



Los Ranchos *Village* Vision

March 2016



Testimonial

"Tim Tourville sold our house when we moved to the Village, navigated us thru a complicated purchase of a condo in Taos Ski Valley and is donating his time and commission in finding land for the CCFNM of which I am a board memeber. Tim has always provided excellent service and I recommend him to all my friends."

Melissa Deaver-Rivera

Tim Tourville

604-8468

Real Estate Expert in The Village

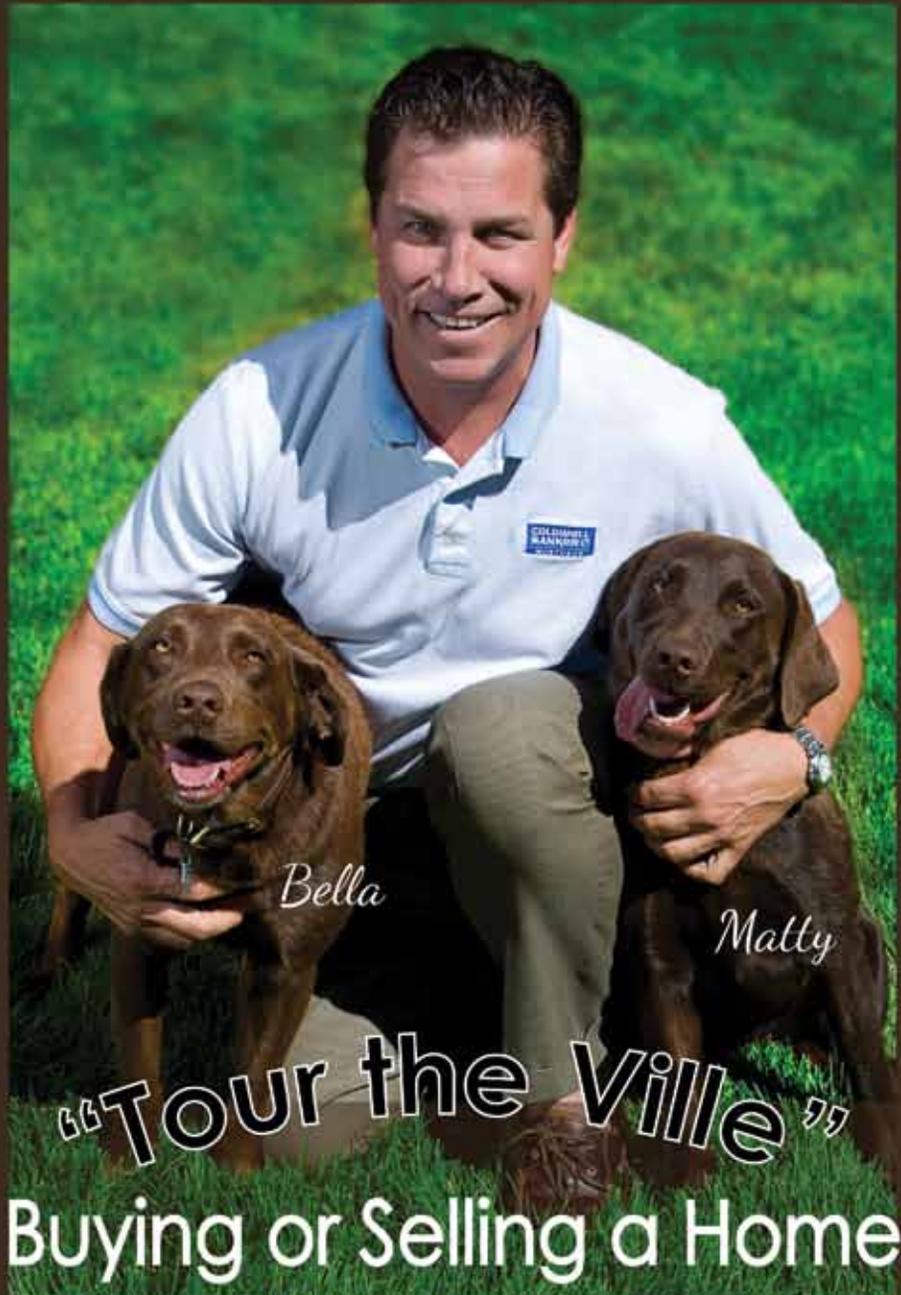
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Mayor's Report

by Larry Abraham



Mail Theft: A National Problem, A Local Solution

Los Ranchos, along with the surrounding community and, in fact, the entire nation, have experienced a rash of mail related thefts. In the past several weeks, one of our local carriers was held up at gunpoint, several mail bags have been stolen from carriers and our local pick up box at the Alameda Post Office was completely broken into.

Mail theft is very serious for everyone and when it leads to identity theft it is definitely time that we as individuals must take steps to ensure our safety and security. After talking with our local United States Postal Inspector, USPO personnel, mail carriers and several law enforcement agencies, I am confident we as a community will need to play the main role in prevention.

Here are some proactive tips to prevent mail theft and hopefully prevent the more damaging identity theft.

- Check your mail daily. Postal employees tell me that it is common for residents to leave mail for a week or more. Keep in mind, even a simple utility bill is valuable to an identity thief.
- Make sure your mailbox is in good condition. Upgrade your current mailbox to a lockable box. Make sure it is within line of sight of your house and not blocked by vegetation. For cluster mailboxes, request from the USPO "High Security Collection Box Units." Ask the USPO to move the cluster box to a more secure location within the subdivision.
- Take all sensitive outgoing mail into a postal facility.
- If you expect but have not received a check or other valuable mail, contact the issuing agency immediately.
- Be proactive and consider alternative delivery locations for packages such as at work or a neighbor.
- Arrange for your mail to be delivered to a post office box.
- If possible, sign up for direct deposit, paperless billing and paperless banking statements.
- If you have to send a check in the mail, make sure to write out in full the "payee" and "memo" portions in a thick,

dark ink from a roller-ball pen.

- Tell your post office when you'll be out of town, so they can hold your mail until you return.
- Junk mail, such as preapproved credit card or insurance applications, is some of the most personal identity saturated information thieves can get their hands on. Opt out of such offers at optoutprescreen.com.
- Consider starting a neighborhood watch program. By exchanging work and vacation schedules with trusted friends and neighbors, you can watch each other's mailboxes (as well as homes).
- Invest in a video surveillance system or motion operated game camera and aim a video camera at your mailbox and record all activity.
- Report all suspected mail theft to a postal inspector.



Unfortunately, our mail delivery system has not kept pace with our changing culture. There are more than a 100,000,000 million addresses with 668,000,000 pieces of mail every day in the United States. The postal service tries to protect each one but they cannot do the job alone.

Let us be proactive and make Los Ranchos uninviting to the mail thieves.



Election Day
Tuesday, March 1
VOTE
 Village Hall
 6718 Rio Grande Blvd. NW

Calendar

Planning and Zoning Commission Meetings

Tuesday, March 8, 7:00 p.m.
 Tuesday, April 12, 7:00 p.m.
 Tuesday, May 10, 7:00 p.m.

Board of Trustees Regular Meetings

Wednesday, March 9, 7:00 p.m.
 Wednesday, April 13, 7:00 p.m.
 Wednesday, May 11, 7:00 p.m.

Deadlines: Los Ranchos Vision Magazine

Advertising and Article Submissions Due
 Friday, March 4, Spring Issue (April/May)
 Friday, April 22, June Issue
 Friday, May 20, Summer/Lavender Issue (July/August)

Growers' and Arts/Crafts Market

Saturday, March 12, 10:00 a.m. – noon
Luck of the Irish
 Saturday, April 9, 10:00 a.m. – noon
Last Winter Market, Swing into Spring
 Saturday, May 7, 7:00 a.m. – noon
Opening of 2016 Market Season
 Saturday, May 14, 7:00 a.m. – noon
 Saturday, May 21, 7:00 a.m. – noon
 Saturday, May 28, 7:00 a.m. – noon

Municipal Election Day

Tuesday, March 1, from 7:00 a.m. - 7:00 p.m.

Annual Easter Egg Hunt

Saturday, March 26, 10:00 a.m.
Hartnett Park, 6718 Rio Grande Blvd NW

Farm Camp Spring Break

March 28-April 1
Los Ranchos Agri-Nature Center

Memorial Day

Monday, May 30
Village office closed

MARCH

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Village at-a-Glance

2016 Municipal Election

Election Day is March 1. Please visit www.losranchos.gov or contact the Village Clerk at 344-6582 for more information. Polls are open from 7:00 a.m. to 7:00 p.m.

Candidates for office include:

Mayor (Four-Year Term):

Larry P. Abraham

Donald T. Lopez

Trustee - Two Positions (Four-Year Term):

Mary E. Homan

Diane E. Albert

Allen L. Lewis

Paid advertising appears in this issue by order of how the candidate will appear on the ballot.

Growers' Market

Visit the Market the second Saturday of each month. Market vendors bring lots of greens such as lettuce, chard, kale and spinach. Root crops could include radishes and carrots. There are often eggs, leeks, honey, spring lamb and grass-fed beef available as well. Be sure to stock up on your hardy vegetables.

Easter Egg Hunt

Each year, the Village of Los Ranchos hosts an Easter Egg Hunt for Village residents, their families, and friends at Hartnett Park located at 6718 Rio Grande Blvd NW, Los Ranchos, NM 87107, the day before Easter Sunday. The egg hunt begins promptly at 10:00 a.m. It is a free event for kids up to age 12.

Spring Farm Camp

Spring Farm Camp is March 28th - April 1st and spots will fill up quickly. For detailed information and registration forms visit www.losranchosnm.gov. Just click the "Community" tab at the top of the page and select "Farm Camp". Please also refer to page 21 for information from Julie Hershfield, Farm Camp Coordinator.

March 2016

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Cover photo by Larry Abraham



Kathryn E. Terry

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Village of Los Ranchos de Albuquerque
6718 Rio Grande Blvd. NW | 344-6582

Larry Abraham, Mayor
259-9000
mayorabraham@losranchosnm.gov

Don Lopez, Trustee, Mayor Pro Tem
897-7707
donaldtlopez@msn.com

Pablo Rael, Trustee
344-4058
trusteerael@losranchosnm.gov

Mary Homan, CMO
269-5952
mary.homan@losranchosnm.gov

Allen Lewis, Trustee
980-2301
alewis@losranchosnm.gov

Robert Maw, Municipal Judge
rmaw@losranchosnm.gov

Nancy Haines, Treasurer
nkhaines@etoinline.net

Kelly Ward, Administrator
kward@losranchosnm.gov

Stephanie Dominguez, Village Clerk
sdominguez@losranchosnm.gov

Gil Saavedra, Accountant
gsaavedra@losranchosnm.gov

Tim McDonough, P&Z Director
tmcdonough@losranchosnm.gov

**Ashley Stokes,
Assistant to Mayor & Administrator
Publications Coordinator**
astokes@losranchosnm.gov

Marcy Bissell, P&Z Admin. Assistant
mbissell@losranchosnm.gov

Keen Heinzelman, Code Enforcement
kheinzelman@losranchosnm.gov

**Dominic Tomba, Animal Control/
Grounds Maintenance**
344-6582/Cell: 977-4830

Fire Department, Deputy Chief Greg Perez
314-0123 | Cell 977-4834
gperez@berncoco.gov

Julie Hirshfield, Farm Camp Coordinator
jhirshfield@losranchosnm.gov

VILLAGE OFFICE HOURS
M, W, Thur, & F: 8:00 a.m. - 5:00 p.m.
Tues: 9:00 a.m. - 5:00 p.m.

The *Los Ranchos Village Vision* is an official publication of the Village of Los Ranchos de Albuquerque. Its primary mission is to promote the "Spirit of Los Ranchos," while informing Village residents of activities, both public and governmental, currently in progress throughout the Village. It is published eight times per year and distributed free of charge to residents and businesses. Non-residents and other interested parties may subscribe by contacting Los Ranchos Village Hall at 344-6582. Price, including S/H, is \$20.00 per annum.

STAFF
Editor
Mayor Larry P. Abraham
mayorabraham@losranchosnm.gov

Publication Coordinator
astokes@losranchosnm.gov

Design and Layout
Carol Klimek
caklimek@theoutsourceltd.com

ADVERTISING
The deadline for the next issue is printed in the calendar of each issue. Advertisements must be paid at Village Hall before each deadline, and artwork submitted in a print-ready PDF format.

CONTRIBUTIONS
Material of general interest about the Village of Los Ranchos de Albuquerque is encouraged. Please submit all communications to the coordinator. Articles should be sent by Word attachment and photographs are best received in jpeg format or on a CD. Refer to the advertising page in this publication. Please call before submitting material to confirm space and suitability.

The *Los Ranchos Village Vision* takes every precaution to ensure the accuracy of all published works. However, it cannot be held responsible for the opinions expressed or facts supplied herein. Factual inaccuracies brought to the attention of the Village will be corrected, when possible, and in a timely manner. If you wish to notify us of an error, you may contact us at 344-6582 or email us at info@losranchosnm.gov.

CONTRIBUTORS
Mayor Larry Abraham, Marcy Bissell, Sue Brawley, Marcelle Garfield Cady, Evelyn Carter, Commander Greg Perez, Stephanie Dominguez, Julie Hirshfield, Carol Klimek, Clarissa Krinsky, Lorilee McDowell, Dustin Melville, Lorraine Tourville, and Tim Tourville.

Visit us on the Web

The Village
Growers' Market losranchosnm.gov
losranchosgrowersmarket.com

@LosRanchosNM, Official Page

@LosRanchosNM, Official page
@LosRanchosEM, Emergency Manager

Pinterest - LosRanchosNM

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Fire Corner

*by Staffing Division Chief Greg Perez,
Bernalillo County Fire Department*

Serving the Village

The men and women of Bernalillo County Fire and Rescue continue to serve the Village of Los Ranchos with pride and hope to continue this partnership for years to come. The County Fire Department continues to grow as the communities we serve grow. In an effort to stay ahead of the curve, we are regularly replacing our aging fleet of emergency vehicles. To date, only a small handful of the older green/yellow units remain on the road; they have been replaced with a sharper looking and more technologically advanced red and black model. I am happy to announce that the next fire engine to be replaced is the Village unit. The Village fire engine has been in service since 2005 and will be replaced with a new one this summer.

As of this publication all but two County Fire stations will have undergone a remodel and, in some cases, a complete rebuild. Much like our fire and rescue equipment, our fire stations need replacement and updating.

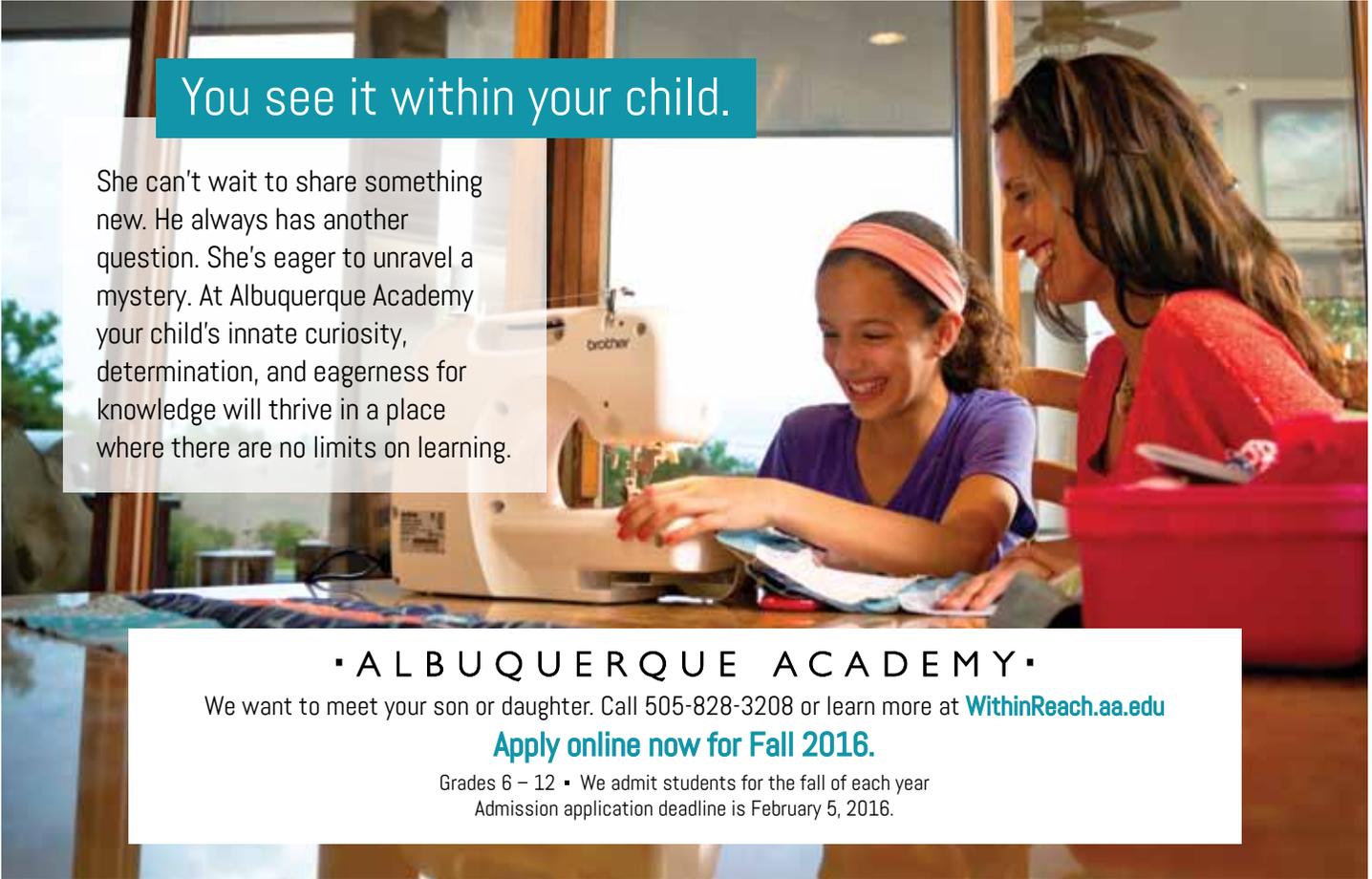
We are currently working with a local company to examine the feasibility of

taking all of our stations to solar power.

We continue to train our members to the highest standards of both firefighting and emergency medicine. Our 911 call center recently upgraded their Computer Aided Dispatch system which has allowed for some state-of-the-art capabilities with regard to the time it takes for us to respond to your emergency. We continue to partner with surrounding agencies such as the City of Albuquerque and Rio Rancho in an effort to get aid to you from the closest unit as fast as possible, regardless of the jurisdictional boundary.

The point of this article is to provide some reassurance to each of you that regardless of the financial constraints the County is currently experiencing, we are dedicated to serve and stand ready should you call upon us. We will treat each incident with the professionalism, dignity, and respect you have grown to expect from your fire department.





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Kay Richards - Oil and Watercolor Painter

Vera Neel - Oil Painter

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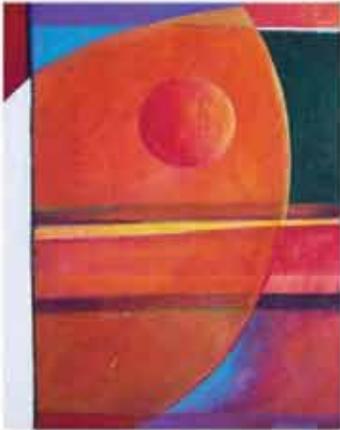
Luba Udalova - Oil Painter

Allen Lowery - Acrylic Painter

Barbara Nahler - Mixed Media Artist

Mikki Roth - Photography

Randy Landavazo - Photography



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Ditch Writer

An Agri-highlights Column
by Sue Brawley and Lorilee McDowell

Winter Growers' Market

The Winter Markets are the second Saturday of each month from November to April, 10:00 a.m. to noon. The markets will be held outside in the regular location, the tennis court parking lot, except in the case of inclement weather when the markets will be held in the adjacent community barn. March 12 is our annual Irish Celebration. Depending on weather, market vendors may have lots of greens such as lettuce, chard, kale and spinach. Root crops could include radishes and carrots. There may be eggs, leeks, honey, spring lamb and grass-fed beef. Cold weather bedding plants and

some hardy veggie and herb starts may be available. Veggie and herb starts will probably need to be protected from the cold weather with season extenders such as row-cover, water walls, etc. Arts and Crafts vendors will have a variety of locally made products. There will also be burritos, hot coffee, pastries, and music. Check out our website for more information about what local produce and products availability at the market and visit our Facebook page at Los Ranchos Growers Market for local product information and to view market photos.

Selling Extra Produce at the Market

As you are planning your backyard garden, you and/or your children may want to plant a little extra to give away, or to sell. Whether you have a basket of peaches or several heads of lettuce, the Growers' Market encourages "backyard growers" and students to sell at the market. If you would like to sell at the market on an occasional or regular basis, call Sue Brawley at 890-2799 or send an email to sue@brawleyandcompany.com.

www.losranchosgrowersmarket.com



From Market to Your Table

by Lorilee McDowell

Mixed Roasted Veggies

Roasted mixed veggies are a great way to use up various types of veggies from the market that you did not use for a meal. Left overs from the market were sparse: two large leeks and one very large carrot. I also found some small red-skinned potatoes in a bag. I washed the potatoes and scraped the carrot. Preheated the oven to 400°. Trimmed the ends off the leeks, so I had just the white and light green parts left, washed them well, dried them with a paper towel, and chopped them into about 1" long pieces. Sliced the carrot into 1/2" lengths. Sliced the potatoes into thick slices, and then cut those in half. Dried them and placed them in a bowl with the leeks and carrots.

Over all the veggies in the bowl, I poured enough olive oil so that everything was well coated. Sprinkled everything generously with Emeril's Essence seasoning powder, added a little dried, roasted garlic, and a pinch of Herbes de Provence. Add a little salt and freshly ground pepper, to taste. Make sure everything is well coated and pour it all into a shallow baking dish, large enough to hold everything in a single layer.

Roast for 30 to 40 minutes, stirring once, until everything is done and slightly browned. You may add a couple spoons of butter and toss it around until it melts. Sprinkle with a little chopped parsley (optional).

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Carter Krinsky Investment Management



Evelyn Carter, CFP®, CIMA®

Registered Principal
evelyn.carter@wfafinet.com

Clarissa Krinsky

Financial Advisor
clarissa.krinsky@wfafinet.com

10611 4th Street N.W., Suite B
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Finance

by Clarissa Krinsky
Evelyn Carter, CFP®, CIMA®
Carter Krinsky Investment Management

Help Take the Guesswork out of Choosing Investments

Asset allocation is a strategy that can help take the guesswork out of choosing investments for your portfolio. Instead of putting all your eggs in one basket, you spread your eggs (dollars) among a variety of baskets (stocks, bonds, and cash). The baskets can be further divided within each type of investment.

Although many investors understand that they should invest in a variety of securities, they often stumble when it's time to choose an asset allocation that's right for them. The allocation that you choose should be based on how much risk you are willing to assume, why you are investing, and when you will need to tap your investments. However, in some cases, once investors choose their allocation, many are afraid to change it. As you experience changes in your life, it can be appropriate to redistribute your assets.

So, when should you change your asset allocation? It is important to maintain balance in your portfolio. Accordingly, you should reevaluate your allocation strategy at least once a year or when you experience a major life change such as marriage or the birth of a child. It's not

always necessary to make a fundamental change to the allocation, but you need to make that evaluation on a regular basis.

Sometimes your portfolio might just need a tweak to rebalance assets that have either increased or decreased in value. For example, a booming stock market may mean that the value of the stock portion of your portfolio exceeds your original allocation. If that occurs, you may want to consider selling some stocks to bring your portfolio back into line with your initial allocation. Rebalancing is a strategy that every investor should take advantage of as a way to ensure their portfolio reflects their current investing goals, time horizon, and tolerance for risk. Further changes to your allocation also may be appropriate depending on your particular investing style.

Strategic investing. Most investors take a strategic approach to asset allocation, meaning they have at least 10 years before they anticipate needing the money they are investing. Strategic investors look at the long term and typically do not make frequent changes to their allocation strategy. A strategic

investor would change the way his or her money is invested if there was a fundamental shift in the economy (recession) or if inflation began to outpace the earnings that his or her investments were generating.

Cyclical investing. Because the economy is cyclical, meaning it moves in stages of prosperity and recession, some investors change the way they allocate their assets based on the cycle of the economy. This is called cyclical investing - it typically means that an investor will reallocate his or her funds every three months to three years. A cyclical investor might invest heavily in stocks when the economy experiences growth and, conversely, would invest more dollars in bonds when the economy experiences a period of contraction.

Tactical investing. The third type of investor looks at the short-term - a period of one year or less. The tactical investor changes his or her portfolio based on trends in the market.

continued on page 36

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Rediscover the Village

Ruminations of a Newbie

by *Dave Bexfield*

I was lost. Not lost, lost. I knew the Sandias were to the east, the Rio Grande was to the west, and Dan's Boots and Saddles was right around here somewhere. I knew where I was, ish. But as a new resident of the Village of Los Ranchos, I felt a bit out of sorts. This definitely was not like the Albuquerque I had lived in for the past 20 years.

I thought I knew the Village, that little enclave with an exit off of Paseo del Norte that for some reason insisted on being called something other than just plain old Albuquerque. There was Sadie's and its fiery salsa and chile. There was the 25 mph speed limit along Rio Grande Blvd that made taking a short cut through here anything but. And, there were all those big trees encouraging me to get lost by rudely blocking my view of the mountains, Albuquerque's compass. That summed up the Village for me—and then I moved here.

Wow, was I uninformed.

I have always prided myself for discovering the nooks and crannies of New Mexico, those hidden, off-the-beaten path gems that rarely get mentioned in travel books. A diner in Colfax County identified only by the two words COLD BEER. A bed and breakfast tucked into in an actual cave near Farmington. New Mexico's Stonehenge outside of Deming. Indeed, a couple of years ago the state crowned me the Land of Enchantment's "ultimate insider" as the grand prize winner of its NM True campaign and featured one of my stories in their annual vacation guide. Even my explorations of Albuquerque go deep, from the obscure Telephone Museum of New Mexico (open just a handful of hours a week downtown)

to the cozy flamenco performances in a personal home's tablao in Old Town (Casa Flamenca). But Los Ranchos de Albuquerque? Over the years I've driven through hundreds of times but never bothered to truly explore its riches. Until now.

I invite you to rediscover the Village with me over coming issues of Village Vision, from our local businesses to our farmer's market to the people who live here. On that note, introductions are in order. My name is Dave Bexfield, my wife is Laura, and I stick out like a pimple on the night of prom. You'll see 47-year-old me cruising around on my forearm crutches, in my wheelchair, on my scooter, or on my bright yellow hand trike (multiple sclerosis has not been so kind to my legs). Indeed we may have already met—I tend to be obnoxiously forward that way. Do not take it personally. Heck, when I met Mayor Abraham for the first time, I asked him straightaway for assistance in making a path more accessible. In less than a week it was done. That is not supposed to happen in a big city. But now I do not live in a big city. Life is different here. When our paths cross—and they will—wave and say hi. It will take a bit to learn all of your names, but I will certainly try. And smile. It is another brilliant day in the Village.



This property is in the Village of Los Ranchos CRS-1 #02-200

PERMIT

NUMBER _____

ADDRESS _____

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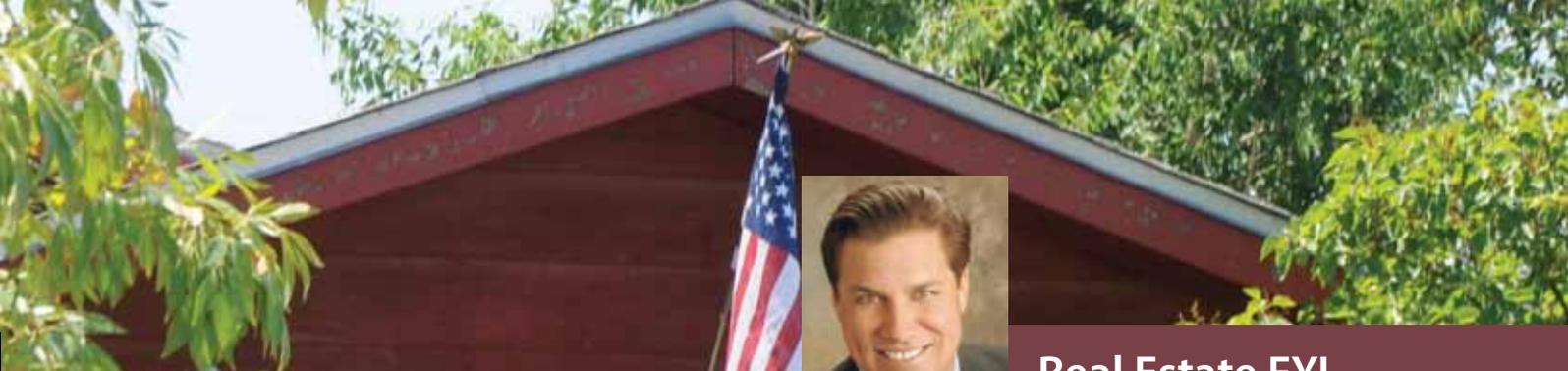
Gross receipts must be reported to 02-200 or subject to maximum penalty under the law.

ORDINANCE NUMBER 196 10-12-2005

ACTIVE

ADDRESS	MLS#	LOT	LIST PRICE	SF	BR	BA	G	AGENT	COMPANY	PHONE
6930 Rio Grande	851114	6.92	\$2,200,000.00	VACANT LAND				D'Nette Wood	Avio Real Estate, LLC	(505) 463-2910
8202 Guadalupe	852015	2.54	\$1,000,000.00	VACANT LAND				Linda Martinez	Coldwell Banker Legacy	(505) 828-1000
Rio Grande	823985	2.93	\$800,000.00	VACANT LAND				Aaron Sandoval	Advance Realty	(505) 203-1097
1031 Cottonwood	836962	1.09	\$539,500.00	VACANT LAND				Karsten Associates	Keller Williams Realty	(505) 897-1100
7530 Rio Grande	853998	2.23	\$499,000.00	VACANT LAND				Thomas Schroeder	Rafter S Realty	(505) 934-2118
1022 Cottonwood	842895	1.2	\$375,000.00	VACANT LAND				Jeanne Kuriyan	Keller Williams Realty	(505) 897-1100
719 San Juan	855008	1	\$375,000.00	VACANT LAND				Susan Feil	Coldwell Banker Legacy	(505) 293-3700
6767 Guadalupe	827559	1	\$275,000.00	VACANT LAND				James Shull	ABQ Properties LLC	(505) 717-3002
915 La Senda	846112	0.72	\$249,000.00	VACANT LAND				Mark Thompson	Cauwels & Stuve Realty & Dev.	(505) 266-5711
328 Rancho	846529	1	\$240,000.00	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6502 Fourth Street	846437	0.58	\$215,000.00	VACANT LAND				John Yost	Jackie Fisher Realty & Assoc.	(505) 285-6800
324 Rancho	846530	0.8	\$215,000.00	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
795 Ranchitos	852348	1.12	\$189,500.00	VACANT LAND				Frank Andreone	Coldwell Banker Legacy	(505) 828-1000
1001 Acequia	847825	0.49	\$185,000.00	VACANT LAND				Cathy Olson	EXP Realty LLC	(505) 554-3873
316 Nuevo Hacienda	855724	0.22	\$130,000.00	VACANT LAND				Joseph Maez	Keller Williams Realty	(505) 897-1100
6535 Guadalupe	847168	9.09	\$4,000,000.00	3229	4	3	0	Susan Feil	Coldwell Banker Legacy	(505) 293-3700
7200 Rio Grande	845577	12.29	\$3,200,000.00	4780	4	4	0	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
7412 Rio Grande	834960	3.81	\$2,995,000.00	6400	5	6	6	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
7512 Rio Grande	848674	2	\$2,700,000.00	6866	4	6	13	Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6828 Rio Grande	845179	3.67	\$2,490,000.00	8045	6	7	11	Slesha Montano Naden	Realty One of New Mexico	(505) 883-9400
5201 Eakes	849341	2.74	\$1,899,000.00	5988	5	5	3	Rodger Barton	Structure Services Group	(505) 818-7450
6844 Rio Grande	837252	1.37	\$1,825,000.00	6463	4	6	4	Mike Haley	Coldwell Banker Legacy	(505) 293-3700
5503 Rio Grande	842515	3.48	\$1,800,000.00	6610	5	5	2	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
4674 Los Poblanos	842081	1.2	\$1,500,000.00	6140	6	8	9	Dominic Serna	Keller Williams Realty	(505) 271-8200
970 Bonita Rosas	856414	1.13	\$1,350,000.00	4937	4	5	4	Bill Chreist	Sunn Quality Homes, LLC	(505) 350-7089
4611 Rio Grande	852690	2.98	\$1,298,000.00	3755	4	4	7	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
8211 Guadalupe	853536	1.07	\$1,100,000.00	3650	4	3	2	David Baird	Acthora	(505) 503-7999
8202 Guadalupe	851964	2.54	\$1,000,000.00	1347	2	2	2	Linda Martinez	Coldwell Banker Legacy	(505) 828-1000
1422 El Portal	842764	1.12	\$999,999.00	5943	3	5	3	Christine Lohkamp	Signature Southwest Properties	(505) 332-8838
4601 Rio Grande	853216	2.5	\$995,000.00	3502	3	4	1	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
750 Chamisal	840281	1.24	\$925,000.00	4687	5	4	2	Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
5715 Eakes	856254	1.04	\$849,000.00	3933	4	5	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
6781 Rio Grande	841262	0.57	\$848,000.00	4100	4	4	3	Lynn Johnson	Keller Williams Realty	(505) 897-1100
4596 Los Poblanos	854483	1.06	\$794,900.00	4545	4	4	3	Rosalia Collins	Coldwell Banker Legacy	(505) 898-2700
805 El Alhambra	855569	0.99	\$775,000.00	3600	4	3	2	Joseph Maez	Keller Williams Realty	(505) 897-1100
4124 Dietz Farm	856149	0.69	\$698,000.00	3122	5	4	2	Beverly Hilton	Realty One of New Mexico	(505) 883-9400
1001 El Alhambra	851469	0.9	\$675,000.00	5548	6	6	2	Jan DeMay	Coldwell Banker Legacy	(505) 293-3700
1004 Green Valley	841271	1.55	\$675,000.00	2910	4	2	2	Lynn Johnson	Keller Williams Realty	(505) 897-1100
6769 Guadalupe	838784	1.6	\$650,000.00	3000	5	4	4	Mike Novak	Re/Max Masters	(505) 883-8979
320 Nuevo Hacienda	855717	0.31	\$650,000.00	2952	5	4	3	Joseph Maez	Keller Williams Realty	(505) 897-1100
333 Rancho	854735	1.41	\$650,000.00	3768	3	5	3	Stella Genero	The M Real Estate Group	(505) 247-1002
827 El Alhambra	811689	0.94	\$650,000.00	3444	4	3	2	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
926 Pueblo Solano	841280	0.71	\$639,500.00	3825	5	5	1	Dom Garcia	Dom Garcia Realty	(505) 899-4644
6821 Rio Grande	855539	1.98	\$625,000.00	3544	4	4	1	Cheryl Marlow	Keller Williams Realty	(505) 983-5151
6012 Redondo	855179	0.63	\$550,000.00	3383	3	3	2	Valerie Almanzar	Keller Williams Realty	(505) 897-1100
6822 Fifth Street	852942	0.38	\$373,500.00	2504	3	2	0	Patricia DeMar	DeMar Realty	(505) 792-8765
6602 Elwood	849692	0.42	\$249,000.00	2266	4	2	1	Chris Lucas	Century 21 Unica Real Estate	(505) 293-8400
428 Sandia View	843280	0.5	\$230,000.00	2336	3	2	0	The Schnoor Team	The Casa Group	(505) 385-2154
6610 Las Casitas	854410	0.08	\$210,000.00	1600	2	2	2	The Fairchild Team	Encore Ventures, LLC	(505) 967-4790

The information herein is deemed reliable, but not guaranteed from SWMLS compiled on or before February 1, 2016 by Tim Tourville, Coldwell Banker Legacy 292-8900.



Real Estate FYI

by Tim Tourville, CRS

Solving Mortgage Problems with TRID TILA/RESPA Integrated Disclosure Rule

Only in the mortgage world would we make an acronym out of acronyms. So, let us break this down a little further. TILA is the Truth in Lending Act and RESPA is the Real Estate Settlement Procedures Act.

As a realtor and consumer, if I had to identify the single most significant problem in buying and selling property over the last 30 years, it would be the lack of disclosure from the mortgage industry. Not knowing when the loan documents were going to be at the Title company was a huge problem. I have seen families lives hanging in the balance, taking time off work and school with moving vans loaded, stressfully waiting on the mortgage company's last minute delivery of their loan documents. TRID has now solved that problem.

Landmark legislation that overhauled the documentation that mortgage consumers receive throughout the finance process and at the closing table was implemented in October 2015. These changes began as the real estate and mortgage industries were swimming in the wake of the real estate

and economic meltdown that had started several years earlier. The TILA-RESPA Integrated Disclosure (TRID) rules were designed by the Consumer Financial Protection Bureau (CFPB) to make the mortgage process easier for consumers. Homeowners who previously financed homes will likely notice the difference with TRID. Those who are doing it for the first time will, hopefully, find the documentation clear and easy to understand.

When you apply for a mortgage, or shortly thereafter, you will now receive what is called the Loan Estimate, which replaces two previous documents. This will clearly list all costs for you, be it fees or other expenses. Another part of the TRID implementation that has changed the process will take place at closing. Prior to this new set of regulations, closing documents could be prepared and finalized literally minutes before closing. Now, all finalized documents need to be prepared at least three business days before closing.

Whether it is a home purchase or a refinance, the borrower now has

adequate time to review all the details with whomever they need to, be it their mortgage professional, realtor, attorney, etc.

This is likely a relief for many borrowers who found this last stretch of the process stressful and confusing, and who felt there was not sufficient time to read and understand the documents they were signing. Now that the mortgage industry has to deliver documents three days prior to closing, the expectation is that the closing process will proceed with less stress and more smoothly than it did in the past. Providing families with three business days to plan and schedule a move, instead of a possible last minute notification to close on a property, is huge. No more will families be off of work and school with moving vans loaded, stressfully waiting on the mortgage company's closing docs.

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GRADES
K-5

FARM CAMP

Spring Break : March 28 – April 1



Visit www.losranchosnm.gov or call 505-344-6582 for more info
Los Ranchos Agri-Nature Center 4920 Rio Grande Blvd. NW

2016 Los Ranchos Spring Break Farm Camp

by Julie Hirshfield



The Swahili word safari means “long journey.” People in Kenya and Tanzania often walk for miles to spot elephants, lions and tigers. At the 2016 Los Ranchos Spring Break Farm Camp, we will explore the 20-plus acres of the Los Ranchos Agri-Nature Center and nearby bosque to discover the fascinating creatures that call this area home. We will hone our urban tracking skills to find insects and evidence of other amazing garden creatures such as bees and hummingbirds. We will help build a healthy garden habitat by planning and planting the spring organic gardens, and make and keep a garden journal to track our discoveries as we go.

Students will participate in hands-on garden activities, including making compost, direct seeding, and transplanting plants. Students will explore the native plants and animals of Albuquerque’s bosque, and experience the connections between growing and eating healthy foods and taking care of our bodies and our land.

In addition, students will prepare healthy treats, create beautiful nature-based art, sing fun camp songs, learn about cool plants and animals, and have the time of their lives on the Garden Safari. On the final day of camp, the campers will host their families to a fun end-of-camp fiesta.

The 2016 Los Ranchos Spring Break Farm Camp will take place March 28-April 1 from 9:00 a.m. to 3:00 p.m. at the Los Ranchos Agri-Nature Center at 4920 Rio Grande Blvd NW. Children currently registered in grades K-5 are encouraged to join us for a Spring Break like they have never experienced before!

Cost is \$250 per child. A limited number of need-based scholarships may be available to students that qualify for free lunch. If your child qualifies for free lunch and you would like to apply for a scholarship, please include proof of your

child’s lunch status (available from the school cafeteria manager) with your registration. Scholarship applications without this document will not be considered.

Please visit www.losranchosnm.gov and click the “community” tab for detailed information and registration forms.



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To learn more visit: Reelectmayorabraham.com

Larry Abraham: Passionate about Los Ranchos

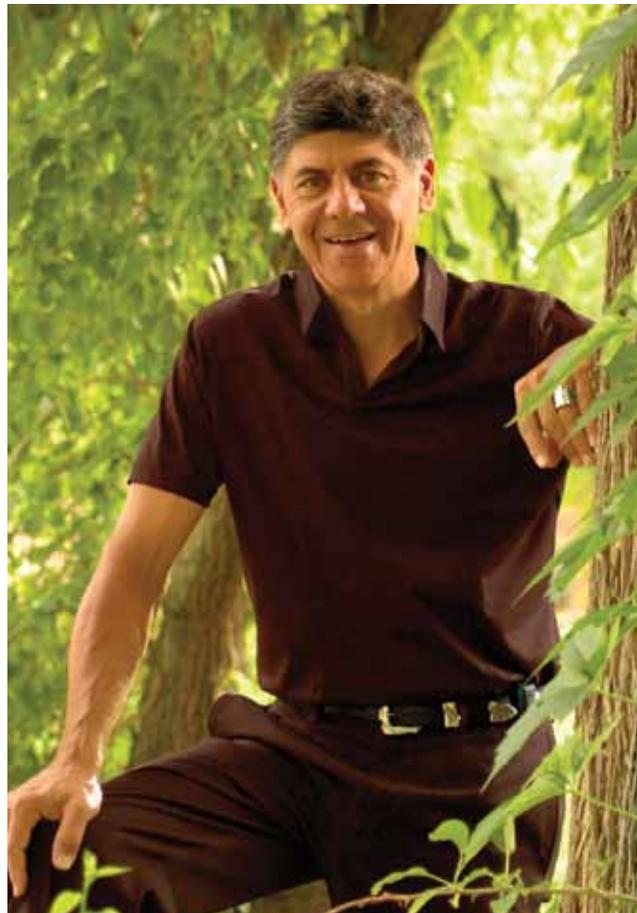
Re-elect Mayor Abraham

"Run government like a business... and good things happen."

The Mayor's Approach

Business fundamentals can apply to government. I approach being mayor with the same entrepreneurial and leadership spirit that I have applied to business over the past 40 years. It works. We have improved the quality of life for all residents of Los Ranchos by:

- Maximizing Village revenues
- Minimizing Village expenses
- Building reserves for future use
- Emphasizing customer service to each resident
- Paying special attention to detail
- Branding and marketing Los Ranchos
- Creating a sense of place
- Creating a sense of pride/ownership and community
- Marketing Los Ranchos as a destination
- Exceeding our residents expectations
- Having compassion and understanding for my fellow citizen
- Running government like you would a successful business
- Protecting the rich heritage of Los Ranchos



***Election Tuesday,
March 1, 2016
Early Voting Starts
February 10-26
at Village Hall***

Regional Positions Held

- Elected Mayor of Los Ranchos de Albuquerque, March 2004
- Past Vice-Chair, Metropolitan Transportation Board
- Regional Transit Authority, Board member
- Middle Rio Grande Water Resource, Board member
- Past Chair, Mid-region Council of Governments
- Regional Leadership "Award," Mid-region Council of Governments
- Executive Board member, Mid-region Council of Governments
- Past Chair, Metropolitan Transportation Board
- Workforce Connection of Central New Mexico
- Re-elected Mayor of Los Ranchos de Albuquerque 2008-2012
- 2012-2015 Trustee, Assistant Treasurer UNM Foundation
- Past Chair, New Mexico Rail Runner Express Sustainability Task Force

Paid for by residents that care about Los Ranchos, John and Terri Salazar, Treasurers.

To learn more visit: Reelectmayorabraham.com

Abraham's Term, in Three Charts



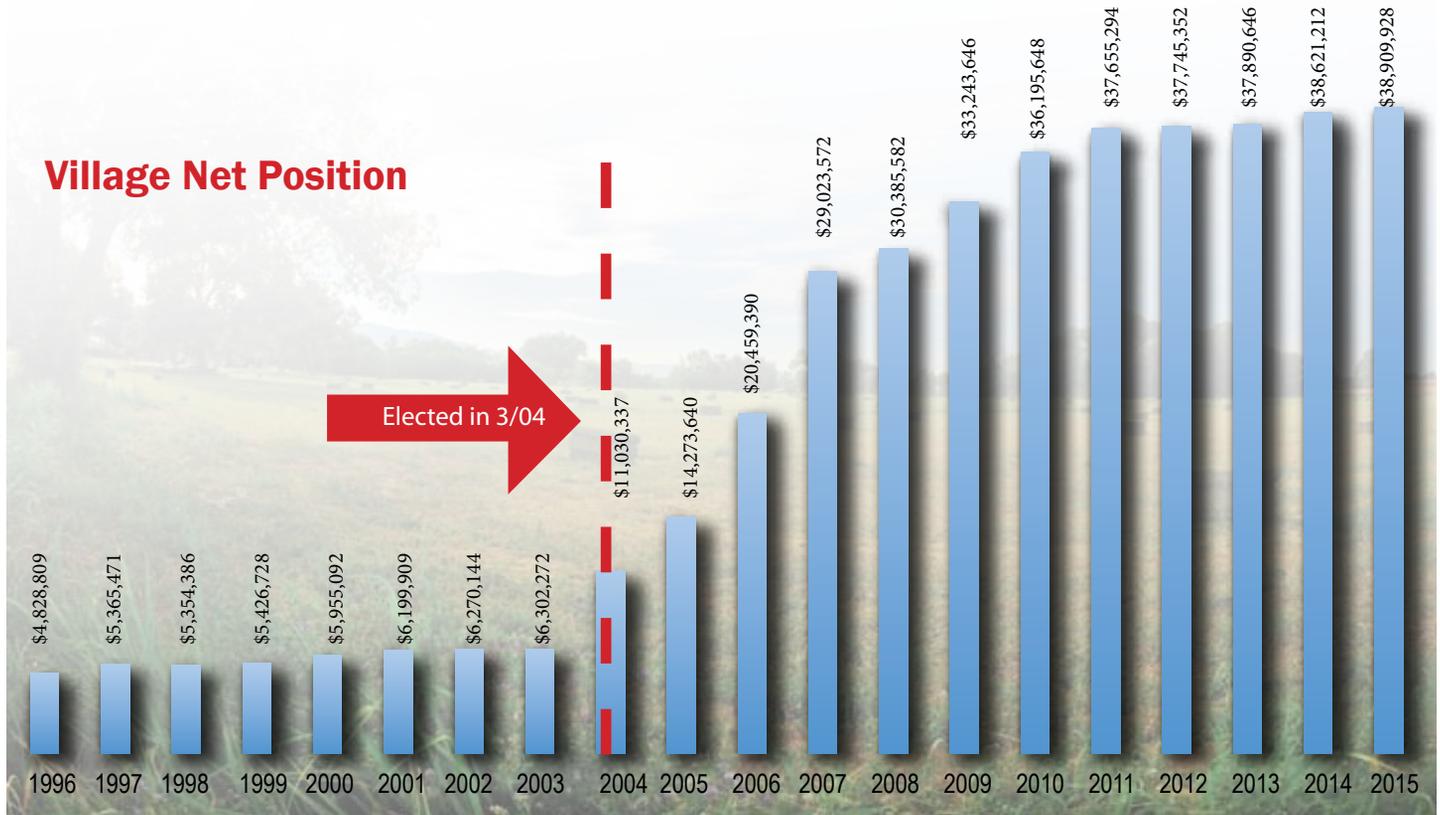
Re-elect Mayor Abraham

“As it turned out, the mayor’s goal was both effective and astute: preserve the community’s beloved age-old character by running its government like a cutting-edge, 21st century business.”

Spring 2015 Issue of Trend Magazine

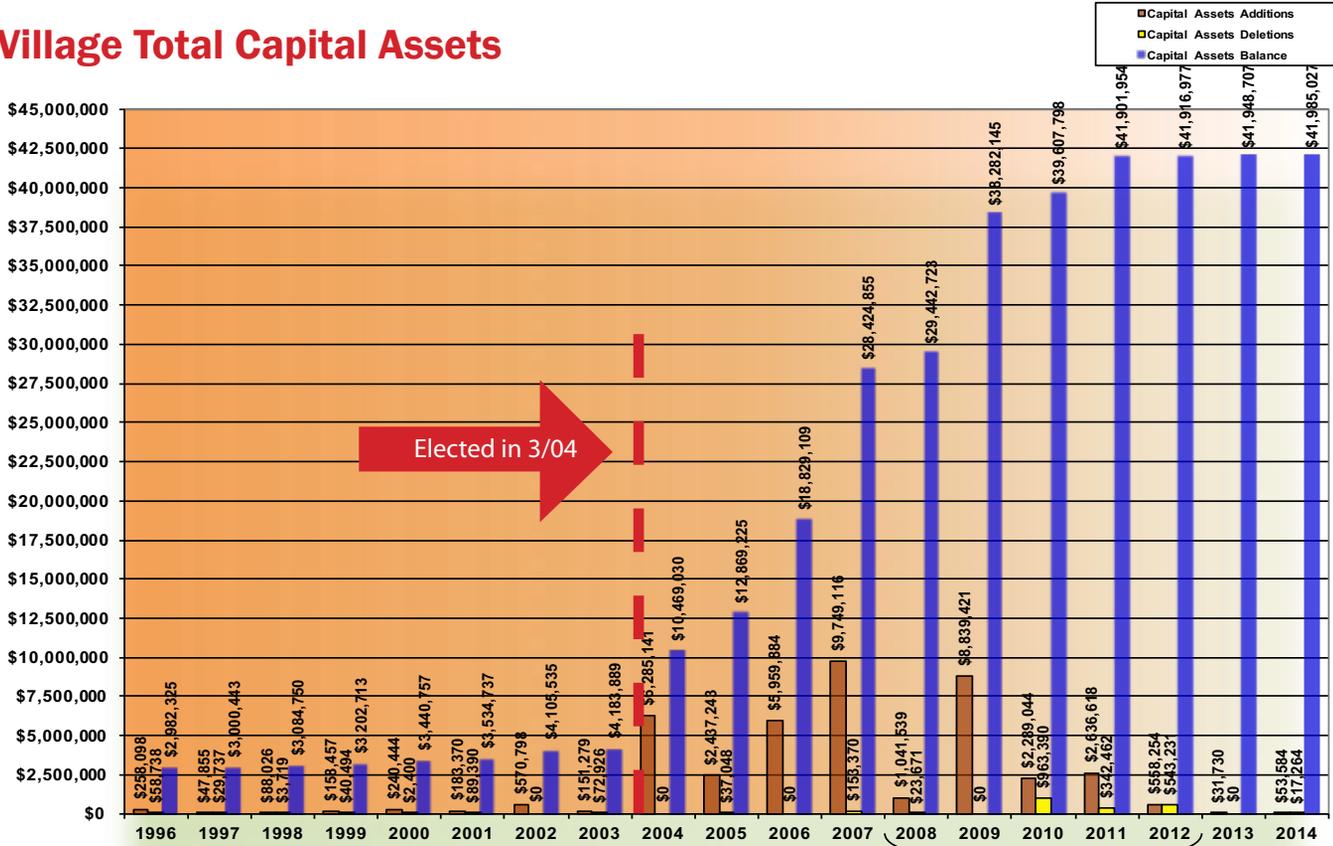


Village Net Position

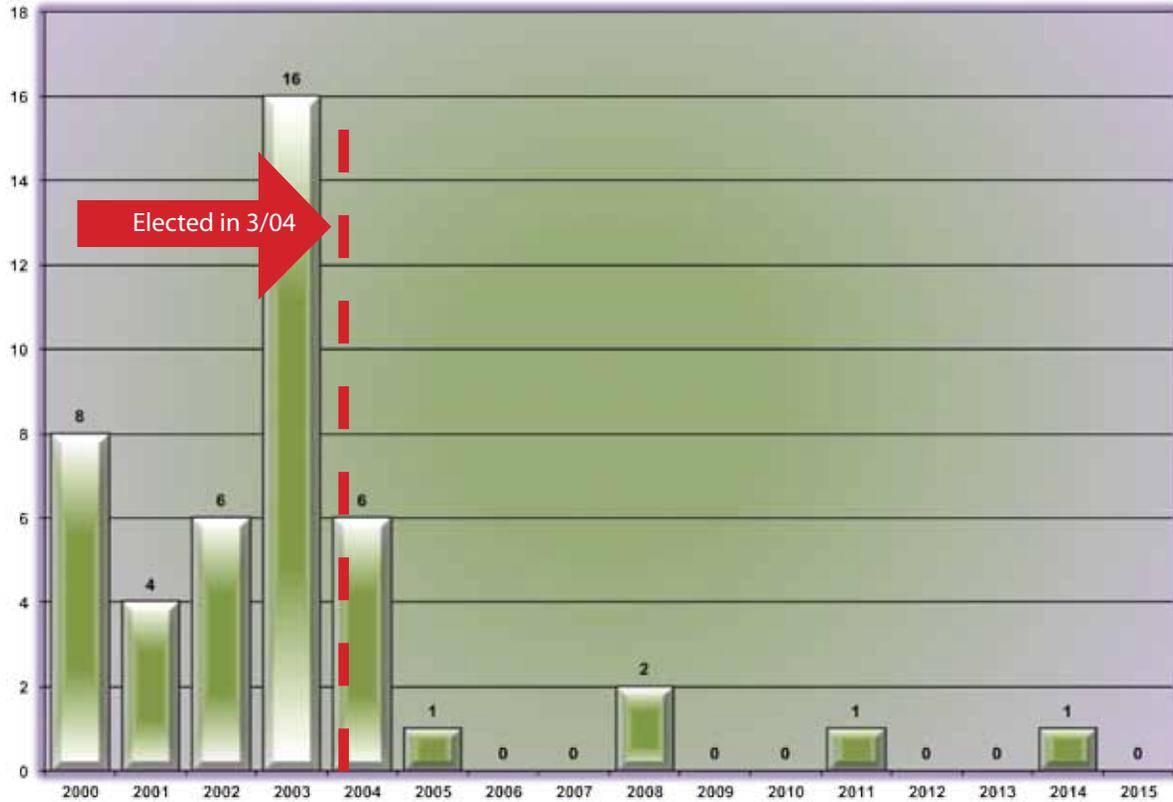


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Village Total Capital Assets



Village Number of Audit Findings



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To learn more visit: Reelectmayorabraham.com

The Mayor's Accomplishments

Financial Highlights

- First year in office reduced audit findings from 17 findings to 1 non-material finding
- Increased tax revenues by as much as \$1,000,000+ per year
- Decreased expenses significantly
- **Increased cash reserves from \$1.7 million to nearly \$10 million**
- New software for budgeting/grants/bank reconciliation
- All fixed assets inventoried
- New computers and software system wide with redundant backups, including new t

Brand Development

- Created a new Village Logo to market Los Ranchos. Branded "Spirit of Los Ranchos"
- Created and designed *Village Vision* to develop a sense of Village and community pride
- Promoted Los Ranchos as a destination for visitors and a sense of place for residents
- Established a strong social media presence to communicate with residents and promote Los Ranchos
- Complete line of merchandise to promote Los Ranchos
- Worked with USPO to make Los Ranchos as the official acceptable city in the 87107/87114 zip codes
- Worked with Department of Motor Vehicles to use Los Ranchos on licenses and car titles
- All utility companies use Los Ranchos as billing address
- Voter ID cards addressed Los Ranchos for the first time
- Instrumental in Bernalillo County using Los Ranchos de Albuquerque on all property tax bills

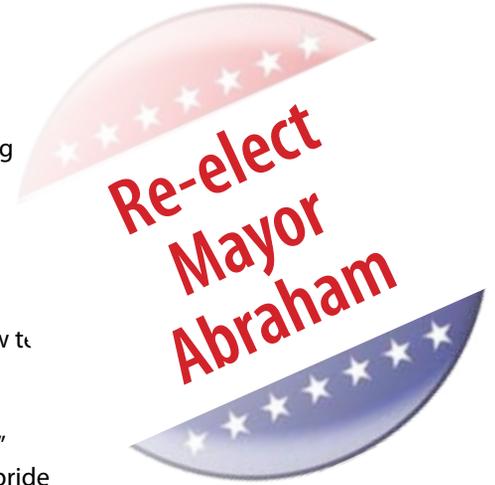
Infrastructure Development

- Electronic Display Speed Boards throughout the community road network
- Completed the Fourth Street Improvement Project (largest capital outlay project in history of Village)
- Taft Fields multi-purpose athletic fields and running track
- Resurfaced Tennis Courts/Basketball Court to a state-of-the-art sports facility; 280 ft. setback reestablished to protect scenic vistas along Rio Grande Blvd.
- Floor area ratios implemented to protect the open space feeling
- Passage of mil levy bond for Open Space purchase
- Perimeter landscaping of Hartnett Park with 80 mature Afghan pines
- Sewer system extended to all of Los Ranchos; completed area I,J, and K sewer system projects
- Resurfacing or repaving all major streets/roads in the Village
- 8,000 square ft community center barn
- New fleet of maintenance vehicles including tractors, street sweeper
- Community trolley car; new Animal Control vehicle
- Instrumental in naming Los Ranchos/Journal Center Rail Stop
- Worked with Albuquerque Journal to create Los Ranchos section in the classifieds
- Created and printed full color Business Directory to promote area businesses
- State-of-the-art camouflaged cell tower with multiple carriers
- Created Department of Public Safety Officer/New DPS Squad car. Emergency Management Response Team
- Presently In-Design Phase to revitalize Fourth Street, construction to begin in 2016, Schulte to Ortega

Open Space Purchased

- 23 acres Anderson Winery and 11,000 square ft. building
- 22 acres open space north of Paseo with commercial rental property
- One acre Edgewood Osuna as gateway to Village
- One half acre Edgewood Osuna
- Four acres for future Village Center development
- Three lots on north side of Osuna

Paid for by residents that care about Los Ranchos, John and Terri Salazar, Treasurers.





An Experienced, Proven Leader

**WITH OVER 20 YEARS OF EXPERIENCE
SERVING VILLAGE GOVERNMENT,
DON LOPEZ** understands the unique needs
of Los Ranchos de Albuquerque.

VOTE FOR
Donald T. (Don)
LOPEZ
MAYOR
FOR
LOS RANCHOS
2016

Election is
Tuesday,
March 1,
2016

Donald (Don) Lopez, The current Trustee and Mayor Pro Tem of the Village is a candidate for the office of Mayor of Los Ranchos in the 2016 Mayoral election. Don is a long term resident of the Village of Los Ranchos de Albuquerque and recognizes that his community is one of the most unique in New Mexico. From the Village of Los Ranchos' verdant, fertile, lush agriculture, to the heritage rich assortment of friends and neighbors, the Rio Grande Valley is a place that Don is proud to have called home for decades.

Los Ranchos de Albuquerque is an incorporated historic village and its north valley location provides a unique environment that includes trees, open ditch irrigation systems, small agricultural plots that allow for livestock, diverse neighborhoods and businesses, all in a relaxed, peaceful and friendly environment. He will ensure that the Village 2020 Master Plan approved in 2011 continues to be the vision and guiding document for all future planning and development projects, including the upcoming fourth street revitalization project.

Don has over 20 years experience serving Village Government, as Trustee 1992-2000, and 2002-to present as well as serving as Mayor Pro Tem 1996-2000 and 2004-to present. He will ensure the Village provides additional police protection to protect Village residents and their property. With zero audit findings this year in the village audit, and several of the last few years, Don has proven not only to be a good neighbor but a financially sound voice as well.

Don is a 30 year Veteran of the US Armed Forces and served as a Colonel (O-6) in the United States Air Force (USAF). Don is a registered Professional Engineer and has over 40 years of Engineering and Management experience in Federal, State Government, private consulting and the USAF Civil Engineering Career Field. Don has lived in the Los ranchos area for many years, attended Los Ranchos elementary, Taft Junior High and Valley High School. He earned a BSCE degree from New Mexico State University, a MSCE degree from University of New Mexico, and completed post-graduate engineering work at University of California Berkeley. A highlight of Don's professional career was when he was named Acting State Engineer of New Mexico by the Governor.

He is currently a part-time consulting Civil Engineer, loving husband, father and grandfather and an avid sports fan.



Re-Elect Mary Homan

Los Ranchos Trustee

15 years dedicated service to Los Ranchos as Trustee and P&Z Commissioner.

Actively involved in regional, statewide and national committees that benefit Los Ranchos economically, strategically and politically.

Fiscally responsible, contributing leadership in the Village's 253% increase in net assets since 2004, including open space and municipal properties purchases, sewer line and bike path improvements, and an accumulation of over \$9 million in financial reserves.

Continues to be instrumental in the collection of public utilities fee payments to Los Ranchos, increasing collections by 219% over tenure.

As both a Village resident and business owner she knows the importance of teaming residents and businesses together to help the Village grow and prosper.

Protects your right to have a voice in Village matters and is available to aid you in issue resolution.

VOTE
MARY HOMAN
March 1
Los Ranchos Trustee

Paid for by Mary Homan

MHoman@losranchosnm.gov



DIANE E. ALBERT

for *Village Trustee*
Los Ranchos de Albuquerque



"A chance to serve my community -- giving voters a choice March 1st."

SMALL BUSINESS OWNER IN THE VILLAGE :: Registered Patent Attorney & Solo Law Practice



EXPERIENCE

LOS RANCHOS PLANNING AND ZONING, 2010-2014
LOS ALAMOS COUNTY COUNCILOR, 2001-04
LOS ALAMOS PLANNING AND ZONING 1995-97

EDUCATION

J.D., UNIVERSITY OF NEW MEXICO, 2007
PHD, MATERIALS SCIENCE, CARNEGIE MELLON UNIVERSITY, 1991

Los Ranchos BEST: BUSINESS, ENVIRONMENT, SAFETY, AND TRANSPORTATION

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OR Email DALBERT@NEWMEXICO.COM

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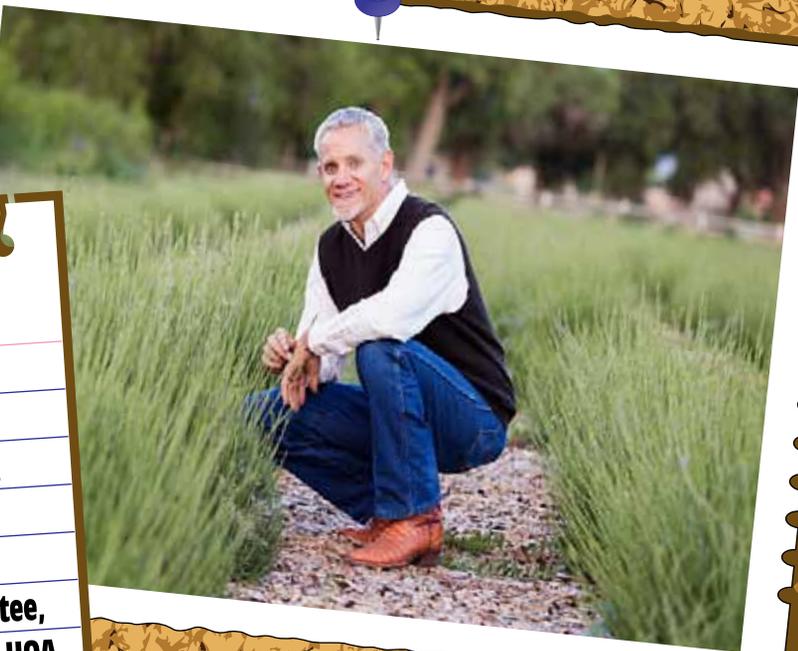
Elect **ALLEN LEWIS**, Trustee Village of Los Ranchos

**Committed to Preserving and
Enhancing Life in the Village!**

**Trustee Since 2014
Village Planning and Zoning Committee,
Past Board Member of Los Poblanos HOA
and Alma Encantada HOA**

**Resident of Los Ranchos Since 1960
Attended Ranchos, Taft, Valley HS**

**Supports Fourth Street Improvement
Project and Agri-Tourism**



**Vote
ALLEN
LEWIS
March 1, 2016**



Allen Lewis and wife, Carla Aragon.

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Election Day March 1



Polls Open
7:00 a.m. - 7:00 p.m.

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Joe Craig, Tom Riccobene, Joe Brawley, Deborah Seligman, Jeff Phillips, Debra Colman, and Tim Tourville

Planning & Zoning Meeting

The next regular meeting
will be held on
Tuesday, March 8, 2015

December 8, 2015

1. CALL TO ORDER

- A. ROLL CALL-THERE WAS A QUORUM PRESENT.
- B. AGENDA
 - 1. Approval of agenda

The agenda was approved unanimously 7-0.

2. PUBLIC COMMENT PERIOD

Residents may address the Planning and Zoning Commission to comment on issues, problems, or successes on topics that do not appear elsewhere on the agenda. Audience members will be given an opportunity to comment on agenda items as they come up. Speakers must register with Village Staff prior to the beginning of the meeting.

There were no public comments.

3. CONSENT AGENDA

All matters listed under the consent agenda are considered to be routine and will be enacted by one motion. There will be no separate discussion of these items. If discussion is desired, that item will be removed from the Consent Agenda and will be considered separately.

- A. Approval of minutes – December 8, 2015

The minutes were approved as amended with a vote of 7-0.

4. PUBLIC HEARINGS AND APPLICATIONS

- A. SDP-15-05 A request for a Preliminary Site Development Plan Review for new commercial development in the Retail Commercial Zone of the Fourth Street Commercial Character Area. The property is located at 7108 4th Street NW and is legally known as Parcel A-1 Lands of Anita Dimas being comprised of Parcels A & B, Lands of Anita Dimas, Village of Los Ranchos de Albuquerque, Bernalillo County, New Mexico, filed in the Office of the Bernalillo County Clerk on June 23, 2015. The property contains 0.9070 acres more or less.

Motion to approve forwarding to the Board of Trustees was unanimous 7-0.

5. OLD BUSINESS

There was no old business.

6. **NEW BUSINESS**

There was no new business.

7. **REPORTS**

A. PLANNING DEPARTMENT REPORT

B. PLANNER MCDONOUGH GAVE THE PLANNING DEPARTMENT REPORT OF ACTIVITIES FOR THE MONTH

8. **COMMISSIONER'S INFORMAL DISCUSSION**

A. REVISIONS TO THE VILLAGE CENTER ZONING CODE

No action was taken.

9. **ADJOURNMENT**

The meeting was adjourned at 10:00 p.m.

* Minutes pending final approval from the Planning & Zoning Committee.



The advertisement features a collage of images: a woman leading a dance class, a soccer player in a yellow uniform, and a butterfly. Overlaid on the collage are three circular icons: a paint palette, a person running, and a bee. The background is a lush green field with flowers. The text 'Bosque Summer' is written in large, bold, orange letters. Below it, the words 'creativity', 'fitness', and 'discovery' are written in a smaller, lowercase font. At the bottom, there is information about online registration and contact details.

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Board of Trustees Meeting

December 9, 2015

The next regular meeting
will be held on
Wednesday, March 9, 2016

1. CALL TO ORDER

Mayor Abraham called the meeting to order at 7:00 p.m.

2. PUBLIC COMMENT PERIOD

Helen Whitesides stated she was here before the Board of Trustees in November to re-register a complaint initially submitted in August 2015 with the Village Administration. After several emails, meetings, letters, and other forms of communication the situation has not been resolved and she has not heard from the Village Administration regarding the compliance of the complaint.

Elizabeth Gordon said we have not received any communication from the Village. We have received follow-up phone calls from two Trustees: Trustee Homan and Trustee Lopez.

Manuel Quintana introduced himself as the PNM Albuquerque Metro Area Manager of Local Government and Community Affairs.

John Edward would like to encourage the Village of Los Ranchos to establish its own school district.

3. PRESENTATIONS

- A. ALBUQUERQUE PUBLIC SCHOOLS / CENTRAL NEW MEXICO COMMUNITY COLLEGE SPECIAL ELECTION ON FEBRUARY 2, 2016: CENTRAL NEW MEXICO COMMUNITY COLLEGE BOND INITIATIVE.

*Alexis Kerchner Tappan discussed the Central New Mexico Community College Bond Initiative in the upcoming February 2, 2016 Special Election.

4. CONSENT AGENDA

- A. MINUTES – DECEMBER 9, 2015 – REGULAR MEETING.

The consent agenda was approved as presented. The motion carried unanimously, 4-0.

*Meeting recessed from 7:35 p.m. to 7:45 p.m.

5. REPORTS

A. MAYOR'S REPORT

Mayor Abraham reported on the following:

- The Los Poblanos Industrial Revenue Bond was approved by Bernalillo County.
- Influx of sightings and encounters with coyotes; Village staff is currently working with wildlife consultants to develop mitigation tactics.

B. ADMINISTRATOR'S REPORT

Administrator Ward reported on the following:

- Dominic Tomba, Animal Control Officer, is completing training to become nationally certified.
- Working with Attorney Chappell on the transference of the Unser Museum property.

C. PLANNER'S REPORT

Planner McDonough reported on the following:

- Working on the storm water permit and awaiting final approval from the EPA.
- Continuation of business registration renewals.

D. LEGAL REPORT

Attorney Chappell reported on the following:

- Working on the extension of the lease for the Unser Museum
- Reviewing amendments to Village Ordinances.

E. PUBLIC SAFETY REPORT

Deputy Hopkins reported on the following:

- After reviewing records, crime in the Village is the lowest it has been in the past five years.

6. FINANCIAL BUSINESS

A. CASH REPORT – DECEMBER 2015

The Cash Report for December 2015 was approved as presented. The motion carried unanimously, 4-0.

B. DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-1-1 MID-YEAR BUDGET ADJUSTMENTS FOR FY 2015-2016.

The Board moved to approve Resolution No. 2016-1-1 Mid-Year Budget Adjustments for FY 2015-2016 with the discussed corrections. The motion carried unanimously, 4-0.

7. PUBLIC HEARINGS AND APPLICATIONS

There are no public hearings.

8. OLD BUSINESS

None.

9. NEW BUSINESS

A. DISCUSSION AND APPROVAL TO AWARD REQUEST FOR PROPOSAL RFP# 2015-03 FOURTH STREET FINAL DESIGN AND CONSTRUCTION MANAGEMENT, AUTHORIZING THE MAYOR TO NEGOTIATE AND EXECUTE THE CONTRACT.

The Board moved to approve the award for Request for Proposal RFP#2015-03 Fourth Street Final Design and Construction Management, authorizing the Mayor to negotiation and execute the contract with Sites Southwest with the following conditions: The Board of Trustees will be provided a copy of the signed contract upon seven (7) days of execution; The contract shall include a detailed scope of work to include the consultant/engineer fee estimate, project schedule, and a subsurface investigation and utility location; the Board of Trustees shall be provided 65/95/100 design (bid docs) which shall include design drawings and specs approved by a New Mexico Professional Engineer; the specs shall include traffic control measures. The motion carried unanimously, 4-0.

- C. DISCUSSION AND APPROVAL OF THE PURCHASE OF PROPERTY LOCATED AT 6931 FOURTH STREET NW, LOS RANCHOS DE ALBUQUERQUE, NM 87107, AUTHORIZING THE MAYOR TO NEGOTIATE AND EXECUTE THE PURCHASE OF THE PROPERTY.

The Board moved to approve the purchase of property located at 6931 Fourth Street, NW, Los Ranchos de Albuquerque, NM 87107, authorizing the Mayor to negotiate and execute the purchase of the property. The motion carried unanimously, 4-0.

- D. DISCUSSION AND APPROVAL OF PRECINCT AND ABSENTEE BOARD MEMBERS AND COMPENSATION FOR THE MARCH 1, 2016 REGULAR MUNICIPAL ELECTION.

The Board moved to approve the precinct and absentee board members and compensation for the March 1, 2016 Regular Municipal Election. The motion carried unanimously, 4-0.

- E. DISCUSSION AND APPROVAL TO ADVERTISE AN ORDINANCE AMENDING CHAPTER 9, ARTICLE 4, SECTION 2 DEFINITIONS §9.4.2., SECTION 3 ZONE REVIEW AND BUILDING PERMITS FOR MRGCD TRACTS §9.4.3., MIDDLE RIO GRANDE CONSERVATION DISTRICT TRACTS, TO THE 2013 CODIFIED ORDINANCES OF THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE.

The Board moved to approve to advertise the ordinance in summary. The motion carried unanimously, 4-0.

10. TRUSTEES INFORMAL DISCUSSION

Members of the Board discussed various informal topics. No action was taken.

11. ADJOURNMENT

The meeting was adjourned at 9: 47 p.m.

* Minutes pending final approval from the Board of Trustees.



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continued from page 13

Help to Take the Guesswork out of Choosing Investments

A tactical approach to asset allocation isn't for everyone as it typically requires an investor to trade rather actively and sometimes trade with greater risk.

Each investor has unique goals for his or her money and a distinctive investment style. It is best to talk with your financial advisor about what kind of asset allocation would be right for you and how often you should redistribute your assets. Bear in mind that although asset allocations diversifies your assets, it does not protect against fluctuating markets and uncertain returns.



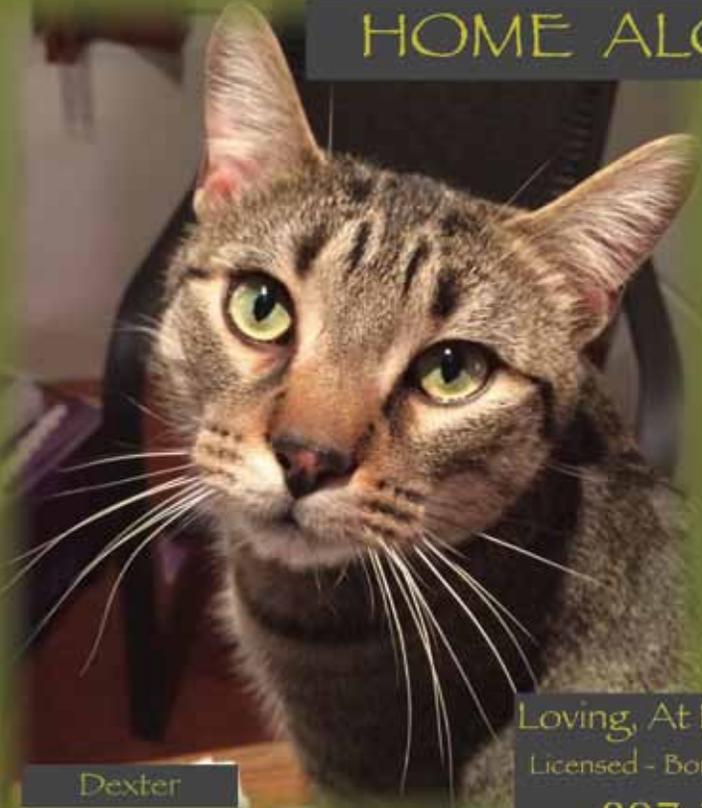
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 2nd Saturday of Month
 10:00 a.m. - noon



Fitness/Health Column

by *Dustin Melville*

Stop Counting Calories and Listen to Your Body

Many people choose a diet based solely on managing the food you eat by counting calories or macronutrients (protein, fat, carbs). Aiming for a quantitative intake of food has its place but it becomes exhausting and difficult to adhere to long-term unless you plan on maintaining a strict life schedule.

Unfortunately, the actual quality of food can also become downplayed on this type of diet because many people just follow a set number of calories at each meal as opposed to the actual content of the food. A calorie is not a calorie. And a carb is not a carb. Even if calorie calculators and labels really are accurate, the calories and macronutrients in different foods behave differently in the body. The body does not treat all calories the same, nor does it treat the macronutrients in the same way. For example, your body will definitely feel the difference between eating 200 calories of chicken versus 200 calories of bread. This is also true even when comparing carbs to carbs, proteins to proteins, or fats to fats. This is why it does not make sense to lump macronutrients together as if there is no difference.

It is also likely that your total calorie requirements will fluctuate daily. Your energy expenditure is not fixed so the amount of calories you use would not be the same from day-to-day. If you are dieting to lose fat, remember that overriding hunger in order to fill a reduced calorie quota will actually work the opposite. The metabolism needs small and frequent meals to stay efficient and keep the body in a constant fat burning state, so skipping meals does not make sense.

If you have never counted calories or tracked macros, do so. It will show you how to compare foods and their estimated calories and nutrients. Those who have never tracked are often shocked to find they have been getting not enough protein. Tracking your food intake for as little as a few weeks should give you a pretty solid awareness of the foods you eat most often. You will also get a ballpark idea of how much you need in order to feel good depending on your training, recovery needs, appetite, etc.

Bottom line, it is okay to track your food intake but do not let it rule your

life. Keep a journal of your daily meals, time of intake, and how you feel each day so you can properly track weight loss, energy levels, etc. Once you know what foods work for your body and in the general quantities that get results, do not be afraid to mix it up. Sometimes all it takes to stay on track is to throw in a couple new food choices or allow for a few more calories on a day when your workout was extra intense. You are more likely to stick with a plan if you give yourself the freedom to make some allowances along the way. Good luck!

*Dustin Melville, Owner
Powerflex Gyms, North Valley Club
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505-369-1011
www.powerflexgym.com*



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School Events

Albuquerque Academy

6400 Wyoming Blvd. NE
Albuquerque, NM 87109
828-3208
www.aa.edu
withinreach.aa.edu (digital viewbook)

Alvarado Elementary School

1100 Solar Road NW
Albuquerque, NM 87107
344-4412
www.aps.edu/schools/alvarado

Bosque School

4000 Learning Road NW
Albuquerque, NM 87120
898-6388

www.bosqueschool.org

Upcoming Events:

- Apply for the 2016-2017 School Year Online
- February 26-28 - Bosque Theater Department Presents the musical "Beauty and the Beast" tickets online.
- March 4-6 - Bosque Theater Department Presents the musical "Beauty and the Beast" tickets online.
- Bosque Summer registration: Creativity, Fitness & Discovery 2016!
- Online registration for students in grades 1-12 http://www.bosqueschool.org/Summer_Camps.aspx
- March 13-26 - International Cultural Exchange trip to Mexico City
- March 21-24 - Winterim Week "Experiential Learning"
- March 28-April 1 - Spring Break

Los Ranchos Elementary School

7609 Fourth Street NW
Los Ranchos, NM 87107
898-0794
www.aps.edu/aps/losranchos

Upcoming Events:

- March 8 - Community and School Resource Fair - Community is welcome to attend along with our students and families
- March 16 5:30-7:30 Literacy Night
- March 25 Vernal Holiday No School

North Valley Academy

7939 Fourth Street NW
Los Ranchos, NM 87114
998-0501

www.nvanm.org

Upcoming Events:

- In December, North Valley Academy was successful in their application for a 5-year charter renewal, granted by the Public Education Commission. We wish to express our thanks to the community of Los Ranchos, Rick Saylor, and all of our NVA families for their constructive support and confidence as we continue our journey in creating a school of high standards and achievement.
- #### Upcoming Events:
- March 9-16 - Spring Book Fair. Held in the Saylor Center for the Arts and open to the public during the regular school day. Many books to choose from - supports the NVA library and PTO.
 - March 25-April 1 - Spring Break - No school
 - April 29 - PREMIER EVENT. Annual "Doorway to the Arts" featuring a dessert buffet with chocolate fountain, live, Richmond Street Jazz, Silent Auction, and masterpiece artwork from all students, pre-K thru 8th grade. Join us for this wonderful evening, open to the public. Makes a great family evening or date night!

Sandia Preparatory School

532 Osuna Blvd. Rd. NE
Albuquerque, NM 87113
338-3000 phone
338-3099 fax
www.sandiaprep.org

Taft Middle School

620 Schulte Road NW
Los Ranchos, NM 87107
344-4389

www.taftms.org

Upcoming Events:

- March 25 - April 1 - Spring Break. Students and staff return to school on Monday, April 4

Taylor Middle School

8200 Guadalupe Trail NW
Los Ranchos, NM 87114
898-3666 x22154

Victory Christian School

220 El Pueblo Road NW
Los Ranchos, NM 87114
898-3060
www.vcsabq.org




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Saturday, March 26

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2:00 pm



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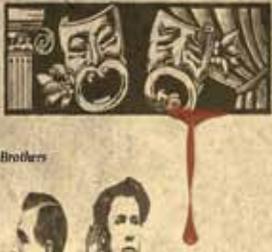
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Caesar's Blood
A World Premiere by Rich Rubin
Directed by Ryan Jason Cook

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Theater News

by Marcelle Garfield Cady



Caesar's Blood at The Adobe in March

Following a very successful production of *Deathtrap* in January, Neil Simon's very funny comedy *The Odd Couple* opened mid-February and continues through March 6. If you have not yet seen it, there may still be a chance to do so.

While the actors and production crew are preparing for the next show, there will be a special single performance, on Saturday, March 12, of Nora Ephron and Delia Ephron's *Love Loss And What I Wore*, based on the book by Ilene Beckerman, directed by Philip J. Shortell. It is organized as a series of monologues and uses a rotating cast of five principal women. The subject matter of the monologues includes women's relationships and wardrobes and at times the interaction of the two, using the female wardrobe as a time capsule of a woman's life. Nora Ephron identified with the stories in the book, because the book "is not about fashion; it is about what clothes really are to us, those moments when we are constantly trying to find our identity through them." Gingy acts as the narrator. The show opens with her sketching various

parts of her wardrobe that stir the most poignant memories. She weaves her life story among the other tales, describing her three marriages, motherhood and the death of a child, each turning point marked by a particular item of clothing.

The Adobe Theater welcomes back playwright Rich Rubin, whose production of *Assisted Living* was performed in 2009. We are proud to present the world premiere of his new play *Caesar's Blood*. In a historical event, the three Booth brothers (Edwin, Junious and John Wilkes) come together for a one night only performance of William Shakespeare's *Julius Caesar* at the New York's Winter Garden Theatre on the evening of November 25, 1864. With the American Civil War coming to a close, slavery and discrimination are still heavy in the air. Edwin Booth, knowing his youngest brother, John Wilkes Booth, has a heart for the deep south, hires Benjamin Waters, a freed slave to be his assistant and dresser for the performance. As the family's lives untangle in the dressing room before and after the show, history begins to fall

in place as John Wilkes Booth exits the theatre in a huff, with weapon in hand. Masterfully directed by Ryan Jason Cook, be sure not to miss this exciting new play.

Caesar's Blood opens at The Adobe Theater on Friday, March 25, and runs four weekends through Sunday, April 17. Fridays and Saturdays at 7:30 p.m. and Sundays at 2:00 p.m., with a special 'Pay What You Will' performance (to benefit the cast and crew) on Thursday, April 7, at 7:30 p.m. Tickets are \$17, seniors and students \$15. Reservations 898-9222, or online at www.adobetheater.org.

The Adobe Theater is located at 9813 Fourth Street NW, Albuquerque.

Advertising with the Los Ranchos Village Vision Magazine



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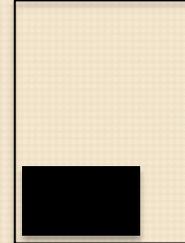
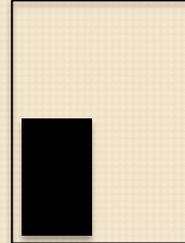
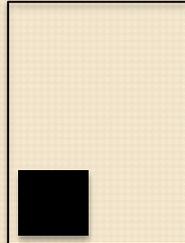
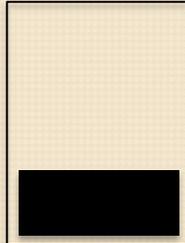
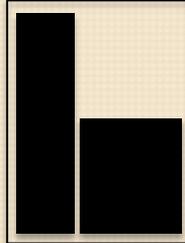
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Los Ranchos Business Rate

Size	1 Issue	3 Issues 10% off	6 Issues 20% off	12 Issues 40% off
Full Page	\$200	\$540	\$960	\$1440
1/2 Page	\$100	\$270	\$480	\$720
1/3 Page	\$80	\$216	\$384	\$576
1/4 Page	\$65	\$175.50	\$312	\$468
1/6 Page	\$45	\$121.50	\$216	\$324
1/12 Page	\$30	\$81	\$144	\$216

Non-Village Business, Village Resident Rate

Size	1 Issue	3 Issues 10% off	6 Issues 20% off	12 Issues 40% off
Full Page	\$250	\$675	\$1200	\$1800
1/2 Page	\$138.50	\$371.25	\$660	\$990
1/3 Page	\$100	\$270	\$480	\$720
1/4 Page	\$81.25	\$219.38	\$390	\$585
1/6 Page	\$56.25	\$151.88	\$270	\$405
1/12 Page	\$37.50	\$101.25	\$180	\$270

Non-Village Business, Non-Village Resident Rate

Size	1 Issue	3 Issues 10% off	6 Issues 20% off	12 Issues 40% off
Full Page	\$300	\$810	\$1440	\$2160
1/2 Page	\$165	\$445.50	\$792	\$1188
1/3 Page	\$120	\$324	\$576	\$864
1/4 Page	\$97.50	\$263.25	\$468	\$702
1/6 Page	\$67.50	\$182.25	\$324	\$486
1/12 Page	\$45	\$121.50	\$216	\$324

Add-On Interactive Digital Features

Add-ons require purchase of print ad. Features viewable via losranchosnm.gov, click Multimedia, then Village Magazine. No quantity discount available on add-ons.

Features:	Per Issue
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Clickable websites / email links / hotspots	\$15
Photo gallery (maximum of 25 photos)	\$20
Flash animation (SWF file only supporting flash 10)	\$20
Video (MOV, MP4, FLV, YouTube ID only)	\$20
Auto-start pop-out video (same requirements)	\$25

- Winter (January/February) Issue
- March Issue
- Spring (April/May) Issue
- June Issue
- Summer (July/August) Lavender Issue
- September Issue
- Fall (October) Issue
- Holiday (November/December) Issue

To place an advertisement, contact the Los Ranchos Village Vision Magazine advertising coordinator:
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szamarron@losranchosnm.gov
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Los Ranchos, NM 87107

Advertisements must be paid in full and artwork must be received by each publication deadline. No installments permitted.

*Full page bleeds must be indicated when submitting ad. Advertisements should only be submitted in following formats: Print-ready PDF, JPEG, or .tiff. Black text should be 100% black, NOT RICH BLACK. Fonts should be converted to outlines, embedded, or included with the file, as well as any linked images. Ads MUST be designed to exact measurements. Ads not sized correctly may be returned or resized to fit the page layout, at the discretion of the magazine. Ad design or edits must be made by the business prior to submission. Ads must be received by the deadline published in each issue. Flash animation features only viewable on desktops. Prices above include tax. Checks should be made out to Village of Los Ranchos.

The Los Ranchos Village Vision Magazine has grown since it began in 2004. Eight issues per calendar year are released, with each issue between 48 and 56 full color pages, and printed on 70# gloss paper. The magazine is mailed free to every household and every business in Los Ranchos. There are, in addition, a number of paid subscriptions outside the Village, and complimentary copies are distributed at Village events. The magazine is written about the Village, by Villagers, for Villagers.



by Staff Writer

A Healthy Beet Salad

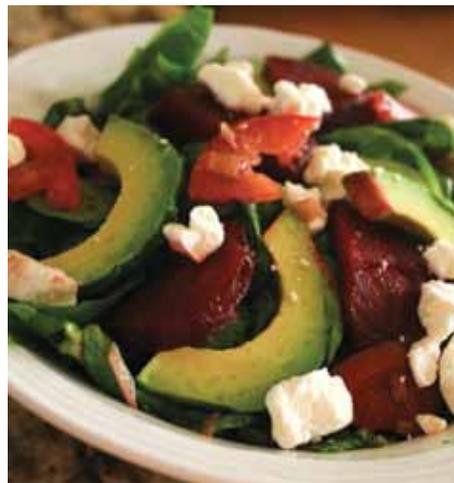
Beets are high in immune-boosting vitamin C, fiber, and essential minerals like potassium, essential for healthy nerve and muscle function and manganese, which is good for your bones, liver, kidneys, and pancreas. Beets also contain the B vitamin folate, which helps reduce the risk of birth defects.

Place fresh roasted beets over a bed of baby spinach with tomatoes, avocados, onions and feta cheese drizzled with a balsamic dressing and you have a healthy main dish or a perfect side dish to a grilled fish or meat.

Ingredients

- 6 large beets, trimmed
- 1/4 cup extra virgin olive oil
- salt and ground black pepper
- 8 ounces baby spinach leaves*
- 2 tomatoes, cut into bite-sized pieces
- 2 avocados - peeled, pitted, and cut into bite-sized pieces
- 1/2 red onion, chopped, or to taste
- 4 ounces crumbled feta cheese
- 1/2 cup balsamic vinegar
- 1/2 cup extra-virgin olive oil
- 1 tablespoon Dijon mustard

Preheat oven to 375 degrees F. Place



the beets into a large bowl, and drizzle with 1/4 cup olive oil, salt, and black pepper. Lay out two large squares of aluminum foil on a work surface, and place three beets onto the center of each sheet. Fold the aluminum foil into two envelopes, sealing the beets into the packets; place the packets into a baking dish.

Bake in the preheated oven until tender, 1 to 1 1/2 hours. Check for tenderness after one hour by piercing a beet with a fork. Open the foil, and allow the beets to cool until they can be handled; peel, and slice.

Lay out the spinach leaves on an at-

tractive oblong-shaped serving platter. Sprinkle pieces of tomato and avocado over the spinach leaves, and top with chopped red onion. Lay the sliced warm beets over the salad, and top with crumbled feta cheese.

Whisk together balsamic vinegar, 1/2 cup of olive oil, and Dijon mustard until smooth; pour over the salad to serve.

*if you purchased beets with fresh and tender greens attached, thoroughly wash the beet greens and mix in with the spinach for an excellent source of carotenoids, flavonoid anti-oxidants, and vitamin A.



Recipe by:monkeydoo3, AllRecipes.com

Village (Vil-ij) a small group of houses in a rural area larger than a Hamlet.
Los Ranchos - The village within a city.



Hey....
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something
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happenings

Mail theft is a very serious issue both nationally and locally. It can lead to identity theft. As a community, we need to play a major role in helping to prevent mail theft in Los Ranchos.



page 1

Election day is March 1. Polls are open from 7:00 a.m. to 7:00 p.m. at Village Hall located at 6718 Rio Grande Blvd., NW.



page 3

The 2016 Los Ranchos Spring Break Farm Camp will take place March 28-April 1 from 9:00 a.m. to 3:00 p.m. at the Los Ranchos Agri-Nature Center. We'll explore the 20-plus acres of the Los Ranchos Agri-Nature Center and nearby bosque and hone our urban tracking skills. We'll help build a healthy garden habitat and make and keep a garden journal to track our discoveries as we go.



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