

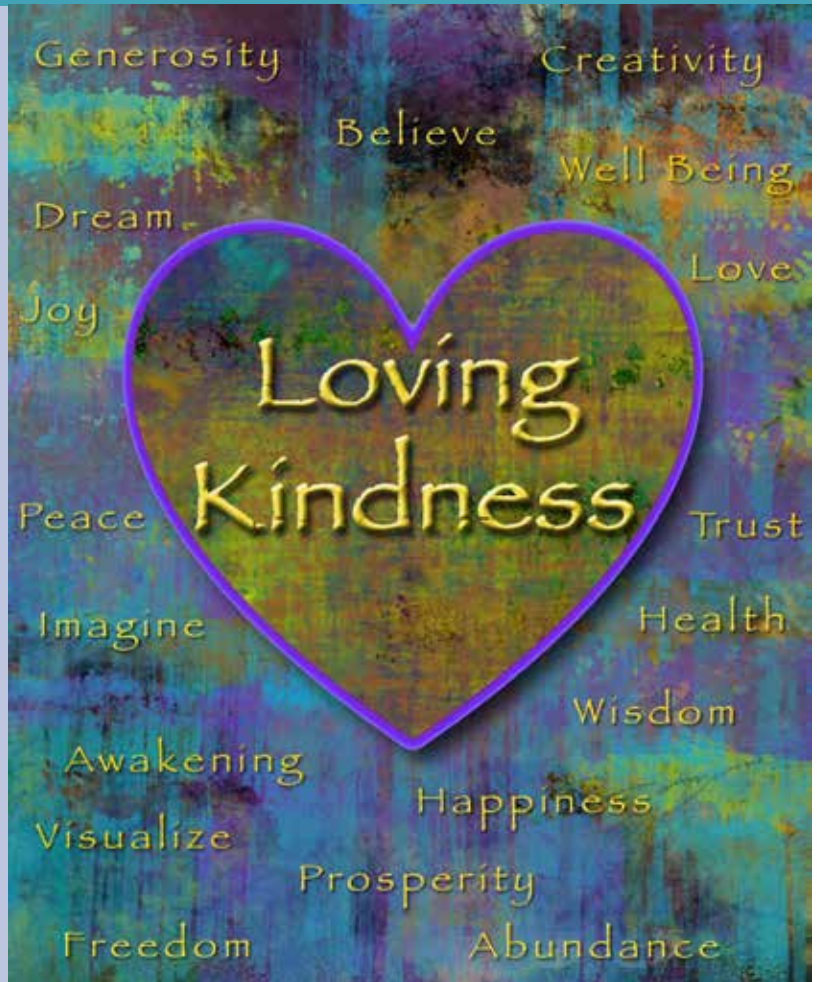
Eco Lifestyle And Home

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

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Loving Kindness

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Real Estate News Pages
10,11,12,13,14,15,18 & 19

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.



"Dog Treats- Banana & Yam Crisps"

17



Loving Kindness

When we practice loving kindness we develop our ability to connect and care for ourselves and others in ways that deeply fulfill our wishes to be happy and peaceful.

Through this practice the quality of patience, compassion, and equanimity are cultivated. Practicing loving kindness opens our hearts and minds.

*"May I have mental happiness"; "May I have physical happiness";
"May I have ease of well-being."*

"Just as I wish to be filled with loving kindness, so may you be filled with loving kindness. May you be happy, peaceful, and free from all suffering."

Our Monthly Newsletter Theme For February



Loving Kindness

February is the month of love, and Valentine's Day is the day we celebrate all forms of love: love for our significant other, for our family, friends and animal companions. So this month's theme is centered around Love.

Loving kindness is a state of mind that can be cultivated in each of us. If our thoughts help determine our reality, then when we cultivate loving kindness, we increase our sense of well-being and joy.

Meditation is about training the mind and heart to live in a way that allows us to be truly happy with our life as it is right now.

The practice of loving kindness meditation can lead to shifts in people's daily experiences of a wide range of positive emotions, including love, joy, gratitude, contentment, hope, pride, interest, amusement and awe. Loving kindness meditation has been shown to increase social connectedness, consciousness and social action.

Anyone can practice loving kindness meditation by sitting quietly and contemplating thoughts of kindness. Start with sending thoughts of loving kindness to yourself, using simple phrases such as: *"May I be peaceful. May I be joyful. May I be happy. May I be free from suffering. May I have mental happiness. May I have physical happiness. May I have ease of well-being."* You can add your own phrases.

Then turn your thoughts to a benefactor who you feel deep gratitude, and say, *"Just as I wish to be filled with loving kindness, so may you be filled with loving kindness."* And continue sending them blessing using the phrases above, *"May you be..."* etc. Next, turn your thoughts to a beloved friend or family member and continue with your thoughts of loving kindness. Afterward, turn your attention to a neutral person and send them blessings. Finally, turn your thoughts to a difficult person, sending them thoughts of loving kindness. This simple meditation practice can be done daily. (For more detailed instructions on Loving Kindness Meditation, visit TheJourneyWithin.info)

It is easier to send thoughts of loving kindness to people we care for, and much harder to do for difficult people in our lives. But when we realize that any unskillful action comes from greed, ignorance, or fear, we can neutralize our feelings for difficult people and open up our hearts to become more compassionate. Cultivating loving kindness is a lifetime practice, which is why it is called loving kindness meditation *PRACTICE*, as you are provided with a lifetime of opportunities ... well, too, practice!

Eco Lifestyle and Home News comes to you in its fourth edition of our Newsletter. The creators of this newsletter are Dianne McKenzie & Cecilie Bodman, real estate associate brokers for [Equity New Mexico](http://EquityNewMexico.com). We decided to produce a conscious newsletter that has information about some real estate but more about living, playing & working. We also wanted to include our professional friends' expertise as it relates to lifestyle, home, health, & well-being.

Sending blessing of loving kindness to all of you! – Dianne McKenzie, Cecilie Bodman, & Aeowyn

Events Around New Mexico

1. Acoma Tribal Officers Pueblo Feast Day

I-40, 52 miles west of Albuquerque

- Saturday, February 08, 2014 All day event
 - Sunday, February 09, 2014
- exit 108, south 12 miles on CR 12A Acoma Pueblo, 87034

Experience a tradition of Native American culture, language, and religion with Pueblo families as they celebrate with dance and other activities in honor of newly elected tribal officers

Cost: Free

2. Celtic Nights at Popejoy Hall

- Sunday, February 09, 2014 3:00 PM - 5:00 PM
 - 203 Cornell Drive NE Albuquerque, 87106
- Celtic Nights features the finest voices of the Celtic world, showcased against a thundering backdrop of expert dancing and musicianship. In this glittering production, six of Ireland's most prominent vocal talents are complemented by six of its most accomplished step dancers, creating an exhilarating picture of a proud people who dared to dream big and doggedly carved out a home in the New World.

Cost: Tickets: \$54, \$49, \$39, \$20

Event Contact Info: [Popejoy Hall](#)

Phone: 505-277-8010

3. USA Indoor Track & Field Championships

Albuquerque Convention Center

- Saturday, February 22, 2014 All day event
 - 401 2nd St NW Albuquerque, 87102
- The USA Indoor Track & Field Championships is the final event of the Indoor Visa Championship Series, which is a prestigious series of nationally televised USA Track & Field competitions featuring the very best track & field athletes from Team USA.



4. Sleigh & Wagon Rides @ Valles Caldera National Preserve, Valles Caldera National Preserve

- Saturday, February 15, 2014 11:00 AM - 3:00 PM
 - 39200 New Mexico Highway 4 Jemez Springs, 87025
- Visit the Valles Caldera National Preserve at a gentle speed — from a horse-drawn wagon or sleigh. The ride lasts about 60 minutes. From aboard, you'll experience the elements, the solitude of winter, and possibly the wildlife of the Preserve.

5. Threshold Los Poblanos Historic Inn and Organic Farm

At: 4803 Rio Grande Blvd NW Los Ranchos, 87107

- Saturday, February 15, 2014
- Sunday, February 16, 2014
- Monday, February 17, 2014
- Tuesday, February 18, 2014
- Wednesday, February 19, 2014

Remember Revival at CCA last year? Billy Joe Miller continues his explorations of the four seasons with a winter-themed multimedia installation at Los Poblanos inn and organic farm. Threshold opens February 15th and through music and installation, celebrates winter as the veil between death and life.

Cost: none

Phone: 505-982-1338

Take A Hike: ARTfeast-Art of Home Tour...

with Cecilie Bodman

This is an amazing opportunity and it is free too! It is a self guided tour and we will hike the City Different to tour at least four homes on foot for a total of about four miles if you are willing!

Let's meet at Tomasita's at 11am and hoof it on foot for at least one leg of the tour.

Please give Cecilie a call at 505-250-1356 so I will know to keep an eye out for you.

ARTfeast-Art of Home Tour Santa Fe Properties



Sunday, February 23, 2014 12:00 PM - 4:00 PM

1000 Paseo de Peralta Santa Fe, 87501

Dynamic dwellings, historic hideaways, and exclusive estates draw hundreds of home-lovers to this tantalizing tour of aesthetic abodes!

DREAM HOUSES

Santa Fe Properties selects eight outstanding residences from the hundreds of exclusive properties they represent throughout the City Different.

ARTFULLY STAGED. Homes are staged with artworks chosen by select Santa Fe galleries.

The artworks are for sale with a portion of the proceeds benefiting ARTsmart.

The logo for ARTsmart, featuring the word "ARTsmart" in a white, serif font with a drop shadow effect, set against a dark green rectangular background. A small "TM" trademark symbol is visible to the right of the word "smart".

TRANSPORTATION & MAPS:

This self-guided tour is laid out by Santa Fe Properties in a comprehensive map with directions and descriptions of each home. Maps will be available at all Santa Fe Properties locations, at ARTfeast events, and at santafeproperties.com and artfeast.com.

Feng Shui For Real Life by Carol Olmstead



Attracting Love and Romance

Q: For the past two years, I have been sleeping on a bed and mattress that I bought with my now ex-husband. I am about to get remarried. Do I have to replace this bed, even though it is still comfortable and cost a lot of money?

A: When you sleep on a bed and mattress from a failed relationship, you symbolically continue to sleep with your past lover and all the negative energy from that relationship. If you can afford it, it's best to buy a new bed and mattress, or at least replace the mattress.

You should also get rid of the linens from your previous relationships and treat yourself to some luxurious new sheets so you can start your new marriage out right.

Q: Please help me, my bathroom is in the Love/Relationship corner of my house, which I have read is very negative in Feng Shui. I have just broken up with my boyfriend and wonder if the bathroom is to blame.

A: When a bathroom is in the Love Area of your home, the concern is that you are symbolically "flushing" your relationship away.

To help ground the energy, place something red in the bathroom, like a pair of candles or red towels, to represent the Fire Element. Try to keep the toilet lid down, and hang art that something that shows two people in a happy situation.

Feng Shui Tip for February:

A bedroom should be reserved for rest and romance only, so the ideal art to hang is anything that feels romantic, coupled, paired, and connected, rather than anything that shows single people or single objects. Display a current photo of you and your significant other, but remove the photos of your children, parents, friends, and pets from your bedroom so they aren't "watching" you. You'll find more tips for attracting love on my website, www.FengShuiForRealLife.com

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

Submit your Feng Shui questions to Carol then check this column for the answers.

Carol M. Olmstead,
FSIA
Feng Shui
Master
Practitioner



www.FengShuiForRealLife.com
carol@FengShuiForRealLife.com



Life By The Numbers

- Cecilie Bodman

February Numerology

The Month of February is a 9

February 2014: Universal year is 7 (purple, amethyst).

Universal Month is 9.

Number 9 is a master number and it is perfect for completion.

- All the world is your family.
- Be a humanitarian.
- Be generous and fill your life with loving kindness.
- Donate or toss out all that is no longer useful for your life. That can include people, ideas and things. If it is finished, let it go. Many things may pass through your life this month. Bless them and release them.
- Clean out a closet or two.
- Enjoy the artistic part of your life (join us for the art hike).
- Again, the energy is focused on completion. And it is the perfect time to be a humanitarian.

Colors: Pastels

Gems: Opals and Gold

Oils: Geranium, Frankincense and Sandalwood. You can add these oils to your cooking or apply diluted oils to acupressure points.

Yoga Poses: Rabbit, Dolphin and Fish

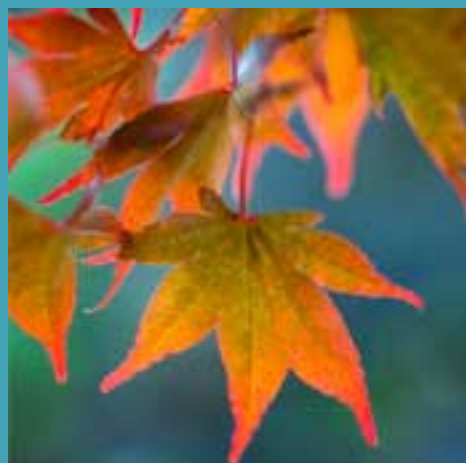
Affirmation:

“The work is done, the cycle is complete. I release and let go .I am deeply satisfied and filled with Loving Kindness for all of humanity.”

Affirmation for the Month - February

“Why am I filled with loving kindness for all beings?”

“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 by Lainie Grimmer



Loving Kindness

Welcome to February, a month in which we have the opportunity - thanks to Valentine's Day! - to share with those in our lives our love and appreciation of them. And if you haven't one already, this is a wonderful month to create a practice of Loving kindness.

Loving kindness, a practice found in various religious and spiritual traditions, is defined as tenderness and consideration toward others, and ourselves. Sharon Salzberg, author of the book "Lovingkindness", writes that the first step of the Buddhist practice of Loving kindness, or Metta, begins by directing your attention toward yourself:

Can you wish for yourself, and receive, the intention to be happy and peaceful? When we take time to truly love and care for our selves, we are then able to perceive the goodness in others, to see that just like us, they want to be happy. And if we can't see the goodness in ourselves or others, your intention is enough. Try reflecting on the idea that underneath our thoughts, words and actions, all of us wish to be happy.

A practice of Loving kindness doesn't mean we ignore difficult qualities or less than skillful actions in either ourselves or others. Rather, it allows us to acknowledge these difficulties, while at the same time choosing to focus on the positive. When we focus on the positive, we form a connection with that person, affirm their right to be happy, and demonstrate our support.

Here is a beautiful, simple, four-step Loving kindness practice offered by the Dalai Lama:

1. At the beginning of each day, remember we all want the same things: To be happy, loved, connected.
2. Cherish yourself and others, letting go of judgments.
3. During the day, extend that attitude to everyone you meet.
4. Stay in the practice, no matter what happens!

This month, try choosing to consciously see the goodness in yourself, extend your Loving kindness to others, then notice what happens.

May you be well, may you be happy, may you be at peace, may you be at ease, may you be healthy.

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>



Your Inner Rock Star

from Patty Walters



In coaching clients, I have had the opportunity to work with women on relationship issues. Be it on the edge of divorce to 'he doesn't know what I want' or 'my kids are driving me crazy' issues. Sigh. The biggest debacle of the human experience - intimate and family relationships.

And you want to know the secret? It's really quite simple. And we have no formal education system that I know of that teaches us how to be in relationship.

It's simply the topic of this newsletter. Loving Kindness. And it's the woman, the female energy, that can shift a relationship pretty quickly.

It's loving kindness for yourself first, to make sure your self care is in line with what you want to create in the world, mainly the relationships that Rock. Your energy is the key to great relationships and It's reflected in your happiness and aliveness which makes things work.

When we woman is all pressured up, stressed out, unhappy, sometimes the person that is the closest to her is the target of blame or criticism when it's not about them at all. (Tweet that please!)

The best question ever: What do you want? What would be more perfect for you in this moment?

And...ask for it!

The answers may be pretty simple. Some quiet time, take a timeout to read something inspirational, make a gratitude list, hug a loved one, hug a friend, call a friend just to say hello, fresh flowers on your desk. You get to say and you get to choose. And the little trick is, it's a moment to moment decision to make yourself happy and alive.

Asking for it can seem a little awkward at first. Trust me. The more you ask the easier it gets.

Here's something to do.

Make a Loving Kindness list for yourself.

How can I be more kind and loving to myself?

What has me come alive?

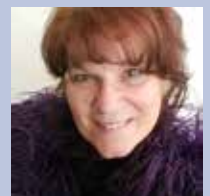
Keep the list handy and when you feel off balance, grumpy or complaining, it would be good to pick something off this list and DO IT! And notice how you feel, what is your state of mind, body and spirit after you do this for yourself?

It is about one thing. If Mama ain't happy, ain't nobody happy! (The way to World Peace!)

Take good care of yourself this month.
Love yourself and love your Rock Star life.

Rock Star Business
713 582 9551

Team Development & Public Speaking
<http://rockstarbusiness.weebly.com>



Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

By Jan Stringer

From Dinner Date to Soul Mate

Are you looking for romantic love? Most people agree that looking for Mr. or Mrs. Right can take a lot of energy, so let's cut to the chase and avoid potential dating disasters!

Tip 1: Be picky

Maybe someone has told you that you are being "too picky" and that is considered a bad thing...I disagree. Please, by all means, be true to yourself by clarifying what you want from head to toe because this could be someone who is going to be part of the rest of your life. Visualize all aspects of this person and your ability to attract potential partners will increase ten-fold.

Be picky by reflecting about how you want them to look outwardly and also consider the inner qualities that make you feel special and loved by your beloved. Explore all of the possibilities by observing couples that have what you want, ask friends to share about what they love about their perfect mates; gather the data and write it on your plan. You have full permission to be picky.

Tip 2: Stop looking and start attracting

Your perfect partners will come to you! End the frustration of shopping for a mate like you would a pair of shoes. Instead, spend the time doing your own inner exploration about what would be perfect for you first. Remember that your perfect mate is seeking you.

Add to your plan exactly what you want them to be seeking from you....for example: they are seeking a committed partner, they are seeking someone who is ready for love....add to your plan anything that describes how you want to be perceived and received. Gain greater clarity as to what a perfect relationship looks like for you and allow the romance to start inside of you first. Fall in love with you and you will begin to attract like a bee is to honey.

It's a start in the right direction to loving yourself so much that when you meet the perfect partner, you will be ready for love.

To receive a FREE E-Guide to Attracting Perfect Mate:

<http://www.perfectcustomers.com>

Or write to: <mailto:jan@perfectcustomers.com>



GaiaQuest

"Inspire a Quest for Sustainable Global Health"
 Center for Global Health & Well-Being with Eco-Community Campus Locations in Taos Ski Valley & Santa Fe, New Mexico

Creating A Sustainable Future With Acts Of Loving Kindness

A growing number of scientific studies all over the world are revealing how Humanity is trespassing beyond the safe environmental boundaries needed to maintain the vital ecosystems and biodiversity that all life on Earth depends on. Humanity now needs to identify, understand and establish safe operating limits for human habitation on Earth, along with the actions we all need to take to stay within those limits to assure the welfare of present and future generations. In acts of loving kindness intended to promote a more sustainable future for Humanity and the Earth's life supporting biosphere known as "Gaia", a growing number of amazing people and resources are freely offering information needed to manifest a more sustainable future.

To sign up for this course visit this website:
<https://www.coursera.org/course/susdev>

Professor Jeffrey Sachs
 THE EARTH INSTITUTE
 COLUMBIA UNIVERSITY

THE AGE OF SUSTAINABLE DEVELOPMENT

This course provides an introduction to the interdisciplinary field of sustainable development and the most urgent challenge facing humanity, drawing on the most recent developments in the social, political, and physical sciences. In the future the world economy must shift to include solutions that are more localized, socially inclusive and environmentally sustainable. This course addresses the key challenges and the potential solutions that Humanity must embrace to achieve sustainable development in the 21st century.

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Complete Self-Paced Program is Available Online at this Website - <http://www.permaculturedesigntraining.com>

More than 50,000 people have signed up for this FREE online Permaculture Class, offered by the Regenerative Leadership Institute. Topics covered include Natural Building Construction, Pattern Observation, Site Analysis, Renewable Energy, Appropriate Technology, Reading the Land & Natural Cycles, Rainwater Harvesting, Soil Regeneration, Land Restoration, Solar Design, and more!

Providing insight about how to achieve food security and sustainability
PERMACULTURE DEMONSTRATION VIDEOS by:
GEOFF LAWTON

Sign up for FREE video access at this website - <http://www.geofflawton.com>

Jeff Lawton's growing collection of videos offer a wonderful introduction to successful Permaculture concepts, projects and opportunities that collectively demonstrate how to achieve sustainability and food security, even in harsh climates. Video list so far includes: "Surviving the Coming Crisis", "Cold Climate Permaculture", "Property Purchase Checklist", "5 Acres of Abundance on a Budget" and many more.



What's New in Design:

By: Jennifer Ashton, Allied ASID

Design ideas are bursting forth this year feeling both classic in style and fresh for today's artful lifestyles. The interior design world is unveiling old mixed with new for the home and playing with materials and finishes in new ways. If you are remodeling, redecorating or simply freshening furnishings here are a few of my favorite design details for your consideration:

What's New in Design Details

1. Reclaimed Woods

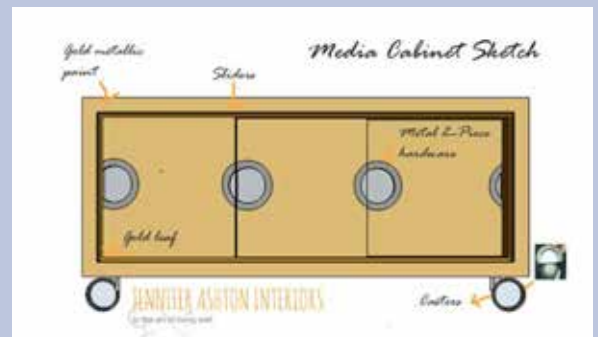
Reclaimed woods provide unique beauty and character for residential projects. Try mixing quartz for countertops with the character of a reclaimed wood for wall-mounted shelving.



photo by: Laurie Allegretti for Jennifer Ashton, Allied ASID

2. Going for Gold!

Metallic mixing is a design trend for 2014 and gold is the new spark. Gold painted accents provide a luxurious touch for home furnishings. Try Modern Masters - Metallic Paint Collection - ME659 Olympian Gold .



3. Art Glass

top tile: art deco mosaic in off white and transparent light beige

middle: fish scale mosaic in spirit, sugar cane and gold

bottom: marrakech mosaic in red rose, transparent orange/red and mottled orange light.

Glass tiles are beautifully sophisticated for modern or vintage looks. Ann Sacks offers an artful array of breathtaking design styles. Chrysalis is a collection of artisan handcut glass tile for kitchens.

I would enjoy the opportunity to collaborate on your next residential project and explore the exciting design possibilities! "To The Art of Living Well"



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www.jenniferashtoninteriors.com



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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 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

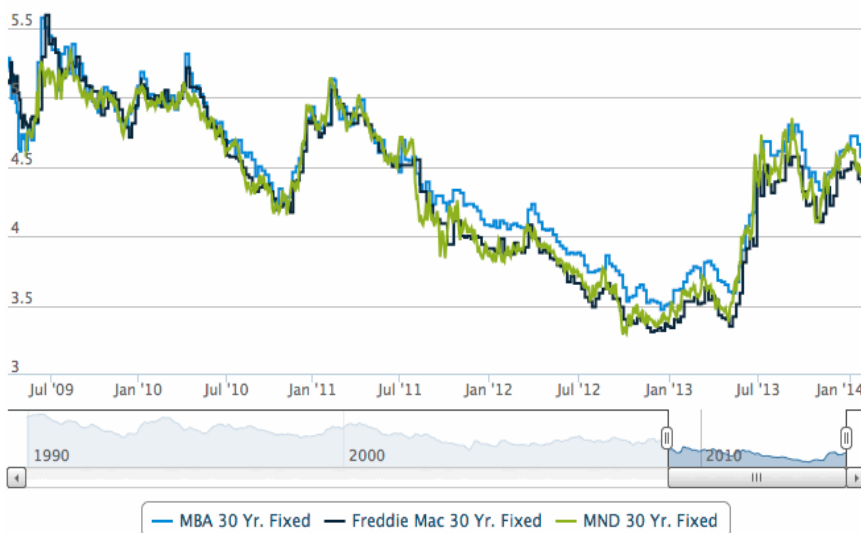
A quick refresh can make almost any home more appealing. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Thanks for trusting us to serve your real estate needs.

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. So please contact us and we will sign you up!

Average 30 Year Fixed Mortgage Rates

Mortgage News Daily, MBA, and Freddie Mac

Zoom **1m** 3m 6m YTD 1y 5y All From **Jan 31, 2009** To **2014-01-31**



SOURCE: Mortgage News Daily
Mortgage Bankers Association Freddie Mac
Mortgage rates move daily.

Mortgage News Daily *updated daily*

30 Yr Fixed	4.34%	-0.07
15 Yr Fixed	3.37%	-0.07
FHA 30 Yr	4.00%	-
Jumbo 30 Yr	4.25%	-0.06
5/1 Yr ARM	3.21%	-0.04

Freddie Mac *updated weekly*

30 Yr Fixed	4.32%	.70	-0.07
15 Yr Fixed	3.40%	.06	-0.04
1 Yr ARM	2.55%	.40	-0.02
5/1 Yr ARM	3.12%	.50	-0.03

FHFA *updated monthly*

15 Yr Fixed	3.61%	1.06	-0.10
30 Yr Fixed	4.48%	1.36	-0.10

Monthly Market Report Albuquerque

Monthly Market REPORT

Dec 2013



<p>Active Listings</p> <p>Detached: 3,836 Attached: 396</p> <p>One year ago Detached: 3,587 Attached: 393</p> <p>% Change (Detached) +6.94%</p>	<p>Pending Sales</p> <p>Detached: 632 Attached: 64</p> <p>One year ago Detached: 720 Attached: 70</p> <p>% Change (Detached) -12.22%</p>	<p>Closed Sales</p> <p>Detached: 655 Attached: 58</p> <p>One year ago Detached: 607 Attached: 54</p> <p>% Change (Detached) +7.91%</p>	<p>Average Sale \$</p> <p>Detached: \$219,909 Attached: \$145,313</p> <p>One year ago Detached: \$211,191 Attached: \$134,415</p> <p>% Change (Detached) +4.13%</p>
<p>New Listings</p> <p>Detached: 903 Attached: 104</p> <p>One year ago Detached: 799 Attached: 85</p> <p>% Change (Detached) +13.02%</p>	<p>Days on Market (average)</p> <p>Detached: 70 Attached: 66</p> <p>One year ago Detached: 70 Attached: 80</p> <p>% Change (Detached) 0.00%</p>	<p>Sales Volume (in millions)</p> <p>Detached: \$144.0 Attached: \$8.4</p> <p>One year ago Detached: \$128.2 Attached: \$7.3</p> <p>% Change (Detached) +12.32%</p>	<p>Median Sale \$</p> <p>Detached: \$185,000 Attached: \$136,500</p> <p>One year ago Detached: \$169,500 Attached: \$125,000</p> <p>% Change (Detached) +9.14%</p>

Closed Sales By Market Area for December only

MLS Area	City/County	2011	2012	2013	% Change (from 2012)
Areas 10-121	Albuquerque	361	437	421	-3.66%
Area 130	Corrales	12	9	13	+44.44%
Areas 140-162	Rio Rancho	87	101	132	+30.69%
Area 170	Bernalillo	9	7	10	+42.86%
Area 180	Placitas	6	4	11	+175.00%
Areas 210-293	East Mtns./Estancia	24	24	34	+41.67%
Areas 690-760	Valencia County	24	25	34	+36.00%



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

1543 Libia North East



This is a beautiful custom single story on a quiet cul-de-sac with panoramic views of the Sandia foothills and the city lights!

This home was designed and owned by a

professional chef. The kitchen includes a commercial gas stove, built in refrigerator, wine cooler, warming drawer, 6' butcher block counter and even more counter and cabinet space! Enjoy the views from the breakfast nook with banco. New refrigerated air units w/hepa filters.

Multigenerational quarters with sitting room & full bath. Huge master bedroom with views of sunsets, walk in closets. Private covered patio with built in banco and views of city lights. Hot tub pad and gas stub for grill. Easy care landscaping with lots of natural flowers and trees.

MLS# 766442 Price: \$415,000

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



5305 Palazzo Road North West
MLS#800622

Elegant 5 bedroom, one downstairs, with dramatic 10' ceilings, Pella windows and tile floors. **Price: \$215,000**



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**



11432 Nassau Dr NE
MLS# 768600

Elegant, remodeled 4/5 bedroom in New Holiday Park. One story with granite and stainless appliances. Large family room and yard. **Price: \$265,900**
Contact Cecilie 505.250.1360 for a tour!

Custom Santa Fe Style Dream Home can be realized in Aldea

We can offer a charming single-level home, customized to fit your lifestyle, starting with a 2 bedroom + office/2 bath layout – expandable to a gracious 3 bedroom + office/3 bath home with courtyard, 2 car garage!

For more information on Comet Studios Environmentally Conscious Planning Design & Development services, check out their [website CometStudios.com](http://CometStudios.com) »



Featured Listings in Santa Fe

Last Live Work Loft Available For Sale! 17 Plaza Nueva

Offering Live/Work Loft lifestyle in the spirit of old Santa Fe at the only mixed-use New Urbanist village. This 3-story Live/Work Loft includes views of the Santa Fe ski basin to the east, Sandia Mountains to the South and Jemez Mountains to the west. **Residential 3rd Floor Level (1,335 sf) Commercial Plaza Level (1,375 sf) Alley Level (950 sf)**. Priced below replacement cost @\$116.sf & the land is free!

MLS #201300933 Price: \$425,000

Santa Fe Report

Real Estate News from
Dianne McKenzie

Current Aldea Homes
on the Market

LISTING COUNT: DAYS ON MARKET:
TOTAL HIGH LOW AVG MED

13 380 2 176 173

HIGH LOW AVERAGE
LIST PRICE: \$669,000 \$290,000 \$456,927

Address #/Dir/Street	Price	Total Sq	\$/TotSF	Bedrm	Baths	MLS #	DOM	Photo
78 Avenida Frijoles	\$290,000	1,324	\$219.03	3	2	201400469	2	
30 E Via Plaza Nueva	\$299,500	1,500	\$199.67	3	3	201304735	143	
146 Avenida Frijoles	\$300,000	1,167	\$257.07	3	2	201304215	174	
14 CENTAURUS RANCH	\$344,500	1,800	\$191.39	3	3	201304103	181	
17 Plaza Nueva	\$425,000	3,660	\$116.12	2	3	201300933	333	
13 Arroyo Privado Lot 475	\$435,000	2,140	\$203.27	3	3	201300198	380	
17 Avenida Aldea	\$439,560	2,971	\$147.95	3	3	201400380	11	
25 Calle Lemita	\$448,000	2,061	\$217.37	3	3	201305050	123	
5 Altura Vista	\$545,000	2,127	\$256.23	3	3	201300980	332	
62 Avenida Aldea	\$549,000	2,522	\$217.68	3	3	201302974	235	
11 Vista Precioso	\$550,000	2,307	\$238.40	3	3	201305543	89	
53 E Via Plaza Nueva	\$645,500	2,656	\$243.03	3	4	201304223	173	
7 Camino De Vecinos	\$669,000	2,598	\$257.51	3	3	201305030	124	

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



Taos Ski Valley Real Estate News

With Dianne McKenzie

There are about 50 properties on the market in Taos Ski Valley at this time. 13 of the listings are priced under \$250,000. The Lowest price is \$58,000 for a studio condo up to \$779,000 for a single family home. There are 7 single family homes for sale and the rest of the properties are mostly condominiums that are rented out as vacation rentals.

There is on furnished condo, Chamonix 3, priced at \$179,900, two bedroom, two bath condominium that sleeps four and feels like a cozy cabin with big mountain views, located at the Snow Bear Inn at Taos Ski Valley, New Mexico. The listed price is high, but with the right negotiator on your side, this condo could be the last good deal. Ski-in ski-out, this vacation retreat offers a blend of rustic mountain ski lodge charm & efficient Swiss-chalet style design, reminiscent of euro-alpine resorts.

Call me to arrange a tour: 505.603.9300!
<http://KachinaMountainRealEstate.com>



Aspen One Condo

'Tis the season for snow & now is the time to buy your ski-in ski-out income producing vacation rental before prices increase! [Visit the website for more photos »](#)

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. Sleeps 6.

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.

Representing the Sellers & the Buyers!

Taos Ski Valley Condo - MLS #201304912 - For Sale at a Fabulous Price: \$168,000.



A E O W Y N's Dog Treats



Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a bowl. In a smaller bowl mash the banana & cooked yams, add in olive oil & chicken broth. Mix all ingredients until thoroughly combined, kneading with hands. Add more liquid if needed. Divide into 4 balls.
3. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dog treats in 1" checkerboard pattern. Use a ruler to help cut straight lines.
4. Bake 25-30 minutes slightly brown, not burnt. The crisps should be chewier than other crisps. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool.

This recipe uses 4 baking sheet/trays.

These treats are a soft thin treat & are very tasty. Recipe makes enough treats to fill a little more than 1.6 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps 2 weeks at room temperature in an airtight container or in the refrigerator 4 weeks.

** "The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast, which means I can eat the treats sooner. I eat the whole batch within a month in time for the next issue's new recipe." -Aeowyn*

Banana & Yam Treat Crisps

Tempting banana & yams are combined with sweet cinnamon, nutritious rice flour, oatmeal, wheat germ, sunflower seeds & sesame seeds.

Ingredients:

- 2 cups rice flour
- 1 cup oatmeal
- 1 cup wheat germ
- 4 Tbsp finely chopped raw sunflower seeds
- 2 Tbsp ground sesame seeds
- 1 tsp cinnamon
- 1 ripe medium banana
- 2 yams, cooked
- 1 cup chicken broth
- 1 Tbsp extra virgin olive oil

*Parchment paper for rolling out the dough

- *Pizza cutter
- A dog to snoopervise





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: 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.

Equity
NEW MEXICO

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Apricot Standard Poodle
& Service Dog

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