

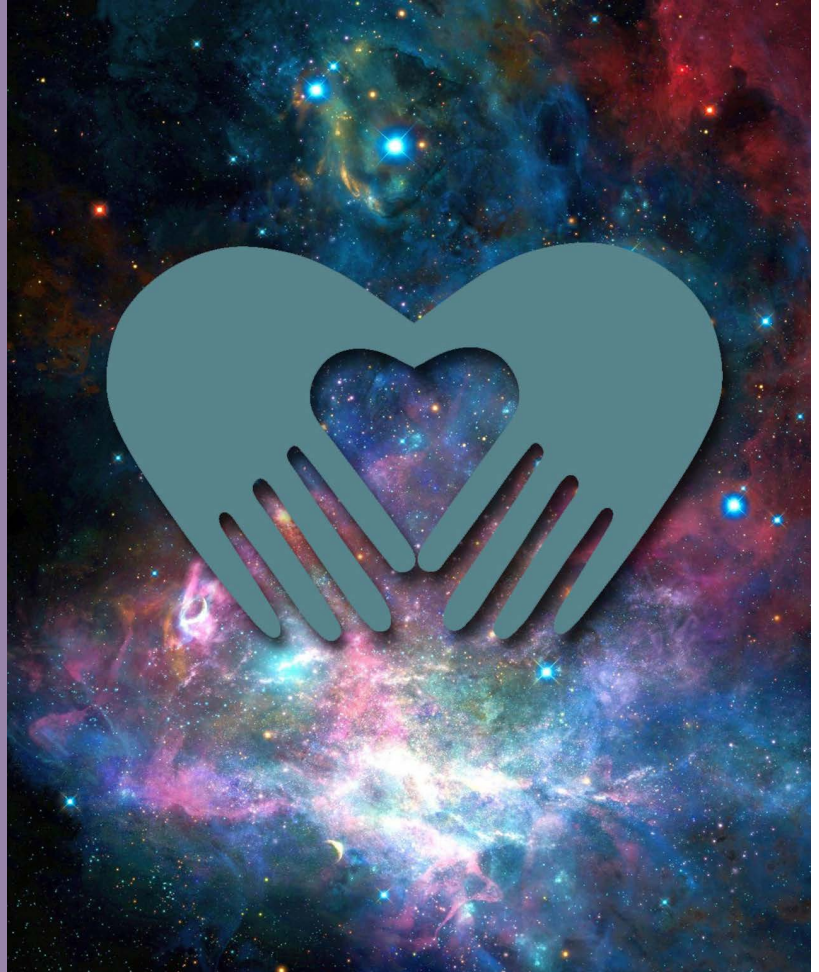
# Eco Lifestyle And Home

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

Inside This July 2016 Edition:

## Healing

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## Healing

Real Estate News Pages 10,11,12,13,  
14,15,16,17,18,19,20,21,23,24

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.



**“Banana, Pumpkin,  
Peanut Butter  
Dog Treats”**

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*To ease or relieve  
emotional distress.  
To set right; repair.*

## Monthly Newsletter Theme For July: Healing



I have been a “follower” of Louise Hay since the early 1980’s. She is one of the first teachers to advocate the power of positive thinking. Her books on daily affirmations, recordings and movies have always inspired me. More than 50 million copies of “You Can Heal Your Life” have been sold throughout the world. Louise offer tools and insights to help you heal your life. If you are not familiar with her work, you must check out her websites: <http://www.HealYourLife.com> & <http://www.louisehay.com>

*“Through Louise’s healing techniques and positive philosophy, millions have learned to create more of what they want in their lives—more wellness in their bodies, minds, and spirits.”*

From Louise Hay’s website:

### How to Heal

How you can heal your life or heal your body has been a constant human quest throughout time. Some people choose natural healing or holistic healing paths incorporating alternative healing methods such as healing herbs or crystal healing, while others choose faith healing using healing scriptures or healing hands.

### Alternative Healing

Regardless of the healing program chosen, the restorative healing process is complicated by the lack of knowledge regarding the interaction between spiritual healing and physiological healing, leading many to seek holistic healing via alternative healing methods at natural healing centers.

### What is Healing?

After all, what is healing? Healing refers to correcting a problem, and knowing exactly what needs to be healed can go a long way towards self-healing. Sometimes the healing power of a caring, reiki healing touch can lead to a natural healing, similar to a shaman healing. Yet for others, no-touch energy healing, or pranic healing, is exactly what is needed for self-healing.

### Healing Process

And for others, to achieve self-healing, instead of using traditional healing prayers, reciting healing quotes or attending a healing retreat for spiritual healing is the healing code needed for true metaphysical healing.

**Heal Your Life | Heal Your Body:** How to heal your life is your choice – take the time to explore the many new age healing alternatives available today to heal your body and life.

*Thank you for reading our newsletter. ~ Dianne McKenzie & Aewyn, Cecilie Bodman and our content contributors.*

## Events Around New Mexico

### 1. PARTIZANI BRASS BAND and TERRANCE SIMIEN Santa Fe Bandstand

Monday, July 11, 2016 6:00 PM - 9:00 PM  
63 Lincoln Avenue, Santa Fe 87501

A Santa Fe street band following in the tradition of New Orleans gypsies. Forget the circus - run away with the band!

### 2. SON COMO SON Santa Fe Bandstand

Saturday, July 09, 2016 6:00 PM - 9:00 PM  
63 Lincoln Avenue, Santa Fe 87501

In celebration of America's warming relationship with Cuba, we're pleased to throw a Cuban Street Party with one of New Mexico's longest-standing and most popular salsa ensembles.

### 3. Rail Yards Market In Albuquerque

Sunday, July 10, 2016 10:00 AM - 2:00 PM  
777 1st Street SW Albuquerque, 87102

Come to the Rail Yards Market every Sunday for food, art, music and community. Set in Downtown Albuquerque's Rail Yards enjoy local artisans, growers and musicians.

### 4. Route 66 Summerfest

Saturday, July 16, 2016 2:00 PM - 10:30 PM  
Central Ave from Girard to Washington Ave  
Albuquerque, 87106

Annual Route 66 Summerfest! This mile-long stretch of free fun located on Central Ave. in Historic Nob Hill will feature up to 25 music artists including national headliner Roomful of Blues.

### 5. Devon Allman Band Railyard Plaza

Sunday, July 17, 2016 7:00 PM - 9:00 PM  
1607 Paseo De Peralta Santa Fe, 87501

The dirty blond hair is the same, the body posture is also the same, and there are touches in the voice that have a similar genetic connection, but Devon Allman has toiled long and hard to establish his own musical identity, separate from his legendary dad, Gregg Allman.



### 6. Cash'd Out: A Tribute to Johnny Cash

Saturday, July 23, 2016 6:00 PM - 8:00 PM  
1607 Paseo De Peralta Santa Fe, 87501

San Diego-based band Cash'd Out channels Johnny Cash in about as close a manner to the real thing as it gets. Cash'd Out has over 150 of JC's songs in their repertoire, including the June Carter Cash duets brought back to fame in the Oscar-winning film "Walk the Line." The band's live shows respectfully reference the late, great Man in Black's Sun Records and early Columbia-era sound, combined with the energy of the classic multi-platinum live recordings from Folsom Prison and San Quentin.

### 7. Protoje & The Indignation Taos Mesa Brewing

Sunday, July 24, 2016 7:30 PM - 9:30 PM  
20 ABC Mesa Rd El Prado, 87529

There is an exciting resurgence of conscious, organic music in Jamaica and industry experts and observers agree that Protoje is playing an important role in what is becoming known as the "Reggae Revival." Leading the militant band—The Indignation—this powerful songwriter and philosophical thinker articulates the righteous anger of an emerging generation. Protoje reports for duty, re-establishing the standard for the decaying art of socially responsible, mentally stimulating lyricism.



## Life By The Numbers with Cecilie Bodman The Month of July is a 7

**Colors:** The colors are purple and violet, white and gold.

Number 7 is a highly spiritual number accentuated by falling in the 7th month!

It is a good time to practice meditation. Looks for answers within yourself. Go for long walks and contemplate. Practice ways to expand your spiritual practice.

**Gems:** alexandrite, diamond, selenite, ametrine

**Oils:** Lavender, Frankincense, Myrrh

**Yoga pose:** fish or full rabbit.

### Affirmation For July:

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

### Affirmation for the Month July

*“Why do I enjoy such perfect health of mind, body & spirit every day?”*



“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 Healing

by Lainie Grimmer

The world feels more chaotic and threatening than ever these days. Uncertainty, anxiety, and pain seem to be the new normal. With so many people suffering around us, healing seems impossible. How can we as individuals bring hope to the world?

By healing ourselves.

Over the course of our lives, many of us will experience mental and emotional pain, often felt as grief, anger, fear, deep sadness, or loss. Both culturally and scientifically we're just beginning to understand that these wounds affect your core beliefs, your sense of yourself, your relationship abilities. They also affect your brain and nervous system, your muscles and organs, even how your body moves.

As Brene Brown noted in her book, *Daring Greatly*, no matter what may have happened to you, the emotions that accompany your pain are powerful. You can't just wish them away; you have to do something with them. You can open the door to compassion and begin to heal by following these steps:

**Decide** Although you might not feel this, you are in choice. And, you are the only person who can make the decision whether you're ready - or not - to heal and move on. Healing may mean examining the wound, which can be painful to revisit.

**Acceptance** Name what you're feeling: Grief, anger, sadness, emptiness, fear. When you pretend your pain and emotions aren't real, or if you try to ignore them, they won't go away. Instead they become buried in your body and memories. I ask my clients to voice their feelings – saying them out loud is recognition they exist. When you choose to acknowledge and tend the wound, your healing will be faster, and ultimately less painful.

Notice what it's like to acknowledge your feelings.

**Compassion** Hold your feelings as you would a small child: with gentleness. Scary though they may be, they are a part of you that is calling for attention. Notice your reactions as you allow these feelings space.

**Time** Unlike a young child's quick-to-heal skinned knee, mental and emotional healing can take time. Be kind to yourself as you accept where you are right now, and as you move through your process of healing. Finding a way to honor your journey, such as listening to music, journaling, sketching, perhaps talking with someone you trust, will help you let go of your pain and emotions, help you move along your path.

Healing yourself creates ripple effects in your mental, emotional and physical aspects. When we heal ourselves, the world shifts, too.

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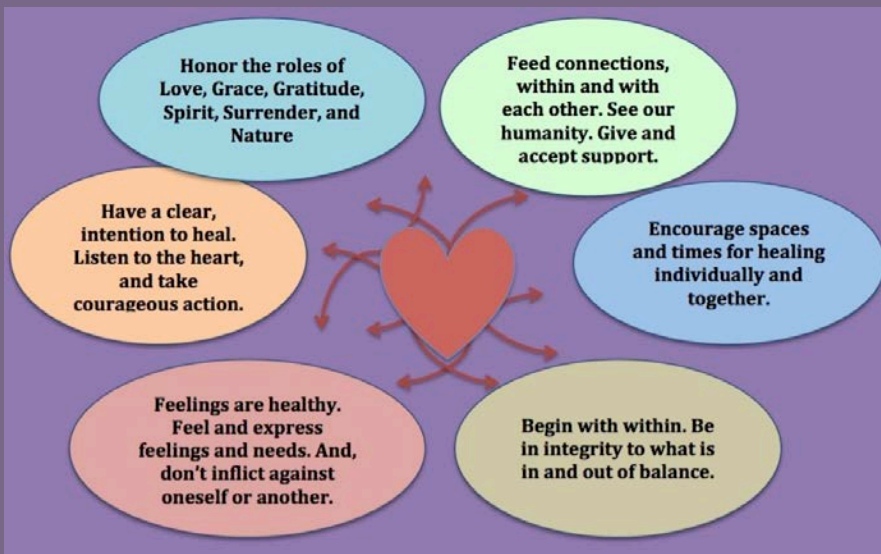
# Encouragement, a Lesson in Belief    By Sarah Claudia Stout Healing

Healing can be easy and clear-cut, or an unpredictable and rigorous guide, who takes us on convoluted and vulnerable journeys into the unknown. There is a dimension to healing that can defy understanding.

Healing then commands surrender, presence, inner listening, acceptance, willingness, strength, spirit, courage, patience, connection, and a lot of love. Healing, whatever the 3-D outcome, brings us to a sense of wholeness.

Healing of the heart and nervous system demands feeling and sharing feelings. We realize that the biggest monsters often are the ones we made to protect ourselves. In time, we see that what was most feared can become a profound garden of discovery.

Yet, the primary cultural story about healing is one where there is nothing to heal and no feelings to express, no inner guidance to hear. We are told to “buckle up”. We place blame and shame and go on. We seek instant fixes, forgetting the connections with mind, spirit, body systems, others, and nature. We pretend over and over that there is nothing to heal.



Although I've spent most of my life learning how to feel, listen, and heal, I can still drift into periods of numbness, denial, judgment and impatience. I can still ignore healing. The “instant fix” messages are all around us.

How do we change our story? How do we help each other move from a story of denial to one of listening, sharing, and connecting? How do we live our lives in a way that promotes healing individually, in communities, and in the world?

Honestly, because there is no precise cookie-cutter roadmap called healing, no linear recipe, it didn't feel right to create a “how to heal list”. The image begins to tell a story of healing. Everything is connected. Nothing is left out. We move from one to another then back again. Sometimes we do deny, rage, and stumble in the dark. We're human. In the end, true healing means LOVE.



**Sarah Claudia Stout**

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# NERIUM™ INTERNATIONAL

Nerium offers exclusive products, with age-defying ingredients that you can't find anywhere else. This leads to unprecedented results. We observe the best of nature to find cosmetic skin-care applications and supplements that mimic natural age-fighting mechanisms. Our nature-based approach provides innovative solutions that produce exceptional results.

While we incorporate a number of tried and true ingredients into our formulas, we don't stop there. We search out ingredients developed and tested by the top universities and scientific labs in the world. This allows us to work with patented, exclusive ingredients that no other company can use or duplicate.

Unlike most skincare products, which contain a water-based foundation, Nerium formulations are created with Aloe Leaf Juice, a highly emollient and nutrient-rich source of moisture and hydration. Extracted from the leaves of the Aloe Vera plant, this powerful juice contains many beneficial properties to keep the skin healthy.



## Give Yourself the Gift of Younger Looking Skin

By Pam Scotty, Director, Independent Brand Partner, Nerium International

I have personally been using Nerium AD night cream for the past 3 months. I notice much smaller pores, my skin feels and looks great, and I LOVE that it's only 1 product...no more eye cream, wrinkle cream, night cream, it's all in one and completely effective! Ask me to try the 5-day sample and see for yourself! Then ask me about the 3UR-Free program to get your Nerium AD for FREE!

Contact Pam Scotty or visit the website to find out how you can benefit and transform your life:

<http://freelexus.nerium.com> Email: [info@GatewayMarketingllc.com](mailto:info@GatewayMarketingllc.com)





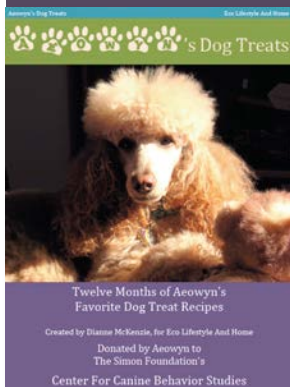
## CENTER FOR CANINE BEHAVIOR STUDIES

### The Center for Canine Behavior Studies

If you love dogs like we do, we are asking you to visit the Canine Center For Behavior Studies. 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:

If you would like to receive Aeowyn's Canine Treat Recipe Portfolio (electronic version, so you, too, can pass on the love!) contact Dianne, Aeowyn's guardian. That's 12 months of treat recipes with techniques, tips, ingredients, photographs & more.



**If you wish to receive Aeowyn's Dog Treat Recipe Booklet, just email Dianne & she will email you a copy for free!**  
Dianne@RealEstatePropertiesSantaFe.com

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>



# eat healthy



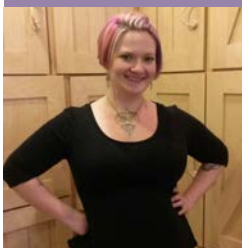
## Healing

I have written many personal things to contribute to this newsletter, and I hope it has been well received. I have written about my struggles as a child, my journey through weight loss, and more. One of the main lessons I have been learning has been healing. Things may wound us deeply and leave scar tissue, but we have to focus forward instead of looking back.

The abuse that I suffered as a child is something that has shaped me into the person that I am. And I believe that I am a worthwhile person. For so much of my life I have been focused on the damage that had been done to me, filling me with anger and hatred. This did not help me heal, but rather kept rubbing my scars raw. Yes, it was horrible, yes no one should ever have to go through something like that, especially an innocent. But what good was hatred and anger doing for me? These powerful emotions spun me into a world of addiction, self-destruction, and building walls I am just now figuring out how to break down. Letting go of those negative emotions allow me to move forward in my healing process.

It wasn't just about hatred of another person; it was hatred of myself. This would never allow me to heal. How can you support yourself if you don't even like yourself? On my weight loss journey I found out something interesting: the more weight I loss the worse I felt about myself. Some of this probably stemmed from a fear and rejection of achievement for myself, but a lot of it had to do with damage that had been done to me emotionally from myself and others. To be fair, I allowed that damage to happen, as most of us do, not knowing how to fight back. We are barraged by society that we have to look one way or another. We have to fit into a box, no matter our path. Each labelled group has stereotypes and expectations that hurt us by limiting us. I have always had confidence in how I treat people, and how I can relate to them. I have discussed this before about being "attractive because of a big personality". I was accepting of myself in some ways, but extremely hateful in others. Now I have plateaued on my weight loss and I feel like the most important journey has really begun: healing myself. I was beautiful when I was a size 24, and I am beautiful at a size 12. I didn't physically feel good at a 24, which certainly didn't help me feel good about myself. Surprisingly, I had more confidence in myself when I was heavier, because I didn't care as much about how I looked. I am working on getting there again, but I am now trying to fight back against the superficial world.

My body isn't me. My past isn't me. I read a quote somewhere recently that moved me: "Don't be afraid of letting go of a mistake just because you worked hard making it". Forgive. Let go. Look forward. Let yourself heal.



**Kate Wheeler, owner/operator** - Savory Spice Shop is your local destination for over 400 spices & seasonings. Also offering cooking classes and private events.

**Savory Spice Shop in Santa Fe**

225 Galisteo Street, Santa Fe, New Mexico 87501

P: (505) 819-5659 F: (505) 466-5682 E: [santafe@savoryspiceshop.com](mailto:santafe@savoryspiceshop.com)

Follow on Facebook: [facebook.com/SavorySpiceShopSantaFe](https://facebook.com/SavorySpiceShopSantaFe)



by Francis Phillips

## Money Saving, Net Worth Building Tips

The year is half over. Have you been making the right moves to save money and build your net worth? It's never too late to start, but don't wait any longer. Here are my favorite tips for building your – and your family's – net worth.

If you have no financial regrets, you are in the minority of Americans, according to a recent survey by Bankrate.com.<sup>1</sup> Only 17 percent of those surveyed said they have no financial decisions they'd change. The biggest regret? Not saving enough for retirement (18 percent) followed closely by not saving enough for emergencies (13 percent).

How can you start saving? That's simple: by making changes that may surprise you.

Don't rent, own. I often hear people ask if it's a good time to buy a home, but I rarely hear anyone ask if it's a good time to rent. The answer is that this is NOT a good time to rent. The Census Bureau tracks median rent, and its 1<sup>st</sup> Quarter 2016 numbers show that rents continue to rise steeply.<sup>2</sup> National median rent rose by over 70 dollars a month from Q1 2015 to Q1 2016. The Wall Street Journal reported that rents rose faster in 2015 than at any time since 2007<sup>3</sup>. Jonathan Smoke, Chief Economist at realtor.com, said at the end of 2015, "Low rental vacancies and a lack of new rental construction are pushing up rents, and we expect that they'll outpace home price appreciation in the year ahead."<sup>4</sup> And National Association of Realtors Chief Economist Lawrence Yun had this to say earlier this year, "With rents steadily rising and average fixed rates well below 4 percent, qualified first-time buyers should be more active participants than what they are right now."<sup>5</sup>

If you think you can't buy a home, please read on. There are many misperceptions about what it takes to qualify for a home loan, and if you don't talk to a professional, you may miss out on the opportunity. For example, how much do you think you need to save for a down payment? 20 percent? 10 percent? The reality is that there are Fannie Mae, Freddie Mac and FHA programs requiring only 3 or 3.5 percent down. And there are VA and USDA loans with zero percent down. What about required credit scores? While higher scores may get you a better rate, a 620 score is usually acceptable to qualify for a loan. Finally, many people think they carry too much debt to qualify, but they don't know their actual debt-to-income ratio. Don't guess at any of these questions. Talk to a mortgage professional and get the real answers.

What if you already own a home? Buy another. That's right: buy an investment property and let your renters' payments work towards paying the mortgage while you build home equity. There are many options to consider, including long term rentals, short term (vacation) rentals, or buying a multi-family building and living in part of it yourself. A word of caution: Make sure that the property you want to buy can be rented. Some home owner associations have restrictive covenants that prohibit rentals, and of course if you are considering a vacation rental in the City of Santa Fe, you'll need to follow the requirements of the Short Term Rental Ordinance.

I have one more suggestion, and it's my favorite: Shorten up. By that I mean if you have a 30 year fixed rate mortgage, cut the term to 15 years and potentially save your net worth tens of thousands of dollars. Or take a 15 year fixed rate loan when you buy.

Yes, you'll pay more per month for a 15 year loan than a 30 year loan, but over the life of the loan the savings are dramatic. Here's an example for comparison purposes only. This is to show you the possibilities of 15 years versus 30, and is not an actual loan offer.

Remember, there may be tax advantages to owning, too, but you'll need to consult your tax advisor. And again, this example is for illustration only. So here we are at mid-year. Will you still be renting at year end? Will you have purchased an investment property? Will you move from a 30 year fixed rate loan to a 15 year loan? Take the first step now by contacting a qualified mortgage professional. Maybe you can be one of the 17 percent of Americans who say they have no financial regrets.

*Continued on next page »*

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**Example: Loan amount \$300,000 with a 20 percent down payment**

30 Year Fixed Rate Loan	15 Year Fixed Rate Loan
Rate: 3.875 percent	Rate: 3.25 percent
Annual Percentage Rate: 3.90 percent	Annual Percentage Rate: 3.40 percent
Principal/Interest: \$1492/month	Principal/Interest: \$2108/month
<b>30 years' P/I: \$537,120</b>	<b>30 years' P/I: \$379,440</b>
<b>Saving to net worth by choosing the 15 year fixed rate loan: \$157,680!</b>	



Remember, there may be tax advantages to owning, too, but you'll need to consult your tax advisor. And again, this example is for illustration only.

<sup>1</sup><http://www.bankrate.com/finance/consumer-index/financial-security-charts-0516.aspx>

<sup>2</sup><http://www.census.gov/housing/hvs/data/histtabs.html>

<sup>3</sup><http://www.wsj.com/articles/u-s-apartment-rents-rose-the-most-last-year-since-recession-survey-says-1452054600>

<sup>4</sup><http://www.realtor.com/news/trends/wake-up-housing-crisis-harvard-renting-report/>

<sup>5</sup><http://www.realtor.org/news-releases/2016/04/existing-home-sales-spring-ahead-in-march>

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**Representing Taos Ski Valley Real Estate Properties**

# Home Staging + Design with Debbie DeMarais

## Healing with Plants

The healing power of the color green can represent renewal, growth and abundance. We see and experience this in nature. We feel relaxed, calm and balanced as we walk through a garden or in the woods, we tend to breathe deeper and slow down. Introducing live plants in our homes creates a healthy environment not only through the use of color but through the healing properties plants provide.

As consumers we are marketed to use room fresheners, plug-ins and deodorizers to 'mask' various odors in the home. The use of these manufactured products to "freshen up" our living spaces contributes to health issues such as allergies, migraines, fatigue, colds, etc. Using live plants instead of artificial fresheners is a healthier alternative.

A study by NASA research indicates: "plants remove toxins from air – up to 87 percent of volatile organic compounds (VOCs) every 24 hours. VOCs include substances like formaldehyde (present in rugs, vinyl, furniture, faux-wood products, cigarette smoke, plastics, and grocery bags), benzene and trichloroethylene (both found in man-made fibers, inks, solvents and paint). Benzene is commonly found in high concentrations in study settings, where books and printed papers abound."

Placing live plants in specific rooms not only beautifies the space but also provides natural healing benefits. It is worth considering the use of live plants to create healing living environments for specific rooms.

### Main Living Spaces

- Spider Plant (Chlorophytum Comusm) - purifies air rapidly; removes formaldehyde
- Dragon Tree (Dracaena Marginata) – purifies air; removes formaldehyde, benzene, toluene and xylene

### Bedrooms

- Gerbera Daisy (Gerbera Jamesonii) – releases oxygen at night; purifies air by removing benzene and trichloroethylene

### Home Office/College Dorms/Classrooms

- English Ivy (Hedera Helix) – Removes benzene from air

### Bathrooms/Damp Areas

- Peace Lily (Spathiphyllum) – Removes mold from air

### Newly Remodeled or New Homes (new carpets, floors, walls, cabinets, etc.)

- Philodendron (Philodendron) – Purifies air; removes formaldehyde

A combination of live plants and fresh air into the home can help provide a healing environment and clear out toxic fumes. *Data provided by <https://www.bayeradvanced.com/articles/5-benefits-of-houseplants>*

**Debbie DeMarais**, HSR Certified Home Stager, ASID, Allied Member

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# Monthly Market Report Albuquerque

## GAAR GREEN SHEET May 2016



A condensed overview of the monthly statistical highlights.

### Active Listings

Detached: 3,363  
Attached: 343

🕒 One year ago  
Detached: 3,964  
Attached: 405

% Change (Detached)  
**-15.16%**

### Pending Listings

Detached: 1,215  
Attached: 121

🕒 One year ago  
Detached: 1,234  
Attached: 115

% Change (Detached)  
**-1.54%**

### Closed Listings

Detached: 984  
Attached: 94

🕒 One year ago  
Detached: 903  
Attached: 94

% Change (Detached)  
**+8.97%**

### Average Sale \$

Detached: \$228,547  
Attached: \$151,686

🕒 One year ago  
Detached: \$218,228  
Attached: \$158,121

% Change (Detached)  
**+4.69%**

### New Listings

Detached: 1,575  
Attached: 145

🕒 One year ago  
Detached: 1,575  
Attached: 144

% Change (Detached)  
**0%**

### Days on Market

(Average)

Detached: 49  
Attached: 57

🕒 One year ago  
Detached: 62  
Attached: 55

% Change (Detached)  
**-20.97%**

### Sales Volume

(in Millions)

Detached: \$224.8  
Attached: \$14.6

🕒 One year ago  
Detached: \$197.1  
Attached: \$14.9

% Change (Detached)  
**+14.05%**

### Median Sale \$

Detached: \$193,000  
Attached: \$147,250

🕒 One year ago  
Detached: \$181,000  
Attached: \$149,500

% Change (Detached)  
**+6.63%**

### Closed Sales by Market Area

MLS Area	City/County	2014	2015	2016	% Change
Areas 10 - 121	Albuquerque	552	636	662	4.09%
Area 130	Corrales	8	6	13	116.67%
Areas 140 - 162	Rio Rancho	124	170	205	20.59%
Area 170	Bernalillo	8	9	6	-33.33%
Area 180	Placitas	14	3	13	333.33%
Areas 210 - 293	East Mtns. / Estancia	40	37	38	2.7%
Areas 690 - 760	Valencia County	51	42	47	11.9%

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

7505 McNERNEY Avenue NE, Albuquerque, NM 87110

MLS #867621 \$ 385,000



Meticulously Updated Mid-Century Modern Mossman ranch house, designed to create a spectacular open floor plan which combines a beautiful mix of a serene environment and sense of light and space throughout. No detail has been overlooked. This house features sleek lines, two master suites with walk-in closet, two laundry rooms, huge two head master shower, extra deep soaking tub and radiant heat. Soap stone counter tops, black slate, oiled oak, and cork floors throughout, with exotic wood accents throughout, finished garage with built in storage and

workbench. Large flower filled yard with a moss garden.

- recessed lighting
- maple cabinets with pantry
- double oven
- insulated garage
- rosewood and teak vanities
- two laundry rooms with universal hookups
- cellular blinds
- Kallista fireclay sink
- new windows
- high lift garage door
- attic ladder



# Albuquerque Real Estate News with Cecilie Bodman

## Featured Listings in Albuquerque Area

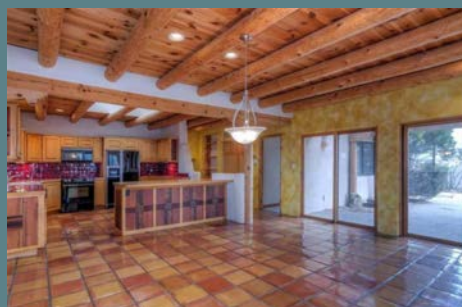
### 6 Calle Cobre Placitas, NM 87043 MLS# 848856 \$490,000

Single Family 3,096 sqft | 4 Bedrooms/ 3 Baths | 2 garage spaces | 2 Stories | Price per sqft: \$158.27



Especially Lovely, Spacious Southwestern Home W/3 or 4 Bedrooms, Office Space, Studio, Exposed Adobe, Kiva Fireplaces. Dramatic Views Of Sandias, Cabezon, Jemez Mtns, Mesas, & City Lights. Just 12 Minutes And 12 Miles From Abq, But A Different World. Country Kitchen with custom cabinets, island and bar. Greatroom Design, Super For Entertaining. 2nd Master Up. Saltillo Tile/Vigas/Split Cedar Latillas/Kiva Fireplaces, Custom Cabinets through out home, 10ft Ceilings, Views From Every Room. Passive Solar Orientation. Wondrous Outdoor Spaces, Courtyards. Two Car Garage With Storage/Workrooms. Room For Horses. Mature Landscaping provides Shade, Color & Privacy. Close to Rail Runner and 30 mins from Santa Fe.

This home has interesting Native American historical information. It has been said to have high frequency geological zones also called " sacred" areas and the high frequency of the Sandia Mountain Triangle. Great location for those who meditate and do sound healing or Matrix Energetics or similar newer methods.



### Deals of the Decade:

I specialize in helping clients increase their wealth through Real Estate. I invest in real estate and have rental properties that create cash flow. I always find "deals of the decade" which are three bedroom, two bath, two car garage in great school districts you can rent for more then the mortgage.

All are priced under the market and could be rented for the mortgage payment and more. I may be able to write agreements on many of the homes with the owner paying the down payments and/or most of the closing costs. I would love to empower you to make educated decisions on your investments. Interest rates are still at historic lows!



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](mailto:abqgold@gmail.com)  
Web: <http://abqgold.com>

# Aldea SOLD: Lot 15 Camino Barranca

## Santa Fe Report - Aldea Real Estate News from Dianne McKenzie

### Representing the Buyers!



#### Lot SOLD, custom home design and construction.

We are pleased to announce the sale of 15 Camino Barranca Lot in Aldea. The Buyers have hired John Halley, of Comet Studios, to design their new home and they have hired Aldea builder, Jim Salopek to build it. This is a wonderful group effort with realtor, design & build team and, of course a very special client.

*Now under construction!!!*



**Jim Salopek, M 43 LLC,**  
Fine Home Building  
Cell: 505.660.8801

Thirty five years of residential and commercial property development, construction management and renewable energy experience. This includes all aspects of a major homebuilding company: lot development, building construction, sales, customer service, office administration and renewable energy installations. **Web:** [m43finehomebuilding.com](http://m43finehomebuilding.com)



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

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

**Web:** [CometStudios.com](http://CometStudios.com) | **Cell:** 505.231.1454 | **Email:** [comet@CometStudios.com](mailto:comet@CometStudios.com)  
**Studio:** 17 Plaza Nueva, Santa Fe, New Mexico 87507



**2016 Aldea Stats: Sold, Pending & Listed**

**Sold:** 19 Homes, DOM 160, 4 Lots, DOM 376

**Pending:** 6 Homes, 0 Lots

**Listed:** 11 Homes, avg \$490,472, 6 Lots

# Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

Activity has picked up in Aldea & the Santa Fe west side! There are 6 homes pending ranging in price from \$529,000 to \$839,000. I am anxious to see what these 6 Aldea residence sell for, as the prices per square foot range from \$215-\$296. In the past 2 years the price per square foot has not gone down. Recently, an Aldea Homewise house, 1,070sqft, sold for \$299,000 at \$279.44 sqft. The average Aldea price per square foot is around \$220!

I get inquiries every day from people who stop in the office on Aldea Plaza. If you are thinking of listing your Aldea property, why not list it with a realtor who will **market** the property, not just list it in the MLS? By actively marketing your property, the property gets the most exposure to other realtors and to the general public through online blogging, email campaigns & the typical MLS exposure. I have a track record for selling properties in the shortest amount of time. Contact me to discuss your property needs.



Address	Price	Original Price	TotSF	\$/TotSF	BD	BA(FTH)	Levels	InterS	Type	MLS #	DOM	Stat Date	Bank Owned	Short Sale	Photo
7 Vista Precioso	\$338,000	\$329,500	1,800	\$187.78	3	3(2 0 1)	Two Story	Yes	Townhouse	201602315	45	5/19/2016	No	No	
16 CENTAURUS RANCH	\$349,900	\$349,900	1,800	\$194.39	4	3(1 1 1)	Two Story	Yes	Townhouse	201603060	11	6/22/2016	No	No	
16 Vista Precioso	\$354,500	\$359,500	1,797	\$197.27	3	3(2 0 1)	Two Story	Yes	Townhouse	201601618	79	4/18/2016	No	No	
2 Calle Amistosa	\$409,000	\$409,000	1,800	\$227.22	3	2(2 0 0)	Single	No	Single Family	201602687	27	6/6/2016	No	No	
12 Calle Vecinos	\$519,900	\$519,900	2,048	\$253.86	3	2(2 0 0)	Single	Yes	Single Family	201602790	24	6/25/2016	No	No	
4 CAMINO DEL CENTRO	\$525,000	\$525,000	2,540	\$206.69	3	2(2 0 0)	Two Story	Yes	Single Family	201602113	55	5/9/2016	No	No	
13 Calle Vecinos	\$569,000	\$569,000	2,579	\$220.63	3	3(2 0 1)	Single	No	Single Family	201603107	12	6/30/2016	No	No	
138 Avenida Frijoles	\$574,900	\$599,000	2,494	\$230.51	3	3(2 0 1)	Single	Yes	Single Family	201601202	96	3/29/2016	No	No	
1 Calle Siete Casas	\$575,000	\$599,900	2,855	\$201.40	3	3(3 0 0)	Single	No	Single Family	201504291	292	9/16/2015	No	No	
3 Calle Vecinos	\$580,000	\$580,000	2,550	\$227.45	3	3(3 0 0)	Two Story	Yes	Single Family	201601816	73	4/27/2016	No	No	
150 AVENIDA FRIJOLES	\$600,000	\$599,000	2,391	\$250.94	3	3(2 0 1)	Single	No	Single Family	201602083	58	5/7/2016	No	No	

**2016 Las Campanas Stats: Sold, Pending & Listed****Sold:** 31 Homes, DOM 218, 4 Lots, DOM 39**Pending:** 13 Homes, 1 Lots**Listed:** 68 Homes, avg \$1,300,322, 83 Lots, avg \$132,507

# Las Campanas Report: Homes & Lots



There are currently **68 homes** for sale in Las Campanas.

- **24 Homes under \$1,000,000**
- **44 Homes over \$1,000,000**

There are currently **38 Lots** for sale in Las Campanas.

- **37 Lots under \$100,000**
- **46 Lots over \$100,000**

The total number of lots sold in Las Campanas doubled in 2014 compared to 2012 – from 22 to 47.

- Average Lot prices increased 30% during the same time period: from \$73,000 in 2012 to \$95,000 in 2014.
- Last year, 62 resale homes were sold in Las Campanas. So far this year, 54 have sold and another 11 are pending – total will be 65 -- and the year isn't over yet!
- 28 new homes are currently under construction in Las Campanas.
- Spec builders are investing once again in Las Campanas – and many are selling their homes before they completed!

**To keep the momentum high in Las Campanas, the developer is offering these incentives on developer-owned Homesites:**

- On homesites over \$100,000: a full-equity golf or social membership at the Club at Las Campanas, which can be activated at closing, or taken as an option for up to 2-years while you build your dream home.
- On homesites under \$100,000: a \$5,000 credit at the La Fonda Hotel for rooms, food and beverage, gift shop, and/or any services offered by the hotel.

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

# MOBILITYRE

LOAD IT. SHARE IT. SELL A LOT MORE HOUSES.

## Free Santa Fe Real Estate Search Mobile App

### LOOKING FOR A HOME?

Search for information and **EVERY LISTING** from the convenience of your **MOBILE PHONE!**

Send a text with the message:

**E1659**  
to: **32323**

Search by address, price, square footage or by using your GPS. Tag your favorites to be viewed later on your phone or home computer!



The most technology advanced **free real estate search app** for your smartphone or tablet is available for free to you right here.

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\*.

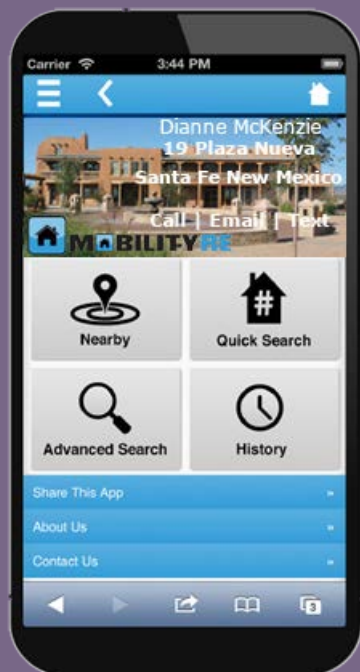
Consumers are adopting mobile technology at a rate faster than any technology in the history of the world.

Send a text

with the message:

**E1659**

To: **32323**



**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.

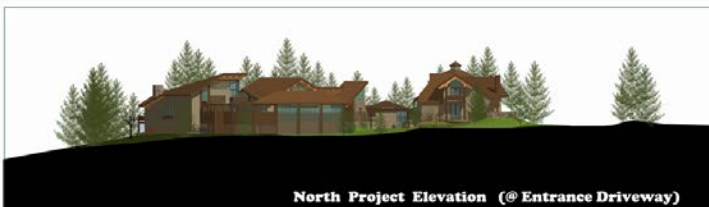
# Kachina Mountain Lodge

## 5 Single Family Homes, 3 Townhomes

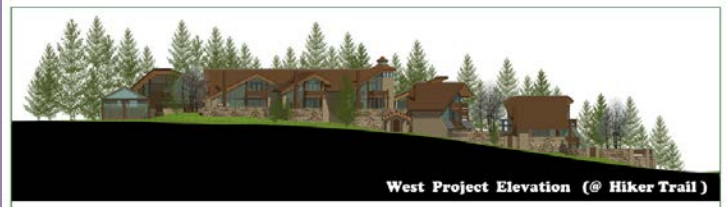
# Taos Ski Valley Report

## News From Kachina Mountain Realty

The Kachina Mountain Lodge project is now fully approved and entitled for development. This is the only available project of its kind in Taos Ski Valley. Eight premiere home sites are now available for sale and construction. Don't miss this rare opportunity to own a luxury wilderness home your family will treasure for generations! <http://KachinaMountainLodge.com>. Developer John Halley, call: 505.231.1454  
Represented by Kachina Mountain Realty, Dianne McKenzie, qualifying broker, call: 505.603.9300.



North Project Elevation (@ Entrance Driveway)



West Project Elevation (@ Hiker Trail)



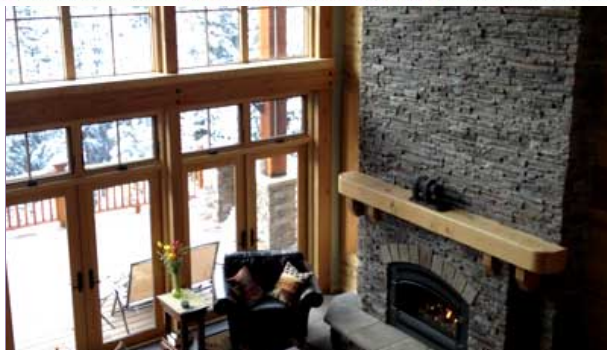
East Project Elevation (@ Open Space)



South Project Elevation (Facing Wetland Park)

Comet Studios Architectural Rendering and Design © Kachina Mountain Lodge • Lot 6 © 2016 Kachina Mountain Lodge, LLC. All rights reserved. No part of this document may be reproduced without written permission from Kachina Mountain Lodge, LLC. N & E Exterior Elevations

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# A E O W Y N's Dog Treats



## Pumpkin Banana Peanut Butter Treats

- 2 cups rice flour (you can use any flour)
- 1 cup rolled oats (uncooked)
- 1 cup flax seed meal
- ½ cup chia seeds
- 1 can, (15 oz) pumpkin (not pie filling)
- 1 banana
- ½ cup peanut butter (not salted)
- ¼ - ½ cup water

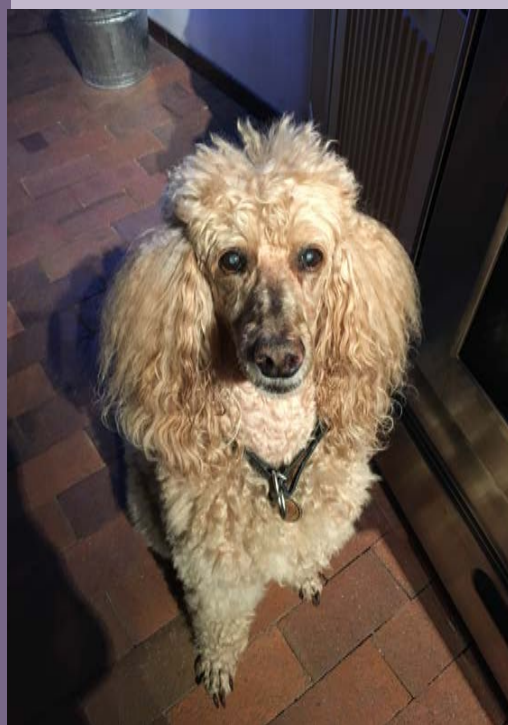
This recipe works well if rolled out as thin as possible.

\*Parchment paper for rolling out the dough, Pizza cutter, Ruler for cutting

### Method:

1. Preheat oven to 350° F.
2. Place the wet ingredients, mashed banana, pumpkin & peanut butter, in a bowl. Stir until thoroughly combined. Place the dry ingredients in a bowl & mix. Combine wet & dry ingredients. Add water as needed to combine the ingredients. Divide into 4 balls.
3. Roll out dough ball between parchment paper to 1/8" -1/16" thickness in rectangular shape to fit baking sheet. Discard top parchment paper. Transfer rectangular 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.
4. Bake 30-45 minutes until no longer moist. Remove from oven and place upside down to remove parchment paper while hot.

*"The parchment paper makes the rolling easy, with no mess & cutting the crisps with the pizza cutter is super fast. You can keep them up to 1 week at room temperature in an airtight container or in the refrigerator for up to 4 weeks. You can also freeze them! I love these crisps because they are thin & I get to eat more. More is always better than less. After all, more is more!!!!" ~ Aeowyn*





# 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**  
17 Plaza Nueva – on Aldea Plaza Santa Fe, NM 87507  
Email: Dianne@RealEstatePropertiesSantaFe.com

Cecilie Bodman, Call: **505-250-1356**  
Email: ABQGold@ymail.com

# Free Reports

- Protect Your Home From Burglars
- Five Deadly Mistakes Home Sellers Make
- Making The Move Easy On The Kids
- How Sellers Price Their Homes
- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

# Free Information

- Send me information about your free, no-obligation HomeFinder service.
- Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:

\_\_\_\_\_, City: \_\_\_\_\_ or in  
the \_\_\_\_\_ area.

- Please let me know the listing price and features of the home at the following address:

\_\_\_\_\_ City \_\_\_\_\_.

- Please let me know the selling price of the home at the following address:

\_\_\_\_\_ City \_\_\_\_\_.

- Please call me to arrange a free, no-obligation market valuation on my house.

# Our Real Estate Team

As real estate consultants, we are 100% focused on consulting, marketing properties, negotiating, & overseeing the transactional details for our clients. We are committed to making the home buying / home selling experience the best it can possibly be. Our purpose is making sure our clients are so outrageously happy with the help we provide that they gladly introduce us to the people they care about, not because they feel obligated but because they truly believe they will benefit.



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Apricot Standard Poodle  
& Service Dog

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