

# Eco Lifestyle And Home

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

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## Abundance

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Real Estate News Pages 12,13,14,  
16,17,18,19,20, 22

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.



"Carrot Peanut Butter with Dried Bananas & Apples Dog Treats "

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## Abundance

"We can choose to approach life with an attitude of abundance instead of an attitude of scarcity. Abundance is a conscious choice that can promote happiness and lead to more positive outcomes."

# Monthly Newsletter Theme For April: Abundance



The abundance mentality flows out of a deep, inner sense of personal worth and inner security. The feeling is not about outward abundance, instead there is inner abundance! People with this mentality are generally positive, appreciative, and creative. Being more optimistic, they tend to focus on possibilities, alternatives and group accomplishments. This can be seen in the character of influential leaders, great teachers, and inspirational humanitarians.

Another element of abundance, possibly the most important element, is a sense of gratitude. Without gratitude for what you have who you are and where you are, you will end up blocking yourself once again from the natural flow of abundance. There is energy in the universe, one that shows us the natural flow in life. Your mind and heart need to be in harmony with that energy to truly enjoy abundance in your life.

Gratitude is necessary to keep your mind aligned with the thought that the supply of abundance is unlimited. It's very easy to slip into the mindset of scarcity, fear or lack, rather than abundance; so it is essential to endeavor to prevent it from happening. The moment you feel yourself slipping back into the abundance mindset, say thank you out loud, for all that you have received and all that you are yet to receive.

The Law of Attraction can be summarized by the age-old belief that you draw to your life what you put out. In other words, your external circumstances, such as your abundance (or lack thereof), are reflective of your internal state – your thoughts, ambitions, and beliefs.

## **The keys to leading a successful, productive and meaningful life are;**

- Abundance mentality
- Attitude of gratitude
- Prosperous choices
- Productive habits
- Commitment and action

A key component of finding abundance is learning to accept your current circumstances, weaknesses and failures. This may sound like a negative thought, but it's actually the complete opposite.

When you learn to accept your current situation, you will also learn that you can change your mental state and situation over time. Try not to limit what you can do, but understand that sometimes your growth process will go slower than you intended. *Thank you for reading our newsletter.*

– Dianne McKenzie & Aeowyn, Cecilie Bodman & our content contributors

# Events Around New Mexico

## 1. First Friday Fractals

Friday, April 3

1801 Mountain Road, NW, in Albuquerque NM  
 First Friday Fractals is the spectacular, award-winning fulldome planetarium show that takes viewers on a tour of the fractals in nature and zooms through infinitely complex mathematical fractals.

## 2. Trinity Tour

National Museum of Nuclear Science & History  
 Saturday, April 04, 2015 6:00 AM - 5:00 PM  
 601 Eubank Blvd SE Albuquerque, 87123  
 Cost: \$80.00 Call: 505-245-2137

Trinity Tour (Saturday, April 4, 2015) The National Museum of Nuclear Science & History will be leading a bus tour to the historically significant Trinity Site on Saturday, April 4, 2015.

## 3. Spring Salsa Dance Party with Team Havana

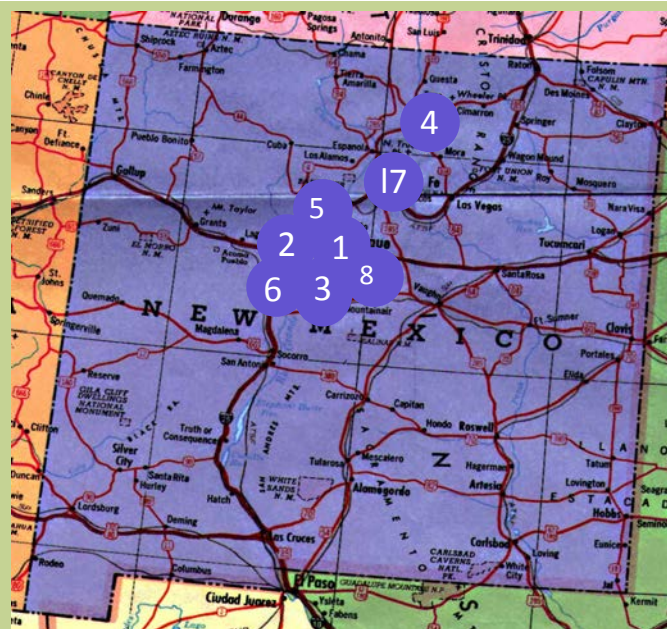
National Hispanic Cultural Center  
 Saturday, April 11, 2015 7:30 PM - 11:00 PM  
 1701 4th St SW, Albuquerque, 87110  
 From El Paso, TX! Always a Salsa Under the Stars favorite, Team Havana plays a wide variety of rhythms including salsa, bachata, merengue, cumbia, mambo, latin fusion and cha-cha-cha. Join us for a Salsa Under the Stars preview night as we unveil the 2015 Salsa Under the Stars schedule! Tickets available by calling 505-255-9798 or at <http://holdmyticket.com>

## 4. Past, Present and Future: Celebration of Taos Art Colony, Taos Town Hall

Sunday, April 19, 2015 9:00 AM - 5:00 PM  
 400 Camino de la Placita Taos, 87571  
 Other Events Dates: Friday, April 17, 2015, Saturday, April 18, 2015, Sunday, April 19, 2015, Monday, April 20, 2015, Tuesday, April 21, 2015

## 5. Harness the Night Sky

Kasha-Katuwe Tent Rocks National Monument  
 Saturday, April 18, 2015 7:30 PM - 12:34 PM  
 New Mexico 22, Cochití Pueblo, 87072



## 6. Traditional Native American Dance

Indian Pueblo Cultural Center  
 Saturday, March 28, 2015 12:00 PM - 1:00 AM  
 2401 12th Street NW, Albuquerque, 87104  
 Other Events Dates: Saturday, March 28, 2015, Sunday, March 29, 2015 -  
 The Indian Pueblo Cultural Center is the only place in North America that offers Native American dances every week year-round.

## 7. Santa Fe Society of Artists Outdoor Fine Art Show

Sunday, April 26, 2015 9:00 AM - 5:30 PM  
 122 W Palace Ave Santa Fe, 87501  
 Other Events Dates: Saturday, April 25, 2015, Sunday, April 26, 2015, Saturday, May 02, 2015, Sunday, May 03, 2015, Saturday, May 09, 2015

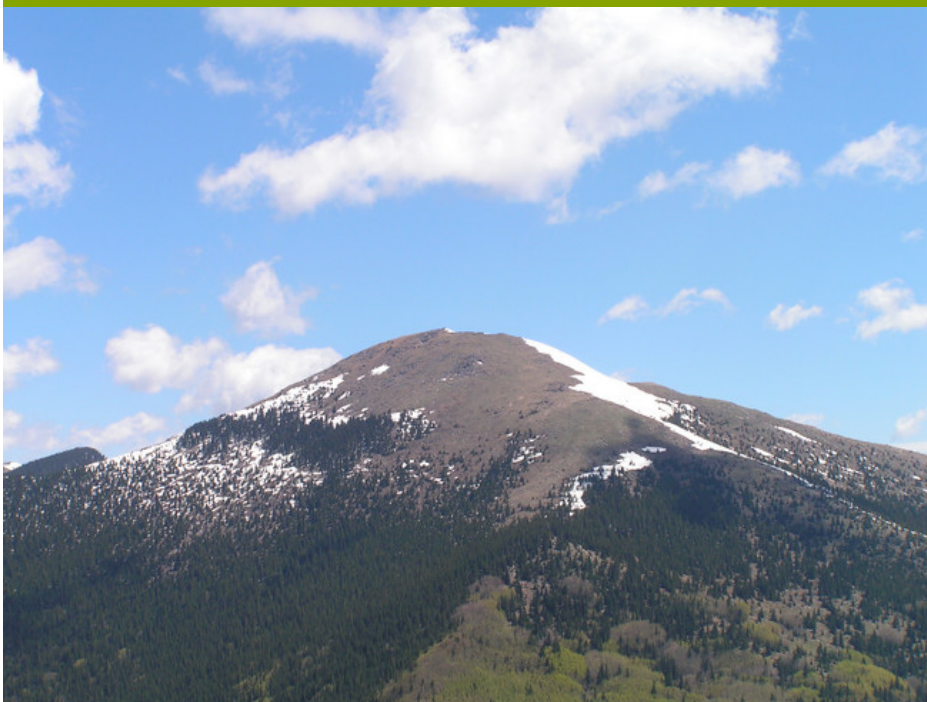
Meet Santa Fe's premier local artists and enjoy their exceptional and diverse talents!

## 8. Martha Graham Dance Company

Popejoy Hall Saturday, April 25, 2015 8:00 PM - 10:30 PM  
 203 Cornell, Albuquerque, 87106  
 Cost: \$20, \$44, \$54, \$59  
 Phone: 505-277-0388

An American treasure, Martha Graham was a modern dance pioneer. The Martha Graham Dance Company continues her legacy and brings her stunning works to the stage.

# Take A Hike to Baldy on April 18: with Cecilie Bodman



Our hike in April will take off from the Santa Fe Ski Area and head in the direction of Santa Fe Baldy on April 18th.

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

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

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

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



The trail head for Baldy is located at the parking lot of the Santa Fe Ski area, about 20 miles or so from the Santa Fe town square. To get here from Santa Fe, take HWY 285 N/St. Francis Dr. toward the center of town. As you near downtown, St. Francis intersects Paseo de Peralta. Don't turn here, but continue on a few blocks until St. Francis intersects Paseo de Peralta a second time (P. Peralta makes a loop). Turn right on Paseo de Peralta and follow it for a couple of blocks. Turn left on Bishop Lodge Road, which is immediately after the large, pink, Moorish looking church. Turn right on to Artist Road/Hyde Park Road, which winds its way up the mountain and then takes you to the base of Santa

Fe Ski Area. As you enter the parking area for the ski area, stay left where the road forks around a grove of trees. The trail head is on your left about 100 yards past the fork in the road, near a small grey building housing the restrooms.



www.FengShuiForRealLife.com  
carol@FengShuiForRealLife.co

with Carol Olmstead

Feng Shui Master Practitioner



## Feng Shui For Real Life®

We're finally starting to see an abundance of spring flowers popping up all around town. There's a strong connection between Feng Shui and flowers, and the stronger your association to the shape, color, texture, or aroma of a specific flower, the more powerful it can be as a personal Feng Shui symbol.

The power of flowers in Feng Shui comes primarily from their colors:

**Red** flowers symbolize passion and emotion, **orange** represents warmth and conversation, **yellow** signifies truth and friendship, **green** relates to growth and renewal, **blue** implies clarity and relaxation, **purple** shows spirituality and faith, and **white** projects innocence and strength.

Whenever you bring flowers and flower symbols into your home to activate their Feng Shui meaning, try to use actual living flowers. When that's not possible, display artwork that shows flowers, decorate with floral fabrics, or choose quality silk flowers. Dried flowers are a Feng Shui "no no" because they're considered dead energy.

What's your favorite flower, and how does it speak to you in Feng Shui terms? Here are a few Feng Shui flower symbols and the best Feng Shui bagua location for them. *Note: You can download a bagua from the Basics section of my website, [www.FengShuiForRealLife.com](http://www.FengShuiForRealLife.com).*

1. **Peony.** Symbolizes attracting love or restoring a relationship. Display a pair of pink peonies in your bedroom or Love Area.
2. **Orchid.** Symbolizes the search for spiritual growth and purity in life, and also a fertility symbol. Place an orchid in the Helpful People area.
3. **Narcissus.** Symbolizes the flowering of talents and abilities, and career success. Display a white narcissus in the Career Area to get rewarded for hard work.
4. **Chrysanthemum.** Symbolizes a balanced and easy life. Display mums in the Balance Area at the center of your home to attract good luck.
5. **Cherry, Dogwood, Peach Blossom.** Symbolizes freshness and new beginnings. Display flowering blooms in the Health Area to assure well-being.
6. **Lotus.** Symbolizes perfection and healing. Display a lotus flower image in the Knowledge Area to assure a healthy and harmonious home.
7. **Hydrangea.** Symbolizes gratitude and enlightenment. Display in the Creativity Area, and give as a gift to an unsung hero.
8. **Rose.** Symbolism varies according to color: red for love, yellow for friendship, white for purity, pink for admiration. Remove the thorns and display red roses in the Love Area to strengthen relationships and in the Wealth Area for prosperity.



# Life By The Numbers

- Cecilie Bodman

## April Numerology

The month of April is Number 3.

**The color** is 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 abundant 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

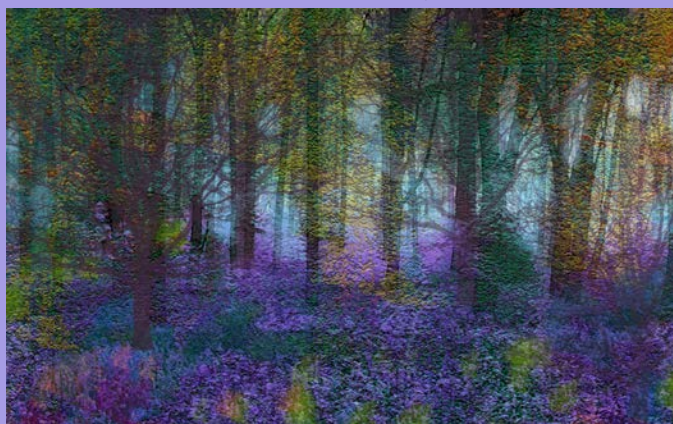
You can add Rosemary, lemon, and fennel, to your cooking and apply diluted oils to your solar plexes.

*Affirmation For April: "I am abundant, joyously exuberant and in harmony with all of life."*

Affirmation for the Month April

*"Why do I give and receive in such joyful abundance?"*

"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

## Abundance

by Lainie Grimmer

Is the glass half full, or half empty? What does a partially filled glass have to do with abundance?

Quite a lot, it turns out. As William James, the American philosopher & psychologist, noted one hundred years ago, “Each of us literally chooses, by his way of attending to things, what sort of universe he shall appear to himself to inhabit.” In other words, your belief in and experience of abundance hinges on how you view of the world around you. Feeling a little skeptical? Read on.

What is abundance? According to the dictionary, abundance is “a very large quantity of something.” For me, this abundantly simple definition embraces more than physical objects, like a gardenia plant covered in flowers. Abundance is also the feeling of richness, and of gratitude. What I also know is when I consciously choose to be grateful, the experiences of abundance in my life increase.

Abundance looks different for each of us: The overabundance of zucchini from my garden becomes a gift of abundance as I share the harvest with my friends and neighbors. It can come in different shapes and sizes, and sometimes doesn’t arrive the way we expect it. It might show up as a string of green traffic lights on your way to work. Or it might accompany the feeling of compassion that sweeps through you when you spend time with a friend who is feeling sad.

When our minds focus on what isn’t happening in our lives, our feelings of abundance fade. If your mind is filled with negative thoughts, you’re viewing the world from the perspective of scarcity. When your focus is scarcity, there is a feeling of constriction and lack – Not enough love! Not enough free time! Not enough money! Everything inside and around you tightens up.

Here’s the good news: You can change your perspective from scarcity to abundance whenever you want! This simple exercise from Kripalu Center for Health and Yoga can help you with the shift:

Find a comfortable spot to sit. Relax. Get even more comfortable...Relax any sensations in your body. Notice your breath.

Ponder these questions:

- In this moment, what are the gifts that I have been given?
- What are three points of beauty and perfection around me?
- What are three things for which I am grateful *right now*?

Receive the abundance of these gifts as you breathe and relax.

Now that you’ve relaxed into the abundance already present in your life, take a sip from your half-full glass, and enjoy.

**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](mailto:lainiejg@gmail.com) Web: <http://creatingclaritycoaching.com>



# Your Inner Rock Star Abundance

by Patty Walters



It's all around us. Abundance. Of everything. Here in Santa Fe, there is certainly an abundance of sunshine. We don't have to look far to see an abundance of birds, spring foliage, art, communities of like-minded people, and on and on.

What do you notice? An abundance of friends? An abundance of opportunities? Of business? Of laughter from our children? Of so many choices to eat? Of so many choices on the grocery shelves?

Not to mention the celebrations, the entertainment, and ahhhh – the food.

Sometimes I need to remind myself, even though I have lots of sunshine and nature is all around me!! Silly me.

And it's what I'm focused on that produces my experience.

My formula is Attention + Focus + Gratitude = Abundance.

It's an amazing journey as my belief system has totally changed as my old story of lack and limitation when I apply the formula for Abundance.

AND this is a day to day, and moment to moment choice.

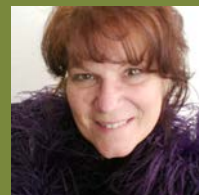
Patty Walters, Team Development & Public Speaking

713.582.9551

<http://rockstarbusiness.weebly.com>

<http://Pattywalters.com>

Facebook: <https://www.facebook.com/ImprovPatty>



Here's to Living Our Bold\*, Rock Star Adventures!

\*Bold -- Webster definition: 1. Fearless before danger. 2. Adventurous, free. 3. Standing out prominently.





*Pamela Cornish*, D.O.M.

## ABUNDANCE

It's not what we have, but what we enjoy, that constitutes our Abundance! - Epicurus

Most people associate "Abundance" with wealth, and having one's physical needs met beyond all expectations. Others focus on the spiritual and emotional aspects of living an Abundant lifestyle, in which everything "flows well."

In 1750 BC, in Babylonia, it took 3 weeks' wages to pay for an hour of sesame oil lamp light. In the 1800's, in the USA, it cost 15 minutes' wages to purchase an hour's worth of kerosene lamp light. Today, the same amount of electric light costs only ½ second of one's wages. We've come a long way! That's Abundance!

So, how Abundant are we? At the beginning of the 20<sup>th</sup> century, Vanderbilt and Morgan were among the wealthiest men on earth. Yet, today, middle and lower class Americans enjoy many more commodities and luxuries than did those two wealthy tycoons. Most of us have shelter, heat, light, running water, flush toilets, and TV. These amenities are currently unheard of, in a vast percentage of the rest of the world. When I lived in the Orient in the 1980's for four years, most of my Chinese friends had no kitchen or bathroom. I was astonished by the fact that many Americans spent more going out to dinner, than a Chinese person earned (\$30 at that time) in a month!

Growing up, I did not know my family fell into the middle class income bracket---nor, as a child, would I have even understood what that meant. Sure, some of my friends owned fancier houses and cars than ours; but early on, I figured out that we all put our pants on one leg at a time. Most humans, no matter how wealthy we are, have the same wants, needs, desires, fears and foibles. My first teaching job paid \$6,000 per year in 1972, in San Antonio, Texas. Splitting the rent, my roommate and I each paid \$60/month for our first apartment. Groceries cost \$15/week. When I was a newlywed, my husband and I were graduate students. We each held two jobs, and brought home meager pay checks. We were officially "poor." And yet, we regarded those early years of our marriage as the best times of our relationship! We were creative, resourceful, enthusiastic, grateful, excited, and happy. We had so much more JOY and FUN then, than we did, over a decade later, when we earned far more money, and eventually divorced!

So, is Abundance about your net worth? Maybe for some. But when I ruminates on Abundance, I am not contemplating Trump Towers, BMWs or Gucci bags. No. What I prize most highly is ABUNDANCE OF SPIRIT. No matter where I am, or what I am doing, my spiritual focus leads me in the direction of boundlessness, creativity and joy. I am rich beyond measure---or as Suze Orman says, "rich without money!" I can turn lemons into lemonade, as well as offer continual thanks, as the champagne flows. My cup runneth over---regardless of its composition, contents, or location. Celebrate LIFE! That's ABUNDANCE!

*"Abundance is not something we acquire, but something we tune into."* - Dr. Wayne Dyer

Dr. Pamela Cornish, NP, DOM • [pacornish@aol.com](mailto:pacornish@aol.com) • [www.pamelacornish.com](http://www.pamelacornish.com) • 505-266-5277

# Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

## Attracting Abundance by Jan Stringer

You've got an irresistible product, service and offer, yes? You want to work with them, however, something happens between sharing about your PERFECT offer and them taking out their credit card.

To always be attracting an abundance of sales takes constant clarity, focus, and refinement. People will become your customer or client when there is a match between their need together with your service/product. So what's the problem?

Here is a quick checklist to see if you can get to the source of why people may **NOT** be buying from you:

1. **Business is a game of ready or not:** If they are a suspect, then they are NOT ready to become your perfect customer / client. A suspect is someone who is not ready to buy and is gathering information from a variety of places. On your Strategic Attraction™ Plan you say that your perfect customer is READY and ABLE to buy from you – that's what we call a prospect. By exploration and asking questions, you will discover what stage of the game they are in, ready or not. Know the difference and be willing to move on.
2. **You gave them everything for FREE:** If you have given them all of your information up front, then they have no reason to buy anything. At the most, only give people 2 tips and stop over delivering and over educating them. Your perfect customers will flock to you when they are curious and want to know things like....*how could I do that? What are the steps to get that result?*
3. **Premature Solicitation:** Basically you pushed them to the point of wanting to get away from you because you started selling them right after you said hello! Sales result when people have established a relationship with you first. Practice the art of BUILDING RELATIONSHIP with people and you will find that you have attracted an abundance of loyal raving fans.

Jan H. Stringer, Author/Speaker/Founder,  
lives in Santa Fe, NM  
PerfectCustomers, Inc.  
[www.perfectcustomers.com](http://www.perfectcustomers.com)  
Email: [jan@perfectcustomers.com](mailto:jan@perfectcustomers.com)

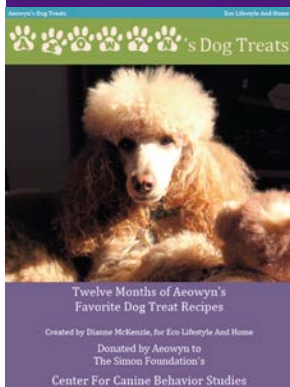




## The Center for Canine Behavior Studies & LoveAnimals.org *Gift of Life* Campaign

If you love dogs like we do, we are asking you to visit <http://www.loveanimals.org/a-human-canine-study.html>, **watch the video** and make a **Gift of Life** contribution to help launch the *Animal Ownership Interaction Study*, a Tufts University administered human-canine study that will contribute to saving the lives of millions of dogs.

The Study's two investigators, Dr. Dodman at Tufts Cummings and Dr. Serpell at UPenn are recognized as two of the world's leading animal behaviorists. They believe the results of their Study—among many things—will help reduce the annually killing of up to 1.5 million dogs a year—in the US alone.



**Let's Get Cooking:** For a donation to the study of \$60 or more, you will receive Aeowyn's Canine Treat Recipe Portfolio (electronic version, so you, too, can pass on the love!) That's 12 months of treat recipes with techniques, tips, ingredients, photographs & more.

Please also consider participating as a citizen scientist in their on-line Study with thousands of dog owners the world over. **Please pass this message on to everyone you know who loves dogs;** and ask them to visit <http://www.loveanimals.org/a-human-canine-study.html>

Any dog owner in the world can participate in the on-line Animal Ownership Interaction Study by anonymously completing an initial survey of about 93 questions. Every six months Study participants may be asked to answer additional questions. The Study will run for two years.

A final goal of the Study will be to publish the findings in high impact scientific journals, particularly the ones that support open-access publishing, such as PLoS One and Preventive Veterinary Medicine, and to disseminate globally their findings to animal welfare organizations, veterinarians, and animal professionals in training and behavior.

We hope you will join like-minded citizen scientist volunteer dog owners from around the world and participate in the Animal Ownership Interaction Study.

Participation is free but requires you to register for membership at the Center for Canine Behavior Studies: <http://CenterForCanineBehaviorStudies.org>



By Francis Phillips

## 2015: The year so far and the months ahead

Spring is here, and we've made it through the first quarter of 2015. Hooray! Let's take a look at recent trends and some projections that may guide us through the rest of the year.

**Interest Rates Dropped.** This trend was a real surprise. Initial projections for 2015 were for increases in interest rates. People who are considering buying a first home or moving up to a bigger home may think they should wait because rates may fall further. So what happened? One major factor is the price of crude oil. Filling your gas tank was far less expensive than it has been in recent months. In fact, in January the *Economists' Outlook blog*<sup>1</sup> published by the National Association of REALTORS® (NAR) stated, "As of January 5, 2015, the U.S. Energy Information Administration (EIA) reported that the price of regular gasoline was \$2.20/gallon, the lowest since gas prices peaked to about \$ 4/gallon in May 2011." NAR goes on to say that lower oil prices mean a lower inflation rate, which pushes down mortgage rates.

Based on Freddie Mac's weekly mortgage survey<sup>2</sup> as of January 22, 2015, the 30-year fixed rate averaged 3.63% and the 15-year fixed rate averaged 2.93%. NAR continues, "The decline in oil prices is generally positive to households by way of the gas savings and lower mortgage payments. That savings will boost consumer spending in other areas. But there may be some layoffs in oil-producing states."

No one really knows how long oil prices will continue to support low mortgage rates. As I write this in March, prices have already increased almost 50 cents from their sub-2 dollar lows. In a *New York Times* article from late last year<sup>3</sup>, the author points to the fact that "adding hundreds of billions of dollars to consumer spending" could start to have a "counter effect" on rates as the economy continues to strengthen. "If firms start hiring again, and wages increase — that's when the level of all interest rates in the U.S. would increase."

**Consumer Confidence Hit a 10 Year High.** The University of Michigan's Surveys of Consumers<sup>4</sup> for January showed "Consumer optimism reached the highest level in the past decade in the January 2015 survey...Consumers judged prospects for the national economy as the best in a decade, with half of all consumers expecting the economic expansion will continue for another five years. The anticipated strength in the overall economy has been accompanied by more favorable income and employment expectations." In addition, more young adults appear to be moving into their own residences. A recent Census report<sup>5</sup> shows that household formations grew from -205,000 in December 2013 to +2.001 million in December of 2014. This is an astonishing 1,076 percent positive change, year over year, and well above the long-term average of +1.147 million.

**Home Price Projections.** The Home Price Expectation Survey<sup>6</sup> takes the projections of over 100 economists, real estate experts and investment and market strategists and averages them into a single number. The most recent Survey projects that home values will appreciate by 4.4 percent in 2015, the cumulative appreciation will be 19.3 percent by 2019, and the average annual appreciation will be 3.6 percent over the next 5 years. Even the experts making up the most bearish quartile of the survey still are projecting a cumulative appreciation of 11.7 percent by 2019

*Continued on next page »*

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**Higher Interest Rates.** Federal Reserve Board Chair Janet Yellen has said that interest rates will increase this year<sup>7</sup>. The Mortgage Bankers Association (MBA), The National Association of REALTORS®, Fannie Mae and Freddie Mac have all projected increased mortgage interest rates this year. Their projections for rates by year end on 30 year fixed rate loans range from 4.2 percent (Fannie Mae)<sup>8</sup> to 4.6 percent (MBA)<sup>9</sup>.

The takeaway from my perspective is that although rates are low now, they are expected to increase. Home prices are expected to rise and with consumers showing confidence in the economy, more people will be buying homes. The bottom line? If you're planning to buy or refinance, don't wait!



Francis Phillips, NMLS #193642, is Senior Mortgage Loan Originator with First Choice Loan Services Inc. in Santa Fe. He has served as director of business development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. Contact 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

## Abundance



Abundance, what does it mean to you? This is like Goldilocks and the 3 Bears where she searched until she found what was just right for her. What is just right for you? What is the right amount of color, or the number of lights in a room, or the number of kitchen gadgets, or places to sit for a meal, or the types of flowers in your garden? Is there an overabundance or under abundance or is it just right?

Let's look at windows and natural light. Mother Nature provides us with an abundance of sunshine here in New Mexico. If you have an abundance of windows you may need to consider window tinting or coverings to deal with an overabundance of light. You may want to keep the abundance of natural light but need to increase your privacy which could be helped by frosted or patterned glass. If you have an under abundance of light in a space installing a light tube may rectify the issue. If the amount of sunshine is heating up your space perhaps some strategically planted deciduous trees that provide shade in summer can remedy the problem.

Do you have a collection of something? Perhaps you collect figurines, beautiful dishes, paintings, or pillows. Is it an overabundance? Do you have ways to use and or display your collection to get the most enjoyment out of it or are things packed away so you worry about what is happening to them? Consider some ways to bring them out maybe on a rotation basis to enjoy or moving some on so they can be loved by another.



Do you have an under abundance of things in your space that contribute to your daily delight and happiness? Remember those posters we put up as teenagers. We saw them every day and they added to our happiness until the next best thing came along and we replaced them with the new. Why do we sometimes think as adults that we can't do the same thing? Maybe you did not have the opportunity when you were younger but we all deserve to treat ourselves to the opportunity now. Go find that photo, painting, beautiful pillow or throw, or those fun pink bunny slippers that make you smile every day when you see or use them.

Be your own Goldilocks and discover your own abundance in your space.

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



# Scentsy Fragrance Wickless Candles

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.



## APRIL WARMER | *In Bloom* ®

Add a touch of sweet nostalgia to your vanity or nightstand — this blossom-topped beauty conceals your most-treasured fragrance inside. Perfect for bedrooms or an en-suite bath, *In Bloom* fills a space with dreamy scent without the light.

~~\$30.00~~ \$27.00 (10% OFF)

## APRIL SCENT | *Spring Symphony*

As fresh as a spring garden — sweet hyacinth sings with a fragrant medley of coconut water, violet leaf and soft musk.

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

Scent Circle	<del>\$3.00</del>	\$2.70
Scentsy Bar	<del>\$5.00</del>	\$4.50
Room Spray	<del>\$8.00</del>	\$7.20

Discounts do not apply to Combine and Save.

**Monthly Fragrances – Available Now!**



www.ScentsationalLights.com Call: 505.699.0919 and ask for Pam Scotty

# Monthly Market Report Albuquerque

## GAAR GREEN SHEET February 2015



A condensed overview of the monthly statistical highlights.

### Active Listings

Detached: 3,665  
Attached: 362

🕒 One year ago  
Detached: 3,925  
Attached: 395

% Change (Detached)  
**-6.62%**

### Pending Listings

Detached: 921  
Attached: 78

🕒 One year ago  
Detached: 793  
Attached: 68

% Change (Detached)  
**+16.14%**

### Closed Listings

Detached: 554  
Attached: 50

🕒 One year ago  
Detached: 550  
Attached: 59

% Change (Detached)  
**+0.73%**

### Average Sale \$

Detached: \$199,196  
Attached: \$144,760

🕒 One year ago  
Detached: \$198,483  
Attached: \$137,105

% Change (Detached)  
**+0.36%**

### New Listings

Detached: 1,221  
Attached: 126

🕒 One year ago  
Detached: 1,259  
Attached: 116

% Change (Detached)  
**-3.02%**

### Days on Market

(Average)

Detached: 73  
Attached: 76

🕒 One year ago  
Detached: 83  
Attached: 71

% Change (Detached)  
**-12.05%**

### Sales Volume

(in Millions)

Detached: \$110.4  
Attached: \$7.2

🕒 One year ago  
Detached: \$109.2  
Attached: \$8.1

% Change (Detached)  
**+1.10%**

### Median Sale \$

Detached: \$169,000  
Attached: \$141,500

🕒 One year ago  
Detached: \$169,000  
Attached: \$136,000

% Change (Detached)  
**+0.00%**

### Closed Sales by Market Area

MLS Area	City/County	2013	2014	2015	% Change
Areas 10 - 121	Albuquerque	363	348	378	+8.62%
Area 130	Corrales	7	5	4	-20.00%
Areas 140 - 162	Rio Rancho	95	108	92	-14.81%
Area 170	Bernalillo	3	1	6	+500.00%
Area 180	Placitas	2	8	3	-62.50%
Areas 210 - 293	East Mtns. / Estancia	32	34	24	-29.41%
Areas 690 - 760	Valencia County	40	46	47	+2.17%

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

1200 SIGMA CHI Road NE Albuquerque,  
NM 87106    MLS 826606    \$540,000



Original refinished oak floors, all one story and original. New windows, roof, remodeled kitchen & master coolers. Huge master bedroom with California closets. Located 2 blocks from UNM in Historic Spruce Park.

Frank Lloyd Wright inspired home w/ fir beams & knotty pine wall paneling in the family room. Country kitchen w/granite counter tops, stainless appliances. Custom Chaco stone fireplace, formal dining & living room. Large covered patio draped w/grapevines.

Lush landscaping and Pristine pool. Elegant, graceful living. Close to hospitals and easy access to I25. **Appraised at \$599k**

### 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



Find out what your homes is worth! Call me.

**2015 Aldea Stats: Sold, Pending & Listed**

**Sold:** 8 Homes, DOM 157, 0 Lots,

**Pending:** 8 Homes, 0 Lots

**Listed:** 19 Homes, avg \$499,660, 6 Lots

**Tessera, Aldea's Neighbor**

Phase 2 is selling quickly. Many wonderful lots are available. Custom home designs from Comet Studios are available with a purchase of a Tessera Lot. Call: 505-603.9300 to inquire.



I SOLD Lot #9, 50 Via Summa in Tessera with a Sumac model Homewise home.



**TESSERA**



**Santa Fe Report - Aldea**

**Real Estate News from Dianne McKenzie**

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM
22 Vista Precioso	\$191,000 0			2	2	201501116 0	
4 Vista Precioso	\$194,500 0			2	2	201402039 360	
35 ARROYO PRIVADO	\$319,000 1,271	\$250.98		3	2	201500542 42	
17 Calle Amistosa	\$349,500 1,900	\$183.95		3	3	201500701 25	
32 CALLE LEMITA	\$399,000 1,811	\$220.32		3	3	201500783 21	
11 Calle Festiva	\$474,900 2,200	\$215.86		3	3	201404758 178	
23 Vista Precioso	\$495,000 2,368	\$209.04		3	3	201405600 102	
23 Camino Barranca	\$499,000 2,672	\$186.75		3	3	201404497 199	
5B W Via Plaza Nueva	\$514,900 2,800	\$183.89		3	3	201501072 2	
5 Arroyo Privado	\$519,000 2,440	\$212.70		4	4	201404806 177	
8 Calle Amistosa	\$545,000 2,223	\$245.16		3	2	201405017 157	
85 Avenida Frijoles	\$549,000 2,650	\$207.17		3	4	201405404 123	
13 Avenida Aldea	\$550,000 2,350	\$234.04		3	3	201404717 182	
91 Avenida Aldea	\$570,500 2,331	\$244.74		3	3	201500776 20	
1 Camino Barranca	\$575,000 2,706	\$212.49		3	3	201405314 133	
150 AVENIDA FRIJOLES	\$599,000 2,391	\$250.52		3	3	201501041 4	
16 Camino Botanica	\$600,000 3,103	\$193.36		3	3	201405411 123	
1 Calle Siete Casas	\$669,900 2,855	\$234.64		3	3	201500525 39	
37 Camino Botanica	\$680,000 3,279	\$207.38		3	2	201403302 269	
7 Calle Vista	\$699,000 2,700	\$258.89		4	3	201500694 26	

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

I just sold 22 Camino de Vecinos. I have 51 Centaurus Ranch Road under contract & closing on or before April 20!

145 Avenida Frijoles Home designed by John Halley of Comet Studios is under construction. 9 Calle Altura is in the design production document phase with construction slated for June.



**Dianne McKenzie**

Associate Broker

Cell: 505.603.9300

RealEstatePropertiesSantaFe.com  
 Dianne@RealEstatePropertiesSantaFe.com  
 19 Plaza Nueva, Santa Fe, NM 87507

**On Aldea Plaza**

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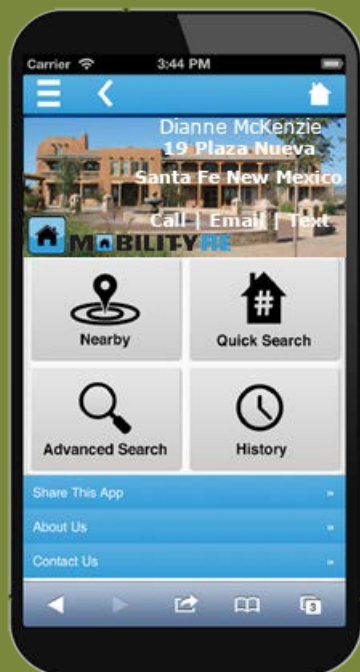
Over 4.1 billion text messages are sent each day in the U.S. alone. Apples App Store surpassed over 40 billion app installs with over 20 billion earlier this year\*\*. Googles Play Store has over 1.5 billion app installs every 30 days\*.

Consumers are adopting mobile technology at a rate faster than any technology in the history of the world.

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**MOBILITYRE** is a cutting edge mobile and tablet technology firm started by real estate professionals and run by real estate professionals. The **MOBILITYRE** platform is unlike any other mobile platform in the market today – a mobile and tablet platform delivered as a service that helps buyers and sellers transform the way they utilize technology to buy or sell real estate.

# Taos Ski Valley Report

Real Estate News from Dianne McKenzie

## KML

### *Kachina Mountain Lodge - a Wilderness Eco-Resort Community* **Mountain Home Site Investment Opportunity** *Private & Peaceful - Phase One Luxury Wilderness Home Sites are now available in Taos Ski Valley*



#### *Eco-Community Features:*

- Kachina Mountain Lodge & GaiaQuest are creating an exciting alpine wilderness eco-community filled with vitality and amenities that include restaurants, commercial conveniences, cultural arts facilities & programs, full-service boutique hotel, affordable euro-style hostel accommodations, private homes, open space parks, trails, year-round recreation opportunities, nature center, camping facilities, community food gardens & greenhouses, permaculture landscaping and GaiaQuest's unique university-style campus.
- Adding year-round vital business and prosperity for Taos Ski Valley, GaiaQuest's main campus center will enhance our community experience with a wide variety of Global Health and Well-Being lifestyle programs, related education programs, products, services and resources that no other alpine resort community has to offer.
- Sustainability features include localized green building solutions, onsite renewable energy farm and tertiary level waste treatment.

#### *Alpine Wilderness Home Features:*

- Beautiful Euro-Alpine style eco-home design, custom tailored to accommodate each buyer's unique needs & specifications.
- High Performance Active & Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows.
- Open Living Area with built-in day bed, efficient Native Rock Fireplace Stove, Gourmet Kitchen with Inglenook, Powder Bath, Custom Built-ins, separate Entry Vestibule and Private Patio Deck.
- Spacious Master Suites with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace.
- Rentable Lock-off Suite with Separate Entrance, Fireplace, Luxury Bath & Private Outdoor Patio.
- Direct Ski-In/Ski-out access to Taos Ski Valley's world-class ski runs.

#### *Community Investment Opportunity:*

- Purchasing a beautiful custom home site in our unique wilderness eco-resort community at Taos Ski Valley also provides an important investment in the non-profit GaiaQuest Center for Global Health and Well-Being. As soon as investor commitments are in place for all 8 home sites, our Phase One commercial site will be deeded from developer to GaiaQuest for the first Healing Center building.

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

For more information - visit [www.KachinaMountainLodge.com](http://www.KachinaMountainLodge.com) and [www.GaiaQuest.com](http://www.GaiaQuest.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.



# A E O W Y N's Dog Treats



## Carrot Peanut Butter Treats with Dried Bananas & Dried Apples

### Ingredients:

- ½ cup of peanut butter
- 2 cups of grated carrots
- 1 cup potato flour (or any flour)
- 1 cup flax seed meal
- ½ cup (4 oz) dried apples
- 1 cup dried unsweetened bananas
- 1 cup wheat germ
- ½ cup flax seeds
- 2 cups of chicken broth (low sodium)
- 1.5 tablespoons apple cider vinegar
- ½ cup coconut oil
- 1 tablespoon ginger

\*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 wet ingredients: grated carrots, peanut butter, apple cider vinegar & coconut oil in a bowl. Add the chicken broth.
3. Mix dry ingredients in a large bowl: potato flour, flax seed meal, dried bananas, dried apples, wheat germ, flax seeds & ginger. Stir in the wet ingredient mix & add in the chicken broth, more maybe needed to keep mixture together. Divide into 4 balls.
4. 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 dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.
5. Bake 25-35 minutes slightly brown. 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 bit crumbly, due to the potato flour & are very tasty. Recipe makes enough treats to fill a little more than 3 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in an airtight container in the refrigerator up to 4 weeks.



# 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.



**Cecilie Bodman**  
 Associate Broker  
**Cell: 505-250-1356**  
 Office: 505.291.0050  
**eFax: 1-888-877-1356**  
**www.abqgold.com**  
**AbqGold@gmail.com**  
 Albuquerque New Mexico & Beyond




**Dianne McKenzie**  
 Associate Broker  
**Cell: 505.603.9300**  
 Abq Office: 505.291.0050  
**Dianne@RealEstatePropertiesSantaFe.com**  
**www.RealEstatePropertiesSantaFe.com**  
 on Aldea Plaza • 19 Plaza Nueva • Santa Fe NM 87507




**Dianne McKenzie**  
 Associate Broker  
**Cell: 505.603.9300**  
 Abq Office: 505.291.0050  
**Dianne@KachinaMountainRealEstate.com**  
**www.KachinaMountainRealEstate.com**



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