

# Eco Lifestyle And Home

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

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Real Estate News Pages 11,12,  
13,14,15,16,17,18,19,20,21 & 23

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



"Dog Treats – Blueberry  
Pumpkin" Gluten Free!

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## Change

"Change is the essence of life. Be willing to surrender what you are, to what you could become."

Change is all about evolving, growing, transforming.

- to make a shift from one to another
- to make radically different
- to become something else



## Our Monthly Newsletter Theme For September Change



### Thriving in Times of Change

How do you respond to change? More often than not, we tend to react rather than respond. Change brings up fear, worry, the unknown, & is often unsettling by its very nature.

**Change Is Often Frightening:** We resist change, but fear of the unknown can result in clinging to status quo behaviors, no matter how bad things are.

**Change Must Be Positive - Being Is Easier Than Becoming - Slower Is Better:** Everything has its own natural timing; when altered, unpleasant things can happen. Change is most effective when it occurs slowly, allowing behaviors to become responsive and less reactive.

**Know More, Do Better:** Surprise can be disastrous for people in transition. Knowing more about the process of change, allows the feeling of being in control over the process and creates a sense of ease of well-being.

**Change Requires Structure:** Many people view structure as restrictive, something that inhibits spontaneity. While spontaneity is wonderful for some activities, it can be method for sabotaging change.

**Practice Is Necessary:** Practice is another key approach to change. When we invite change, such re-arranging the furniture layout, organizing closets, removing clutter, and/or getting rid of unused items, we practice changing the way we live.

**“Without change there would be no butterflies.”**

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

## Events Around New Mexico

**1. Artist Studio Tours** take place all over northern New Mexico in the fall.

**2. Enchanted Circle Century Bike Tour.** About 500 cyclists turn out to ride 100 miles of scenic mountain roads, starting and ending in Red River. All levels of riders are welcome, though not everyone completes this test of endurance. Call tel. **505/754-2366** [www.enchantedforestxc.com](http://www.enchantedforestxc.com) Weekend following Labor Day.

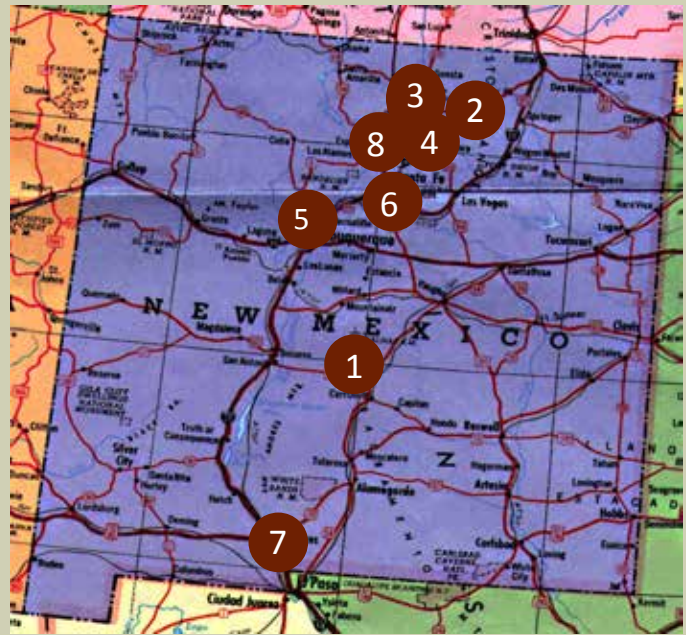
**3. Taos Trade Fair,** La Hacienda de los Martinez, Lower Ranchitos Road, Taos (tel. **575/758-0505**). This 2-day affair reenacts Spanish colonial life of the mid-1820s and features Hispanic and Native American music, weaving and crafts demos, traditional foods, dancing. Last full weekend in September.

**4. San Geronimo Vespers Sundown Dance and Trade Fair,** Taos Pueblo. This event features a Mass and procession; traditional corn, buffalo, and Comanche dances; an arts-and-crafts fair; foot races; and pole climbs by clowns. Contact tel. **575/758-0505** or go to [www.taospueblo.com](http://www.taospueblo.com). Last weekend in September.

**5. New Mexico State Fair and Rodeo.** This is one of America's top state fairs; it features parimutuel horse racing, a nationally acclaimed rodeo, entertainment by top country artists, Native American and Spanish villages, the requisite midway, livestock shows, and arts and crafts.

The fair and rodeo, 17 days, held at the State Fairgrounds in Albuquerque. Call tel. **505/265-1791** or visiting [www.exponm.com](http://www.exponm.com). Early September.

**6. Stone Lake Fiesta,** Jicarilla Reservation, 19 miles south of Dulce. This Apache festival features a rodeo, ceremonial dances, and a foot race. For more information call tel. **575/759-3242**, ext. 275 or 277, or go to [www.jicarillaonline.com](http://www.jicarillaonline.com). Sept.15



**6. Santa Fe Wine & Chile Fiesta.** This lively celebration boasts 5 days of wine and food events, including seminars, guest chef demonstrations and luncheons, tours, a grand tasting and reserve tasting, an auction, and a golf tournament. Many venues in downtown Santa Fe, big event on the last Saturday. Tickets go on sale in early Call tel. **505/438-8060** or visit [www.santafewineandchile.org](http://www.santafewineandchile.org). Last Wednesday through Sunday in September.

**7. Mexican Independence Day.** A parade and dances take place in Las Cruces at Old Mesilla Plaza (tel. **575/524-3262**; [www.vivamesilla.org](http://www.vivamesilla.org)) and Carlsbad at San Jose Plaza (tel. **800/221-1224** or 575/887-6516; [www.carlsbadchamber.com](http://www.carlsbadchamber.com)). Weekend closest to September 16.

**8. Taos Fall Arts Festival.** Highlights include arts-and-crafts exhibitions and competitions, studio tours, gallery openings, lectures, concerts, dances, and stage plays. Simultaneous events include the **Old Taos Trade Fair**, the **Wool Festival**, and **San Geronimo Day** at Taos Pueblo. The festival is held throughout Taos and Taos County. **Taos County Chamber of Commerce**, 108 F. Kit Carson Rd., Taos, NM 87571 (tel. **800/732-8267** or 575/751-8800; [www.taoschamber.com](http://www.taoschamber.com)). Mid-September (or the third weekend) to the first week in October.



# Take A Hike to Jemez Falls September 20

with Cecilie Bodman



A nice hike up to a set of hot springs and a waterfall. It is about a 1.5 mile climb to the hot springs from the Battleship Rock trailhead and another 1.5 miles to the waterfall.

The springs are beautiful with crystal clear, warm water.

The top pool is about 30 feet wide and 2-3 feet deep and there are a few smaller, deeper pools down stream.



The Jemez Waterfall is spectacular and well worth the extra hike.

The trail takes you to an overlook at the top of the falls but it is possible (although not easy) to find your way to the bottom.

**Trailhead:** Start this hike from the Battleship Rock campsite. To get there, take Interstate 25 to 550 west towards San Ysidro. Take a right on 4 and go until you see the sign for Battleship Rock.

## Feng Shui For Real Life with Carol Olmstead



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*Carol Olmstead, Feng  
Shui Master Practitioner  
answers your questions.*



### Get Ready for The Change in Season

**Q: Are there Feng Shui changes you recommend to get ready for the change in season for summer to fall?**

**A:** When the days get shorter and you start spending more time inside your home, it's the perfect time to use Feng Shui to make seasonal changes around the house.

Here are 10 of my favorite tips for transitioning into fall:

1. Replace your faded doormat to attract new opportunities.
2. Make sure your house number is visible from the street, especially at night, so positive chi can always find you.
3. Pull up dead summer annuals because they represent stuck chi, then replace them with colorful mums or hardy pansies.
4. Display a bowl of local red apples in your kitchen to symbolize that your table will never be empty and you can always afford to feed your family.
5. Clear the cobwebs from your outdoor furniture before you cover it for the winter because they symbolize being so wrapped up and stuck that you can't move forward.
6. Open your windows occasionally during the cooler months to let in fresh air and fresh chi energy.
7. Remove dead leaves from your roof since they represent stale chi accumulating on top of your home.
8. Rearrange your furniture so you can bring new energy into your room.
9. Burn scented candles in your home to change your perspective for a new season; choose vanilla for comfort, peppermint to curb your appetite, strawberry to boost energy, or pine to enhance well-being.
10. Start a new habit: when you change your clocks from daylight savings time back to standard time, toss expired foods and stale spices.





# Life By The Numbers

- Cecilie Bodman

## September Numerology

The Month of September is a 7

The colors are purple and violet, white and gold.

Number 7 is a highly spiritual number. It is a good time to practice meditation and looking within for answers. Go for long walks or work with your plants.

The gems are alexandrite, diamond, selenite, ametrine.

The oils are lavender, frankincense, and myrrh.

### *Affirmation For September:*

*"I have faith that the universe is in the process of producing enormous good for me.."*

### Affirmation for the Month – September

*"Why do I embrace  
change in my life with  
confidence?"*

"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 Change

by Lainie Grimmer

Even though she wanted to lose weight, a friend of mine had a habit of eating those last spoonfuls of casserole lingering in the serving dish when clearing the table... A relative had a habit of saving more paper bags than she'd use in a lifetime... And a client habitually bit her nails whenever she felt stressed, which was often.

**Habits** – We have a love-hate relationship with the both the word, and the action. Habits can help our lives run smoothly and safely, like the habit of stopping at red traffic lights. Then there are those pesky habits that really don't support us, and can even sabotage our good intentions and goals. We want to change or let them go, yet they can cling like static electricity, and even shock us at times.

What can you do when you want to change, or let go of a habit? **ACE** it!

**A – Awareness** The first step toward changing a habit, big or small, is to figure out and explore just what it is you want to change. This sounds so obvious, yet we often don't take the time to articulate what it is we're wanting to shift. Take a look at your habit: What triggers it? What does doing it offer to you? What do you feel as you do it? Dig a little deeper: What does the habit represent to you?

**C – Create** Now that you have some awareness about your habit and the message it conveys, you are ready to create your vision of change. What actions or activities might replace your habit? What's the reward for letting go of that habit? Studies have shown that focusing on the positive outcome you'll generate is much more effective and motivating than imagining what will happen if you don't make the change.

**E – Enact** Nature abhors a vacuum, or an empty drawer. It's the same with people, and our habits. If you want to let go of or change an undesirable habit, replace it with another, more supportive one. Develop a new habit of saving ten paper bags, and recycling the rest. If you want to stop biting your nails when you're stressed, do something else to occupy your hands, such as squeezing a tennis ball.

You can ACE changing a habit, either large or small, with awareness, creativity, and enactment. After creating the new habit of spooning the leftovers into the dog's dish, my friend lost fifteen pounds. She's thrilled, and her dog is, too.

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# Your Inner Rock Star by Patty Walters



## Change

**“Change is good...you go first!” – Dilbert**

This is what was on a cartoon sign on the desk of who was, at that moment, to be my next boss, I just didn't know it at the time. I thought the cartoon hilarious. It was August of 1998 and I was interviewing for what was to be my last corporate position. The position was that of Change Management Consultant at Shell Oil in Houston. Which is why the cartoon on the sign seemed so funny at the time.

The title itself was a bit of an oxymoron....Change is something that is constant and multi-dimensional at best. To think you could have a position, actually multiple, inside of an organization, like Shell, to manage it, was a curiosity for me. And a great education, as I did get one of the positions.

And fast forward to today, change has been a constant companion from transitioning out of corporate life, having my own business, creating a new life in Santa Fe after 30 years in Houston, and now, facing one of life's major changes – the transition of my Mom. My last parent to do so. One of the biggest changes we will ever make. She is in Hospice care currently and I am coming to terms with the change.

William Bridges, in his book *The Way of Transition* says, 'transition' is the way we all come to terms with change.'

### **Seems to me there are 3 steps to making a change:**

1. Letting go of the old
2. Be ok in the in-between and
3. Making a new beginning.

All part of the gifts of life.

*'Change is hard. You fight to hold on. You fight to let go. But in the end, we all know. Change is needed for you to grow.'* - unknown

May we find the changes we go through a step in our growth as human beings, helping other human beings to change.

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# Attracting Perfect Customers

*The #1 Strategy for Creating Lucrative Loyal Raving Fans*



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## Change Your Thought

by Jan Stringer

### Marketing Myth:

**The most important indicator of a company's strength is its bottom line which measures financial assets and liabilities.**

**Change your thought: The bottom line measures the company's financial strength together with the measurement of the value internal and external relationships.**

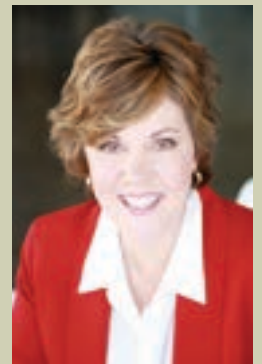
Traditionally, the bottom line of a balance sheet is where a company's strength is determined. Yet, from one quarter to another, the highs and lows of that bottom line can paint a significantly different picture. Based solely on that indicator, many companies are today's darlings and tomorrow's dumps.

A company that has adopted the Strategic Attraction™ Planning Process, though, knows that its profitability can best be measured in the strength and stability of its relationships....both amongst its employees and with its most perfect customers.

These relationships become richer and more valuable with each passing day. These relationships have a value that can be calculated from several perspectives. For example, many organizations are including the value of intellectual capital as an important asset whose value is represented in their employees.

The **NEW** bottom line .....if you want a different result in your business, change your thought about your success and viability by the strength of your relationships with your business partnerships, employees and customers. They are the real source of your success and when these relationships are right, your business will be right too.

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# Love Your Healthy Lifestyle

with Julie Hansen

## Making a Change

If living your healthiest life was easy, wouldn't we all be doing it? The truth is, it requires a true willingness to change. Temple Grandin was right on in identifying this magic bullet that people want- and in declaring that it doesn't exist.

IT'S NOT THAT SOME PEOPLE HAVE  
WILLPOWER AND SOME DON'T  
IT'S THAT SOME PEOPLE ARE READY  
TO CHANGE AND OTHERS ARE NOT

CARL SANDBURG

Changing something for the better is not a single event, but a vision, a decision, and a process that unfolds. Drs. James Prochaska and Carlos DiClemente developed the Transtheoretical Model of Behavior Change in 1977 and they found that less than 20% of people who begin a change are really ready to take action. They concluded that it is impossible to succeed when starting with the change itself. In fact, they named six steps essential to creating lasting change, starting with precontemplation.



So goal setting is not enough. When it comes to healthier living, it is essential to contemplate and prepare before taking action and then maintaining the work to reach the goal. Whether the issue is weight loss, diabetes, stress management, or some other concern, one has to change their belief pattern to even believe that change is possible before starting off with a yoga program, or cutting out sugar or calories. One needs to first assess where they really are within the steps of change.

This is where I come in. I've partnered with Shaklee Corporation to bring a whole menu of natural, safe and effective wellness solutions to people and I work with other practitioners such as trainers, massage therapists and counselors to make sure that the client has the holistic support that they need. I help identify what is possible for better health and create a strategy to bring that about by working through the relevant steps of change and building lasting healthy habits for life.

One of my projects, the Santa Fe Turnarounds, focuses on helping people who want to get a few pounds healthier. If you would like to create a new vision for yourself in this regard, please contact me, we are starting more fun activities in September.

To paraphrase Ghandi, "Believe you can have the change you wish to see in your health!"

To loving your lifestyle! ~ Julie



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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## Preparing a Home For a Showing

As you prepare a home for a showing, remember that you are staging a scene where potential buyers should immediately be drawn in and feel at home. This requires striking the right balance between showing a home that looks cozy and welcoming to the buyer versus one that looks like it can only belong to one person, couple or family.



First impressions make a dramatic and lasting impact. If you are house hunting and your agent pulls alongside the curb in front a property covered with weeds and overgrown shrubbery, your first thoughts will drift toward images of slaving away every weekend to tidy and maintain the yard. Spruce up the front entry with a welcoming outdoor chair, some vibrant blooms in a container and a fresh coat of paint on the door. Replace any rusty or tarnished fixtures such as light fixtures, mailboxes and house numbers.

Since a move is inevitable, sellers should begin packing early with the goal of reducing clutter. When potential buyers look at a home, they want to be able to envision their life and their family within its walls. Too many of the seller's own personal knickknacks and photos of family will limit the buyer's ability to visualize themselves living there. Sellers should pack away as much as possible, leaving only the things that they require for day-to-day living in the home. Store boxes off premises. You do not want homebuyers to be turned off by the sight of all of those moving boxes.

Suggest that the seller clear the garage, basement and attic of all clutter as well. What has served them as a hoarding haven in which to temporarily stash things may, once cleared, evoke visions for a homebuyer as a potential extra space to finish and transform into another room.

Clearing away excess clutter exposes more wall and floor space, giving the illusion of larger rooms. Closets and cabinets that are half empty appear to the homebuyer as vast amounts of storage space; a prized commodity that no home ever seems to have enough of. Keep only enough furniture in each room to demonstrate the use of the room.

Once the rooms have been cleared, consider a new coat of paint to refresh the walls. Opting for light neutral hues will make the walls appear further apart, thus making the rooms appear larger. These shades also reflect more light than darker colors, thus brightening the room. Most homebuyers are seeking a bright and sunny home as opposed to a darkened cave. For evening showings, remember to switch on all indoor light fixtures.

Create a welcoming ambience when homebuyers are imminently expected. Bake some instant cookies and serve. Flood the rooms with light and give the home an extra boost of refreshing chill or comforting warmth to counteract any extreme outdoor temperatures. You may also choose to have soothing music playing softly in the background.

Finally, the seller should take a ride with their family and pets during a showing. This allows potential buyers to peacefully ponder all of the possibilities that the home has to offer them without feeling pressured or intrusive. ~ Dianne McKenzie



## Our Climate Is Changing

by John Halley



On September 16-17, Al Gore will be sharing 24 reasons why he is hopeful that we *can solve the climate crisis*. He is bringing together some of the most influential voices in the climate movement to showcase the exciting progress happening all around the world in a live global broadcast, *24 Hours of Reality: 24 Reasons for Hope*. Website: <http://www.24hoursofreality.org/event/teaser/>

This day-long event will highlight the growing momentum for solutions to global warming, and kick off 12 months of concerted climate action worldwide. We hope you to be a part of it.

The reality is this: our climate is changing, and it's changing fast. But all around us, there is hope. Across the planet, millions are demanding an end to carbon pollution -- and our leaders are finally listening. The shift to a low-carbon economy is on and is accelerating by the day.

This isn't some faraway future. The moment is here. Check out this short video, then mark your calendar for *24 Hours of Reality: 24 Reasons for Hope* on September 16-17.

It's up to all of us to rally around the good news, to embrace the solutions, and help make sure that clean energy is our future. Let's make progress our new reality.

Be part of the solution and tune in with your community to 24 Hours of Reality: 24 Reasons for Hope to learn why we're hopeful for our future. You'll learn what you can do to solve the climate crisis, discover new solutions from fellow Climate Reality Leaders on their home turf, hear from celebrities, and so much more. Host a viewing party or attend one in your area, and commit to take action with our pledge.

## The climate reality project

The Climate Reality Project is one of the world's leading organizations dedicated to mobilizing action around climate change. With a global movement more than 5 million strong and a grassroots network of trained Climate Reality Leaders, we are spreading the truth of the climate crisis to communities everywhere and creating cultural momentum to solve it. Former Vice President and Nobel Laureate Al Gore is the Founder and Chairman of The Climate Reality Project.

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By Francis Phillips

## What to do, what to do: The Fed Releases More Hints – Change in Rate Increases Seem Inevitable

We all know that the Federal Reserve Board has pushed billions of dollars into the bond markets over the last few years to keep rates down and stimulate the economy. The Fed has always said that this measure – known as Quantitative Easing (QE) – was temporary and that as soon as the economy recovered sufficiently the infusion of funds would end. 2015 has been proposed as the target for the end of QE.

Stronger hints came July 30<sup>th</sup> when the Fed announced in a press release that *In light of the cumulative progress toward maximum employment and the improvement in the outlook for labor market conditions* there would be a further \$5 billion a month reduction in purchases of mortgage-backed securities (MBS).<sup>1</sup> This brings the monthly MBS purchase rate to \$10 billion. At the same time, the Fed reduced Treasury purchases by \$5 billion a month.

I fully expect to see a tug-of-war at the Fed over the economy in the months ahead: Is it stronger? Weaker? Status quo? One key player, influential Fed Vice Chair Stanley Fischer, spoke out in mid-August, stating that both the U.S. and global economic recoveries have been “disappointing” and may point to a permanent downshift in economic potential. As reported by Howard Schneider of Reuters, Fischer commented on the years since the 2007-2009 financial crisis and recession. In his remarks he stated that a slowing of U.S. productivity, declining labor force participation and other factors may have scarred the United States' ability to generate economic growth. However, he also stated that some of that may represent temporary factors that will change if, for example, the U.S. housing market improves.<sup>2</sup>

Because the Fed has clearly indicated that QE will end in 2015, I believe that this could be the last year to really – I mean *really* – take advantage of the super low rates still available. It's interesting that despite the historic low rates of the past 3 years, only 19 percent of current homeowners either purchased or refinanced between 2011-2013.<sup>3</sup> That means there's still time to reap your potential reward and lock in these rates.

Rates may be good, but what about real estate values? Altos Research is “bullish” on the real estate market nationally and put it this way in a recent blog: *The real-time data paints a much more robust environment than the headlines would indicate. Demand remains high, transactions happen very quickly. Home prices are up another 9% year over year as of July, 2014. We've had a strong run and the American consumer is anxious to again buy real estate.*<sup>4</sup>

And how are people doing their house-hunting? Online *and* with a Realtor! The National Association of Realtors' (NAR) *2013 Profile of Homebuyers and Sellers* indicated that 42 percent of buyers look for properties online and 88 percent purchased using a real estate agent or broker.<sup>5</sup>

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## One final thought. Real estate is still outperforming the Dow, S&P and NASDAQ.

From January 2000 through July 2014, the Dow was up 51.3 percent, the S&P up 38 percent and the NASDAQ up 10.5 percent. Real estate nationally was up 70.6 percent!<sup>6</sup>

I rest my case.

<sup>1</sup><http://www.federalreserve.gov/newsevents/press/monetary/20140730a.htm>

<sup>2</sup><http://money.msn.com/business-news/article.aspx?feed=OBR&date=20140811&id=17847577>

<sup>3</sup>[http://money.cnn.com/2014/06/17/real\\_estate/homeowner-landlords/](http://money.cnn.com/2014/06/17/real_estate/homeowner-landlords/)

<sup>4</sup><http://blog.altosresearch.com/the-2015-housing-market-forecast/>

<sup>5</sup><http://www.realtor.org/reports/highlights-from-the-2013-profile-of-home-buyers-and-sellers>

<sup>6</sup><http://us.spindices.com/index-family/real-estate/sp-case-shiller>, <http://finance.yahoo.com/>



**Francis Phillips**, NMLS #193642, is a Senior Mortgage Loan Originator with **First Choice Loan Services Inc.** and resides in Santa Fe, NM. He has served as National Director of Business and Branch Development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. You can reach him at [fphillips@fcbmtg.com](mailto:fphillips@fcbmtg.com) or 505.982.3400.

## 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!



# Shared Dreams Design

with Karen Klavuhn

## Achieving Balance Through Change

The smell of chili peppers roasting, the abundance of produce with all its colors at the Farmer's Market, the air turning crisper, and the aspens changing to their golden color, are all signs of change in our wonderful landscape. Fall like Spring is a time for change and Mother Nature lets us know in all her beauty and bounty. The equinox is on September 22<sup>nd</sup> at 10:29 p.m. and brings up the idea of balance. This is when the day balances night, the light balances the dark, and we get to enjoy the beauty of each equally.

What sort of things do you notice that may be out of balance in your home or office that need to be addressed? What changes might that entail? We all deserve to enjoy peace, harmony, and beauty in our spaces. When you are happy and in balance in your space, that radiates out to the world and we all benefit. Mother Nature can bring back balance with small subtle changes such as gradually lessening the length of daylight which signals trees to begin their change in color or with larger more dramatic changes such as fire or storms which clear things out to make room for the next step in the cycle.

### **Which change are you looking for or are in need of to help achieve balance in your space?**

#### **Is it a small or subtle change such as:**

- Changing those old dish towels and potholders out for something bright, cheerful, or goofy that makes you smile each time you use them?
- Painting a fun mural on one of your brown walls in a courtyard, or adding a fountain that you and the birds can enjoy?
- Or are you like me and use the horizontal work space to organize with piles(yes, we know what is in each) so that you move to another space to do your work? How about "piling up" those piles and investing in some colorful vertical organizers to clear that space?

#### **Is it a larger or more dramatic change such as deciding whether to move or stay in your home? Some things to consider might be:**

- Is it too big or too much work?
- Is it in the location we want to be in?
- Do you need better/safer access in the bathroom or kitchen?
- Are there too many stairs?
- Do you need more/better lighting?
- What needs to be repaired or remodeled to make it work for us?



This may be a good time to hire a designer, contractor, and or architect that meshes with you for a consultation to help you get a clear understanding of your options.

Whether big or small whatever changes you make let your happiness be the guide to bringing balance and making your environment work for you.

Karen Klavuhn - Shared Dreams Design "Making your environment work for you"  
 Telephone: 505-424-3527 Email: shareddreams@outlook.com



ENVIRONMENTALLY CONSCIOUS PLANNING, DESIGN & DEVELOPMENT

## Embracing Change with Sustainable Technologies



In these rapidly changing times it is more important now that we embrace “green” technology. There are many opportunities to help make a difference to change the world for the better. We can take action together to help change the world by becoming involved with social action.

The broadcast of *24 Reasons for Hope* will not only showcase the progress the climate movement is making worldwide, but also build on this success to kick start 12 months of concerted action to end the climate crisis. **It all starts when you pledge to dedicate a day to climate action.**

Vice President Gore is looking forward to sharing -- *live* over the course of 24 hours -- 24 reasons he’s hopeful and optimistic for our future. And he’s hoping you’ll be a part of helping create a sustainable future with us.

### TAKE THE PLEDGE

He’s optimistic because solutions exist. People are getting on board with them, and we’re *already* seeing the benefits. Leaders and governments are acting on these solutions, but **we need your help** to show audiences across continents what they can do to help drive policy, empower innovation, and create a sustainable future for all of us. **Take the pledge today, and start taking action on the climate crisis.**

**Because the truth is this: our future is bright.** Every day, our ability to convert sunshine into usable energy is becoming more advanced and accessible. The cost for clean energy technologies is plummeting. The electric car market is booming. Financial institutions are realizing dirty energy is a bad investment.

So one thing is abundantly clear; this is our time to act. Boldly and bravely. **Start by pledging a day to make a difference, today:** <http://www.24hoursofreality.org/event/teaser/pledge>

Our changing climate and the solutions to this problem is just one of the many reasons we all need to be the change we want to see. Implementing aspects of permaculture into our communities can have an incredible impact. Designing, planning and building sustainable communities will help build a lasting legacy.

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



**Contact John Halley for a free consultation:**

Web: [CometStudios.com](http://CometStudios.com)

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Email: [comet@CometStudios.com](mailto:comet@CometStudios.com)

19 Plaza Nueva, Santa Fe, New Mexico 87507



# Scentsy Fragrance Wickless Candles

By Dianne McKenzie

What is Scentsy? Scentsy wickless candles are decorative ceramic warmers that use a light bulb to heat and melt highly-scented wax bars. Scentsy is the authentic, innovative wickless, flameless candle. No wick means no smoke smell, no soot, and no open flame. The light emanating from these warmers transformed my living & workspace. 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 and create your Scentsy story.

## WARMERS

The perfect way to enhance your décor and express yourself.



Lampshade



Shadow



Silhouette



Gallery



Campus Gallery



Patriot Gallery



Premium



Deluxe



Element



Plug-In



### SEPTEMBER WARMER | *Chasing Fireflies* (6)

Inspired by Scentsy President Heidi Thompson, *Chasing Fireflies* captures the essence of carefree, playful summer evenings. This pale-blue hand-painted warmer mimics a glass canning jar, complete with a silver ring. It is embossed with whimsical, dancing fireflies. When lit, the porcelain jar glows with a lovely warm light.

~~\$35.00~~ \$31.50 (10% OFF)

Scent of the Month: Ambrosia. The sweetest fruit salad ever: tropical pineapple, mandarin orange slices, juicy pears, and ripe concord grapes with hints of jam and fruit nectar. 10% discount.



# Monthly Market Report Albuquerque

## Monthly Market Report

July  
2014



### Green Sheet

Please recycle after using!

Active Listings	Pending Sales	Closed Sales	Average Sale \$
Detached: 4,967 Attached: 461	Detached: 986 Attached: 85	Detached: 823 Attached: 75	Detached: \$230,750 Attached: \$142,363
One year ago Detached: 4,497 Attached: 413	One year ago Detached: 997* Attached: 106*	One year ago Detached: 939 Attached: 107	One year ago Detached: \$222,505 Attached: \$139,787
% Change (Detached) <b>+10.45%</b>	% Change (Detached) <b>-1.10%*</b>	% Change (Detached) <b>-12.35%</b>	% Change (Detached) <b>+3.71%</b>
New Listings	Days on Market (average)	Sales Volume (in millions)	Median Sale \$
Detached: 1,592 Attached: 131	Detached: 60 Attached: 73	Detached: \$190.0 Attached: \$10.7	Detached: \$190,000 Attached: \$136,000
One year ago Detached: 1,578 Attached: 156	One year ago Detached: 60 Attached: 60	One year ago Detached: \$209.0 Attached: \$15.0	One year ago Detached: \$182,000 Attached: \$129,900
% Change (Detached) <b>+0.89%</b>	% Change (Detached) <b>+0.00%</b>	% Change (Detached) <b>-9.09%</b>	% Change (Detached) <b>+4.40%</b>

### Closed Sales By Market Area for July only

MLS Area	City/County	2012	2013	2014	% Change (from 2014)
Areas 10-121	Albuquerque	511	642	565	-11.99%
Area 130	Corrales	9	11	21	+90.91%
Areas 140-162	Rio Rancho	117	178	143	-19.66%
Area 170	Bernalillo	9	10	8	-20.00%
Area 180	Placitas	7	7	6	-14.29%
Areas 210-293	East Mtns./Estancia	34	46	39	-15.22%
Areas 690-760	Valencia County	32	45	41	-8.89%

\*Due to an MLS system change in October 2013 the data collection methods for pending sales changed. Pending sales are now calculated only once for a particular property, whether or not that property goes under contract multiple times during the month. Pending sales from 2013 have been adjusted in this report to adjust for the change.

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

8505 SAN DIEGO Court NE, Albuquerque

MLS#: 818903

Price: \$740,000



Amazing all one level custom home on incredible lot. Views and privacy. Large kitchen with granite and stainless. Updated master bath with huge shower, finished with slate. The pool has its own private area surrounded by a rose garden. The covered patio is surrounded by green, lush plants and has views of the mountains and the water lily pond. Large bedrooms with private baths.

Fantastic four car garage. It is a Mini-resort So You Can all Stay Home And Have F-u-n! 4 Big bedrooms-one is an Office/Inlaw Qtrs! Handicap Accessible-e-z-to-get-around-in-a-chair!! Big Living Areas(Lr+ Fr+dr+kitw/Brkrm)his'n'hers. Garages(2+2)pool-pond-bbq-incredible.

## 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 than 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



### 9900 Toltec Rd NE

MLS: #806530

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. **Price: \$225,000**



### 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.



**2014 Aldea Stats: Sold, Pending & Listed****Sold:** 20 Homes, DOM 150, 7 Lots, DOM 329**Pending:** 4 Homes, 1 Lot.**Listed:** 26 Homes, avg \$492,221, 4 Lots,**Aldea News**

**I Just Sold @equity**  
New Mexico

**Lot#320 on 9 Calle Altura**

"A house is made of walls & beams,  
but a home is built with hopes & dreams."

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**On Aldea Plaza**

Office: 505.291.0050  
**Accredited Consultant in Real Estate**

Ground breaking will begin on 145 Avenida Frijoles this coming month with new construction for a single family home designed by John Halley of Comet Studios. This 3 bedroom, 2 bath home has private arroyo views within a park like setting. Stop by for a tour!

**Environmentally Conscious Aldea Home**

# Santa Fe Report - Aldea

## Real Estate News from Dianne McKenzie

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM	Photo
24 Vista Precioso	\$203,500	1,140	\$178.51	2	2	201402514	97	
4 Vista Precioso	\$205,000	0		2	2	201402039	150	
78 Avenida Frijoles	\$290,000	1,324	\$219.03	3	2	201400469	210	
22 Camino de Vecinos	\$325,000	1,912	\$169.98	3	3	201401552	142	
36 Vista Precioso	\$340,000	1,800	\$188.89	3	3	201403340	57	
25 Centaurus Ranch	\$353,100	1,800	\$196.17	2	2	201403942	24	
12 Camino Botanica	\$409,000	1,850	\$221.08	2	3	201401767	131	
32 CALLE LEMITA	\$415,000	1,811	\$229.16	3	3	201403176	66	
13 Arroyo Privado Lot 475	\$435,000	2,140	\$203.27	3	3	201300198	588	
21 Arroyo Privado Lot # 471	\$474,900	2,220	\$213.92	3	3	201402989	73	
3 Camino de Vecinos	\$499,000	2,377	\$209.93	3	3	201403930	24	
4 CAMINO DE VECINOS	\$499,500	2,147	\$232.65	3	3	201403722	37	
7B W Via Plaza Nueva	\$519,000	2,500	\$207.60	3	3	201403984	22	
5 B W Via Plaza Nueva	\$519,000	2,800	\$185.36	3	3	201401342	154	
5 Arroyo Privado	\$527,000	2,440	\$215.98	4	4	201403115	67	
11 Vista Precioso	\$535,000	2,307	\$231.90	3	3	201305543	297	
62 Avenida Aldea	\$549,000	2,522	\$217.68	3	3	201302974	443	
17 Vista Precioso	\$550,000	2,307	\$238.40	3	3	201404096	16	
1 Altura Vista	\$559,500	2,159	\$259.15	3	3	201404051	21	
17 Plaza Nueva	\$565,000	3,176	\$177.90	2	3	201300933	541	
81 Avenida Frijoles	\$595,000	2,940	\$202.38	3	4	201404071	18	
1 Camino Barranca	\$595,000	2,706	\$219.88	3	3	201401027	175	
12 Avenida Aldea	\$597,000	2,274	\$262.53	3	3	201403051	71	
34 Camino de Vecinos	\$689,000	2,586	\$266.43	4	4	201404179	11	
37 Camino Botanica	\$699,000	3,279	\$213.17	3	2	201403302	59	
62 E VIA PLAZA NUEVA	\$850,000	4,527	\$187.76	4	5	201403897	28	



# 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](http://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 9 plots of land have changed hands since Dec. 13, compared with 2 homes and 1 piece of land in the same period a year earlier.



# A E O W Y N's Dog Treats



## Blueberry Pumpkin Treats

**Ingredients:** This recipe is gluten free

- 1 cup of fresh or frozen blueberries (thaw if frozen)
- 1 can pumpkin puree
- 1 cup of chicken broth (low sodium) or water
- 2 ½ cups coconut flour (or you can use any flour)
- 1 cup cooked rice
- ½ cup blueberry flax seeds (from Trader Joes)
- 1 TBLS Cinnamon

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

### Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin puree, thawed blueberries. Wait to add the chicken broth or water.
3. Mix dry ingredients in a large bowl. Stir in the pumpkin puree & blueberries, add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, 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 & save for next baking tray. Use pizza cutter to cut the dough into 1/2" parallel strips. This technique makes the process super fast. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Don't move the strips—leave them in place on the parchment paper and place on baking sheet.

Bake 40 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are a soft, almost crumbly thin treat & are very tasty. Recipe makes enough treats to fill a 3 quart storage container. Keep small amount of treats at room temperature in an airtight container for 2 weeks & the remaining in the refrigerator up to 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. What a dog!





## 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](mailto:Dianne@RealEstatePropertiesSantaFe.com)

Cecilie Bodman, Call: **505-250-1356**

Email: [ABQGold@ymail.com](mailto: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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Apricot Standard Poodle  
& Service Dog

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