

Eco Lifestyle And Home

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

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Growth

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Real Estate News Pages 13,15,16,17,18, 20, & 21

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 – Pumpkin Oatmeal Crisps"



19

Growth

"Personal growth includes activities that improve awareness and identity, develop talents and potential, build human capital and facilitate employability, enhance quality of life and contribute to the realization of dreams and aspirations." – *Wikipedia*

In this edition our contributors address the complex issues of growth

Our Monthly Newsletter Theme For April - Growth



Personal growth includes the following activities:

- improving self-awareness
- improving self-knowledge
- improving or learning new skills
- becoming a self-leader
- improving health
- developing strengths or talents
- improving wealth
- spiritual development
- identifying or improving potential
- building employability or human capital
- enhancing lifestyle or the quality of life
- building or renewing identity/self-esteem
- fulfilling aspirations
- initiating a life enterprise or personal autonomy
- defining and executing personal development plans
- improving social abilities

So how do we go about realizing what's truly important to us? How do we open that magical door that will show us the way to personal growth and success?

1. **Explore your inner world:** look at what the baggage, habits, emotions, and environment are that are keeping you from your goals.
2. **Establish clear objectives:** goals should identify what areas you want to change, how you will change them, and the ultimate outcome you want to achieve.
3. **Take action:** specify steps you need to act on the world in the present and to give alternative actions that counter your old baggage, habits, emotions, and environment.
4. **Develop the 3 P's:** Patience, change takes time. Persistence, means you must keep vigilant in your journey to change. Perseverance, is the ability to overcome setbacks and maintain motivation and confidence in the face of periodic failures and disappointment.

Sometimes growth is like a radish, quick process from sprouting to harvesting and other times it is like asparagus, where it will take a couple of seasons before you will harvest the results.

Thank you for reading our newsletter. – *Dianne McKenzie, Cecile Bodman, Aewyn and our content contributors.*

Events Around New Mexico

1. Full Moon Bike Ride

White Sands National Monument

SATURDAY, APRIL 12, Time: 8:00 PM - 9:00 PM
19955 HIGHWAY 70, ALAMOGORDO, 88310

Take a leisurely bike ride through the monument under the light of the full moon. Reservations are required and can only be made via our website (www.nps.gov/whsa) Special rules apply. PHONE: 479-6124

COST: \$5.00/person 16 & older, \$2.50/person 15 & younger

2. Cactus & Succulent Society of New Mexico Spring Show & Sale

Albuquerque Garden Center

SUNDAY, APRIL 13, 2014 Time: 10:00 AM - 4:00 PM
10120 LOMAS BLVD NE, ALBUQUERQUE, 87112

April 12-13, 2014: Visit the Cactus and Succulent Society of New Mexico's Spring Show and Sale at the Albuquerque Garden Center. Huge selection of cacti & succulents for sale including locally grown hardy species for the yard.

3. Bandelier National Monument

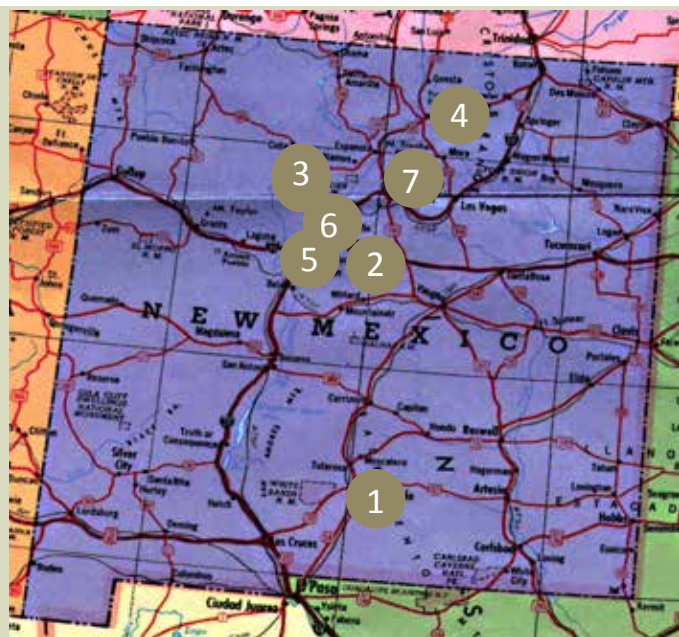
SATURDAY, APRIL 19 & 20, ALL DAY EVENT
15 ENTRANCE ROAD, LOS ALAMOS, 87544 PHONE: 505-672-3861 COST: Free

America's Best Idea - the national parks - is even better when it's free! Come out and enjoy the beautiful weather, scenery and hiking at Bandelier National Monument with no entrance fees.

4. Easter Egg Hunt Kit Carson Park

SUNDAY, APRIL 20, Time: 1:00 PM - 5:00 PM
113 KIT CARSON RD, TAOS, 87571

A bright & fun event! All children are welcome to hunt for Easter eggs. COST: Free
PHONE: 575-751-2000



5. Gathering of Nations Pow Wow

UNM's The Pit - Basketball Arena

THURSDAY- Saturday APRIL 24-26 ALL DAY
1414 UNIVERSITY BLVD SE SW CORNER OF AVENIDA
CESAR CHAVEZ & UNIVERSITY, ABQ, 87106

Experience Native American dancing and singing competitions with over 3,000 participants, the Indian Traders Market with aisles of shopping, native foods and music.

6. Albuquerque Renaissance Festival Balloon Fiesta Park

SATURDAY, APRIL 26, Time: 9:00 AM - 5:00 PM
9201 BALLOON MUSEUM DR NE, ALBUQUERQUE,
87113 COST: \$7

Join the City of Albuquerque and the Society for Creative Anachronism for the Albuquerque Renaissance Faire! Enjoy food, music, archery, fencing, arts, and activities all recreated from the Middle Ages.

7. Sunday Artisan Market at the Railyard

SUNDAY, APRIL 27, 2014 Time: 10:00 AM - 4:00 PM

1607 PASEO DE PERALTA & GUADELOUPE IN THE
RAILYARD SANTA FE, NM 87501

Fireworks Jewelry Show! A fine array of artisan vendors, food & music.

Take A Hike: Saturday April 19 in Bandelier

with Cecilie Bodman

We will meet at the Range Restaurant on Montgomery and Wyoming at 10am in Albuquerque and caravan up to Bandelier Wilderness. The entry to the ruins is free today.

We will Hike the Frijoles Ruins Trail and see the most spectacular set of ruins and cliff dwellings in the region. The round trip is only 2 miles.

Then we will hike the Lower Frijoles Canyon Trail to view the two waterfalls (?) and down to the Rio Grande River. On the way we will pass tent rocks and other interesting geologic formations caused by volcanic eruptions. The round trip is 2.4 miles each direction if you make it to the river.



On the way back we will stop at the Indian Bread shops on the side of the road and hike a short way into the red rocks.

Feng Shui For Real Life with Carol Olmstead



Rearrange a Room for Growth

Q: I want to grow my career, but I feel anxious, insecure, and unsupported right now. I'm even having trouble sleeping. How can Feng Shui help?

A: A few strategic Feng Shui changes will make you feel more comfortable in your home, and that gives you the support you need to grow your career or business. Try some of these tips:

- **Put your sofa in the right spot.** Make sure the sofa or chair you sit in the most is positioned so you can see the door to the room. This will make you feel more secure. When you face away from activity, your brain is more likely to produce cortisol and adrenaline, which are the stress and anxiety hormones.
- **Add shelves.** Messy rooms can cause anxiety, but a minimalist setting isn't ideal either. Add shelves to display your favorite things, just make sure you keep them neat.
- **Hide the TV.** Researchers have found that the more TV you watch, the more you overestimate other people's affluence, and you become unhappy and anxious. To control how much you watch, conceal the screen in a cabinet or in any way that makes you less likely to turn it on.
- **Let the sun in.** Sunlight boosts mood, so open up those shades and hang draperies far outside the window opening so the daytime view is unobstructed.
- **Vary the light sources.** When a room has uniform lighting, it's harder to connect with other people. Choose a mix of task lighting, ceiling lighting, and fixtures with dimmers. Replace fluorescents with full-spectrum lighting to reduce fatigue.
- **Encourage sleep.** If you can't sleep, install double-pane windows in your master bedroom to muffle sound, hang light blocking shades, or keep a lavender plant or diffuser in the room to help you sleep better.
- **Sit in the power position.** Locate your desk chair in the power position, which is diagonally across from the door. Try to position your desk so you can see both out the door and a window. If your office doesn't have a view, hang artwork that shows natural scenes and landscapes.

Feng Shui Tip for April:

Can't decide which papers you need to keep after you pay your taxes? Ask yourself these three taxing questions:

1. *If I throw this away, will I get arrested?* If the answer is no, toss it!
2. *Did I need this during the last year?* If the answer is no, toss it!
3. *Can I get it someplace else, especially on the Internet?* If the answer is yes, toss it!

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



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Life By The Numbers

- Cecilie Bodman

April Numerology

The Month of April is Master 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: *"I am a shining example of the love and light growing in the world today."*

Affirmation for the Month - April

"Why am I willing to change & grow?"

"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

Growth

When I was a sophomore in high school, I had an unexpected growth spurt: 1 ½” in eight months! I still remember the growing pains in my shins, and the miserable feeling of being physically gangly and emotionally awkward in my changing body. My regulation-length skirts were miniskirts by the end of the year, my knobby knees were more than showing, and I KNEW everyone was talking about how gangly I looked and how socially inept I was. I was self-conscious, stressed out, and didn’t know how to cope with my growth and wonky hormones. My perspective of the situation was one of painfulness, sensitivity, and extreme anxiety.

Sometimes growth happens without planning, as in a teen’s growth spurt. And sometimes we make a conscious decision to change our lives in some way.

Here’s the good news: Whether growth or change is thrust upon you (hormonal changes, being downsized out of a job) or you consciously choose to stretch and grow, you can prepare yourself for the knobby knees and awkward social moments that will arise. **How?** By choosing how you want to experience your change.

There is a very simple, but sometimes illusive truth: The way we look at things makes a difference. Imagine a sculpture in the middle of a room. Now imagine walking around it, looking at it from different angles. Each perspective gives you a different view of the same object, and you can choose which view speaks to you the most. This concept also applies to how we want to look at, or “be”, with any shift in our lives.

Here’s a simple exercise to help you check out different perspectives:

Draw a big circle on a piece of paper. Draw a little circle in the middle. Divide the big circle into four slices, like you’re slicing a pie. Write your change, either unanticipated or planned, in the little circle. Choose a slice, and write down your current perspective. Get to know it: Are you angry? Excited? Sad? What color is it? Give it a name: Mad Hatter, Intrepid Explorer, Raging Hormones, whatever fits. Now move to another slice and imagine a very different perspective. Get to know it, give it a name. Repeat with the remaining two pieces of your “pie”. You’ve just created choices for yourself. Hmmmm...Which piece of the pie will you choose for your perspective?



The next time the knobby knees and awkwardness of change and growth loom up, ask yourself: “Am I in choice?” Then try on some different perspectives.

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Your Inner Rock Star from Patty Walters

Growth

Spring made it! How lovely the weather here in Santa Fe. Really, is there a bluer blue than our Santa Fe sky? I am so grateful to be here after years of smog and haze in Houston!



Growth. Sometimes it can feel like being on high performance Miracle Grow and sometimes, like slow release..... The thing to remember is...when it's time for growth, much can be happening before the sprouting in preparation for what's next.

One of my favorite examples is a client of mine who created her own business after years of talking about it. When we met she was still uncertain of when and yet she knew that is what she wanted – to have her own company. Then she realized she needed some Miracle Grow (coaching) for things to really come to fruition, be a reality in the world. So she hired me as her coach and she did it – her own business, website, and...clients!

And it's just like that for me too. Growth can require some assistance. The right conditions, environment, nourishment, encouragement, vision, and action. And then, sometimes what seems like magic, a sprout appears. An opportunity to spring into the world in a new way.

For me being in Santa Fe has been only growth for the last 3 and ½ years. It's been a time to re-imagine and re-vitalize my journey. And so far, so good! I do have a supportive environment, friends, communities, opportunities to teach, coach and speak (and to write!), opportunities to work with organizations, and to be more visible.

One of the key components for growth is the environment for growth. This consists of supportive friends, family, mentors, teachers, coaches – people who believe in you, your ability to sprout, and your vision. Caution here. Make sure these are people who always want for you what you want for yourself. No need to explain why you want it, and ONLY loving support and cheering you on allowed.

Most of all....Enjoy the journey. Take time to notice your growth. When it feels crazy and slow, take time to be grateful for how far you have come and how you are sprouting!

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Signs of Growth

By Jan Stringer

In the book, **The Game of Life**, Florence Scovel Shinn writes about signs of land. She reminds us that before Columbus reached America, he saw birds and twigs which showed him that land was near. "Invariably, before a demonstration, come signs of land" she wrote in her book published in the early 1900's.

Signs of growth can be acknowledged in much the same way. Easily seen during the spring with our trees budding and greenery popping out everywhere – yet, do you give special attention your own personal signs of growth?

Signs of growth are the small confirmations we receive when we are moving along our path towards the achievement of our goals.

The journey can seem difficult, monotonous, and never-ending if we do not know to look for the signs that tell us we are on the right path to our destination.

Our solution for this is called the **Strategic Attraction™ Plan**, where we notice daily awareness by adding them to our plan, regardless of how subtle or small we think they may be. Additionally, the **Strategic Attraction Plan** helps you to place your attention on the signs of new growth so that you will multiply what flourishes you the most!

What could be different in your business today if every result -- no matter how small -- was recognized as a perfect fit, or a sign of growth? Now that's attractive!

For more information about how you can create your signs of growth plan, go to: www.perfectcustomers.com

Jan Stringer

<http://www.perfectcustomers.com>

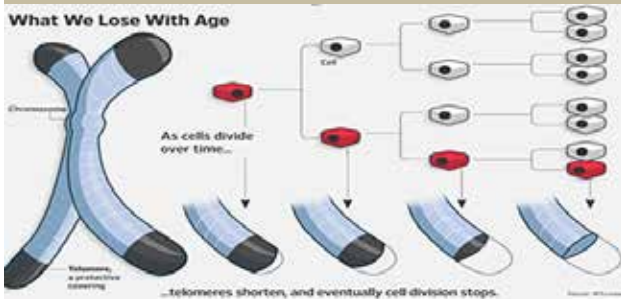
Or write to: jan@perfectcustomers.com



Love Your Healthy Lifestyle

with Julie Hansen

Spring is a time of growth and rebirth, when dormant perennials burst forth once again, repeating their annual show. This is a lot like our cells, dividing and regenerating into new cells, keeping our bodies going healthy and strong.



Unlike an iris plant, our cells reach the end of their life cycle in far less time. Various types of cells have different life spans and undergo the process of mitosis, or cell division, at different rates. Apoptosis is reached when a cell ceases to divide; this can be due to cellular aging or even DNA damage. The function of telomeres comes into play here.

Telomeres did not have a recognized purpose until very recently. Dr. Elizabeth Blackburn won a Nobel Prize in 2009 for her telomere focused research. Telomeres are biomarkers of aging and could be the key to slowing our own aging process and even warding off cancer and other diseases.

Inside the nucleus of a cell, our genes are located on twisted, double-stranded DNA molecules called chromosomes. At the ends of chromosomes are lengths of DNA called telomeres, which protect our genetic data, and make it possible for our cells to divide and replicate effectively.

Telomeres have been compared with the plastic tips on shoelaces because they prevent chromosome ends from fraying and sticking to each other, which would scramble an organism's genetic information to cause mutations or death. Each time a cell divides, the telomeres get shorter. When they get too short, the cell no longer can divide successfully and the cell either dies or produces mutations.



Shaklee has partnered with Dr. Blackburn and her team to research the effect of polyphenols in protecting telomeres using **Vivix**, our patented resveratrol/polyphenol tonic. Early results in the Landmark Telomere study are promising but the study won't be finalized for some time.

Vivix addresses the 4 mechanisms of cellular aging, including repairing damaged DNA, so it makes sense that it would be effective in telomere protection as well. It is also proven to blunt the stress response your body undergoes after a high fat meal and increase mitochondrial growth in cells, which increases energy levels. A single dose is equivalent to 100 glasses of red wine, resveratrol content wise- and no hangover!



Julie Hansen has a passion for helping people reach their full potential. Call for a complimentary wellness consultation and start loving your lifestyle more today.

Hansen + Company *design lifestyle*

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Inspiring Regeneratively-Sustainable Community Growth, Prosperity & Well-Being by John Halley

Imagine living in an exciting Eco-Community that consciously grows and inspires a regeneratively-sustainable "Earth Stewardship Paradigm" of Global Health, Prosperity and Well-Being. Such communities contribute to Global Health by helping to eliminate soil degradation, deforestation and pollution -- three primary causes of the various crises our planet faces today. As Humanity wakes up to the reality of the environmental devastation caused by the existing unsustainable globalized industrial paradigm, more and more people around the planet are embracing the Earth Stewardship Paradigm alternative by creating and living in self-reliant localized Eco-Communities.

Inspired and guided by Permaculture Science, Eco-Communities strive to achieve a regenerative-sustainability with master plans that include localized "Green" business/Industry, Renewable Energy Use, "Green" Building Solutions, Food Forest Agriculture that restores vital eco-systems, abundant Fertile Live Soil growth, Rain Water Harvesting, abundant Healthy Food Production, oil dependence elimination and culturally enriched Eco-Lifestyles of Well-Being. Such communities protect, restore and enhance our planet's fragile ecosystems, biodiversity and vital resources that all life systems on Earth depend on for present and future generation survival and Well-Being. As part of this proposition, Humanity can encourage and promote a regeneratively-sustainable future by creating localized Eco-Lifestyle education opportunities, related demonstration Eco-Communities and localized Wise Action for ourselves, other people, organizations, communities and the natural environment.

For this purpose, GaiaQuest has created a Center for Global Health and Well-Being to provide Eco-Lifestyle and Eco-Community education, products, services and resources hosted at Aldea de Santa Fe and online. Starting in April GaiaQuest will be offering our first comprehensive **INTRODUCTORY ECO-COMMUNITY PERMACULTURE CLASS**, with an emphasis on how to create abundant community Food Forest Permaculture Gardens and regeneratively-sustainable Village Center growth and prosperity at Aldea de Santa Fe. Originally conceived by Bill Mollison in the 1970's, Permaculture is a design science system for sustainable living on earth that benefits all creatures, restores vital eco-systems and supplies all the needs of humanity. For more information, please visit our website (www.GaiaQuest.com) or contact John Halley at 505.231.1454.





At Home: Grow Your Mind with Jenifer Ashton

I heard a term many years back when my son was a pre-schooler that was the theme for his school year which was, "Grow your Mind".

It was pictured with an Olmec 'colossal head' from La Venta. Around 1500 BCE, a civilization

In my world of interior design this term is applied daily. Growth in my mind is to remain child-like in my journey and to be open to new experiences both creatively and intellectually. **A few key concepts stimulate growth in my design circle:**



1. Collaboration:

In the world of interior design I look for unique and creative collaborations.

It has taken shape with artists when we discuss and share ideas to create a commissioned work for clients. I learn and grow from the artist, his contributions of originality, process and viewpoint. As I engage with an artist I am interested in the entire experience and leaning on their creativity genius, which always grows my mind.

2. Listening:

Hearing my clients and understanding their needs and ultimate desires for their project brings me to new places of creative growth because it is their story not mine so I grow from their unique life experience and apply it creatively. What is always wonderful in the process is when we both feel like we get to a new place in the process of ending the right elements for their space. Sourcing unique décor that suits the clients' tastes is wonderful and that comes from hearing them early in the process.

A regional furniture maker is a delight to talk with when I provide a design concept for a table or cabinet and hear about every nuance of their process in creating what I have in mind for an original work. As we listen to each other the development of an original work is at hand and in the end we both grow from a new creation and experience.

3. Surprise

The element of surprise adds to creative growth in life and there is no exception to it in design. I love it when I am pleasantly surprised by a certain color or pattern or combination of elements in a space. I am sensitive to leaving room for the element of surprise in a space. For me it has equal importance in a space and offers new growth. Surprise can be a great teacher if you pay attention to what it brings!

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www.jenniferashtoninteriors.com



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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.



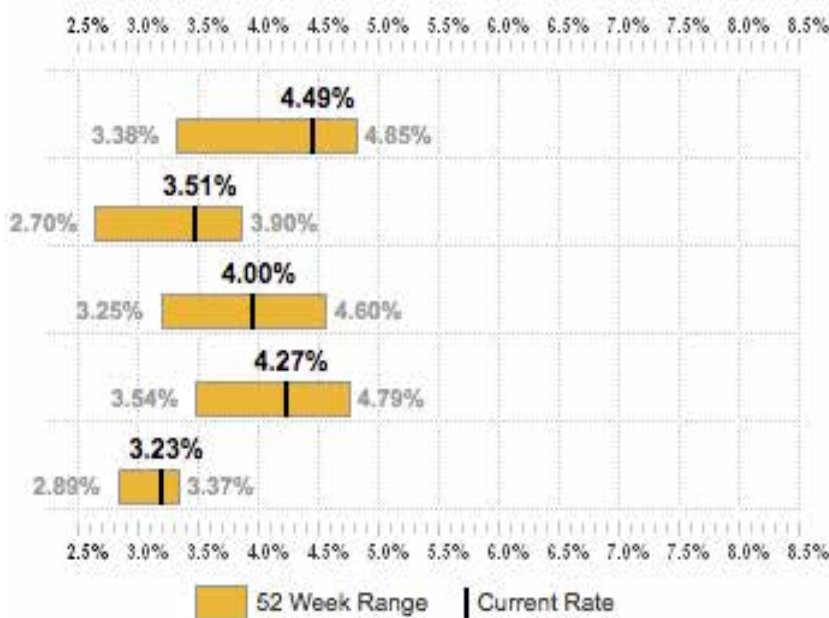
For Our Buyers

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!



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

Mortgage News Daily *updated daily*

30 Yr Fixed	4.49%	+0.3
15 Yr Fixed	3.51%	+0.02
FHA 30 Yr	4.00%	-
Jumbo 30 Yr	4.27%	+0.02
5/1 Yr ARM	3.23%	-

Freddie Mac *updated weekly*

30 Yr Fixed	4.40%	.60	+0.08
15 Yr Fixed	3.42%	.60	+0.10
1 Yr ARM	2.44%	.40	-0.05
5/1 Yr ARM	3.10%	.50	+0.08

FHFA *updated monthly*

15 Yr Fixed	3.80%	1.10	+0.13
30 Yr Fixed	4.67%	1.44	+0.13



Scentsy Fragrance Wickless Candles

By Dianne McKenzie

I love scents! I love the warmth of candlelight. I love the way decorative lighting can bring magic into a room.

When I first discovered Scentsy, I fell in love with the Autumn Glow Shade (now on sale & soon to be discontinued), Silhouette Collection, & Lampshade Collection. The light emanating from these warmers transformed my living & workspace. I knew I had to have more. I have a real estate business and I have numerous clients and service people all whom I like to bestow my gratefulness to them for choosing to work with me. Finding a gift that expresses my gratitude has been my quest. When I realized how wonderful the Scentsy Fragrance products were, I realized that I not only wanted to buy them for my clients, I wanted to be able to sell the products to anyone who walks in my office.

What surprised me even more about how wonderful the Scentsy Fragrance products are, is that my husband even liked them. He has tolerated my desire for scents over the years, with incense burning to room sprays, but always asking for me to use it ever so sparingly, as the smoke or scents would really bother him. He really likes the Scentsy autumn & winter scents and has even been known to turn on a warmer to set the mood for the evening!

I am very grateful to have found a product and company I can trust and take part in an opportunity that gives back to the community.

So while my passion is real estate and making my clients dreams come true, I love being able to give a gift that keeps on giving back.

Enjoy your Scentsy products and transform your world and create magic in your home or office environment! I know the magic that Scentsy can bring into a room and once you experience it for yourself, you too will want to share Scentsy with those you care about.

[Autumn Glow Shade](#)

[Lampshade Collection](#)

[Silhouette Collection](#)

[Spring Summer Fragrance](#)



Websites: <http://scentsationallights.com> and <http://diannemckenzie.scentsy.us>

Monthly Market Report Albuquerque



<p>Active Listings</p> <p>Detached: 3,925 Attached: 395</p> <p>One year ago Detached: 3,676 Attached: 386</p> <p>% Change (Detached) +6.77%</p>	<p>Pending Sales</p> <p>Detached: 793 Attached: 68</p> <p>One year ago Detached: 913 Attached: 83</p> <p>% Change (Detached) -13.14%</p>	<p>Closed Sales</p> <p>Detached: 550 Attached: 59</p> <p>One year ago Detached: 542 Attached: 54</p> <p>% Change (Detached) +1.48%</p>	<p>Average Sale \$</p> <p>Detached: \$198,483 Attached: \$137,105</p> <p>One year ago Detached: \$203,514 Attached: \$132,833</p> <p>% Change (Detached) -2.47%</p>
<p>New Listings</p> <p>Detached: 1,259 Attached: 116</p> <p>One year ago Detached: 1,095 Attached: 106</p> <p>% Change (Detached) +14.98%</p>	<p>Days on Market (average)</p> <p>Detached: 83 Attached: 71</p> <p>One year ago Detached: 76 Attached: 72</p> <p>% Change (Detached) +9.21%</p>	<p>Sales Volume (in millions)</p> <p>Detached: \$109.2 Attached: \$8.1</p> <p>One year ago Detached: \$110.3 Attached: \$7.2</p> <p>% Change (Detached) -1.00%</p>	<p>Median Sale \$</p> <p>Detached: \$169,000 Attached: \$136,000</p> <p>One year ago Detached: \$168,500 Attached: \$127,000</p> <p>% Change (Detached) +0.30%</p>

Closed Sales By Market Area for February only

MLS Area	City/County	2012	2013	2014	% Change (from 2014)
Areas 10-121	Albuquerque	344	363	348	-4.13%
Area 130	Corrales	6	7	5	-28.57%
Areas 140-162	Rio Rancho	87	95	108	+13.68%
Area 170	Bernalillo	10	3	1	-66.67%
Area 180	Placitas	8	2	8	+300.00%
Areas 210-293	East Mtns./Estancia	15	32	34	+6.25%
Areas 690-760	Valencia County	36	40	46	+15.00%



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

9900 Toltec Rd NE Albuquerque, NM 87111

MLS: 806530 Price: \$230,000

Single-Family Home | 3 bd | 2 ba | 1,850 sqft



Gleaming solid wood floors. Updates, clean and ready to move in. Beautiful yard with large trees and mature plants, grass and fully fenced in backyard.



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**

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://www.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

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM	Photo
78 Avenida Frijoles	\$290,000	1,324	\$219.03	3	2	201400469	58	
146 Avenida Frijoles	\$300,000	1,167	\$257.07	3	2	201304215	230	
14 CENTAURUS RANCH	\$329,500	1,800	\$183.06	3	3	201304103	237	
26 Vista Precioso	\$339,000	1,900	\$178.42	3	3	201401153	11	
17 Plaza Nueva	\$425,000	2,710	\$156.83	2	3	201300933	389	
13 Arroyo Privado Lot 475	\$435,000	2,140	\$203.27	3	3	201300198	436	
25 Calle Lemita	\$448,000	2,061	\$217.37	3	3	201305050	179	
23 Centaurus Ranch	\$495,000	2,215	\$223.48	3	3	201400551	51	
5 B W Via Plaza Nueva	\$539,000	2,800	\$192.50	3	3	201401342	2	
5 Altura Vista	\$545,000	2,127	\$256.23	3	3	201300980	388	
62 Avenida Aldea	\$549,000	2,522	\$217.68	3	3	201302974	291	
11 Vista Precioso	\$550,000	2,307	\$238.40	3	3	201305543	145	
1 Camino Barranca	\$638,000	2,706	\$235.77	3	3	201401027	23	
53 E Via Plaza Nueva	\$645,500	2,656	\$243.03	3	4	201304223	229	
7 Camino De Vecinos	\$669,000	2,598	\$257.51	3	3	201305030	180	

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



Wilderness Cabin Sites For Sale

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



Cabin Sites Feature:

- Pristine Alpine Wilderness Location at Roads End
- Peaceful Stream Side Ambiance overlooking the Kachina Village Wetland Park
- Direct Trail Access to Wheeler Peak Wilderness
- Easy Ski-in | Ski-out Access to Lift 4
- Unique Euro-Alpine Cabin Design thoughtfully integrated into a Beautifully Master Planned Intimate Community

Wilderness Cabin Features:

- High Performance Active & Passive Solar Design
- Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows
- Open Living Area with built-in day bed, Entry Vestibule, Gourmet Kitchen with Inglenook, Powder Bath, Private Patio Deck, Custom Built-ins & optional Native Rock Fireplace
- Spacious Master Suite with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace
- Rentable Lock-off Suite with Luxury Bath & Private Outdoor Patios

Visit www.KachinaMountainLodge.com or Call 505.231.1454

Visit the website: <http://KachinaMountainLodge.com>

We invite you to join our alpine eco-resort community, where you and your family can enjoy one of the most coveted lifestyles available in the Rocky Mountains.



A E O W Y N's Dog Treats



Pumpkin Oatmeal Treats

Ingredients:

- 2 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 4.5 Tbsp flax seeds
- 1.5 Tbsp oat bran
- 1 tsp cinnamon
- 1 can (15 oz) organic raw pumpkin (not the kind with sweeteners & spices)
- 1 Tbsp extra virgin olive oil
- $\frac{3}{4}$ -1 cup water or chicken broth

*Parchment paper for rolling out the dough

- *Pizza cutter
- Ruler for cutting straight lines

Method:

1. Preheat oven to 350° F.
2. Mix dry ingredients in a large bowl. 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 30-40 minutes slightly brown, not burnt. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool. These crisps are a bit softer than many of our other recipes.

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 treat 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.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is the one she just ate. Each batch must be tested prior to placing them in storage containers, which are then strategically placed around the house & office, ready to disperse for rewarding good dog behavior.





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.



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NEW MEXICO

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Apricot Standard Poodle
& Service Dog

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