Eco Lifestyle And Home

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

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Real Estate News Pages



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.

Aeowyn "Pumpkin Zucchini Carrot Treat Crisps"



Thankfulness

November is a sacred time of year.

A time of Thanksgiving, a time of reflection and connection. A time for family, all kinds of family. The fun and frolic of October has passed and now we enter a time of contemplation. November is also a time of joy and also a time of remembering. What are you thankful for? What has touched your heart? How do

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Events Around New Mexico

1. Weems Art Fest Nov. 15, 16 & 17

At the Manuel Lujan Building at the State Fair Grounds. This is one of the best art shows in the state. You will not be disappointed!

Location: Albuquerque

2. Festival of the Cranes Nov. 19-24th

Location: Near Soccoro

Lots of workshops on photography, birding and the environment. Wonderful Art Show!

3.Pie Mania Saturday, Dec. 7, 1:00pm - 5:00 pm

Holiday Pie Mania is created by Wings Media Network and hosted by Builders Source Appliance Gallery.

Location: Builders Source Appliance Gallery 308 Menaul NE, Albuquerque Admission: FREE.

4. Nov 16th ABQ Bicycle Winery Tour and Tasting - 11:00am - 2:00pm

Routes Bicycle Rentals & Tours

Location:1102 Mountain Rd NW Albuquerque

5. Nov 17th Santa Fe Artisan Market at the Railyard - 10:00am - 4:00pm

Location: 1607 Paseo de Peralta, Santa Fe



6. 2013 Taos Turkey Trot 5k Road Race and FunRun/WalkSaturday, November 23

9:00am - 12:00pm

Location: Taos Youth & Family Center, Taos

7. Lighting of Christmas Decoration on the Plaza

November 29, 2013, 4:00pm - 7:00pm

Location: Santa Fe Plaza, Santa Fe

8. Sipapu Open for Weekend Operations

Sipapu Ski and Summer Resort

November 17, 2013 - 9:00am - 4:00pm

Location: 5224 Highway 518, Vadito

9. Gaelic Storm at the KiMo Theatre

November 19, 2013 -7:30pm - 9:30pm

Location: 423 Central Ave. NW, Albuquerque

Take A Hike

with Cecilie Bodman

Our first hike will take off from the Santa Fe Ski Area and head in the direction of Santa Fe Baldy on December 7, 2013

Santa Fe Baldy, at the southern end of the Sangre de Christo Range, is the highest point in the cluster of mountains above the city of Santa Fe, New Mexico.

It is situated within the Pecos Wilderness section of the Santa Fe National Forest, a vast, rugged wilderness with boundless opportunities for hiking.

The Baldy trail is 7 miles but we will only hike about 2 miles in so it will be about a four mile hike unless the group wants to hike further along the trail. The trail is very flat and easy and follows along the side of the mountain. We may see some beautiful color, snow and wildlife.

Please RSVP to Cecilie at abqgold@ymail.com or 505-250-1356 if you want to join us. We will meet at the start of the trail at 10am. We can car pool from ABQ (or Santa Fe). We can also meet for breakfast and/or lunch.



The trail head for Baldy is located at the parking lot of the Santa Fe Ski area, about 20 miles or so from the Santa Fe town square. To get here from Santa Fe, take HWY 285 N/St. Francis Dr. toward the center of town. As you near downtown, St. Francis intersects Paseo de Peralta. Don't turn here, but continue on a few blocks until St. Francis intersects Paseo de Peralta a second time (P. Peralta makes a loop). Turn right on Paseo de Peralta and follow it for a couple of blocks. Turn left on Bishop Lodge Road, which is immediately after the large, pink, moorish looking church. Turn right on to Artist Road/Hyde Park Road, which winds its way up the mountain and then takes you to the base of Santa Fe Ski Area. As you enter the parking area for the ski area, stay left where the road forks around a grove of trees. The trailhead is on your left about 100 yards past the fork in the road, near a small grey building housing the restrooms.

So show up & be ready to Take A Hike on Saturday, December 7, at 10am with Cecilie Bodman!

Feng Shui For Real Life



In this column, Feng Shui Expert Carol Olmstead answers your questions.

Q: My son and his wife recently got married and they are moving into their new home next month. I'm thankful for my loving son and his wonderful wife. What kind of gift should I bring to their open house?

A: Congratulations on your son's marriage! I do have a few favorite Feng Shui friendly housewarming gifts for newlyweds, and these also work for anyone moving into a new space or as thank you gifts:

- **Plants** Any plant is good as long as it doesn't have thorns. The Lucky Bamboo Plant is popular because people associate it with Feng Shui and good fortune, plus, it's low maintenance because it can be grown in water. Avoid Bonsai because they represent stunted growth.
- Wind Chimes These "call" the positive chi, or energy, to a location, so giving them as a gift sends the message that the recipient's home will always attract happiness. Choose metal or wood chimes to hang at the front or back of the house.
- **Precious Stones** Specific stones are associated with special powers of happiness, wealth, and love. My favorite stone for a house warming is amethyst, the stone of protection that enhances serenity. Other good choices include rose quartz for love, tiger's eye for concentration, and turquoise to dispel negative energy and encourage peacefulness.
- **Books**. A gift of a book opens up the world for the recipient. It doesn't matter whether it's a printed book, gift certificate to the local bookstore, or gift card to download an ebook.

from Carol Olmstead

Feng Shui Tip November:

In this month of Thanksgiving, you don't need more things to be thankful for, you just need more room for thankfulness.

Here are five things you can get rid of this month and be thankful for the extra space you've created for new things to flow into your life:

- 1. One unfinished project
- 2. One object that needs fixing but isn't worth the effort
- 3. One gift you never liked even though you love the giver
- 4. One souvenir that no longer has meaning
- 5. One item of clothing you've outgrown, physically or emotionally

Submit your Feng Shui questions to carol@FengShuiForRealLife.com, then check this column for the answers.



Carol M. Olmstead, FSIA Feng Shui Master Practitioner www.FengShuiForRealLife.com



Paranormal Investigations

Thanksgiving Tips

with Jane Philips

Holidays bring our family and friends together. And with families, it seems that, no matter how old we are, when we get back into the family fold, all of the old behaviors arise. It's as though we were each 10 years old and still living together. We quickly and easily move into the roles we played as children and young adults.

Here are a few tips to keep your energy and the energy of your family gatherings positive and high.

Epsom salt baths actually remove some of the dark energy that you may have collected over time. Put some Epsom salts in a warm bath and soak for 20 minutes. The salts pull the dark energy from your body and flush it into the water. Don't over-do it. Get out of the tub after 20 minutes so you don't reabsorb what was released.

Smudge the room(s) where you will be holding your event. Burn some white sage and let the smoke go into all of the corners of the room. White sage is known for removing dark energy. I recommend doing this a day or two in advance so the smell dissipates.

To raise the energy of a space after the dark energies have been removed, you might want to burn some sweet grass or Palo Santo wood. Again, let the smoke seep around the room.

Do a short prayer to Archangel Michael, Mother Mary, Jesus, or any other spiritual being that you honor. Ask them to bless and clear your space. Hold your focus on the room for a few minutes as the room is cleared.

If you know you have ghost-type spirits in your home, you may need more professional help. These energies can lend an uncertain and sometimes creepy vibe to your celebrations. Contact Jane Phillips for a free phone consultation to determine if a paranormal clearing session is warranted.

You can reach Jane Phillips, Paranormal Investigator at <u>http://www.ghostbusting.org</u>

Afformation of the Month

"Why am I full of gratitude & always giving gratitude for all I have?"



Creating Clarity

by Lainie Grimmer



Welcome to the beginning of a wonderful time of the year: The season of reflecting on and being grateful and thankful for what, and who, is in our lives. This is also a very busy time, and as I find myself swept along by the accelerated pace of my life and the season, it's easy for me to forget even to stop and take a breath, much less be thankful for what is in my life.

Research shows that people who practice gratitude consistently reap a host of benefits: Stronger immune systems, lower blood pressure, more joy and optimism...They have more compassion, and feel less lonely. The simple practice of being thankful increases your happiness quotient dramatically!

I'll be shifting my gratitude practice in the days to come and focusing on being thankful in small chunks of time throughout the day.

Try these simple and easy ways to identify and incorporate thankfulness into your upcoming busy days, too:

- Breathe in slowly, breathe out slowly. Marvel at how your body works without your even thinking about it.
- Are you sitting at a red light? Take that moment to be grateful for the technology that keeps you from harm.
- Take a bite of food, and REALLY taste it as you chew. Salty, sour, sweet, be thankful for the food nourishing your body with every bite.
- First thing in the morning, write down 5 things you're grateful for on a Post It and place it where you will see it throughout the day.
- Share your gratitude: Thank the store's clerk as you pay. Your thankfulness may just make her day!

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



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Life By The Numbers - Cecilie Bodman

The Universal month of November, 2013 is driven by the number 8. The energy is focused on achievement in your career or business. It is also a wonderful time to take a good look at your personal finances and health. Set your pace and get organized for the success you will be harvesting right now. This is a time to accomplish big things and set a place for the unexpected miracles to show up in your life. As good enters your world it flows into your community as great love and abundance. Universal Year is 6.

Colors: Brown/Pink

Gems: Diamond

Oils: Rosemary, Sage, Ginger. You can add these oils to your Thanksgiving Dinner, stuffing, pies, etc. or apply diluted oils to acupressure points.

Yoga Poses: Warrior Series 1, 2, and 3

Affirmation: The Universal Intelligence is flowing through me and leading me to my power and prosperity.

Your Inner Rock Star It's an inside job.

from Patty Walters

And I believe it's time for all of us to step into our inner greatness. Our imperfection is what has us ready to step onto the stage of our life.

It's time to SHIFT our mindset, get clear on what we want, and STEP UP into our desires.

I have a client who began coaching with me in April. Sue was not happy with her life, her job, nor her children. She knew she needed a new lease on life.



Now, things begin to happen as soon as she said Yes to a new life. Sue experienced a layoff – or as I've said, a graduation, from the job she didn't like or want. Begin the new life. She began networking like she had never done because as an HR Director, mother of 3, who had the time? She got back into an Improv class, which she has a love of being on stage. She re-ignited her heart with causes she believes in and didn't think she had the time to pursue.

Sue now has a different family dynamic and the daily dramas have turned into the 'what's next' of life. Sue is on her way. Did I say she now has a great man in her life who she shunned for a year? Yes, life is different. Yes, she has so many things she only wished for.... And it was an inside job. Sue took a stand for herself and

the experiences of her life.

Is it time to embrace your Inner Rock Star? www.PattyWalters.com 713 582 9551 Speaker, Seminars, Coaching Be The Rock Star of Your Life & Business



Attracting Perfect Customers The #1 Strategy for Creating Lucrative Loyal Raving Fans

Coaching . Training . Speaking

Holidays are like child birth! - Jan Stringer

Attracting the Perfect Holiday is like bringing a new child into the world. What I mean by that is that sometimes you plan it all very carefully and sometimes it is just an accident. Both options, planned or accidental have its merits, you could say. However this Thanksgiving I'm opting for a balance of the two.I'm making plans that keeps me from sitting at home alone, and one that leaves room for some spontaneous invitations.

This year has been filled with an abundance of new people in my life. I'm feeling so much gratitude for the bounty I've received from so many. It's the fulfillment of a conscious plan I made at the beginning of 2013 to meet as many people in my community as possible...I've been to numerous gatherings that were both social and business focused. So with the holidays zooming in fast...I'm thinking about how fun it would be to attract some new faces at the thanksgiving table this year. New conversations, new things to learn about, new energy in my thanksgiving seem to be a perfect match for my year of attracting this abundance of new people.

Gratitude for me is being open to accept the new people and not forget the old and Remembering my upbringing when my mom said: Make New Friends but Keep the Old...one is silver, the other gold. Happy Thanksgiving to you all!

---Jan Stringer. www.perfectcustomers.com

Special Offers & Discounts A Gift For You From Your REALTORS ®

- Cecilie & Dianne

Lowe's Home Improvement has offered our real estate clients a special discount for 10% off any purchase up to \$10,000. Limit 1 coupon per transaction.

For Our Buyers

With a few updates your new place can really start to feel like home. By participating in a special program for REALTORS®, we are able 10% off Durchases up to \$10,000 Entition per transmitter

to offer you this discount from Lowe's to help you make those small updates. Enjoy your new home! And thanks for trusting us with your real estate needs.

For Our Sellers

A quick refresh can make almost any home more appealing. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Thanks for trusting us to serve your real estate needs.

Lowe's only requirement is that we provide them with your email address & full mail address: email address, street number, street name, city, state & zip so email us with your information and Lowe's will send you our 10% discount card.

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The Journey Within

by Valarie McKenzie

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, and confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend." -M. Beattie

"What would your life look like if the prevailing sentiment, the guiding principle, was gratitude? We all have a lot to be thankful for and yet we often go through life striving/pushing, criticizing, defending, opposing, looking beyond the blessing that are right in front of us, unfolding into the next moment.

Meditating on gratitude can migrate into meditations on love, kindness and acceptance for what is now in this moment we are sitting with.

"Nerve cells that fire together, wire together." Therefore, if you repeatedly think and act in identical ways on a daily basis, your brain will become molded into a specific hardwired pattern that will support the same level of mind. It's ironic. Most people routinely think the same thoughts, perform the same actions, and secretly expect something different to show up in their lives.

However, when we become mindful of our thoughts and the role they play in part in creating our life, then wouldn't it make sense to keep your mind's eye on Gratitude? Since emotions are

magnetic then gratitude is the place I will continue to hang out in. How about you?

For more discussion on our mind visit my article "What is neuroplasticity?"



Get Juiced!

November's Juice Drink

"Great abundance of juice with blessings for good health by eating & drinking preventive live foods."

Todays dream juice is my favorite recipe. Now that summer fruits are gone it's back to my default recipe that I love!

- Kale
- Lettuce
- Celery
- Zucchini
- Cucumber
- Ginger, Apple, Lemon
- Grapefruit peeled



Wash your produce in a water mixture of vinegar **or** lemon juice with sea salt and soak for 1-3 minutes then scrub and rinse.

Put all the ingredients in a

juicer, process and then drink!

For more detail information on Juicing, Juice recipes, including what Juicer's I suggest using, plus how to get started, visit the website: <u>TheJourneyWithin.biz</u>



Real Estate Market Report For November

Forbes names Albuquerque a 'best' city for retirement by Damon Scott

Reporter- Albuquerque Business First

Forbes has named Albuquerque one of 25 cities across the U.S. that is a "best place to retire." The list was featured in its June 25 edition "25 Best Places To Retire In 2012," and on <u>Forbes.com</u>.

The ranking criteria included rating the cities on the economics of taxes, cost of living and current unemployment rates. Additional consideration was given to quality of life issues including weather conditions, crime rates, availability of medical care and whether a community environment lends itself to an "active lifestyle."



"This speaks to what all of us already know — Albuquerque is a great place to live. Primarily, because so many people care about making it special," Albuquerque Mayor Richard J. Berry said in a news release. "From the mountains to our business community we are without a doubt a vibrant city with a tremendous future ahead of us."

Forbes said Albuquerque particularly stood out in the categories of good weather, low taxes, belowaverage cost of living and opportunities for an active-lifestyle.

Albuquerque joins Atlanta, San Antonio and Salt Lake City on the list

Best Places to Live - US World News

By Luke Mullins

Albuquerque, N.M.

The clear skies, calm winds, and abundant sunshine of Albuquerque, N.M., present plenty of opportunities to explore the city's natural splendor. Each October, the Albuquerque International Balloon Fiesta fills the sky with more than 700 colorful hot-air balloons. Meanwhile, 14 area golf courses are open year-round and allow duffers to tee off against spectacular backdrops of volcanoes and mountain peaks.

This is a link to Albuquerque Real Estate report on the status of the market:

http://www.gaar.com/images/uploads/statistics/Sept_2013_GreenSheet.pdf

This is a link to Santa Fe Real Estate report on the status of the market:

Santa Fe Association of Realtors »

Albuquerque Report Real Estate News with Cecilie Bodman

5305 Palazzo Road North West



ceilings, Pella

on a quiet cul de sac

close to Intel, I25, Cottonwood Mall, hiking and biking trails. Price: \$215.000

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!

Featured Listings in Albuquerque



1543 Libia St NE MLS# 766442 Custom multigenerational single story with Chef's kitchen, and million dollar views of city and foothills. Separate In-Laws quarters.

Price: \$415,000



675 Mirage Ct SE Rio Rancho MLS# 768660 Cute home completely remodeled, 3 bedroom, 2 bath, 1 car garage. Gated side yard with access with room for big toys like your RV or Boat.

Price: \$135,900



5305 Palazzo Rd NW MLS# 800622 Beautiful 5 bedroom 2.5 bath. Tiffany home with Pella windos and tile throughout on lower floor. Views from master deck. Close to Intel and Cottonwood Mall. Price: \$215,000

Contact Cecilie 505.250.1360 for a tour!



RealEstatePropertiesSantaFe.com Live Work Play Lifestyle

Live/Work Loft17 Plaza Nueva Santa Fe

Offering luxury Live/Work Loft lifestyle in the spirit of old Santa Fe at the only mixed-use New Urbanist village on Santa Fe's prestigious northwest side, this unique 3-story Live/Work Loft property includes views of the Santa Fe ski basin to the east, Sandia Mountains to the South and Jemez Mountains to the west. Framing the west side of the quaint civic village plaza at Aldea de Santa Fe, this timeless neo-traditional pueblo style building offers

premier storefront opportunities and the ultimate live/work experience. **Residential 3rd Floor Level**

(1,335 sf) Commercial Plaza Level (1,375 sf) Alley Level (950 sf) MLS #201300933 Priced



below replacement cost @\$116.sf & the land is free: \$425,000

14 Centaurus Ranch Road Townhome

1,800 sf 3 bedroom/3 baths Two story, fireplace, mountain views, great floor plan.

Price: \$344,500



Santa Fe Report Real Estate News from Dianne McKenzie

Featured Listings in Santa Fe



45 Centaurus Ranch Road

2 Bedrooms, 2 baths, with office. Separate Master suites. Tile floors, granite counter tops, Viking Range. Views of the Jemez and large covered back patio with a kiva fireplace. 2,321sf with views to the west. Great price!

Price: \$490,000



44 E Via Plaza Nueva

3 bedroom, 2 baths, swing for master suite, outdoor living areas with covered portals & fireplace, landscaped yards, granite countertops, high end appliances, Santa Fe style.

Price: \$599,000

Call Dianne for a tour, 505.603.9300 or <u>email</u> for a complete listing information on Aldea Properties.

Visit the website for photos and detailed information

Issue #1 November 2013

C. A.	Real Estate News
	With Dianne Mc
- 3	Looking for a special and affordable m

al and affordable mountain home that offers year-round lifestyle filled with exciting outdoor adventures, world class ski/snowboarding, wilderness serenity & wellbeing that your whole family will enjoy and treasure? Would you like to own a mountain retreat with an established rental history that can pay for itself?

Taos Ski Valley

Consider **Aspen One**, a clever fully furnished two bedroom, two bath condominium that sleeps six and feels like a cozy cabin with big mountain views, located at the Snow Bear Inn at Taos Ski Valley, New Mexico. This quaint ski-in ski-out, retreat offers a blend of rustic mountain ski lodge charm and efficient Swiss-chalet style design, reminiscent of euro-alpine resorts. http://www.KachinaMountainLodge.com

Aspen One Condo

Aspen One can be rented as a two bedroom condominium or as two unique hotel style lock-off suites with separate entrances and an efficient centralized kitchen. The living room suite includes a leather couch, gas fireplace, entertainment center, full bath with jacuzzi jetted tub/shower, closet and a queen size murphy bed that converts into a dinette for four.

The bedroom suite includes two queen size beds that sleep four, entertainment center, closet and full bath with jacuzzi jetted tub/shower. Efficient centralized kitchen can be rented with either lock-off suite and is fully equipped with stove, refrigerator, sink, microwave and dish washer, offering everything you need to make memorable meals.

Common hot tub room with showers, washer/dryer & patios. Resident onsite property management provides hotel style housekeeping services & convenient onsite shuttle connection to Taos Ski Valley's wonderful restaurants, shops and ski lifts.

For Sale at a Fabulous Price: \$168.000. Taos Ski Valley Condominium MLS #201304912





Eco Lifestyle And Home

h Dianne McKenzie



Aeowyn's Dog Treats



Method:

- 1. Preheat oven to 375° F.
- 2. Place all ingredients in a bowl. Stir until thoroughly combined. 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 cuter to cut dog treats in a small checkerboard pattern.
- 4. Bake 45-60 minutes until no longer soft. 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 2-3 weeks at room temperature in an airtight container or in the refrigerator for 4 -5 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

Pumpkin, Zucchini & Carrot Dog Treat Crisps Ingredients:

- 1 medium shredded zucchini
- 2 small shredded carrots
- 2 cups of rice flour (any flour could be used)
- 1 cup of plain uncooked oatmeal
- 1 can (15 oz) organic raw pumpkin (not the kind with sweeteners & spices)
- ¹/₂ cup of dried or fresh finely chopped parsley
- 1 cup of water + adjust as needed
 - *Parchment paper for rolling out the dough
 - *Pizza cutter
 - $\circ~$ A dog to snoopervise



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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** 19 Plaza Nueva – on Aldea Plaza Santa Fe, NM 87507 Email: <u>Dianne@RealEstatePropertiesSantaFe.com</u>

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

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

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 a	and features of the home at the following address:
	City
() Please let me know the selling price	C C
	City

(__) The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

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Our Real Estate Team

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www.KachinaMountainRealEstate.com



Apricot Standard Poodle

& Service Dog