## Eco Lifestyle And Home

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

### **Inside This Edition:**

## Joy

Our Monthly N	lewsletter Them $\epsilon$
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- Events Around New Mexico
- Take a Hike
- Feng Shui For Real Life
- May Numerology
- ❖ Afformation for May
- Creating Clarity in Your Life
- ❖ Your Inner Rock Star
- Attracting Perfect Customers
- ❖ Love Your Healthy Lifestyle
- GaiaQuest
- ❖ At Home with Jennifer Ashton
- ❖ Special Offers: Lowe's 10% off
- ❖ Mortgage News
- Special Offers: Fragrance & Light
- ❖ Real Estate Market Report
- ❖ Albuquerque Real Estate
- ❖ Santa Fe Real Estate
- ❖ Taos Ski Valley Real Estate
- ❖ Aeowyn's Dog Treats
- Free Reports
- Contact Us



## 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 – Carrot Cheese Crisps"



## Joy

Joy is the feeling of great pleasure. You know when you feel it, as it is pure delight, jubilation. Joy comes from triumph, exultation, rejoicing, gladness, glee, exhilaration, exuberance, elation, euphoria, bliss, ecstasy and rapture. Joy is the emotion of great happiness caused by something exceptionally good; keen pleasure; elation expressed physically through open posture, bright eyes, smiles and laughter.

## Our Monthly Newsletter Theme For May – Joy



Joy is a stronger, less common feeling than happiness. Joy is that sudden burst of emotion that goes beyond happiness. Joy can be experienced from any good activity, food or company. Joy is a spontaneous emotional expression. We don't have to think about it — we just feel it. We feel it in our bodies, warm and light, and we can see it in the bodies and on the faces of others. We can experience joy by encountering something delightful, or we can conjure it in the mind, through memories or imagination. But we can't fake it. Joy is visceral and spontaneous.

"The potential for joy is an intrinsic and essential part of our minds. While happiness needs to be pursued or explained, joy is already within us, ready to be stirred and released. For whatever reason, evolution found joy to be a critical mechanism for guiding us towards things that enhanced the survival of our species. Joy is the most powerful signal of our thriving, and the capacity to feel it is our birthright as humans."

Joy is at the core of what transforms existing into living. While joy is often not a daily emotion, joy can be cultivated.

"Awakening Joy" is a 5 month internationally recognized Internet course created by noted teacher and author, <u>James Baraz</u>. The course is designed to awaken joy through a curriculum of principles and practices that incline the mind toward well-being, happiness and ease. Led by James, the course features a range of renowned guest speakers with talks on mindfulness, gratitude and intention with accompanying audio, video and written materials, and a series of supporting practices to deepen insight and cultivate more joy. Over 12,000 people worldwide have experienced the power of "Awakening Joy", and the course has been celebrated in media publications such as <u>O Magazine</u>. Bill Gates has recommended "Awakening Joy" on his <u>Summer Reading List</u>. Website: <u>Awakeningjoy.info</u>

I have taken this course several times and while I often do not feel I am experiencing a lot of joy in my life, I experience moments of joy when I cuddle my dog with our heart-to-heart hugs, run my fingers through her long poodle locks and receive her affectionate licks. She brings me blissful joy like nothing else. When I am able to create art, I feel a deep sense of joy. So while I am choosing to awaken joy from within, I am also practicing gratitude for what I do have in my life: love, friends, family, good health, supportive business associates, appreciative clients and I live and work in a wonderful building designed by my husband. Thank you for reading our newsletter. – Dianne McKenzie, Cecile Bodman, Aeowyn and our content contributors.

### **Events Around New Mexico**

### 1. Contemporary Clay Fair Santa Fe Women's Club

Saturday, May 03, 2014 10:00 AM - 5:00 PM 1616 Old Pecos Trail Santa Fe, 87505 The 21st Contemporary Clay Fair will be held at The Santa Fe Woman's Club on May 3 and 4, 2012 (10 a.m. to 5 p.m. both days).

#### 2. Corrales Art Studio Tour Various Locations

Sunday, May 04, 2014 All day event
Various Locations Corrales, 87048
On May 3rd and 4th, Work from local artists will be on
display at the Corrales Art Studio Tour, where you can
peruse the wide range of fine art and crafts, from
representational to abstract, oil to pastels, bronze,
stone or wood sculptures, metal and glass objects, fiber
art, unique, one-of-a-kind clothing, jewelry and so much
more. Grab a map and catalog and head out.

## 3. 17th Annual Placitas Studio Tour. Our Doors Are Open Mother's Day Weekend! 42 studios throughout Placitas, NM

Saturday, May 10, 2014 10:00 AM - 5:00 PM 07 Placitas West Rd. Placitas, 87043 Fifty artists will be opening their studios to the public for the free, self-guided Placitas Studio Tour on Mother's Day weekend, May 10 & 11. http://www.placitasstudiotour.com

### 4. 2014 High Desert Cluster of Dog Shows Expo New Mexico - Manuel Lujan Building and other facilities

May 9, 2014 through May 13, 2014. Sunday, May 11, 2014 8:00 AM - 3:00 PM 300 San Pedro Drive Northeast Albuquerque, 87108 http://rgkc.org/events/

#### 5. CrawDaddy Blues Fest Madrid Railyard

Saturday, May 17, 2014 12:00 PM - 7:00 AM 2846 Hwy 14 Madrid, 87010 The 7th annual CrawDaddy Blues Fest May 1

The 7th annual CrawDaddy Blues Fest May 17, 18th At the Madrid Railyard, adjacent to the Mine Shaft Tavern 2846 Hwy 14 Madrid, New Mexico 87010 505-473-0743 www.CrawDaddyBluesFest.com

http://www.themineshafttavern.com



### 6. Santa Fe Bike and Brew Various locations

May 16-18 Sunday, May 18, 2014 All day event Santa Fe Santa Fe, 87501

Outside Magazine and Cycle Santa Fe present the inaugural Bike & Brew Festival, a three day celebration of craft beer culture and exceptional road and mountain biking in beautiful Santa Fe.

### 7. Farmers' Market in the Railyard

1607 Paseo de Peralta Saturday, May 24, 2014 8:00 AM - 1:00 PM 1607 Paseo de Peralta Santa Fe, NM 87501 Greens, Veggies, Grass-fed Meats, Goat and Cow Milk and Cheeses, Honey, Sprouts, Herbs, Crafts, Body Care Products and more.

### 8. Albuquerque Wine Festival Balloon Fiesta Park

Sunday, May 25, 2014 All day event 5000 Balloon Fiesta Parkway Albuquerque, 87113

Bringing together wineries from around the state, food, arts and crafts vendors, and live music in a relaxed setting, the Albuquerque Wine Festival is the place to be Memorial weekend!

## 9. Memorial Day Weekend Ceremonies Vietnam Veterans Memorial State Park

Monday, May 26, 2014 All day event US Hwy 64 Angel Fire, 87710 On this special weekend at the Vietnam Veterans Memorial State Park there will be displays, programs and talks throughout the weekend.

### Take A Hike:

### with Cecilie Bodman

### Piedras Marcadas Canyon - Petroglyph New Mexico

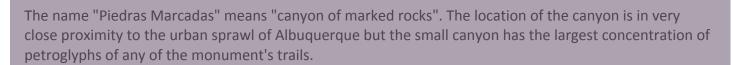
This hike is only 2 miles but there are a variety of additional hikes in the area.

## Lets meet at the Visitor's Center at 9am on Saturday, May 17.

From Interstate 40 take the Unser Blvd. exit (#154) and proceed north 3 miles to Western Trail. Turn left or west onto Western Trail and follow road to the visitor center.

Piedras Marcadas Canyon is the northern most area of Petroglyph

National Monument accessible to the public where a significant quantity of petroglyphs can be viewed.



It is estimated that at least 5,000 glyphs are concentrated in this area.







### Feng Shui For Real Life with Carol Olmstead



### **Feng Shui House Blessing Ceremony**

Q: I recently went through a divorce and I just don't feel any joy in my house anymore. Can you suggest any Feng Shui cures?

May Tip

The color yellow is



associated with joy and lifting your mood, so whenever you're feeling anxious, fearful, or lack direction, add yellow objects to your surroundings. www.FengShuiForRealLife.com carol@FengShuiForRealLife.com

A: Whenever it feels like the energy in your home has turned negative, you can conduct a Feng Shui house blessing ceremony to get rid of stale energy and bring back the joy. The kinds of negative situations that require a house blessing include divorce, bankruptcy, or death in the house, while the positive situations include moving into a new home, before a special party, or before listing your home for sale. The power of the ritual is both in the intention and the actual ceremony. There are several house blessing ceremonies, but the easiest one to do yourself is the **Feng Shui Orange Peel Blessing Ceremony**. You'll need 3 fresh oranges, water, a glass bowl, and fresh flowers:

- 1. Peel the oranges and break them into 9 pieces each. Place the pieces in the bowl and cover with hot water to about 3/4 full.
- 2. As you peel the oranges, state your intention for the ceremony in the form of an affirmation, mantra, or prayer, such as "With this ceremony, I remove all negativity and replace it with joy."
- 3. Starting at your front door facing into the home, flick your ring and middle fingers outwards to sprinkle the water around the room as you repeat the affirmation. Visualize the negative energy and bad luck leaving, as well as new, positive energy filling up the space. After you have completed the ceremony for the first space, move through all rooms and closets and repeat the process.
- 4. Pour out the water and either throw away the orange peel or grind it in the disposal. You can eat the orange as a celebration of all the positive new energy you have attracted.
- 5. Open all the doors and windows to let in fresh chi.
- 6. Place fresh flowers in a central location in the home or room. Replace the flowers every three days for a total of nine days. The final bouquet can remain until the flowers begin to wilt.



# Life By The Numbers - Cecilie Bodman May Numerology

The month of May is Number 3.

The color: yellow. Plant: sunflowers.

This is the month to laugh and have fun!

Experience the joy that is within you and radiate it all around you. Bless everyone and everything. Let your creativity express itself freely. Look beautiful and make others smile. The seeds you have planted are sprouting and it is a time to have a party, shop and buy real estate!

Gems: Topaz, Citrine, Heliodor

Oils: Rosemary, lemon, fennel, juniper

You can add Rosemary, lemon, and fennel, to your cooking and apply diluted oils to your solar plexes.

Affirmation For May: I am joyously exuberant and in harmony with all of life.

# Afformation for the Month - May "Why is my life filled with joy?"

"Afformations", 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

### Joy

Do you remember the movie, The Wizard of Oz? The Land of Oz is somewhere over the rainbow, where bluebirds fly, and life is happy and joyful. After a rough landing in Oz, Dorothy, the heroine, journeys down the Yellow Brick Road in search of the good life. While it's quite an adventure, her search for joy in a far

off land proves illusive. What Dorothy does discover is that happiness and joy aren't waiting for her, or anyone else, at the end of a yellow brick road. Both are already within us, waiting to be discovered.

If you're ready to increase the amount of joy in your life, follow these easy steps to journey within yourself:

- **Live in awareness.** If you want more joy in your life, begin by noticing your experiences, and your reactions, throughout the day. What has you smiling and feeling delight? Cringing or angry? Becoming aware of your feelings helps you discover what brings you happiness, and define what joy means to you. My sense of joy increases when I focus on little moments that lift my heart: Savoring a piece of dark chocolate; holding hands with my husband as we walk. When I consciously pay attention to these happy experiences I feel my sense of joy expanding.
- Let go of what isn't working. Bad habits, old grudges, toxic friends, the Wicked Witch of the West. These can weigh you down, keep your mind spinning, and squash your ability to focus on the joy that is in your life. Try examining how you've always done something, check out your ideas about how you think things should be. Take an inventory, then begin to let go of what no longer serves you.
- **Choose joy.** Giving yourself the option to just say no, change careers, or pursue a passion brings you into choice, and just knowing you have options will bring more joy into your life. Try making your decisions by choosing the option that has you feeling freer and happier, not how you think your life should look.
- **Be thankful.** Joyous people are grateful people who take the time to appreciate what they already have. Even more effective: Telling others what you're grateful for. When you share positivity, the energy shifts, not only for you but for others, too.

Be aware, let go of what isn't working, choose, be thankful. Before you head over the rainbow in search of joy, journey within yourself. As Dorothy discovered, joy and happiness are already right here, in our own backyards.

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 Joy is essential to have everything work in our lives better, with more ease.



I have a story that happened recently. I noticed I had stopped focusing on joy in my life. I felt I needed to focus on 'making money' only. I'm a coach, a Solo-prenuer – focused on who I would call next. What workshop would I create? What would I charge? How many clients did I need to sell to make the rent and pay the bills.... Month after month. No time for things that brought me joy. I was miserable at some level.

Then one day, something wonderful happened. I met a creative coach – an intuitive painter who held art classes every week. I spoke with her and she encouraged me to come to her Studio and just try it out.

When I got there, she had me at hello. First she had the participants gather on the couches and chairs, to breathe, and to do a short meditation to center. She then read a poem by David Whyte. We shared a bit before we prepared our 'canvas' to paint. She had different sizes of paper for us to paint on. I began to reach for the smaller one and she stopped me. 'Oh no, you need the bigger one' she said. Oh my, here I go.

The outcome of that morning was a great, freeing expression of who I am. I call it Emergence. It was so fun, a real celebration of me and my creativity.

The ongoing result has been really awesome as well – business has increased, vitality has increased, more energy in my body.... And more JOY!

Moral to this short story....Get more Joy! Make a joy list. And go do that. Swing in the park, walk in Nature, get your crayons out and color, take pictures, write letters, take bubble baths in the middle of the day, read a novel just for the heck of it. Whatever it is for you, do it.

While the above short story is about me, many of my clients are in the same places. I found part of my joy hiding out in my creativity. Part of me knew how important it is for me, and part of me had gone to sleep. The real fun thing that has happened since the painting class is that my office is now my 'studio' and I have my easel, canvases, paints, pencils all out of hiding now.

Funny too....one of the workshops I co-facilitate is called **Purpose, Passions and Possibilities** which helps us get to more of what brings us alive, our joy, our passions. We tend to forget (or I tend to forget), what brings me the most joy and better yet, how I feel when I'm engaged in the joy.

And it can be very simple, easy, and free. It may or may not be hiding for you. Whatever it is....go do it ....NOW. Find your Joy. It's essential!!!! Have fun.

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
Sometimes JOY finds me and.....

By Jan H. Stringer

**Other times.....I have to find JOY!** This has been my experience about this small word that packs a punch either direction!

One simple way to get more JOY each day, is to consciously connect to JOY throughout the day. How I do that is to begin to notice what occurs during the day that increases my connection to joy, and notice what pulls me away from this feeling of joy. The more conscious I am of my own joy factor, the easier it is to notice when I am at risk of losing my connection to this powerful sensation called JOY.

I learned the most about JOY in my NIA Dance Technique training. The first principle of NIA is called the JOY of MOVEMENT. The best way that I can explain this (without having you and me on the dance floor together!) is that when the music starts, if I listen closely to the music without forcing myself to move, eventually my body will start to move on its own. Sometimes I love the music and the joy of movement comes easily and feels so good. Yet when the music is loud or something that I don't relate to well, then I might have to wait a long time to feel the joy of movement. What I know from this powerful NIA principle is also a metaphor for life: JOY can't be forced in the dance of life.

Authentic JOY comes naturally when I am connected to what I love the most. Yet life isn't always dealing out roses each moment --- so when I am not present to the JOY in each situation, is I will wait, be patient and allow JOY to come to me.....then I can find the JOY in those moments as well.

JOY is not a zero sum game...we can ALL have as much of it as we want at any time and in any situation.

Jan Stringer http://www.perfectcustomers.com

Or write to: jan@perfectcustomers.com



## Love Your Healthy Lifestyle

### with Julie Hansen

### Healthy Foundations for Joy

Joy transcends circumstances; we all know stories of people living joyfully in seemingly horrific situations. However, people living their healthiest have an easier time reaching their potential for joy. Every person's 'healthiest' is different, and the most rewarding part of my work is helping people find theirs. Through a simple health assessment, I work together with clients to build a simple and complete nutritional foundation. I have seen people say goodbye to symptoms of MS, joint pain, menopausal challenges, depression and more.

### Ready to live joyfully as your healthiest you? Here are a few ideas:

- 1) **Build a solid nutritional foundation.** Getting all nutrients from food is a fine goal, but the truth is, most of us do not. Our hectic and busy lives often necessitate skipping meals or sometimes making poor choices. Also, overall food nutrient quality has declined 38% since 1999. Studies show that only 2% of Americans actually get the nutrition they need from diet alone. Supplementing with a quality, raw food sourced, organic and live enzyme filled multi vitamin like Shaklee's is a great option.
- 2) **Getting daily exercise is key.** Whether it is yoga, walking or something even more intense, the health benefits of exercise cannot be denied.
- 3) **Speaking of joy, SMILE!** On average, children smile 400 times a day, adults only 15. If you feel that you just don't have it in you, "fake it 'til you make it"! Recent research proves that smiling lowers blood pressure and boosts the immune system.
- 4) **Feeling "down in the dumps"** is one of the symptoms that often goes away as bodies receive needed nourishment and some physical activity. For those that need a bit of an extra boost, I recommend adding Shaklee Moodlift Complex. Besides 900mg of organic St. John's wort extract, our blend contains 1000mg of all natural inositol, which helps balance certain mood-related chemicals in the body.
- 5) **Set a healthy goal.** Do you want to complete 20 perfect push-ups or learn tennis? Set a big picture goal and be sure to break it down into smaller ones so you have plenty to celebrate on the journey.

### Wishing you all a healthy, joyful and vibrant life!







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

505-660-1777 loveyrlifestyle@gmail.com www.HCSI.myshaklee.com





## CREATING ECO-COMMUNITIES THAT AWAKEN JOY

by John Halley

People can be inspired to create, manifest, enjoy and prefer wholesome sustainable Eco-Communities, healthy environments and vital ecosystem maintenance that collectively promote and provide Global Health and exciting sustainable Eco-Lifestyles filled with Well-Being – for present and future generations. Such an existence awakens a bountiful sense of lasting joy in our communities and within everyone involved.

To achieve this sense of joy within ourselves and our communities, we need to look at how we go about awakening joy in a manner that honors all participants. We need to implement tools that bring us together, in a manner that helps us to see beyond our individual perceptual filters to the beautiful commonality that we all share... a longing for sustainable security, prosperity and well-being that is born out of a desire for a meaningful community connection, a need to contribute our gifts, a desire to be honored and seen simply for who we are.

At GaiaQuest we are developing programs and demonstration Eco-Communities that explore and promote ways of awakening joy within people and the communities they live in. We believe that lasting joy can be achieved by encouraging and inspiring a quest for Global Health and Well-Being within ourselves, within our communities and by connecting with other communities beyond our borders internationally. By working together, humanity can learn from each other to collectively achieve and maintain lasting joy and sustainable Global Life in Balance known as "Gaia".



## At Home: with Jenifer Ashton

to the art of living well



## The Joy of Color

Color can create so much joy in your life.

Expressing color is an art. Color stories are a hot topic for my world of interior design. In my daily pursuits I often look to artists in my neighborhood and elsewhere to gain insight and inspiration.

This particular encaustic block by Santa Fe artist Jacqueline Butler, titled Clifford's Still in Haiti, is a tapestry of abstraction and alluring color. Pondering pink as a hot accent color and a touch of green to counter rich earthy tones in a residential space feels fresh.

Consider color combinations that convey your uniqueness even if they are unexpected for your home or office and be pleasantly surprised.

Jennifer Ashton, Santa Fe Interior Designer writes her blog "TO THE ART OF LIVING WELL" in pursuit of living everyday in an artful way. Sharing topics of interior design, fashion, art, architecture, DIY and anything uniquely vintage.



Jennifer Ashton, Allied ASID
Residential and Commercial Interior Designer based in downtown Santa Fe
Cell: 505-913-0104 Fax: 505-212-0115
www.jenniferashtoninteriors.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 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!



FHFA	Rate	Points	Change
15 Yr. Fixed	3.80%	1.10	+0.13
30 Yr. Fixed	4.67%	1.44	+0.13

### Primary Mortgage Markets

MND's Daily Rate Survey						
				52 Week		
Product	Today	Yesterday	Change	Low	High	
30 Yr FRM	4.24%	4.29%	-0.05	3.49%	4.85%	
15 Yr FRM	3.35%	3.38%	-0.03	2.74%	3.90%	
FHA 30 Year Fixed	3.90%	3.95%	-0.05	3.25%	4.60%	
Jumbo 30 Year Fixed	4.00%	4.03%	-0.03	3.60%	4.79%	
5/1 Yr ARM	3.25%	3.25%	-	2.89%	3.37%	
		ı	Updated:	5/2/14 1	:49 PM	

Updated Daily (approx 4pm) About Our Rates

» View: LIVE! Lender Rates

	4.24%			
3.49%		4.85%		
3.35	%			
4%	3.90%			
	3.90%			
3.25%		4.60%		
3.60%	4.00%	4.79%		
		4.79%		
3.25%	6			

52 Week Range Current Rate

Freddie Mac			
30 Yr. Fixed	4.29%	0.70	-0.04
15 Yr. Fixed	3.38%	0.60	-0.01
1 Yr. ARM	2.45%	0.50	+0.01
5/1 Yr. ARM	3.05%	0.40	+0.02

MBA			
30 Yr. Fixed	4.49%	0.38	
15 Yr. Fixed	3.53%	0.31	-0.02
30 Yr. Jumbo	4.37%	0.14	-0.04
30 Yr. FHA	4.17%	0.10	-0.03
5/1 ARM	3.26%	0.35	+0.10



## 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 <u>Autumn Glow Shade</u> (now discontinued), <u>Silhouette Collection</u>. 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.



### MAY SCENT | Mystery Man

Warm white cedar, green verbena, and citrusy bergamot in a perfectly spiced, sensual fragrance.

Enjoy this month's fragrance at a 10% discount.

 Scent Circle
 \$3.00
 \$2.70

 Scentsy Bar
 \$5.00
 \$4.50

 Room Spray
 \$8.00
 \$7.20

Discounts do not apply to Combine and Save



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

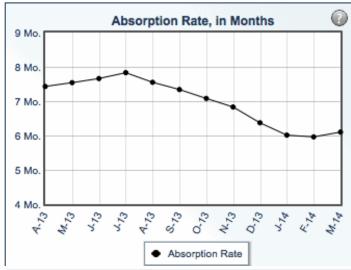
## **Monthly Market Report Albuquerque**

## **Market Summary**

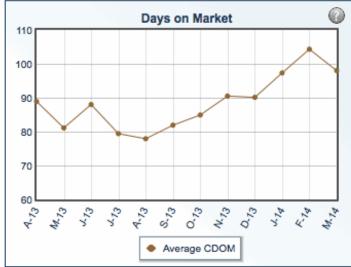
Residential, March 2014













## Albuquerque Real Estate News

with Cecilie Bodman

8132 SHANNON Street NE Albuquerque, NM 87109

MLS #812626 Price: \$230,000



Cute home in La Cueva School district. Fresh paint, clean and ready to move in.

Two living areas with family room and cozy fireplace.







### 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: \$205,000



9900 Toltec Rd NE **Single-Family** MLS: #806530 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. Price: \$225,000



**1543 LIBIA Street NE** MLS: #811110

Views and refrigerated air! Custom

single story on quiet, safe cul-de-sac w/panoramic views of mountains & city! Chef's gourmet kitchen with residential/commercial gas stove, built in refrigerator, wine cooler, warming drawers, 6' butcher block counter & more cabinet space! Price: \$400,000 Contact Cecilie 505.250.1360 for a tour!

Activity in Aldea has increased. We have 7 properties that have sold this year to date, with 3 pending. The inventory of homes on the market is low & expected to increase.

### **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 »

## 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 - Aldea

Real Estate News from Dianne McKenzie

Current Aldea Homes on the Market

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Address	Ask	TotSF	\$/TotSF	BD	Total	MLS#	DOM	Photo
9 CALLE FESTIVA	\$210,000	1,149	\$182.77	2	2	201401627	19	
78 Avenida Frijoles	\$290,000	1,324	\$219.03	3	2	201400469	92	78
146 Avenida Frijoles	\$300,000	1,167	\$257.07	3	2	201304215	264	
22 Camino de Vecinos	\$368,000	1,912	\$192.47	3	3	201401552	24	-
17 Plaza Nueva	\$425,000	2,710	\$156.83	2	3	201300933	423	
13 Arroyo Privado Lot 475	\$435,000	2,140	\$203.27	3	3	201300198	470	
25 Calle Lemita	\$448,000	2,061	\$217.37	3	3	201305050	213	4
12 Camino Botanica	\$449,000	1,850	\$242.70	2	3	201401767	13	
24 Camino Barranca	\$490,000	2,000	\$245.00	3	2	201401782	12	
23 Centaurus Ranch	\$495,000	2,215	\$223.48	3	3	201400551	85	
5 B W Via Plaza Nueva	\$539,000	2,800	\$192.50	3	3	201401342	36	
62 Avenida Aldea	\$549,000	2,522	\$217.68	3	3	201302974	325	AN ARES
11 Vista Precioso	\$550,000	2,307	\$238.40	3	3	201305543	179	
53 E Via Plaza Nueva	\$629,900	2,656	\$237.16	3	4	201401579	23	
1 Camino Barranca	\$638,000	2,706	\$235.77	3	3	201401027	57	700
7 Camino De Vecinos	\$669,000	2,598	\$257.51	3	3	201305030	214	



Taos Ski Valley Report



Real Estate News from Dianne McKenzie

## Wilderness Cabin Sites For Sale

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



#### Pahin 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 Window
- 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
- Reutable Lock-off Suite with Luxury Bath & Private Outdoor Patios

Visit www.KachinaMountainLodge.com or Call 505.231.1454

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. We are experiencing a growing interest in the phase one properties offered at Kachina Mountain Lodge, GaiaQuest's alpine eco-community located in Taos Ski Valley, New Mexico. Property sales at Taos Ski Valley have multiplied since December, when New York hedge fund founder Louis Bacon said he was buying the ski area from a family that has owned it for decades. 11 homes and eight plots of land have changed hands since Dec. 13, compared with two homes and one piece of land in the same period a year earlier.









## 's Dog Treats



### 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.

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 cuter to cut the dough into 1/2" parallel strips. Don't move the strips—leave them in place on your cutting board. At about a 45 degree angle, go back and cut parallel strips that are 1/2" apart. You will end up with diamonds.

Bake 30-40 minutes slightly brown, not burnt. 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 crunchy, thin treat & are very tasty. Recipe makes enough treats to fill a 1.6 quart storage container. Keep treats in tins at room temperature in an airtight container for 2 weeks 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.

## Carrot Cheese Dog Treats

### **Ingredients:**

- 2 cups rice flour (or you can use any flour)
- 1 cup rolled oats, uncooked
- 1 cup wheat germ
- 2 Grated Carrots
- 2.5 Tbsp flax seeds
- 1.5 Tbsp oat bran
- 2 teaspoons baking powder
- 1/3 cup grated mozzarella cheese
- 2 teaspoons chopped fresh parsley
- 1 Tbsp extra virgin olive oil
- 1 ¾ cup water or chicken broth

\*Parchment paper for rolling out the dough

- \*Pizza cutter
- Ruler for cutting straight lines
- 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 hon sales near the following address:	ie
, 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.













& Service Dog

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