Change (Detached)
+23.02%

Average Sale \$

Detached: \$208,229
Attached: \$150,635

🕒 *One year ago*
Detached: \$211,523
Attached: \$153,154

% Change (Detached)
-1.56%

New Listings

Detached: 773
Attached: 88

🕒 *One year ago*
Detached: 789
Attached: 91

% Change (Detached)
-2.03%

Days on Market

(Average)

Detached: 61
Attached: 70

🕒 *One year ago*
Detached: 71
Attached: 68

% Change (Detached)
-14.08%

Sales Volume

(in Millions)

Detached: \$178.6
Attached: \$13.5

🕒 *One year ago*
Detached: \$138.8
Attached: \$10.9

% Change (Detached)
+28.67%

Median Sale \$

Detached: \$175,500
Attached: \$139,450

🕒 *One year ago*
Detached: \$177,000
Attached: \$139,000

% Change (Detached)
-0.85%

Closed Sales by Market Area

MLS Area	City/County	2013	2014	2015	% Change
Areas 10 - 121	Albuquerque	421	435	522	20.00%
Area 130	Corrales	13	10	11	10.00%
Areas 140 - 162	Rio Rancho	132	119	156	31.09%
Area 170	Bernalillo	10	5	10	100.00%
Area 180	Placitas	11	8	10	25.00%
Areas 210 - 293	East Mtns. / Estancia	34	34	46	35.29%
Areas 690 - 760	Valencia County	34	45	52	15.56%

SOURCE: Greater Albuquerque Association of REALTORS® - based on data from the Southwest Multiple Listing Service. Data is deemed reliable not guaranteed. The SWMLS market areas include: City of Albuquerque, Corrales, Placitas, Rio Rancho, Bernalillo, East Mountains/Estancia Basin and most of Valencia County. The Green Sheet contains the same information reported on the full monthly report.

Albuquerque Real Estate News with Cecilie Bodman

Featured Listings in Albuquerque Area

6 Calle Cobre Placitas, NM 87043 MLS# 848856 \$490,000

Single Family 3,096 sqft | 4 Bedrooms/ 3 Baths | 2 garage spaces | 2 Stories | Price per sqft: \$158.27



Especially Lovely, Spacious Southwestern Home W/3 or 4 Bedrooms, Office Space, Studio, Exposed Adobe, Kiva Fireplaces. Dramatic Views Of Sandias, Cabezon, Jemez Mtns, Mesas, & City Lights. Just 12 Minutes And 12 Miles From Abq, But A Different World. Country Kitchen with custom cabinets, island and bar. Greatroom Design, Super For Entertaining. 2nd Master Up. Saltillo Tile/Vigas/Split Cedar Latillas/Kiva Fireplaces, Custom Cabinets through out home, 10ft Ceilings, Views From Every Room. Passive Solar Orientation. Wondrous Outdoor Spaces, Courtyards. Two Car Garage With Storage/Workrooms. Room For Horses. Mature Landscaping provides Shade, Color & Privacy. Close to Rail Runner and 30 mins from Santa Fe.

This home has interesting Native American historical information. It has been said to have high frequency geological zones also called " sacred" areas and the high frequency of the Sandia Mountain Triangle. Great location for those who meditate and do sound healing or Matrix Energetics or similar newer methods.



Deals of the Decade:

I specialize in helping clients increase their wealth through Real Estate. I invest in real estate and have rental properties that create cash flow. I always find "deals of the decade" which are three bedroom, two bath, two car garage in great school districts you can rent for more then the mortgage.

All are priced under the market and could be rented for the mortgage payment and more. I may be able to write agreements on many of the homes with the owner paying the down payments and/or most of the closing costs. I would love to empower you to make educated decisions on your investments. Interest rates are still at historic lows!



Find out
what your
homes is
worth! Call
me.

Cecilie Bodman
Equity New Mexico
3620 Wyoming Blvd. NE # 200
Albuquerque, NM 87111
Cell: 505-250-1356
Email: abqgold@gmail.com
Web: <http://abqgold.com>

Aldea Home: SOLD
4 Calle de Montanas, Aldea
MLS# 201505054

Santa Fe Report - Aldea
Real Estate News from Dianne McKenzie

Home **SOLD**, Representing the Buyers!



4 Calle de Montanas is now a home to new Aldea residents!
"This beautiful pueblo style home is located on a cul-de-sac and backs up to open space for beautiful Sangre views. The east portal with kiva fireplace, lovely landscaping and a water feature is perfect for entertaining. This gracious home is single level with two fireplaces, high ceilings with vigas, beautiful plaster walls, custom kitchen cabinets with granite counters and lovely finishes. There are four bedrooms and three bathrooms and one of the bedrooms is located at the front of the house with an outside entry and a full bath. Also included is an attached, direct entry two-car garage." ~ from the MLS

Lot 15 Camino Barranca, Representing the Buyers!

Lot **SOLD** custom home design and construction.

We are pleased to announce the sale of 15 Camino Barranca Lot in Aldea. The Buyers have hired John Halley, of Comet Studios, to design their new home and they have hired Aldea builder, Jim Salopek to build it. This is a wonderful group effort with realtor, design & build team and, of course a very special client!



Jim Salopek, M 43 LLC,
Fine Home Building
Cell: 505.660.8801

Thirty five years of residential and commercial property development, construction management and renewable energy experience. This includes all aspects of a major homebuilding company: lot development, building construction, sales, customer service, office administration and renewable energy installations. **Web:** m43finehomebuilding.com



Comet Studios specializes in providing environmentally conscious planning, design & development services for a wide variety of sustainable project types – from small cabins to custom homes, custom estates, mixed-use commercial projects, land development projects, real estate developments and eco-communities.

Contact John Halley for a free consultation:
Web: CometStudios.com | **Cell:** 505.231.1454 | **Email:** comet@CometStudios.com
Studios: 17 Plaza Nueva, Santa Fe, New Mexico 87507

2016 Aldea Stats: Sold, Pending & Listed

Sold: 1 Homes, DOM 255, 0 Lots, DOM 0

Pending: 5Homes, 2 Lots

Listed: 7 Homes, avg \$553,700, 8 Lots

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

Aldea’s inventory remains low, but somewhat typical for this time of year. Sales have been slow with some houses on the market for as long as 375 days. It is anticipated that more properties will come on the market this spring.

There is more construction happening around Aldea, with a group of townhomes, patio homes and Homewise homes under construction. The custom home building market is just beginning to pick up as we will see more construction in 2016.



LISTING COUNT: DAYS ON MARKET:						HIGH	LOW	AVERAGE	MEDIAN	TOTAL PRICE
TOTAL	HIGH	LOW	AVG	MED	LIST PRICE:	\$668,000	\$365,000	\$553,700	\$575,000	\$3,875,900
7	331	56	170	133	SOLD PRICE:	\$0	\$0	\$0	\$0	\$0

LISTING PRINT OUT

Address	Price	Original Price	TotSF	\$/TotSF	BD	BA(FTH)	Levels	InterSteps	Type	MLS #	DOM	Stat Date	Bank Owned	Short Sale	Photo
1 Camino Esperanza	\$365,000	\$379,500	1,900	\$192.11	3	3(2 0 1)	Two Story	Yes	Townhouse	201505215	56	12/1/2015	No	No	
5B W Via Plaza Nueva	\$489,900	\$514,900	2,800	\$174.96	3	3(2 0 1)	Two Story	Yes	Single Family	201501072	307	3/25/2015	Yes	No	
105 AVENIDA ALDEA	\$554,000	\$559,000	2,470	\$224.29	3	3(2 0 1)	Single	No	Single Family	201504805	90	10/28/2015	No	No	
1 Calle Siete Casas	\$575,000	\$599,900	2,855	\$201.40	3	3(3 0 0)	Single	No	Single Family	201504291	133	9/16/2015	No	No	
4 W Calle Suerte	\$575,000	\$575,000	2,410	\$238.59	3	3(1 2 0)	Single	No	Single Family	201505078	70	11/17/2015	No	Yes	
7 Calle Vista	\$649,000	\$699,000	2,700	\$240.37	4	3(2 0 1)	Single	No	Single Family	201500694	331	3/2/2015	No	No	
37 Camino Botanica	\$668,000	\$670,000	3,279	\$203.72	3	2(2 0 0)	Single	No	Single Family	201503001	207	7/3/2015	No	No	

Equal Opportunity Housing * All information deemed reliable, but not guaranteed. All information herein has not been verified and is not guaranteed.

2016 Las Campanas Stats: Sold, Pending & Listed

Sold: 2 Homes, DOM 173, 0 Lots, DOM 0

Pending: 14 Homes, 1 Lots

Listed: 45 Homes, avg \$1,427,375, 75 Lots, avg \$96,780

Las Campanas Report: Homes & Lots



There are currently 45 homes for sale in Las Campanas. There are currently 14 Homes under \$1,000,000 in Las Campanas. There are currently 31 Homes over \$1,000,000 in Las Campanas.

There are currently 75 Lots for sale in Las Campanas. There are currently 35 Lots under \$100,000 in Las Campanas.

There are currently 40 Lots over \$100,000 in Las Campanas. View one photo per property. For additional photos or a tour call: 505.603.9300.

The total number of lots sold in Las Campanas doubled in 2014 compared to 2012 – from 22 to 47.

- Average Lot prices increased 30% during the same time period: from \$73,000 in 2012 to \$95,000 in 2014.
- Last year, 62 resale homes were sold in Las Campanas. So far this year, 54 have sold and another 11 are pending – total will be 65 -- and the year isn't over yet!
- 28 new homes are currently under construction in Las Campanas.
- Spec builders are investing once again in Las Campanas – and many are selling their homes before they completed!

To keep the momentum high in Las Campanas, the developer is offering these incentives on developer-owned Homesites:

- On homesites over \$100,000: a full-equity golf or social membership at the Club at Las Campanas, which can be activated at closing, or taken as an option for up to 2-years while you build your dream home.
- On homesites under \$100,000: a \$5,000 credit at the La Fonda Hotel for rooms, food and beverage, gift shop, and/or any services offered by the hotel.

Call me, Dianne, 505.603.9300, for a tour of Lots & Homes in Las Campanas.

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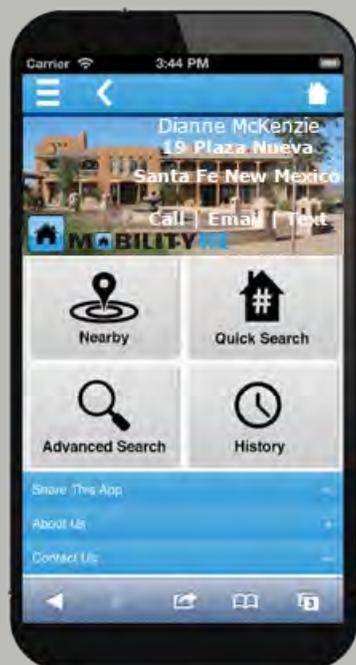
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Taos Ski Valley Report

Real Estate News from Dianne McKenzie

KML

Kachina Mountain Lodge - a Wilderness Eco-Resort Community **Mountain Home Site Investment Opportunity** *Private & Peaceful - Phase One Luxury Wilderness Home Sites are now available in Taos Ski Valley*

MLS# 201502443



Eco-Community Features:

- Kachina Mountain Lodge & GaiaQuest are creating an exciting alpine wilderness eco-community filled with vitality and amenities that include restaurants, commercial conveniences, cultural arts facilities & programs, full-service boutique hotel, affordable euro-style hostel accommodations, private homes, open space parks, trails, year-round recreation opportunities, nature center, camping facilities, community food gardens & greenhouses, permaculture landscaping and GaiaQuest's unique university-style campus.
- Adding year-round vital business and prosperity for Taos Ski Valley, GaiaQuest's main campus center will enhance our community experience with a wide variety of Global Health and Well-Being lifestyle programs, related education programs, products, services and resources that no other alpine resort community has to offer.
- Sustainability features include localized green building solutions, onsite renewable energy farm and tertiary level waste treatment.

Alpine Wilderness Home Features:

- Beautiful Euro-Alpine style eco-home design, custom tailored to accommodate each buyer's unique needs & specifications.
- High Performance Active & Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows.
- Open Living Area with built-in day bed, efficient Native Rock Fireplace Stove, Gourmet Kitchen with Inglenook, Powder Bath, Custom Built-ins, separate Entry Vestibule and Private Patio Deck.
- Spacious Master Suites with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace.
- Rentable Lock-off Suite with Separate Entrance, Fireplace, Luxury Bath & Private Outdoor Patio.
- Direct Ski-In/Ski-out access to Taos Ski Valley's world-class ski runs.

Community Investment Opportunity:

- Purchasing a beautiful custom home site in our unique wilderness eco-resort community at Taos Ski Valley also provides an important investment in the non-profit GaiaQuest Center for Global Health and Well-Being. As soon as investor commitments are in place for all 8 home sites, our Phase One commercial site will be deeded from developer to GaiaQuest for the first Healing Center building.

Don't miss this rare chance to own a Luxury Wilderness Residence your family will treasure for generations!

For more information - visit www.KachinaMountainLodge.com and www.GaiaQuest.com or Call 505.231.1454

Kachina Mountain Lodge is now offering luxury mountain home sites for sale within a thoughtfully master planned wilderness eco-resort community in the Kachina basin at the top of Taos Ski Valley. Surrounded by abundant year round wilderness recreation opportunities, KML's home sites are competitively priced from \$185,000 to \$495,000. Don't miss this rare opportunity to own a luxury wilderness home your family will treasure for generations! <http://KachinaMountainLodge.com>. Please call John Halley, developer, for detail information, maps, home site information, floor plans etc: 505.231.1454



A E O W Y N's Dog Treats



Pumpkin Cheddar Cheese Crisps

Ingredients:

- 2 cups flour (you can use any flour)
- 1 cup rolled oats (uncooked)
- 1 cup wheat germ
- 1 cup flax seed meal
- ½ cup hemp seeds
- 1 cup of cheddar cheese grated
- 1 can, (15 oz) pumpkin (not pie filling)
- ½ - 1 cup water

This recipe works well if rolled out as thin as possible.

*Parchment paper for rolling out the dough, Pizza cutter, Ruler for cutting straight lines & a dog to snoopervise.

Method:

1. Preheat oven to 350° F.
2. Place the wet ingredients, pumpkin & cheeses, in a bowl. Stir until thoroughly combined. Place the dry ingredients in a bowl & mix. Combine wet & dry ingredients. Add water as needed to combine the ingredients. Divide into 4 balls.
3. Roll out dough ball between parchment paper to 1/8" -1/16" thickness in rectangular shape to fit baking sheet. Discard top parchment paper. Transfer rectangular dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.
4. Bake 30-40 minutes until no longer moist. Remove from oven and place upside down to remove parchment paper while hot.

"The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast. You can keep them up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks. You can also freeze them! I love these crisps because they are thin & I get to eat more. More is always better than less. After all, more is more!!!!" – Aeowyn





Free Reports

Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Send us your request:

Dianne McKenzie, Call: **505-603-9300**
17 Plaza Nueva – on Aldea Plaza Santa Fe, NM 87507
Email: Dianne@RealEstatePropertiesSantaFe.com

Cecilie Bodman, Call: **505-250-1356**
Email: ABQGold@ymail.com

Free Reports

- Protect Your Home From Burglars
- Five Deadly Mistakes Home Sellers Make
- Making The Move Easy On The Kids
- How Sellers Price Their Homes
- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

Free Information

- Send me information about your free, no-obligation HomeFinder service.
- Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:

_____, City: _____ or in
the _____ area.

- Please let me know the listing price and features of the home at the following address:

_____ City _____.

- Please let me know the selling price of the home at the following address:

_____ City _____.

- Please call me to arrange a free, no-obligation market valuation on my house.

Our Real Estate Team

As real estate consultants, we are 100% focused on consulting, marketing properties, negotiating, & overseeing the transactional details for our clients. We are committed to making the home buying / home selling experience the best it can possibly be. Our purpose is making sure our clients are so outrageously happy with the help we provide that they gladly introduce us to the people they care about, not because they feel obligated but because they truly believe they will benefit.



Cecilie Bodman
 Associate Broker
Cell: 505-250-1356
 Office: 505.291.0050
eFax: 1-888-877-1356
www.abqgold.com
AbqGold@ymail.com
 Albuquerque New Mexico & Beyond




Dianne McKenzie
 Associate Broker
Cell: 505.603.9300
 Abq Office: 505.291.0050
Dianne@RealEstatePropertiesSantaFe.com
www.RealEstatePropertiesSantaFe.com
 on Aldea Plaza • 17 Plaza Nueva • Santa Fe NM 87507




Dianne McKenzie
 Associate Broker
Cell: 505.603.9300
 Abq Office: 505.291.0050
Dianne@KachinaMountainRealEstate.com
www.KachinaMountainRealEstate.com



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