

Eco Lifestyle And Home

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

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Mindfulness

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Mindfulness

“Mindfulness means paying attention in a particular way;

On purpose, in the present moment, and nonjudgmentally.”

~ Jon Kabat-Zinn's

Real Estate News Pages 11,12,13, 15,16,17,18,19,20,21,22,23,25,26

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.



“Pumpkin, Blueberry, Apple Sauce Dog Treats”

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Monthly Newsletter Theme For August: Mindfulness



Mindfulness

Meditation practices are tools for training the mind. Mindfulness is the intentional, accepting and non-judgmental focus of one's attention on the emotions, thoughts and sensations occurring in the present moment. Mindfulness helps one develop a greater clarity of awareness.

Mindfulness training has roots in Buddhist meditation, however a secular practice of mindfulness has entered the American mainstream & business environments in recent years. Thousands of studies have documented the physical and mental health benefits of mindfulness, inspiring countless programs to adapt the mindfulness training model for schools, prisons, hospitals, veterans' centers, and more recently corporations.

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits.

Mindfulness is good for our bodies, our minds, and our spirit. Mindfulness improves physical health, mental health and increases well-being.

I was exposed to mindfulness meditation in the 1980's before & after the Spirit Rock Meditation Retreat Center was built in Marin County, California. During the next 15 years I attended meditation silent retreats at Spirit Rock Center from weekends to up to month long retreats. I experienced the mindfulness meditation as a training that helps me respond to situations instead of just react to them. In essence meditation, as I experience it, increases the length of ones "fuse", giving me more time to think, respond more appropriately, than just an immediate reaction. When I can respond with clear thinking, the results are often much more helpful and insightful. Mindfulness training works, in part, by helping me to accept my experiences, including painful emotions, rather than react to them with aversion and avoidance.

When one cultivates mindfulness and compassion, it will lead to better understanding and decisions. 15 minutes of mindfulness meditation every day can change your life for the better. Give it a try for a month and feel the difference! Consider mindfulness meditation as a 15 minute spa treatment for your soul.

Thank you for reading our newsletter. ~ Dianne McKenzie & Aeowyn, Cecile Bodman & our content contributors

Events Around New Mexico

1. Downtown Summerfest

Albuquerque Convention & Visitors Bureau
 Saturday, August 08, 2015 5:00 PM - 10:30 PM
 1 Civic Plaza, Albuquerque, 87112

You are invited to downtown Albuquerque for a night of free enjoyment. Summerfest is returning to Civic Plaza! There will be live music from local bands, leading up to the national headliner Taylor Dayne.

2. Born of Fire: Margaret Tafoya, Santa Clara Potter

Millicent Rogers Museum
 Sunday, August 09, 2015 - 10:00 AM - 5:00 PM
 1504 Millicent Rogers Road, Taos, 87571

Experience the life of one of New Mexico's most important potters! Margaret Tafoya (1904-2001) was, and still remains, the leading figure in the production of Santa Clara Pueblo pottery.

3. Survival: New Mexico Santa Fe CVB

Saturday, August 15, 2015 All day event
 334 Los Pinos Rd, Santa Fe, 87507

Practice such outdoor skills as building shelters, starting fires, using bows & arrows and more.

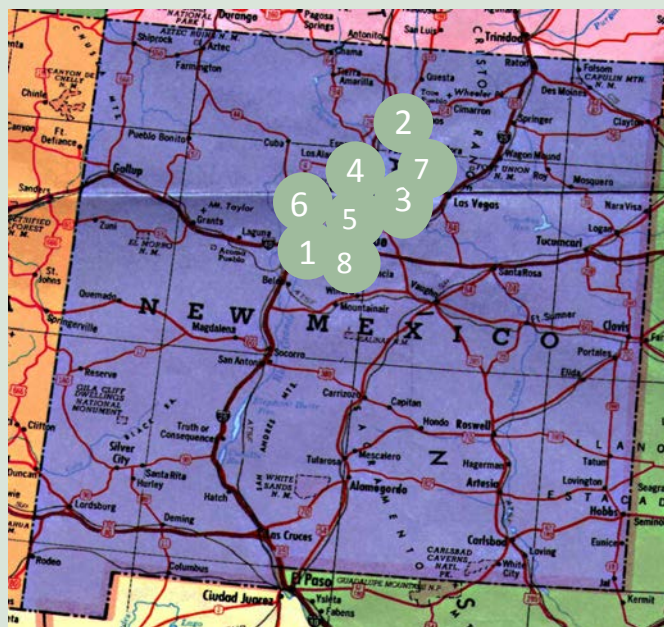
4. Santa Fe Chamber Music Festival: Mozart & Bartók

Santa Fe Chamber Music Festival
 Sunday, August 16, 2015- 6:00 PM - 8:00 PM
 211 West San Francisco Street, Santa Fe, 87501

MOZART String Quintet No. 4. in G Minor, K 516
 BARTÓK Piano Quintet Artists.

5. Fort Sumner Historic Site/Bosque Redondo Memorial Benefit Auction

El Dorado Hotel - Zia Ballroom Saturday, August 22, 2015 - 2:00 PM - 6:00 PM 309 W San Francisco St, Santa Fe, 87501



A unique auction offering of Native American textiles, pottery, art and western collectibles for every style.

6. TOUGHMAN NM Triathlon Cochiti Lake

Sunday, August 23, 2015 - 7:00 AM - 3:00 PM
 82 Dam Crest Road, Cochiti Lake, 87041

When the going gets tough ... the tough race TOUGHMAN NM long course Half! 1.2 mile swim / 56 mile bike and 13.1 mile run at Cochiti Lake.

7. Vineyard Dinner with Chef Lois Ellen Frank Estrella Del Norte Vineyard

Saturday, August 29, 2015 - 6:30 PM - 8:30 PM
 106 N Shining Sun, Santa Fe, 87506

This dinner features locally sourced New Mexico foods from local farms as well as and Native American ingredients sourced from Native food purveyors.

8. Bubonicon 47

Albuquerque Marriott Uptown
 Sunday, August 30, 2015 - 10:00 AM - 11:59 PM
 2101 Louisiana Blvd NE, Albuquerque, 87110

Bubonicon 47 Science Fiction Convention, at the Marriott Uptown, Louisiana & I-40 NE.

Kelly Clarkson Concert instead of Hike! with Cecilie Bodman



Hey everyone!

Let's go see Kelly Clarkson at the Isleta Amphitheater instead of the hike because it is so hot in August.

Just get a lawn ticket and we will meet at the start of the grass and set up camp if you like.

When:

August 27, 2015 Thu 7:00 PM

Where:

Isleta Amphitheater - 5601 University S Blvd. SE Albuquerque, NM

About:

Kelly Brienne Clarkson (born April 24, 1982) is an American singer, songwriter and actress. In 2002, she rose to fame after winning the first season of *American Idol*, and has since been established as "The Original American Idol. In a career spanning over a decade, Clarkson has accumulated ninety-one number ones on the *Billboard* charts and eleven international number one singles, and has sold over 25 million albums worldwide. She is known for her vocal versatility and range.

I went to the Elvis Costello concert and it was a blast! Gorgeous sunset, fun people and lots of laughs!

Please rsvp to me.

Thanks,

Cecilie

Cecilie Bodman
Equity NM Real Estate
Ready When You Are
www.ABQgold.com
505-250-1356



Life By The Numbers

- Cecilie Bodman

August Numerology

The number for the month of August, 2015 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 August:

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

Affirmation for the Month August

"Why am I able to cultivate mental happiness, physical happiness and ease of well-being?"

"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 Mindfulness

by Lainie Grimmer

As the teacher of a 4th grade class and I were observing her students testing on computers, we noticed one boy growing agitated. I walked over, kneeled next to him and whispered, "What's up?" "I can't do this!" he whispered back, clearly in caught up in his emotions and panicky feelings. "I can't read the story and remember it and answer the questions and I won't pass! It's too much!"

Have you ever been in a similar situation, one in which you were carried away by your emotions? Have you found yourself multitasking to save time, yet nothing turns out quite right? Perhaps you've spoken without thinking then desperately wished you could take back your words? Then you've experienced mindlessness. In today's fast paced, busy world, we rush to get from place to place, from task to task, doing as much as we can all at once, responding with automatic responses. The outcome can be mistakes, regrets, and being only partially conscious of our actions and experiences.

There is another way to live life: Mindfully. Mindfulness is achieved by focusing your awareness on what's happening around you while noticing and accepting your feelings, thoughts and physical sensations. Rather than changing anything, mindfulness is being aware of what is, right here, right now. When we are mindful, we open ourselves to a richer life by consciously choosing to step out of hurried, rushed feelings and actions. We discover we have options. Sometimes we realize what was acceptable or worked in the past no longer applies. Mindfulness opens us to opportunities to deeply experience what's happening in the world around us, as well as inside of us.

Cultivating mindfulness is simple: Take a breath. That's right, take a breath. Feel the air going in and out of your body. Feel your chest and belly rising and falling during your next three breaths, without doing anything else. What did you notice as you breathed *mindfully*? Mindful breathing is a doorway to what's happening right here, right now. The great part is that you can mindfully breathe any time, anywhere.

And that's just what my 4th grade friend and I did. We took a breath together, then another. We observed what was happening around him; he acknowledged his thoughts, feelings, and his tense body. Upon completing his inventory, he realized he could choose to take the test mindfully. And he did, by reading the story one paragraph at a time, following each with a mindful breath.

He mindfully passed the test.

Lainie Grimmer, CPCC, ACC- Creating Clarity, LLC
Certified Personal and Professional Coach, Facilitator
Telephone: 505.820.7989 Cell: 505.690.7989
Email: lainiejg@gmail.com Web: <http://creatingclaritycoaching.com>





Sarah Claudia Stout

Preparing Our Children For A Changing World

A Bit of Grace by Sarah Claudia Stout

I have been joking about my goals of practicing mindfulness in the grocery store line for years. Maybe I have remembered to look at a few more people and smile on and off. I used the chain supermarket as my challenge because it represents to me a place where I zone out going up and down isles of foods, feeling pretty separate from everyone else doing the same.

I recently read that supermarkets are designed to trance people out so that they would indeed wonder up and down isles and buy more. Per usual, I ended up collecting more food than planned, forgot a basket and my bag, and carried loose ends of peaches, apples zucchini, carrots, coconut water and almond milk, barely making it to the counter without dropping something.

At the register, was a man who had a forgetful and difficult time pulling together all the pieces needed to pay his bill. The minutes ticked away, and my unruly pile was telling me it would be crazy to attempt picking it up again. At this point he was calling people to try to get his ATM pass code. The cashier and I looked at each other and breathed. I heard inside, "Just be mindful and be in loving neutrality." For whatever reason, he struggled. I then heard the words, and said, "We all need to be patient for each other sometimes."

The tension eased. It was my turn to bag up and pay. I stuffed an amazing number of veggies into my small green purse, and joked with the cashier. She looked at me, verbally reminding me that as women we can do all kinds of creative things with our purses. Any remaining separation dissolved. We were joined as human beings and women with patience. My heart opened, grateful for this reference point, this everyday grocery store piece of mindfulness and Grace.

I am reminded of what is really important. After years of good grocery store intentions, what was different? I wasn't rushing. I didn't try my super woman routine, grabbing falling vegetables to go to another counter. I breathed, and listened inside. These are all small things that can be taught and modeled to kids. And, it starts with breath. Check out the Fundamentals Class at mindfulschools.org. Mindfulness in our kids starts with us.

Sarah Claudia Stout
<http://www.sarahclaudiastout.com>





Pamela Cornish, D.O.M.

Mindfulness

There is a story of a woman running away from tigers. She runs and runs, and the tigers are getting closer and closer. When she comes to the edge of

a cliff, she sees some vines there, so she climbs down and holds on to the vines. Looking down, she sees that there are tigers below her as well. She then notices that a mouse is gnawing away at the vine to which she is clinging. She also sees a beautiful little bunch of strawberries close to her, growing out of a clump of grass. She looks up and she looks down. She looks at the mouse. Then she just takes a strawberry, puts it in her mouth, and enjoys it thoroughly. Tigers above, tigers below. This is actually the predicament that we are always in, in terms of our birth and death. Each moment is just what it is. It might be the only moment of our life; it might be the only strawberry we'll ever eat. We could get depressed about it, or we could finally appreciate it and delight in the preciousness of every single moment of our life. **Pema Chodron**

The Wisdom of No Escape

When I teach **Mindfulness** to patients or students, this is the first passage I cite. My class bibliography also includes such luminaries as Jon Kabat-Zinn, Ram Dass, Caroline Myss, and Thich Nhat Hanh. Do you practice **Mindfulness**? How much? How often? Doing so requires unstructured, uninterrupted time. How many of us can claim to be totally present in every moment---or even in *any* moment?

In the 1950s and 60s, few people "did lunch" much, except businessmen, travelers and white collar workers. Our mothers chatted with neighbors over the fence, or conversed with girlfriends sipping coffee at home, in an impromptu fashion. They didn't have a cell phone, or a schedule book---just a calendar with birthdays and dentist appts. pencilled on it. However, today, we are scheduled out the wazoo. Even home architecture has changed, because of our lack of focus on **Mindfulness**. Families seldom convene for an evening meal together. Everyone has a different schedule. Family members "gobble, gulp and go" via the microwave----which kills the life force (if there *were* any to begin with!) in the processed food. And we wonder why we have headaches, fatigue, allergies, insomnia, & obesity! There are no dining rooms or living rooms---no formal entertaining. Just GREAT ROOMS/holding tanks. The electronics, game boy, and TV open to the kitchen. Because of the timing of TV commercials, many humans have cultivated the attention span of a gnat. Thus, school teachers have to switch gears every 10 minutes, with a new "dog and pony show," to catch and keep the attention of their pupils. I began teaching public school in the 1970s, when, students practiced **Mindfulness**. Most parents highly regarded schools and teachers. Most kids dressed appropriately, respected their instructors, & did their homework. Now? You could not pay me a million dollars a year to teach public school!

Have you read the book, (or used the calendar) **Women Who Do Too Much**? How many items are on *your* "To Do" list today? Do you practice **Mindfulness** while checking them off? Or is it an Oklahoma Land Rush of "Do, Do, Do?" What about driving? Can you remember the last time you did it **MINDFULLY**, being totally present---sans makeup, food, Starbucks or cell phone? How important are the items on your "To Do" list, anyway? "I foment **crisis**, therefore I AM. I create **drama**, therefore I AM." What is the side effect of all of this on our health? What does your SOUL want? When patients are hyperstimulated, swimming through stress all day, they often experience insomnia, chronic pain and/or depression. In those cases, I ask, "When did you quit singing? Dancing? Being enchanted by stories? Reveling in the delicious magic of silence? In short, when did you last practice **Mindfulness**? As the **Bible** invites: "Be still and know that I am God." How much quiet and solitude do you savor regularly? Do you listen to your Higher Self---that Small, Quiet Voice? Even if you are busy, you can still move through your day with **Mindfulness**. Think about it. Or you can rush back to your habitual rat race, and resume living like the Chinese acrobat, who spins 26 plates on 25 sticks! As for me, would you please pass me that one strawberry? Thanks. Ahhh.....delicious!

Dr. Pamela Cornish, NP, DOM • pacornish@aol.com • www.pamelacornish.com • 505-266-5277

Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



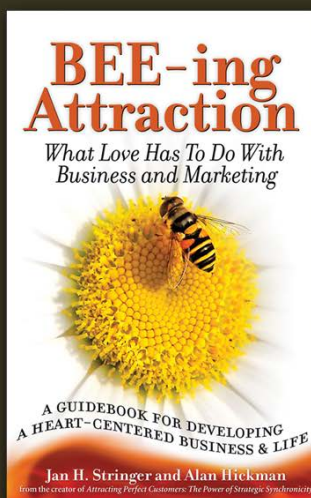
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August

1-5



BEE Silly, We Are!

By
Jan H. Stringer

Have you ever had an idea that just wouldn't go away? The idea seemed silly because it involved giving away something and asking for something at the same time. That's

what happened for me, Jan Stringer together with my husband, Alan Hickman when we had such an idea.... the giveaway part is our book called **BEE-ing Attraction: What Love Has To Do With Business and Marketing** and we are giving it away in a Kindle version **August 1 – 5th** and as you can see, it has a beautiful BEE on the cover.

The BEE is a symbol for our book because it is about becoming the kind of business person that you desire to BEE even though you haven't reached your goal yet. The BEE represents that we can go beyond our barriers to fly anyway. Our silly idea involved combining our book with the Hashoo Foundation Plan BEE project empowering women to learn the business of Honey BEE farming. The moral of the story is....can you really BEE silly and make your dreams happen even when you have no idea how... **OF COURSE YOU CAN!**

That's why we are GIVING AWAY the Kindle edition of our book **BEE-ing Attraction: What Love Has To Do With Business and Marketing**

It's an invitation to BEE silly --- we are! **Download your KINDLE version August 1 – 5** for yourself and make a contribution to help us make a contribution in the world.

Jan H. Stringer lives in Santa Fe, NM, <http://www.perfectcustomers.com/book/gift>

Jan H. Stringer, Author/Speaker/Founder lives in Santa Fe, NM PerfectCustomers, Inc.
www.perfectcustomers.com
Email: 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

How Will Mortgage Rate Hikes Affect Real Estate?

An article¹ that caught my eye recently made some interesting points about the connection between increases in mortgage loan rates and home sales. In this piece, I'll share those thoughts - as well as my own observations.

But first, let's put things into perspective with some Santa Fe statistics. Keep these in mind as you read on. The latest Santa Fe statistics from the Santa Fe Association of Realtors (2nd Quarter of 2015)² are impressive. Compared to the same time period in 2014, single family home sales in the city and county combined are up almost 20 percent, and the median sales price is up almost 14 percent!

When mortgage interest rates start to increase, many experts suggest that the increase will slow housing sales because buyers will not be able to afford a home. Couple an increase in rates with rising home prices, and one might expect a market slow down. Makes sense, right?

But wait. In the short term, increasing mortgage rates may have the opposite effect. Buyers who have been waiting for lower rates may decide that it's time to buy before rates and prices rise even more.

Total Home Sales – Impact of Mortgage Rate Spike



Here's the example from the article I mentioned. In 2013, "interest rates spiked up by a full percentage point over a two month period. The result was that many buyers rushed to the market, fearing that rates would continue to climb. It didn't necessarily increase the number of sales that year dramatically."

"However, it did seem to move some sales up in the year as evidenced by the chart on the left."

"We can see that the sales cycle did not follow a more normal cycle (2014). More sales were pushed into July and August,

with slightly fewer sales in September and October."

Speaking of home sales, the most recent statistics from the National Association of Realtors® (NAR)³ show that existing home sales in May increased to their highest rate in 6 years! According to NAR,

Continued on next page »

« Continued from previous page

national sales have increased for 8 consecutive months and are 9.2 percent above May 2014. That's a strong upward trend. And to reiterate, the latest Santa Fe statistics from the Santa Fe Association of Realtors (2nd Quarter of 2015) are even more impressive. Compared to the same time period in 2014, single family home sales in the city and county combined are up almost 20 percent, and the median sales price is up almost 14 percent!

If you're a seller, now may be the perfect time to put your house on the market. More buyers mean more competition. And if you're going to buy a replacement home, waiting could cost you more in interest. If you are a buyer, don't wait. The competition – and the prices - are heating up.



¹<http://www.keepingcurrentmatters.com>

²<http://sfar.com/>

³<http://www.realtor.org/news-releases/2015/06/existing-home-sales-bounce-back-strongly-in-may-as-first-time-buyers-return>

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 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

MINDFULNESS

Being mindful of what your priorities are for you and your project as you wade through the many decisions will help to keep you on track with what is best for you.

Choices:

- * Are these the best options for you, what you need or want?
- * Are these the best short term or long term options available?
- * Are these the best options available in regards to the environment?
- * Where is it best to spend the money?
- * Are health concerns a greater consideration when choosing materials?
- * Does the color affect the mood or resale value?
- * Will I enjoy it more?
- * Is it easier to maintain or clean?
- * Can we recycle pieces that are to be removed?
- * Will this provide a better environment in which to live/work/play when finished?
- * Are there safer options available?
- * What type of noise and disruption is to be expected and what can you tolerate?
- * How long will things take and will changes cause many delays or problems?
- * What compromises work for all concerned?



Understanding your priorities and concerns for any design project and communicating those helps to keep you focused on what is important and what everyone involved should be mindful of. So take each day and each decision one at a time being mindful of what works best for you and enjoy the rewards of a project well done.

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



Introducing the new Scentsy fragrance delivery system: Scentsy Diffuser



Our most personal fragrance experience yet, the Scentsy Diffuser releases your perfect fragrance, carried in a microscopic mist, for an exclusively natural, full-bodied, immediate experience matched to your personal preferences.

Featuring high, low and intermittent mist options for precise fragrance intensity control, a large water reservoir for up to eight hours of continuous use, a proprietary reservoir that withstands even the most corrosive oils and 16 LED light options to perfectly suit your mood, it's the only diffuser on the market to offer a lifetime warranty.

It's the perfect way to enjoy our 21 new Scentsy Oils, a line of 100 percent natural and essential oils. Simply add water and your favorite Scentsy Oil to the reservoir, choose your light and mist options and enjoy.

We hope you're as excited as we are about the tremendous potential of the new Scentsy Diffuser and Scentsy Oils!

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

Monthly Market Report Albuquerque

GAAR GREEN SHEET June 2015



A condensed overview of the monthly statistical highlights.

Active Listings

Detached: 4,089
Attached: 401

🕒 One year ago
Detached: 4,937
Attached: 465

% Change (Detached)
-17.18%

Pending Listings

Detached: 1,188
Attached: 124

🕒 One year ago
Detached: 800
Attached: 71

% Change (Detached)
+26.52%

Closed Listings

Detached: 984
Attached: 91

🕒 One year ago
Detached: 800
Attached: 71

% Change (Detached)
+23.00%

Average Sale \$

Detached: \$226,337
Attached: \$160,026

🕒 One year ago
Detached: \$213,504
Attached: \$142,291

% Change (Detached)
+6.01%

New Listings

Detached: 1,629
Attached: 146

🕒 One year ago
Detached: 1,727
Attached: 145

% Change (Detached)
-5.67%

Days on Market

(Average)

Detached: 56
Attached: 64

🕒 One year ago
Detached: 60
Attached: 66

% Change (Detached)
-6.67%

Sales Volume

(in Millions)

Detached: \$222.7
Attached: \$14.6

🕒 One year ago
Detached: \$170.8
Attached: \$10.1

% Change (Detached)
+30.39%

Median Sale \$

Detached: \$190,788
Attached: \$155,500

🕒 One year ago
Detached: \$180,000
Attached: \$130,000

% Change (Detached)
+5.99%

Closed Sales by Market Area

MLS Area	City/County	2013	2014	2015	% Change
Areas 10 - 121	Albuquerque	581	555	693	+24.86%
Area 130	Corrales	7	8	13	+62.50%
Areas 140 - 162	Rio Rancho	180	146	169	+15.75%
Area 170	Bernalillo	4	4	9	+125.00%
Area 180	Placitas	9	6	6	+0.00%
Areas 210 - 293	East Mtns. / Estancia	34	28	44	+57.14%
Areas 690 - 760	Valencia County	44	53	50	-5.66%

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

Featured Listings in Albuquerque Area



**10305 Dayflower Drive NW,
Albuquerque, NM 87114**
3 bedrooms / 2 baths 1,730 sqft
MLS# 842253 **\$190,000**

Award Winning Builder and Floor Plan for the Parade of Homes!!! Enormous Great Room with Soaring Ceilings, Kiva fireplace and Beams. The master suite is

separated and has a private entrance to the covered patio. Master bath with separate tub and shower. Gorgeous artistic cement flooring in living areas for easy care. Skylights throughout brighten your world! Everything you need is in this neighborhood, shopping, great schools, restaurants, and more. Hook up for hot tub in back.



**500 Pattie Lane SE, Albuquerque,
NM 87123**
3 bedrooms / 2 baths 1,100 sqft
MLS# 839460 **\$120,000,**

Cozy updated kitchen with new wood cabinets, granite counter top and light fixtures. New paint and nicely cleaned. Newer stucco and carpet. Laminate wood floors in living room. Ceramic flooring in kitchen, eating area and baths. CFA heating. Attached single car garage with door opener. Good sized cul de sac yard with little covered patio! Walking distance to park. Convenient to shopping and I-40 access. 10

Minutes to Downtown and Cedar Crest. Easy to buy! Not a short sale! Buyer is willing to help with down payment.

Albuquerque Real Estate News with Cecilie Bodman

Featured Listings in Albuquerque Area

1218 Apache Drive Socorro, NM 87801
MLS# 837737 \$240,000

3 Bedrooms, 2 Baths, 2,006sqft

Single story, energy efficient, three bedroom home on Tech Hill. Deck with amazing views of the sunset and valley. Wood floors in the living room. Open kitchen with dining room. Free lawn water & campus security. 10 minute walking distance to NRAO and NMT. Beautiful mature landscaping with green lawn & xeriscape.

Materials & fixtures used in the home are of high quality. Family room is spacious & designed by an architect. Formal drawing room with dining space is separate from the large family room. Two car insulated & finished garage.



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!



Find out
what your
homes is
worth! Call
me.

Cecilie Bodman
Equity New Mexico
3620 Wyoming Blvd. NE # 200
Albuquerque, NM 87111
Cell: 505-250-1356
Email: abqgold@gmail.com
Web: <http://abqgold.com>

Featured Listing: Lot 9 Calle Altura in Aldea MLS# 201501532

Santa Fe Report - Aldea Real Estate News from Dianne McKenzie

Fabulous lot in desirable Aldea de Santa Fe with spectacular views to the south, west & northeast. Located on a quiet cul-de-sac, & is the only available view lot in Aldea with open space, design plans & ready to build.

Located on a quiet cul-de-sac, this the only available lot in Aldea that offers adjoining open space combined with spectacular east and west views to the Sangre de Cristo and Jemez mountains. Ready to build now, this opportunity includes plans for a gracious Santa Fe style home with 3 bedrooms and 3 baths, perfectly sited to fully capture the mountain views.

Great Room has been designed for entertaining with expansive glass walls east and west that open out onto two large patio terraces. This offering includes a full design package with preliminary construction documents, survey map with topography, soils report and preliminary construction budget.

Discerning buyers in search of the best available lot in Aldea will appreciate this unique ready-to-build project that can easily be custom tailored to accommodate their needs and lifestyles.

OFFERED FOR SALE: \$117,500 including a full design package with preliminary construction documents, survey map with topography, soils report and preliminary construction budget. Lot Size Acres: 0.275
MLS#: 201501532

Detailed plans are available for qualified buyer. Call: 505.603.9300 to schedule meeting to review complete design package: plans, survey, soils report, floor plans, elevations, foundation plan, with construction budget.

Ready to build or customize to meet your needs. **9 Calle Altura Aldea Lot For Sale** is a truly special project designed to meet the needs of many buyer profiles wishing to customize their home. Planning & design by John Halley of [Comet Studios](#) ».

MLS#: 201501532 - including design plans - Price: \$117,500

Equity
New Mexico

Dianne McKenzie
Associate Broker
Cell: 505.603.9300

For Sale \$117,500
Ready to Build with Design Plans

Aldea View Lot: 9 Calle Altura

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

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

2015 Aldea Stats: Sold, Pending & Listed**Sold:** 23 Homes, DOM 168, 0 Lots,**Pending:** 4 Homes, 0 Lots**Listed:** 17 Homes, avg \$567,017, 13 Lots

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

It is a little quiet in Aldea this summer, as the inventory is shrinking to 17 homes currently on the market. There are now 13 lots on the market, which is more than we have seen in the past few years! Building is picking up with several projects in various stages of construction. Homewise will be breaking ground on several homes on Arroyo Privado. 23 homes have sold in Aldea this year. Prices have started to creep very slowly upward. It is still a great time to buy as there are several homes on the market that are below construction replacement costs. If you want a detailed Comparative market analysis, please contact me!

Address	Price	Original	TotSF	\$/TotSF	BD	BA(FTH)	Levels	InterS	Type	MLS #	DOM	Stat Date	Bank	Short	Photo
27 Camino Botanica	\$449,900	\$479,000	1,803	\$249.53	2	3(2 0 1)	Single	No	Single Family	201501850	89	5/4/2015	No	No	
25 Calle Lemita	\$478,000	\$484,000	2,061	\$231.93	3	3(1 2 0)	Single	Yes	Single Family	201502107	75	5/15/2015	No	No	
5 Arroyo Privado	\$499,000	\$525,000	2,440	\$204.51	4	4(3 1 0)	Split or Tri-Le	Yes	Single Family	201404806	301	10/3/2014	No	No	
5B W Via Plaza Nueva	\$509,000	\$514,900	2,800	\$181.79	3	3(2 0 1)	Two Story	Yes	Single Family	201501072	126	3/25/2015	Yes	No	
91 Avenida Aldea	\$520,000	\$570,500	2,331	\$223.08	3	3(2 0 1)	Single	No	Single Family	201500776	144	3/7/2015	No	No	
1 Altura Vista	\$539,000	\$549,000	2,159	\$249.65	3	3(3 0 0)	Single	No	Single Family	201501223	118	4/2/2015	No	No	
4 Calle Siete Casas	\$539,000	\$574,999	2,464	\$218.75	3	3(2 0 1)	Split or Tri-Le	Yes	Single Family	201502041	78	5/12/2015	No	No	
8 Calle Amistosa	\$545,000	\$545,000	2,223	\$245.16	3	2(2 0 0)	Single	No	Single Family	201405017	281	10/21/2014	No	No	
18 Camino Barranca	\$549,000	\$560,000	2,305	\$238.18	3	2(2 0 0)	Single	No	Single Family	201503032	27	7/6/2015	No	No	
16 Camino Botanica	\$550,000	\$600,000	3,103	\$177.25	3	3(2 1 0)	Two Story	Yes	Single Family	201405411	247	11/24/2014	No	No	
150 AVENIDA FRIJOLE	\$599,000	\$599,000	2,391	\$250.52	3	3(2 0 1)	Single	No	Single Family	201501041	128	3/23/2015	No	No	
1 Calle Siete Casas	\$599,900	\$669,900	2,855	\$210.12	3	3(3 0 0)	Single	No	Single Family	201500525	163	2/16/2015	No	No	
13 Calle De Montanas	\$617,500	\$617,500	2,300	\$268.48	3	3(2 0 1)	Single	No	Single Family	201501572	100	4/20/2015	No	No	
55 Centaurus Ranch Rd	\$649,000	\$649,000	2,856	\$227.24	3	3(2 0 1)	Single	No	Single Family	201503201	17	7/13/2015	No	No	
39 Camino de Vecinos	\$657,000	\$657,000	2,499	\$262.91	3	3(2 0 1)	Single	Yes	Single Family	201503085	23	7/8/2015	No	No	
7 Calle Vista	\$669,000	\$699,000	2,700	\$247.78	4	3(2 0 1)	Single	No	Single Family	201500694	150	3/2/2015	No	No	
37 Camino Botanica	\$670,000	\$670,000	3,279	\$204.33	3	2(2 0 0)	Single	No	Single Family	201503001	26	7/3/2015	No	No	

Santa Fe Report – Tessera Real Estate News from Dianne McKenzie




MLS # 201503386 **Call for current status**

View Lot #28 in Tessera
 5 Via Quarta Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



3 View Lots with Custom Homes in Tessera

Discerning buyers in search of gracious estate quality living on a budget will appreciate this unique ready-to-build Tessera project located near three existing high-end contemporary million plus dollar homes. GaiaQuest and Comet Studios have teamed up with a premiere local contractor to offer the only custom contemporary home opportunity presently available in the beautiful Tessera development, adjoining Aldea.




MLS # 201503387 **Call for current status**

View Lot #26 in Tessera
 32 Via Bella Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



Enjoy a Regeneratively Sustainable Lifestyle

Environmentally conscious Eco – Home design includes passive and active solar features plus regeneratively-sustainable permaculture landscaping, passively irrigated with roof and land swale catchment systems.




MLS # 201503388 **Call for current status**

View Lot #27 in Tessera
 4 Via Quarta Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



Unique Home Site Offering includes Design

Our Tessera offering includes a full design package, preliminary construction documents, survey map with topography and preliminary construction budget. Construction documents will be completed after we integrate necessary buyer input into the design. Ready to build later this summer, this opportunity can easily be custom tailored to accommodate buyer needs and lifestyles. Custom designs by John Halley. Call for a tour. John can customize the homes to meet your lifestyle needs.

Each: 3 Bedrooms/3 Baths Contemporary Santa Fe style home to be built on view lots in Tessera

2015 Las Campanas Stats: Sold, Pending & Listed**Sold:** 30 Homes, DOM 220, 9 Lots,**Pending:** 13 Homes, 0 Lots**Listed:** 67 Homes, avg \$1,289,744, 87 Lots, avg \$134,454

Las Campanas Report: Homes & Lots



There are currently 67 homes for sale in Las Campanas. There are currently 28 Homes under \$1,000,000 in Las Campanas. There are currently 39 Homes over \$1,000,000 in Las Campanas.

There are currently 87 Lots for sale in Las Campanas. There are currently 38 Lots under \$100,000 in Las Campanas.

There are currently 49 Lots over \$100,000 in Las Campanas. View one photo per property. For additional photos or a tour call: 505.603.9300.

Private Club Membership in Las Campanas is by invitation only. There is no residence requirement to become a member at The Club at Las Campanas.

Established in 1992, Las Campanas is a luxury master-planned community in Santa Fe. Stretching across 4,700 acres surrounded by pristine high desert, the community is comprised of exclusive neighborhoods. Las Campanas is also home to The Club at Las Campanas, where members can enjoy two award-winning Jack Nicklaus Signature golf courses, the 46,000 square foot Hacienda Clubhouse, a peerless Equestrian Center and the Fitness & Tennis Center, which includes a luxurious spa.

Las Campanas features more than 10 distinctive enclaves, each with its own architectural style and character. There are currently 751 custom homes in Las Campanas, and the fully developed master plan can accommodate up to 1,771 homesites.

With the exception of Estates I and II, which are supplied by City water, the residences are served by the Las Campanas community water system, which includes a state-of-the-art water treatment facility.

Call me, Dianne, 505.603.9300, for a tour of Lots & Homes in Las Campanas.

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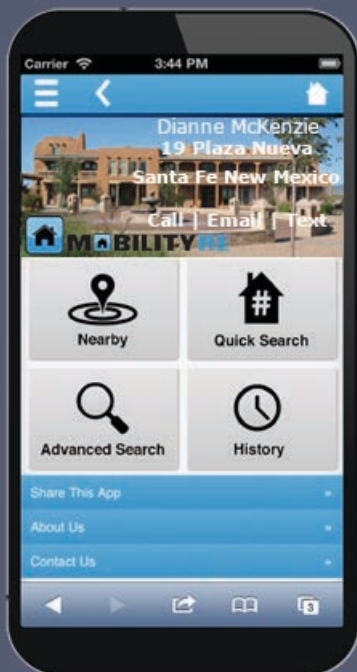
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Taos Ski Valley Report

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*

MLS# 201502443



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 and www.GaiaQuest.com or Call 505.231.1454

Kachina Mountain Lodge is now offering luxury mountain home sites for sale within a thoughtfully master planned wilderness eco-resort community in the Kachina basin at the top of Taos Ski Valley. Surrounded by abundant year round wilderness recreation opportunities, KML's home sites are competitively priced from \$185,000 to \$495,000. Don't miss this rare opportunity to own a luxury wilderness home your family will treasure for generations! <http://KachinaMountainLodge.com>. Please call John Halley, developer, for detail information, maps, home site information, floor plans etc: 505.231.1454



A E O W Y N's Dog Treats



Pumpkin, Blueberry, Apple Sauce Treats

Ingredients:

- 1 can (15 oz) pumpkin (not pie filling)
- 2 cups blueberries, pureed
- 1 cup apple sauce
- 2 cups rice flour (or any flour)
- 1 cup rolled oats, uncooked
- 1 cup flax seed meal
- ½ cup wheat germ
- ½ cup flax seeds (blueberry)
- 1.5 tablespoons apple cider vinegar
- 1 tablespoon 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 wet ingredients: pumpkin, pureed blueberries, apple sauce, & apple cider vinegar in a bowl.
3. Mix dry ingredients in a large bowl: rice flour, flax seed meal, wheat germ, rolled oats, blueberry flax seeds & cinnamon. Combine all the ingredients. Divide into 4 balls.
4. Roll out dough ball between parchment paper, 1/16"-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 30-35 minutes slightly brown & crunchy. If you prefer a softer treat, bake for 20-25 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays.

These treats 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

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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@ymail.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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& Service Dog

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