



# Los Ranchos *Village* Vision

Fall 2016



*"Tim & Lorraine's combined efforts resulted in an extremely smooth transaction in both the sale of our house and the purchase of another.*

*Tim's experience as a negotiator and a Village P&Z Commissioner was invaluable.*

*Lorraine's staging and marketing efforts produced an out of state buyer in a very short period of time.*

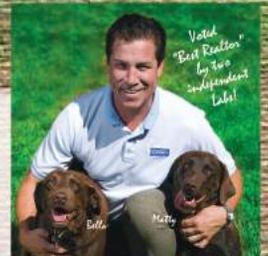
*We highly recommend Tim & Lorraine."*

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## Mayor's Report

by Larry Abraham



# Autumn in the Village

October in the Village is truly a wonderful time of the year. Green chile roasting, hot air balloons, cool and crisp mornings, and the final days of the growing and harvesting seasons. As the sun filters through the canopy of cottonwoods that line the acequias, I cannot help but think how fortunate we are to live in such a setting.

The ditches, drains, and acequias provide for the lush and fertile lands of the Village. For many of us, they also serve as a unique quality of life asset. A place to connect with the natural beauty, a wildlife habitat, and a social network linking neighbors and neighborhoods. This is an amazing treasure.

At many of the entrances to the acequias we have placed signs and pet waste stations. We did so a number of years ago as a response to resident concerns over dogs being walked off of a leash on the ditches. Of import for all of us, is the reminder that nearly all of the irrigation ditches going through Los Ranchos are on or go through private property. Though we may view the ditch system as a public asset, at the end of the day it is private property and we use others land at the generosity of individual land owners. Please be mindful and considerate as you enjoy your morning or evening stroll.

I, like you, feel that the ditches and acequias are an important and integral part of the rural and agricultural heritage of our Village and want to maintain the character of the ditches.

We are making progress - although, admittedly, not fast enough for me - on the design of Fourth Street. We had a presentation from the design team at the September meeting of the Board of Trustees. We learned of a few design and construction challenges that the team is experiencing or

anticipating. This has delayed the completion of the first set of designs but we anticipate that once the solutions are thought through the team can rapidly catch up with the project. We are still anticipating and planning for a first quarter of 2017 start of construction.

I knew this day would come eventually, it does not make it any easier to say farewell to one of our most treasured of Village residents and volunteers. Sue Brawley, the Los Ranchos Growers' Market manager, announced last month that she would be stepping down from that role. She has made an unparalleled contribution to the Village and has left us, the Village and me, forever in her debt.

Our growers' market is one of the best in New Mexico and we have Sue to thank. The commitment and service to the Village that she has demonstrated is remarkable to say the least.

I am both happy and sad. Happy that Sue will be able pursue a next chapter for her life and sad that the Village will loose such a strong advocate for the agricultural heritage of our Village who oversees our growers' market.

Sue will always hold a special place in the heart and soul of our Village. Sue will manage the market through the end of the calendar year. So, please visit the Los Ranchos Growers' Market and visit with Sue and let her know how much you appreciate her great work for the Village.

# Calendar

## Planning and Zoning Commission Meetings

Tuesday, October 11, 7:00 p.m.  
 Tuesday, November 8, 7:00 p.m.  
 Tuesday, December 13, 7:00 p.m.

## Board of Trustees Regular Meetings

Wednesday, October 12, 7:00 p.m.  
 Wednesday, November 9, 7:00 p.m.  
 Wednesday, December 14, 7:00 p.m.

## Deadlines: Los Ranchos Vision Magazine

*Advertising and Article Submissions Due*  
 Friday, October 14, Holiday Issue (November/December)  
 Friday, December 9, Winter Issue (January-February 2017)

## Growers' and Arts/Crafts Market

Saturday, October 1, 8:00 a.m. – noon  
 Saturday, October 8, 8:00 a.m. – noon  
 Saturday, October 15, 8:00 a.m. – noon  
 Saturday, October 22, 8:00 a.m. – noon  
*Costume Day*  
 Saturday, October 29, 8:00 a.m. – noon  
 Saturday, November 5, 8:00 a.m. – noon  
 Saturday, November 12, 8:00 a.m. – noon  
*Last Market of the Regular Season*  
 Saturday, December 10, 8:00 a.m. – noon  
*Winter Market, Holiday Cheer*

## Columbus Day

Monday, October 10  
*Village office closed*

## Voter Registration Closes 5:30 p.m.

Tuesday, October 11

## Absentee Voting

Tuesday, October 11 - Friday, November 4

## Early Voting Begins

Saturday, October 22 - Saturday, November 5

## First Responders 5K

Sunday, October 23

## General Election 7:00 a.m.-7:00 p.m.

Tuesday, November 8

## Veterans' Day

Friday, November 11  
*Village office closed*

## Thanksgiving Day

Thursday, November 24 and Friday, November 25  
*Village office closed*

## North Fourth Holiday Stop & Shop

Saturday, December 3 - Sunday, December 4

## Christmas Day, December 25

Monday, December 26  
*Village office closed*

## OCTOBER

S	M	T	W	T	F	S
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2	3	4	5	6	7	8
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## NOVEMBER

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27	28	29	30			

## DECEMBER

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4	5	6	7	8	9	10
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# Village at-a-Glance

## General Election

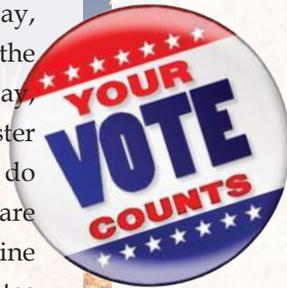
The General Election will be held on Tuesday, November 8, 2016. Voter registration with the Bernalillo County Clerk's office closes on Tuesday, October 11, 2016 at 5:00 p.m. If you need to register to vote or update your information, please do so before this date. Voter registration forms are available at Village Hall or you can register on line at <http://505.state.nm.us>. Important election dates and information are listed on page 23.

## Fall is in the Air

Leaves are turning colors, the nights are cooler and the state fair has come and gone. Both the Public Safety and Fire columns address safety concerns we need to be mindful of as the seasons change. The transition from summer to fall, is also marked by the use of a fireplace. Whether you have a traditional fireplace, a gas burning fireplace or a zero clearance fireplace, there are safety and maintenance measures that should be taken before you fire it up. Check out the article on page 13 for safety and inspection information.

## Eleventh Annual North Fourth Holiday Stop & Shop is Around the Corner

North Fourth Street merchants are invited to take part in this annual holiday event. It takes place over two days, Saturday, December 3, and Sunday, December 4, giving customers ample time to spend in each shop. Last year's event brought hundreds of shoppers to the participating businesses. By combining marketing efforts with an event like this, local businesses make a greater impact with their advertising dollars, while promoting North Fourth Street as a shopping destination. The North Fourth Holiday Stop & Shop is sponsored by the Village of Los Ranchos, as well as the local businesses. If you missed the Early Bird registration special, it is not too late. You can still sign up as a participating business and/or a sponsor. For forms or additional information, please contact Norma Jean Scott at 345-3669.



# Fall 2016 In This Issue

## Columns

Mayor's Report	1
Calendar	2
Safety Column	7
Fire Corner	9
Ditch Writer	11
Real Estate FYI	17
Life in Images	24
Health/Fitness	37
School Events	39
Theater News	41
Food Column	43

## Features

A Favorite Book, A Cup of Hot Chocolate and the Warmth of a Fire	13
Finding a Pillow in Los Ranchos Etc., General Election Important Dates and Information	15
Etc., Dar a Luz Birth & Health Center Approaches Major Landmark	23
In Memoriam: Turner Branch	27

## Inside Village Hall

Planning & Zoning Summaries	
August 9	29
September 13	31
Board of Trustees Summaries	
July 13	33
August 10	37
Advertising Information	42

Cover photo:

*Sunflower at Sunset from Los Poblanos by Tim Arnold*



Kathryn E. Terry

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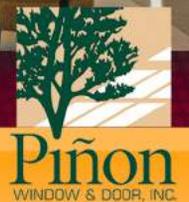
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Village of Los Ranchos de Albuquerque  
6718 Rio Grande Blvd. NW | 344-6582

**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@berncogov

**Julie Hirshfield, Farm Camp Coordinator**  
jhirshfield@losranchosnm.gov

**Robin Hopkins, Public Safety Director**  
rhopkins@losranchosnm.gov  
Cell: (505) 977-1165

**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](mailto:info@losranchosnm.gov).

**CONTRIBUTORS**  
Mayor Larry Abraham, Pam Armbrrecht, David Bexfield, Marcy Bissell, Sue Brawley, Marcelle Garfield Cady, Robin Hopkins, Commander Greg Perez, Stephanie Dominguez, Carol Klimek, Lorilee McDowell, Dustin Melville, Ashley Stokes, Lorraine Tourville, and Tim Tourville.

**Visit us on the Web**

The Village  
Growers' Market      [losranchosnm.gov](http://losranchosnm.gov)  
[losranchosgrowersmarket.com](http://losranchosgrowersmarket.com)

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**@LosRanchosNM, Official Page**

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**@LosRanchosNM, Official page**  
**@LosRanchosEM, Emergency Manager**

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**Pinterest - LosRanchosNM**

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## Public Safety

by Robin Hopkins, BCSO  
Director of Public Safety,  
Village of Los Ranchos



# Do Not Be an Easy Target

In law enforcement, and in life, it is very frustrating not to learn from the past, and see it needlessly repeat itself. The holidays are coming and we will have an increase of gifts in our cars, we may be out of town, or busy running around not paying attention which is what thieves are looking for, an easy target. Let us be mindful and vigilant, be aware of our surroundings, and remember the safety basics.

Several years back, around this time, the Village was the scene of several burglaries. The suspect was eventually caught by an alert resident and the quick response from the Bernalillo County Sheriff's Deputies. The suspected burglar admitted to numerous burglaries and attempted burglaries not only in the Village but other areas in the North Valley. In the detective's interview the suspect stated that he would look for unlocked vehicles or residences. If the door or window was unlocked, he would go inside and steal anything of value small enough to carry away. He said if the doors or windows were locked, he would just leave and go to another house or car in the area.

While the Sheriff's office has increased their patrols, they cannot be everywhere all the time. Here are some steadfast tips to keep history from repeating itself.

- Keep your doors and windows locked even when you are home and at night when you go to bed.
- Make sure your garage is closed and locked.
- Lock your vehicle even in your locked garage, the more layers of security the better.
- Have outdoor lighting set so that motion will turn the lights on.
- When leaving your vehicle, lock the doors and do not leave any valuables in plain sight.
- Lock valuables in the trunk.
- Get to know your neighbors, I cannot over state this enough.
- If you see anything suspicious, report it immediately.

Some important things to remember when reporting a crime or suspicious activity.

- In an emergency call 911. If you are on your home or business (landline) and you are in the Village, the call will go to Bernalillo County. If you call

“The only lesson you can learn from history is that it repeats itself”

*Bangambiki Habyarimana*

from a cell phone, make sure you tell the dispatcher you are in the Village. Depending on the location of the cell tower that picks up your signal, the call could go to the City of Albuquerque's 911 center. If you need either deputies or fire and it is not an emergency, call 798-7000.

If you have any questions or concerns about public safety, or anything you think I could help with, please feel free to contact me at 977-1165 or rhopkins@losranchosnm.gov. I am gratefully serving the Village of Los Ranchos.



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## Fire Corner

by Staffing Division Chief Greg Perez,  
Bernalillo County Fire Department



# The Smells of Roasting Chile and Wood Burning Fill the Air

I hope each of you were able to enjoy the wonderful summer we had and you had the opportunity to enjoy the company of your family and friends under our beautiful and hot blue New Mexico skies. As we enter my favorite time of the year, fall, there are a few things we must be mindful of as we enjoy gorgeous evenings with a slight chill in the air and the smells associated with the season such as roasting chile and fresh wood burning in the air.

- Before starting the first fire of the season, make sure your chimney is clear of any hazards such as birds nest or excessive soot build-up.
- When starting up your furnace, it is a good idea to have it inspected by a certified professional. You will also want to make sure the area around the unit is clear of clutter.
- Make sure you have fresh batteries for your smoke detectors and carbon monoxide detectors. These should be changed as part of the daylight savings activities. Remember carbon monoxide is an odorless gas and a silent killer.

• School is back in full swing. Please obey all posted speed limits in school zones and school bus warning lights during student drop off and pick up.

• In the Albuquerque area, with the fall season, comes the International Balloon Fiesta. It is important to keep your eyes on the road and not the sky. You must be aware of the balloons and the crews that come along with them. When a balloon lands, it tends to draw a crowd. Keep this in mind while driving.

• We cannot forget Halloween. Make sure children are in safe costumes that leave plenty of room to see, breathe, and move about freely. If “trick or treating” is a part of your tradition, make sure this it is done in a well-lit neighborhood. Each child should have a flashlight along with reflective material somewhere on their costume. Adult supervision is recommended at all times.

Well, I think that about covers it. Last, but not least, when you decide to make that first batch of homemade

cookies, some delicious pumpkin bread or cherry pie, I’m sure there is a fire station near-by that would love to sample them for you.

On behalf of myself and the men and women of the Bernalillo County Fire and Rescue along with our County Manager Julie Morgas Baca, we wish a happy fall to all.

## Engine Update

Bernalillo County’s new fire engine has started down the line. Go to [http://www.siddons-martin.com/custom/page/your\\_truck\\_on\\_the\\_line#job30016](http://www.siddons-martin.com/custom/page/your_truck_on_the_line#job30016) and watch the build process. The pictures will be updated every Friday until it is complete.

Our truck will be listed under Village of Los Ranchos or Bernalillo County. We expect the truck to be complete near the end of October.

*You are invited*

to our annual



*Elegant  
Autumn  
Evening*

*11.18.16*

celebrate the season  
with friends and neighbors  
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music, browse our holiday previews  
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## Ditch Writer

An Agri-highlights Column  
by Sue Brawley and Lorilee McDowell

## Market Starts at 8:00 a.m.

Now that the days are shorter, the market starts one hour later, and runs every Saturday through November 14 from 8:00 a.m. to 12:00 noon.

Depending on the first frost, the market may have apples, hot peppers, bell peppers, onions, garlic, assorted greens, root veggies, greens, and potatoes. Winter squash is bountiful in October when you can select from butternut, acorn, spaghetti, lakota, Long Island Cheese, delicata, churshaw, turks turbin, pie-pumpkin, jack-o-lantern pumpkins, and many more. They range in color from beige to orange to green to striped. Flesh colors range

from pale yellow to deep orange. Many are good keepers and will last all winter – so stock up now. Decorative gourds, dried flowers, corn stalks, and dried grasses are also available. Pick up some pansies, decorative kales, and other cool-weather bedding plants.

Check out our website for more information about the availability of local produce and products at the market. Visit our Facebook page (Los Ranchos Growers Market) for local product information and to view pictures.

### October 22: Costume Day

Costume Day is our annual celebration when adults, children and dogs (or other pets) can come in costume. Children can trick or treat at vendor tables. BeeBee will also be doing face painting.

[www.losranchosgrowersmarket.com](http://www.losranchosgrowersmarket.com)

## From Market to Your Table

by Lorilee McDowell

### Butternut Squash and Apple Casserole

Fall is for squash, and also for apples. Here is a combination that goes nicely with a pork roast. In a large skillet, melt a spoonful of butter, add a little olive oil. Sauté a finely chopped rib of celery, several chopped large shallots, (or a small onion) and a small butternut squash, peeled, seeded, and cut into small chunks. Stir often, cooking until the veggies soften. Reduce heat, cover the pan, and cook until the squash is tender. Add salt and pepper to taste.

To the skillet, add two Granny Smith apples, peeled, cored, and chopped, and a teaspoon of fresh, chopped thyme (lemon or orange thyme add a nice touch), and continue to cook covered, until the apples are tender, five

to ten minutes. Transfer the contents of the skillet to a buttered baking dish and preheat the oven to 400°.

Topping: you may use buttered bread crumbs; however, it is tastier with some good, but not too sweet, granola, preferably with chopped pecans. You can make your own granola or buy it. Mix a half-cup or so of the granola with a couple tablespoons of soft butter and a dash of salt and spread it on top of the casserole. Put it all in the oven and bake for ten minutes, until the topping is nice and brown and crunchy. Drizzle a little of the pork roast gravy over the top.





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# A Favorite Book, A Cup of Hot Chocolate and the Warmth of a Fire

Adapted from <http://www.thisoldhouse.com/toh/photos/0,,20544540,00.html>

by Staff Writer

Curling up in front of a warm fireplace with your favorite book or a cup of hot chocolate is a perfect way to spend the afternoon on a winter's day. Every type of fireplace, whether wood-burning, pellet, gas, or electric, poses a potential danger. According to the National Fire Protection Association (NFPA), "The leading factor contributing to home heating fires (28 percent) was failure to clean, principally creosote from solid-fueled heating equipment, primarily chimneys." Before you fire up your fireplace, make sure it is safe. Here are a few safety tips.

- **Hire a Chimney Sweep.** The National Fire Protection Association recommends that chimneys be swept at least once a year at the beginning of the winter to remove soot and debris. House Logic recommends cleaning based on usage. "Get your chimney cleaned twice a year if you burn more than three cords of wood annually. A cord is 4 feet high by 4 feet wide by 8 feet long, or the amount that would fill two full-size pickup trucks."

- **Check for Damage.** In addition to cleaning, a chimney sweep should inspect the chimney structure for cracks, loose bricks, or missing mortar. Chimney liners should also be checked for cracking or deterioration.

- **Cap the Chimney.** A cap fitted with wire-mesh sides covers the top of the chimney and keeps rain, birds, squirrels, and debris from entering. Replace or repair a cap that is missing or damaged.

- **Burn Seasoned Hardwoods.** Only burn dry, cured wood — logs that have

been split, stacked, and dried for eight to 12 months. Green wood and resinous softwoods like pine produce more creosote, a flammable by-product of combustion that can build up in the chimney. Hardwoods such as hickory, white oak, beech, sugar maple, and white ash burn longest. Less dense woods like spruce or white pine burn well if sufficiently dry, according to the Chimney Safety Institute of America (CSIA).

Small fires generate less smoke, producing less creosote buildup. A fire that is too large or too hot can crack the chimney. Be sure to place logs at the rear of the fireplace on a metal grate. Use kindling, rather than flammable liquids, to start the fire. Never burn rolled newspapers, charcoal, plastic, crates, painted wood, or other treated wood in the fireplace.

Make sure the area around the fireplace is clear of anything that is potentially flammable (ie: furniture, drapes, newspapers, books, etc.). Keep children and pets away from the fireplace. The NFPA states, "Placing things that can burn too close to heating equipment or placing heating equipment too close to things that can burn, such as upholstered furniture, clothing, mattress, or bedding, was the leading factor contributing to ignition in fatal home heating fires and accounted for more than half (53 percent) of home heating fire deaths."

Make sure the fire is completely out before going to bed or leaving the house. Do not close the damper until all the embers have completely stopped burning.



It is also important to install both a smoke and carbon monoxide detector and to be sure to keep a fire extinguisher on hand.

When cleaning the fireplace, store ashes in a non-combustible container with a tightly fitting lid and place the container away from the house.

Gas fireplaces also require routine maintenance and service to ensure proper working order. Services typically performed include:

- Adjusting millivolt output.
- Cleaning and adjusting the glowing embers and logs
- Cleaning the fan and related air circulation passages.
- Checking the batteries in the carbon monoxide detector.
- Ensuring the vents are unobstructed.

Zero clearance fireplace also need to be maintained and operated properly in order to function safely and perform at their best. Read the manufacturer's instruction manual for your specific product or consult the manufacturers' website.

Sources: *Fireplace Safety Fact Sheet* [www.hpba.org/PreventiveMaintenance](http://www.hpba.org/PreventiveMaintenance)  
 NFPA "Home Fires Involving Heating Equipment" report by John R. Hall, Jr., October 2013  
<http://www.houselogic.com/home-advice/fireplaces-chimneys/wood-fireplace-9-tips-safety-and-efficiency>

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## Rediscover the Village

# Finding a Pillow in Los Ranchos

by Dave Bexfield

Benjamin Franklin was right: After three days, guests are a lot like fish—by then you want to gut and fillet them (oh, I joke!). Fortunately there are better, more humane options.

Winter is coming. While that might jazz Game of Throne fans and passionate skiers (and snowboarders), there is a darker, more ominous reality: the holidays are coming as well. Now of course holidays are fantastically awesome, but with fantastically awesome holidays come some less than fantastically awesome house guests. Benjamin Franklin was right: After three days, guests are a lot like fish—by then you want to gut and fillet them (oh, I joke!). Fortunately there are better, more humane options.

Arguably the most humane option for your guests in Los Ranchos de Albuquerque, indeed perhaps the entire state, is Los Poblanos Historic Inn & Organic Farm. A popular celebrity haunt with a string of accolades too vast to list, the inn deservedly gets credit for offering some of the Southwest's finest lodging. Indeed, Los Poblanos, a John Gaw Meem gem owned and operated by three generations of the Rembe family (Armin and Penny are now retired), gets everything perfect, right down to the roaming peacocks on the delightful grounds.

Just up the road, Sarabande B&B bills itself as a “bed and breakfast with a modern twist.” The inn was purchased in 2014 by Nancy Klion, who has lived in the Village for 25 years, and was elegantly renovated taking architectural cues from classic New Mexico

and blending them with the simple lines of modern design. All four guest rooms (rates start in the \$160 range) feature

a private bath and include a gourmet breakfast.

The Village is home to two other fine B&Bs, both tucked into the cottonwoods. The three-acre hacienda Adobe Garden is a short stroll from Casa Rodeña. The inn, run by Lee and Tricia Smith, has three rooms along with a guest house (rates start in the \$120 range). Up the road, Casita Chamisa B&B was recently reopened by Kit and Arnold Sargeant's granddaughter Sarah and her beau Jeremy. The archaeologically significant historical site features a two-bedroom guest house and a large bedroom in the 170-year-old adobe home (\$95 and up). (And a quirky bonus: for those playing Pokémon Go, the B&B is also a gym.) You'll find delicious hot breakfasts at both, including Arnold's signature blue-corn pancakes at Casita Chamisa.

In addition to a handful of Airbnb rooms, casitas, and entire homes for rent, there are two other Village options that are generally tailored for longer stays: The Alameda House, billed as a luxury vacation estate with suites and a separate residence available, and the nostalgic El Camino Motel, an eminently affordable classic along the original Route 66 still owned by the same family for over 30 years. While you won't see strolling peacocks at the El Camino (or cable TV for that matter—rooms are simple and clean here), you can still find cute guinea hens milling about down neighboring Tyler Rd.

Yes, winter is definitely coming. And my relatives are definitely not staying with me this Christmas.



*The sleek, modern kitchen of Sarabande B&B fuses with classic New Mexico*



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

PERMIT

NUMBER \_\_\_\_\_

ADDRESS \_\_\_\_\_

This Property is located in the Village of Los Ranchos de Albuquerque and all Village ordinances apply to this property.

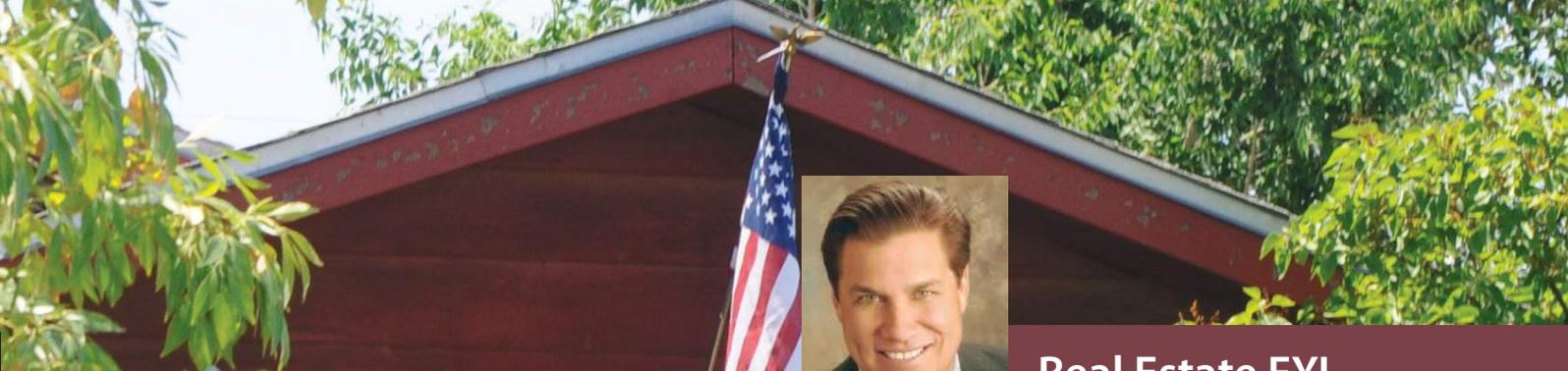
Gross receipts must be reported to 02-200 or subject to maximum penalty under the law.

ORDINANCE NUMBER 196 10-12-2005

ACTIVE

ADDRESS	MLS#	LIST PRICE	LOT	SF	BR	BA	G	AGENT	COMPANY	PHONE
6930 Rio Grande	851114	\$2,200,000.00	6.92	VACANT LAND				D'Nette Wood	Avio Real Estate, LLC	(505) 463-2910
8817 Fourth Street	870684	\$1,500,000.00	5.92	VACANT LAND				Christopher Sandoval	The Source Realty	(505) 344-3610
8202 Guadalupe	864143	\$1,000,000.00	2.54	VACANT LAND				Linda Martinez	Coldwell Banker Legacy	(505) 828-1000
2251 Rio Grande	835693	\$720,000.00	3	VACANT LAND				Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
1023 Cottonwood	859138	\$490,000.00	1.08	VACANT LAND				Marlene Vance	Advance Realty	(505) 203-1097
6921 Rio Grande	859140	\$450,000.00	1.22	VACANT LAND				Marlene Vance	Advance Realty	(505) 203-1097
6901 Rio Grande	859142	\$450,000.00	1.52	VACANT LAND				Marlene Vance	Advance Realty	(505) 203-1097
971 Bonita Rosas Dr.	868696	\$377,000.00	1.13	VACANT LAND				Kim Jensen	Keller Williams Realty	(505) 271-8200
1022 Cottonwood	842895	\$370,000.00	1.2	VACANT LAND				Jeanne Kuriyan	Keller Williams Realty	(505) 897-1100
585 Alma Encantada Ct.	861098	\$329,000.00	1.55	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
719 San Juan	855008	\$325,000.00	1	VACANT LAND				Susan Feil	Coldwell Banker Legacy	(505) 293-3700
6765 Guadalupe	861753	\$275,000.00	1	VACANT LAND				James Shull	ABQ Properties LLC	(505) 717-3002
915 La Senda	859669	\$249,000.00	0.72	VACANT LAND				Mark Thompson	Cauwels & Stuve Realty & Dev.	(505) 266-5711
328 Rancho	846529	\$240,000.00	1	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
324 Rancho	846530	\$215,000.00	0.8	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6502 Fourth Street	846437	\$215,000.00	0.58	VACANT LAND				John Yost	Jackie Fisher Realty & Assoc.	(505) 285-6800
8830 Fourth Street	866842	\$185,000.00	0.63	VACANT LAND				Jeanette Raver	Realty One of New Mexico	(505) 554-2213
7412 Rio Grande	834960	\$2,995,000.00	3.81	6400	5	6	6	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
2000 Los Poblanos	871923	\$2,950,000.00	3	8295	6	7	3	Susan Feil	Coldwell Banker Legacy	(505) 293-3700
7200 Rio Grande	845577	\$2,900,000.00	12.29	5374	4	4	0	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
5415 Eakes	866537	\$2,895,000.00	2	6153	6	7	4	Jeanne DiLorenzo	Keller Williams Realty	(505) 271-8200
8643 Rio Grande	870111	\$2,600,000.00	2.57	7138	5	7	3	Angela Lang	Q Realty, Inc.	(505) 750-0059
5425 Eakes	871425	\$2,500,000.00	2	5786	3	4	4	Joseph Maez	Keller Williams Realty	(505) 897-1100
7512 Rio Grande	848674	\$2,400,000.00	2	6866	4	6	13	Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
4701 Rio Grande	858875	\$2,000,000.00	3.06	8234	5	6	4	Michelle Smith	Coldwell Banker Legacy	(505) 828-1000
5201 Eakes	849341	\$1,650,000.00	2.74	5988	5	5	3	Rodger Barton	Structure Services Group	(505) 818-7450
5911 Padre Roberto	861120	\$1,650,000.00	2	6400	6	6	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
4674 Los Poblanos	842081	\$1,450,000.00	1.2	6140	6	8	9	Dominic Serna	Keller Williams Realty	(505) 271-8200
970 Bonita Rosas	856414	\$1,350,000.00	1.13	4937	4	5	4	Bill Chreist	Sunn Quality Homes, LLC	(505) 350-7089
1608 Narcisa	861122	\$1,295,000.00	2	5129	4	6	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
8904 Rio Grande	860022	\$1,254,000.00	0.8	6154	5	5	3	Leda Cook	Real Estate Professional Serv.	(505) 554-1244
4611 Rio Grande	852690	\$1,100,000.00	2.98	3755	4	4	7	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
5715 Tinnin	867589	\$1,070,000.00	1.16	5516	5	5	3	Leah Rush	Rush Home Real Estate	(505) 620-0767
8202 Guadalupe	864142	\$1,000,000.00	2.54	1347	2	2	2	Linda Martinez	Coldwell Banker Legacy	(505) 828-1000
4601 Rio Grande	853216	\$990,000.00	2.5	3502	3	4	1	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
5110 Eakes	866872	\$950,000.00	3	3850	5	5	3	David Baird	Acthora	(505) 503-7999
6409 Ave. la Cuchilla	864793	\$915,000.00	0.93	4156	4	4	3	Billingham Team	Keller Williams Realty	(505) 271-8200
750 Chamisal Road	873477	\$885,000.00	1.24	4687	5	4	2	Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6504 Calle Candela	861137	\$879,000.00	0.77	4140	4	4	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
5715 Eakes	856254	\$847,000.00	1.04	3933	4	4	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
6400 Ave. La Cuchilla	868300	\$789,000.00	0.71	3700	4	3	2	Marilyn Gregg	Ida Kelly Realtors	(505) 888-1000
707 Alondra	872084	\$769,000.00	0.47	3186	3	3	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
6781 Rio Grande	870167	\$729,000.00	0.57	4110	4	4	3.5	Maria Stone	Equity New Mexico	(505) 291-0050
208 Nico	859469	\$715,000.00	0.77	3805	4	3	4	JoAnn Brown	Brown & Associates, Inc.	(505) 883-1674
8312 Guadalupe	862787	\$700,000.00	2.73	2208	5	1	0	Daniel Martinez	Berkshire Hathaway HomeSvc	(505) 994-8585
714 Ranchitos	871002	\$698,000.00	1	3580	4	3	3	Mary Lou Lyden	Realty One of New Mexico	(505) 883-9400
1010 Ranchitos	870964	\$665,000.00	1	4114	5	4	2	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
937 Green Valley	867421	\$649,900.00	1.03	4541	4	4	4	Crystal Sadowski	Coldwell Banker Legacy	(505) 292-8900
827 El Alhambra	861123	\$649,000.00	0.98	3444	4	3	2	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
6769 Guadalupe	838784	\$630,000.00	1.6	3000	5	4	4	Mike Novak	Re/Max Masters	(505) 883-8979
333 Rancho	874562	\$575,000.00	1.41	3778	3	5	3	Talia Freedman	Signature Southwest Prop.	(505) 332-8838
4124 Dietz Farm	870612	\$569,000.00	0.69	3107	5	4	2	Beverly Hilton	Realty One of New Mexico	(505) 883-9400
8911 Rio Grande	868546	\$550,000.00	1.39	4365	6	5	3	Mike Novak	Re/Max Masters	(505) 883-8979
926 Pueblo Solano	841280	\$550,000.00	0.71	3825	5	5	1	Dom Garcia	Dom Garcia Realty	(505) 899-4644
8503 Rio Grande	862914	\$499,900.00	1	2200	3	2	2	Jerome Maldonado	J. Jacob Realty, LLC	(505) 385-1600
608 Bledsoe	868909	\$475,000.00	1.35	2843	4	3	2	Robin Riegler	Coldwell Banker Legacy	(505) 293-3700
6717 Guadalupe	874245	\$457,000.00	0.97	2801	3	3	0	Maria Pumilia	Keller Williams Realty	(505) 271-8200
220 Nico	869422	\$425,000.00	0.21	2540	4	5	3	Suzan Walker	Re/Max Elite	(505) 798-1000
625 Sandia View	874537	\$410,000.00	0.3	2233	3	3	2	Lynn Johnson	Keller Williams Realty	(505) 897-1100

The information herein is deemed reliable, but not guaranteed from SWMLS compiled on or before September 2, 2016 by Tim Tourville, Coldwell Banker Legacy 292-8900.



## Real Estate FYI

by Tim Tourville, CRS

# Fall Fixes

Yes, green chile is roasting along Fourth Street. It is true, fall is here, and that means winter is just around the corner. The changing of the seasons is always a good time to invest in a little home maintenance so your abode is running smoothly and you catch any potentially large (and expensive) problems before they get out of hand. Follow this checklist and you will be in good shape for the winter.

### Interior

- Check ceiling and surfaces around windows for evidence of moisture.
- Check caulking around showers, bathtubs, sinks and toilet bases.
- Ensure all stairs and railings do not have any loose sections.
- Test all fire and safety systems, including carbon monoxide detectors.

### Heating & Cooling

- Clean or change furnace filters.
- Keep area around heating and cooling equipment clear.
- Winterize evaporative cooler and shut off water supply line.

### Electrical

- Periodically check for exposed wiring and cable. Replace as necessary.

- Check all lamp cords, extension cords, and receptacles for wear.
- Trip circuit breakers every six months and ground fault circuit interrupters monthly.

### Doors & Windows

- Look for loose or missing glazing putty.
- Check caulking for deterioration at the openings and joints between dissimilar materials.
- Check weather stripping.
- Check for broken glass and damaged or missing screens.

### Plumbing

- Check all faucets, hose bibs, and supply valves for leaking and insulate if needed.
- Check for evidence of leaks around and under sinks, showers, toilets and tubs.
- Inspect lawn sprinkler system for leaky valves and exposed lines.
- Check the main water shut-off valve for operation and leakage.
- Winterize your well.

### Roof

- Check for any missing, loose or damaged shingles.
- Look for open seams, blisters, and bald areas on flat roofs.

- Clean canals, gutters, strainers, and downspouts.
- Check flashing around all surface projections, sidewalls, and protrusions.
- Trim back all tree limbs and vegetation away from the roof.

### Foundation & Exterior

- Check foundation walls and floors for cracking, heaving, spalling, deterioration or efflorescence.
- Inspect chimney for loose, deteriorated or missing mortar or bricks.
- Verify basement and crawlspace has no moisture or leaks.
- Inspect all decks, patios, porches, stairs, and railings for deterioration.
- Cut back and trim all vegetation from structures.

Villagers have responded to my checklists with mixed emotions. Most folks appreciate the list; as long as it is not handed to them by their significant other.

Main: 505-292-8900

Cell: 505-604-8468

timtourville@comcast.net



LEGACY

### ACTIVE

ADDRESS	MLS#	LIST PRICE	LOT	SF	BR	BA	G	AGENT	COMPANY	PHONE
338 Nara Visa	868008	\$389,000.00	0.33	2423	3	2	2	Sari Krolik	The Ingles/Company Realtors	(505) 828-1366
613 Schulte	860988	\$374,900.00	1.21	2547	4	2	4	Bonnie Kelly	Berkshire Hathaway Home Svc	(505) 798-6300
6822 Fifth Street	860275	\$356,000.00	0.38	2504	3	2	0	Christine Carrejo	The Source Realty	(505) 344-3610
327 Willow	871161	\$350,000.00	0.44	3129	4	3	1	Rick Walsh	Rick Walsh Realty	(505) 797-2000
1012 Ortega	874680	\$269,000.00	0.31	1949	3	2	2	Ashok Kaushal	P2 Real Estate, Inc.	(505) 821-6937
300 Enchanted Valley	874242	\$250,000.00	0.36	1726	3	2	2	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
7821 Guadalupe	863568	\$249,000.00	0.75	3800	3	3	1	Joan Wagner	Coldwell Banker Legacy	(505) 828-1000
6602 Elwood	849692	\$249,000.00	0.42	2266	4	2	1	Chris Lucas	Century 21 Unica Real Estate	(505) 293-8400

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## Lodging

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 4803 Rio Grande Blvd NW  
 505-344-9297  
 lospoblanos.com

Sarabande B&B  
 5637 Rio Grande Blvd NW  
 505-348-5593,  
 sarabandebnb.com

Adobe Garden  
 641 Chavez St NW  
 505-345-1954  
 adobegarden.com

Casita Chamisa B&B  
 850 Chamisal Rd NW  
 505-897-4644  
 casitachamisa.com

Alameda House  
 9001 Rio Grande Blvd NW  
 505-350-7587  
 stay-alameda.com

El Camino Motel  
 6851 Fourth St NW  
 505-344-1606  
 elcaminohotelnm.com

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# SARAH MAESTAS BARNES

## DEEP NORTH VALLEY ROOTS

I am a 12th generation New Mexican who was raised here in the North Valley and attended our local schools (Taylor and Alameda). I have chosen to remain in the North Valley where my husband and I are now raising our young children. As a longtime resident, I have seen the progress we have made, but we must continue to improve our community. I've worked hard to bring more resources to the North Valley and Village of Los Ranchos. Over the past two years, I have secured and contributed funding to the following projects:



- ✓ **\$905,500** – Village of Los Ranchos de Albuquerque for Improvements for 4th Street Revitalization Project and the Agri-Nature Center Building and Grounds
- ✓ **\$503,000** – Taylor and Taft Middle Schools for Capital Improvements (new Track & Field, landscaping, furniture, security cameras, information technology, and other infrastructure and improvements)
- ✓ **\$305,000** – Alvarado, Los Ranchos and Alameda Elementary Schools for Capital Improvements (security cameras, furniture, information technology, and other infrastructure and improvements)
- ✓ **\$195,000** – North Valley and Alameda Little Leagues for Capital Improvements (new turf, shade structures, bleachers)



## WORKING FOR SAFER COMMUNITIES & MORE HIGHER PAYING JOBS

### I sponsored and passed legislation to

- ✓ Increase penalties for repeat drunk drivers so we can have safer streets.
- ✓ Increase penalties for those who commit vehicular homicide while under the influence or drugs.
- ✓ Increase penalties for possessing, distributing and manufacturing child pornography, so our children are better protected from child pedophiles and those seeking to do them harm.



### I also introduced bills to:

- ✓ Help small business owners by providing tax relief to help grow their small businesses, which would result in more jobs for New Mexicans.
- ✓ Extend the solar tax credit for homeowners and small businesses to encourage clean energy generation, make systems affordable for consumers and create more jobs.

**Early Voting Starts October 18.**

**VOTE ON TUESDAY, NOVEMBER 8**

A portrait of Sarah Maestas Barnes, a woman with long brown hair, wearing a white button-down shirt and a turquoise necklace. She is smiling and looking towards the camera. The background is a bright blue sky with some clouds.

“As your State Representative, I have always put New Mexicans first. I have introduced and passed bipartisan legislation that benefits all New Mexicans. Although, I have worked very hard on your behalf, there is still more work to do to improve our education system and economy. My continued promise is to always put New Mexicans first and fight for initiatives that will give us, and future generations, a better New Mexico.”

*Sarah*



[www.sarhmaestasbarnes.com](http://www.sarhmaestasbarnes.com)



(505) 847-6391



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**SARAH**

**MAESTAS BARNES**

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John 917-3888

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## General Election Important Dates and Information

The general election will be held on Tuesday, November 8, 2016. Below are important dates to keep in mind:

**Voter Registration** - Voter registration with the Bernalillo County Clerk's Office closes on Tuesday, October 11, at 5:00 p.m. You must be registered to vote by this date in order to vote in the general election. If you need to register to vote or update your information, contact the Bernalillo County Clerk's Office at 468-1291. Voter registration forms are available at Village Hall or you can register online at <http://www.sos.state.nm.us>.

**Absentee Voting** - Absentee voting will begin Tuesday, October 11. To request an absentee ballot application, contact the County Clerk's Office at 468-1291 or visit [www.bernco.gov](http://www.bernco.gov). Absentee ballot applications must be received by 5:00 p.m. on Friday, November 4, 2016.

**Early Voting** - Early voting will be held Saturday, October 22 through Saturday, November 5. There will be one early voting center in the Village. It will be located at the Los Ranchos Villa Shopping Center at 6601 Fourth Street NW, Suites K&L. Polling hours are 8:00 a.m. to 8:00 p.m. For a list of all early voting centers, visit [www.bernco.gov](http://www.bernco.gov).

**Election Day** - On Tuesday, November 8, voters may cast their ballot at any voting center from 7:00 a.m. to 7:00 p.m. There will be two election day voting centers in the Village. They will be located at the Los Ranchos Villa Shopping Center at 6601 Fourth Street NW, Suites K&L (Fourth & Osuna) and Taylor Middle School at 8200 Guadalupe Trail NW. For a complete list of election day voting centers, visit [www.bernco.gov](http://www.bernco.gov).

## Dar a Luz Birth & Health Center Approaches Major Landmark

by Staff Writer



Abigail Lanin Eaves, executive director and founder of Dar a Luz Birthing Center, speaks with passion and excitement about the nearly 500 babies born at the center since opening in March of 2011. She had her eye on the Village for years, always admiring the serene outdoor spaces. She knew the Village was the right fit for the center. Dar a Luz set up shop at 7708 Fourth Street NW and commenced on their journey.

As of this writing, 495 babies have been born at Dar a Luz. All with the help of eighteen staff members, up from the three members on staff when the center opened. Families of all types are welcomed and encouraged to participate in healthcare, pregnancy, and childbirth. The mission of Dar a Luz is clearly stated as being "dedicated to providing compassionate and holistic prenatal care, women's health services and a safe alternative to hospital birth for women and their families."

Assisting in the birth of nearly 500 babies is not the only milestone Dar a Luz has to celebrate. Abigail and the

staff of Dar a Luz assisted in the birth of new legislation. In March of this year, the bill to license free-standing birthing centers was enacted by the state legislature. The new law provides an avenue for more women to choose a birthing center for their prenatal care, baby's birth, postnatal care, and other health services. Dar a Luz is now the first birthing center in the state to be licensed.

The center also hosts multiple classes for mom-to-be and her family including orientations for those choosing to have their child at Dar a Luz; infant, child, and adult CPR, newborn basics and breastfeeding classes, partner classes, and much more. Dar a Luz is also a milk collection site for babies in intensive care and a Strong Start participating organization.

Congratulations to Dar a Luz for helping bring nearly 500 babies safely into the world. We hope its just the beginning. For more information about the center, community involvement, or to inquire about services visit [www.daraluzbirthcenter.org](http://www.daraluzbirthcenter.org).

# Life in Images

We want to thank the many Villagers that are capturing images of the eclectic character of our community. Each perspective is unique, as seen through the eyes of individuals at different stages in their lives, bringing a variety of life experiences to the images.

We encourage more of you to submit your images. Remember the images submitted are used either in the Vision magazine as a photo essay, on the cover or as filler. Images may also be used on the Village's website or Facebook page.

The photographs on this page were submitted by Tim Arnold, J.T. Micheleson, and Laura Stower. The cover image, *Sunflower at Sunset from Los Poblanos* was submitted by Tim Arnold. The full image is shown on the right. An additional image by Darly Ortiz-Mashke was used on page 39 in this issue.

Your image could be on the cover of the next issue. Send images to [losranchosimages@gmail.com](mailto:losranchosimages@gmail.com). Include location of image, a caption, and contact information. Images must be suitable for print (300 dpi at 100 percent). If you have any questions, contact, Ashley Stokes at the Village office.



*Party Girl by J.T. Micheleson*



*Sunflower at Sunset from Los Poblanos by Tim Arnold*

Balloons by Laura Stowers

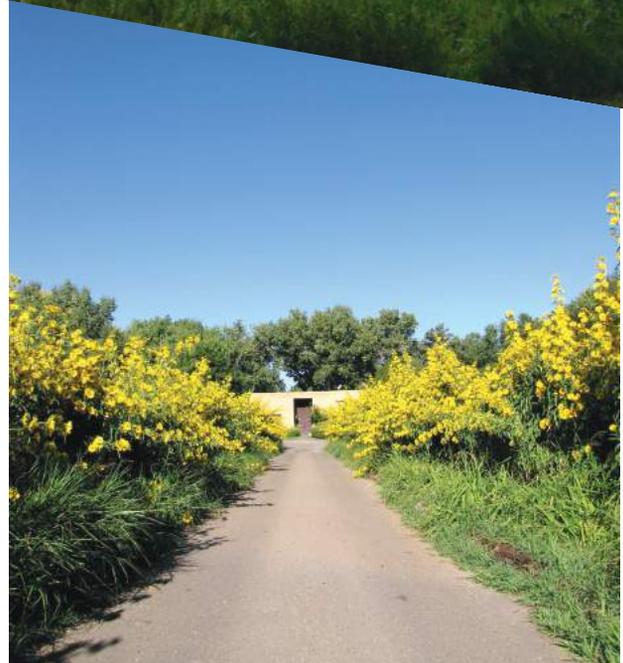


Image by Laura Stowers

Poblanos Fields Storm Clouds by Tim Arnold



Party Girl Among the Maximillian Daisies by J.T. Micheleson



Daisies Down Drive by J.T. Micheleson

# Are you in control of your retirement savings?

Changing jobs or being laid off can cause you to look at your retirement plan savings.

You generally have four options for your retirement plan distribution:

1. Roll over your assets into an Individual Retirement Account (IRA)
2. Leave your assets in your former employer's plan, if allowed by the plan
3. Move your assets directly to your new employer's plan, if allowed by the plan
4. Take your money out and pay the associated taxes and, possibly, penalties

Each of these options has advantages and disadvantages and the one that is best depends on your individual circumstances. You should consider features such as investment choices, fees and expenses, and services offered. Your Financial Advisor can help educate you regarding your choices so you can decide. Be sure to speak with your current retirement plan administrator and tax professional before taking any action.

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## Turner W. Branch

Turner W. Branch was born on August 22, 1938 in Houston, Texas to James and Juanita Branch. After a lengthy illness, he died in Phoenix, AZ on August 4, at the age of 77. In addition to Margaret Moses Branch, Turner's wife, friend and law partner, he is survived by Brian Branch and his wife



Dawn Chavez Branch, children Nicholas and Samuel; Rebecca Branch and her husband Clyde DeMersseman, children Victoria and Branch DeMersseman; brother James Branch and wife Joni; sister Virginia Branch-Perret. He was predeceased by his parents and sister Nancy Huitt.

In 1956, Branch graduated from the Marist School in Atlanta. In 1960, he graduated with a B.A. in Political Science from the University of New Mexico where he was student body president and a member of Phi Sigma Alpha, the Political Science Honors Society. He was also a member and remained active throughout his life in the Pi Kappa Alpha Fraternity.

Branch was commissioned as a second lieutenant in the United States Marine Corps on active duty at Quantico, VA. He was assigned to Camp Pendleton, CA, and joined the Second Battalion of Fifth Marines, First Marine Division where he served for three and a half years.

After an honorable discharge in 1963, he graduated in 1965 from Baylor Law School, where he was a section editor of the Law Review. He received the T.R. McDonald Award as the outstanding student at the law school. He served as chairman of the Student Grievance

Committee, was selected to Omicron Delta Kappa and to the International Legal Fraternity of Phi Delta Phi.

He returned to Albuquerque, NM to practice law in 1965. He was a member of the state bars of New Mexico, Colorado and Texas and the Bar Association of the District of Columbia. He also served the state he loved as a New Mexico State Legislator.

Branch was the founder of the Branch Law Firm, one of the oldest personal injury firms in New Mexico, and has been known for taking on challenging, complex and controversial cases involving personal injury, wrongful death, products liability, as well as catastrophic class actions and mass torts against pharmaceutical companies on a national and international basis. Branch authored and contributed to numerous articles, books and speeches in the field of personal injury and spoke to national trial attorney associations.

# Keeping the Village Green and New Mexico Growing!

## Dave is committed to moving Los Ranchos and New Mexico forward:

- Supporting small business and jobs/economic development
- Investing in education
- Holding corrupt politicians accountable
- Fighting violent crime and increasing treatment programs
- Protecting our water and natural resources

## Dave is an Proven, Accomplished Leader:

- Director of New Mexico State Parks—increased tourism.
- Executive Director of the JCC—serving the entire community.
- Respected for his integrity & bi-partisanship.

Dave lives in Los Ranchos with his wife, Ann, and two daughters.



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Joe Craig, Tom Riccobene, Lynn Eby, Joe Brawley, Jeff Phillips, Debra Colman, and Tim Tourville

## Planning & Zoning Meeting

### August 9

---

The next regular meeting  
will be held on  
Tuesday, November 8, 2016

---

#### 1. CALL TO ORDER

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

*The agenda was amended and then approved (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 was no public comment.*

#### 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 – JULY 12, 2016

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

#### 4. PUBLIC HEARINGS AND APPLICATIONS

ITEM 4-A. SDP-16-01 A REQUEST BY PETERSON PROPERTIES & JMD PARTNERSHIP FOR A SKETCH SITE DEVELOPMENT PLAN APPROVAL FOR NEW COMMERCIAL DEVELOPMENT IN THE VILLAGE CENTER ZONE OF THE FOURTH STREET COMMERCIAL CHARACTER AREA. THE PROPERTY IS LOCATED AT 6561 FOURTH ST. NW AND IS LEGALLY KNOWN AS TRACT 41 G, MIDDLE RIO GRANDE CONSERVANCY DISTRICT PROPERTY MAP NO. MAP 29, WITHIN THE ELLENA GALLEGOS GRANT IN PROJECTED SECTIONS 28 AND 29, T11N, R3E, N.M.P.M., VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO, THE SAME AS BEING DESIGNATED IN A WARRANTY DEED FILED MAY 31, 1952 AS DOCUMENT NUMBER 85109, RECORDS OF BERNALILLO COUNTY, NEW MEXICO, BEING MORE PARTICULARLY DESCRIBED BY SURVEY PERFORMED BY RUSS P. HUGG NEW MEXICO PROFESSIONAL SURVEYOR NUMBER 9750 USING NEW MEXICO STATE PLANE GRID BEARINGS (CENTRAL ZONE – NAD27) AND GROUND DISTANCES. THE PROPERTY CONTAINS 0.9317 ACRES MORE OR LESS.

*There was no action taken.*



ITEM 4-B. SDP-16-02 A REQUEST BY CHRISTINE RODRIQUEZ FOR A SKETCH SITE DEVELOPMENT PLAN APPROVAL FOR NEW COMMERCIAL DEVELOPMENT IN THE GATEWAY DISTRICT ZONE OF THE FOURTH STREET COMMERCIAL CHARACTER AREA. THE PROPERTY IS LOCATED AT 8312 AND 8318 FOURTH STREET NW AND IS LEGALLY KNOWN AS PLAT OF LOTS A-1 AND A-2, VILLA CHRISTINA, BRING A REPLAT OF TRACT "A" PARAISO ESCONDIDO WITHIN THE TOWN OF ALAMEDA GRANT, PROJECTED SECTION 16, T11N, R3E, N.M.P.M., VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO AS THE SAME IS SHOWN AND DESIGNATED ON THE PLAT FILED IN THE OFFICE OF THE COUNTY CLERK OF BERNALILLO COUNTY, NEW MEXICO ON FEBRUARY 24, 2010. THE PROPERTY CONTAINS 1.1939 ACRES MORE OR LESS.

*This item was deferred by the applicant until the September 13, 2016 meeting.*

ITEM 4-C V-16-03,04, & 05 A REQUEST BY ABEL AND LUCILLE GARCIA FOR VARIANCES FROM §9.2.7(E)(5) AREA REQUIREMENTS IN THE A-1 ZONE OF THE VILLAGE WEST CHARACTER AREA. THE PROPERTY IS LOCATED AT 795 RANCHITOS RD. NW AND IS LEGALLY KNOWN AS CORRECTED PLAT OF TRACT A RANCHO ESPERANZA WITHIN SECTION 20, T.11N., R.3E., N.M.P.M. VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO, AS THE SAME IS SHOWN AND DESIGNATED ON THE PLAT FILED IN THE OFFICE OF THE COUNTY CLERK OF BERNALILLO COUNTY, NEW MEXICO FILED ON OCTOBER 13, 2015. THE PROPERTY CONTAINS 1.1127 ACRES MORE OR LESS. THE VARIANCES REQUESTED ARE:

- A. V-16-03 A request for a Variance from §9.2.7(E)(1) the minimum lot area shall be one (1) acre (43,560 square feet); to allow a division of one lot into two lots, one 0.43 ac (18,800 SF) lot and one 0.68 ac (29,699 SF) lot in the A-1 Zone of the North Rio Grande Character Area.

*The request to allow a subdivision of one lot into two was denied by a vote of (4-3). With Commissioners Tourville, Phillips and Riccobene voting yes.*

- B. V-16-04 A request for a Variance from §9.2.7(E)(2)(a)(1) the front setback shall be twenty-five (25) feet; to allow for a 20 foot front setback on each of two (2) lots in the A-1 Zone of the North Rio Grande Character Area.

The request for a front setback to 20 Feet was approved with a vote of (5-2) with Commissioners Phillips and Eby voting no.

- C. V-16-05 A request for a Variance from §9.2.7(E)(2)(a)(3) the rear setback shall be twenty-five (25) feet; to allow for a 15 foot rear setback on each of two (2) lots in the A-1 Zone of the North Rio Grande Character Area.

*The request for a rear setback to 15 Feet was approved with a vote of (5-2) with Commissioners Phillips and Eby voting no.*

## 5. OLD BUSINESS

- A. DISCUSSION AND RECOMMENDATION ON TEXT CHANGES FOR §9.2.14 VC VILLAGE CENTER ZONE

*The recommendation was deferred to a special meeting on August 29, 2016 at 1:00 p.m.*

## 6. NEW BUSINESS

*There was no new business*

## 7. REPORTS

- A. PLANNING DEPARTMENT REPORT

*There was no report given.*

## 8. COMMISSIONER'S INFORMAL DISCUSSION

There was no informal discussion.

## 9. ADJOURNMENT

*The meeting was adjourned at 10:43 p.m.*

\* Minutes pending final approval from the Planning and Zoning Commission.



Joe Craig, Tom Riccobene, Lynn Eby, Joe Brawley, Jeff Phillips, Debra Colman, and Tim Tourville

## Planning & Zoning Meeting

The next regular meeting  
will be held on  
Tuesday, November 8, 2016

### September 13

#### 1. CALL TO ORDER

- A. ROLL CALL- COMMISSIONER RICCOBENE WAS EXCUSED AND THERE WAS A QUORUM PRESENT
- B. AGENDA
  - 1. Approval of Agenda

*The agenda was amended and then approved (6-0).*

#### 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 was no public comment.*

#### 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 – August 9, 2016

*The minutes were approved as presented with a vote of 6-0.*

#### 4. PUBLIC HEARINGS AND APPLICATIONS

ITEM 4-A. SDP-16-02 A REQUEST BY CHRISTINE RODRIQUEZ FOR A SKETCH SITE DEVELOPMENT PLAN APPROVAL FOR NEW COMMERCIAL DEVELOPMENT IN THE GATEWAY DISTRICT ZONE OF THE FOURTH STREET COMMERCIAL CHARACTER AREA. THE PROPERTY IS LOCATED AT 8312 AND 8318 FOURTH STREET NW AND IS LEGALLY KNOWN AS PLAT OF LOTS A-1 AND A-2, VILLA CHRISTINA, BRING A REPLAT OF TRACT "A" PARAISO ESCONDIDO WITHIN THE TOWN OF ALAMEDA GRANT, PROJECTED SECTION 16, T11N, R3E, N.M.P.M., VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO AS THE SAME IS SHOWN AND DESIGNATED ON THE PLAT FILED IN THE OFFICE OF THE COUNTY CLERK OF BERNALILLO COUNTY, NEW MEXICO ON FEBRUARY 24, 2010. THE PROPERTY CONTAINS 1.1939 ACRES MORE OR LESS.

*This item was deferred by the applicant until the October 11, 2016 meeting.*

ITEM 4-B. SDP-16-01 A REQUEST BY PETERSON PROPERTIES & JMD PARTNERSHIP FOR A PRELIMINARY SITE DEVELOPMENT PLAN APPROVAL FOR NEW COMMERCIAL DEVELOPMENT IN THE VILLAGE CENTER ZONE OF THE FOURTH STREET COMMERCIAL CHARACTER AREA. THE PROPERTY IS LOCATED AT 6561 FOURTH ST. NW AND IS LEGALLY KNOWN AS TRACT 41 G, MIDDLE RIO GRANDE CONSERVANCY DISTRICT PROPERTY MAP NO. MAP 29, WITHIN THE ELLENA GALLEGOS GRANT IN PROJECTED SECTIONS 28 AND 29, T11N, R3E, N.M.P.M., VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO, THE SAME AS BEING DESIGNATED IN A WARRANTY DEED FILED MAY 31, 1952 AS DOCUMENT NUMBER 85109, RECORDS OF BERNALILLO COUNTY, NEW MEXICO, BEING MORE PARTICULARLY DESCRIBED BY SURVEY PERFORMED BY RUSS P. HUGG NEW MEXICO PROFESSIONAL SURVEYOR NUMBER 9750 USING NEW MEXICO STATE PLANE GRID BEARINGS (CENTRAL ZONE – NAD27) AND GROUND DISTANCES. THE PROPERTY CONTAINS 0.9317 ACRES MORE OR LESS.

*Motion for recommendation for approval to the Board of Trustees. Vote was (5-0) with Commissioner Colman abstaining.*

ITEM 4-C V-16-06 A REQUEST BY O'REILLY'S AUTO PARTS FOR A VARIANCE FROM §9.2.22(E)(1) ALL INDIVIDUAL COMMERCIAL FREE-STANDING SIGNS SHALL HAVE A MAXIMUM OF FORTY (40) SQUARE FEET ON EACH OF A MAXIMUM OF TWO (2) SIDES; TO ALLOW FOR SEVENTY-FIVE SQUARE FEET ON EACH SIDE IN THE VILLAGE CENTER ZONE OF THE FOURTH STREET CHARACTER AREA AND CORRIDOR. THE PROPERTY IS LOCATED AT 6740 FOURTH ST. NW AND IS LEGALLY KNOWN AS TRACT 24B MRGCD MAP NO. 29 WITHIN PROJECTED SECTION 28, T.11N., R.3E., N.M.P.M., MRGCD MAP NO. 29, VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NEW MEXICO. THE PROPERTY CONTAINS 0.9 ACRES MORE OR LESS.

*The variance was denied with a vote of (6-0).*

**5. OLD BUSINESS**

*There was no old business*

**6. NEW BUSINESS**

*There was no new business*

**7. REPORTS**

**A. PLANNING DEPARTMENT REPORT**

The report was on the different aspects of working with the site development plans and the stormwater reports due for the end of the year. Business openings and closures and the action report of building permits, subdivisions, and of course the site development plans and the stages they are in.

**8. COMMISSIONER'S INFORMAL DISCUSSION**

Was about the draft for the Village Center ordinance and when it will be presented to the Board of Trustees. The site development plans and the process they still have to go through. And use of the timer.

**9. ADJOURNMENT**

*The meeting was adjourned at 8:57 p.m.*

\* Minutes pending final approval from the Planning and Zoning Commission.



Pablo Rael, Donald Lopez, Mayor Larry Abraham, Mary Homan and Allen Lewis

## Board of Trustees Meeting

July 13, 2016

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

1. **CALL TO ORDER**

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

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

2. **PUBLIC COMMENT PERIOD**

John McDowell, 7201 Guadalupe Trail NW, said he has a concern, in the last few weeks two sets of paper signs have been on stop signs about a lost dog. The same person posted these signs with scotch tape and no one takes them down except the wind. The Village should contact the phone number on the poster to request they take all of the posters down.

3. **PRESENTATIONS**

None.

4. **CONSENT AGENDA**

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.

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

5. **REPORTS**

A. **MAYOR'S REPORT**

Mayor Abraham reported on the following:

- The growers' market held the Lavender and Garlic Celebration, according to Sue Brawley approximately 2,000 people attended the event.
- The Lavender Festival will be held on July 16, 2016 at the Agri-Nature Center.
- Rio Grande Blvd. was re-stripped, the bolder lines are intended to keep cyclists and pedestrians safer.

B. **ADMINISTRATOR'S REPORT**

Administrator Ward reported on the following:

- Waste Management adjusted (decreased) the fuel surcharge to take effect October 1, 2016.
- Preliminary test work for the audit was conducted this month, the full audit will be completed in August.

- C. **PLANNER'S REPORT**  
Planner McDonough reported on the following:
  - Storm Water Permit - we have entered into a sampling cooperative agreement with twelve other permittees.
  - The Planning and Zoning Commission is working on revising the zoning code for Fourth Street.
- D. **LEGAL REPORT**  
Attorney Chappell reported on the following:
  - Reviewed ordinances, primarily focused on the amendments to the Municipal Court Ordinance.
- E. **PUBLIC SAFETY REPORT**  
Deputy Hopkins reported on the following:
  - The calls for service were approximately 400 for the month of June.
  - Received several positive comments regarding the re-stripping of Rio Grande Blvd.

**6. FINANCIAL BUSINESS**

CASH REPORT – JUNE 2016.

*The Cash Report for June 2016 was approved as presented. The motion carried unanimously, 4-0.*

- B. **DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-7-1 FINAL QUARTER FINANCIAL REPORT YEAR ENDING JUNE 30, 2016.**

*The Board moved to approve Resolution No. 2016-7-1 Final Quarter Financial Report year ending June 30, 2016. The motion carried unanimously, 4-0.*

- C. **DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-7-2 ADOPTING THE FISCAL YEAR 2016/2017 BUDGET.**

*The Board moved to approve Resolution No. 2016-7-2 adopting the Fiscal Year 2016/2017 Budget with the discussed changes. The motion carried unanimously, 4-0.*

**7. PUBLIC HEARINGS AND APPLICATIONS**

None.

**8. OLD BUSINESS**

- A. **DISCUSSION AND APPROVAL OF A COST SHARE AGREEMENT BETWEEN THE VILLAGE OF LOS RANCHOS, THE COUNTY OF BERNALILLO, AND THE ALBUQUERQUE METROPOLITAN ARROYO FLOOD CONTROL AUTHORITY FOR THE DESIGN AND CONSTRUCTION OF THE ORTEGA AND GARDUÑO STORM DRAIN PROJECT. \* DEFERRED FROM THE JUNE 8, 2016 BOARD OF TRUSTEES MEETING.**

*The Board approved the cost share agreement between the Village of Los Ranchos, the County of Bernalillo, and the Albuquerque Metropolitan Arroyo Flood Control Authority for the design and construction of the Ortega and Garduño Storm Drain Project. The motion carried unanimously, 4-0.*

\*Meeting in recess from 8:07 p.m. to 8:12 p.m.

**9. NEW BUSINESS**

- A. **DISCUSSION AND APPROVAL TO ADVERTISE AN AMENDMENT TO THE 2013 CODIFIED ORDINANCES OF THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE CHAPTER 11, ARTICLE 1 MUNICIPAL COURT, SECTION 1 MUNICIPAL COURT §11.1.1, SECTION 2 JURISDICTION §11.1.2, SECTION 3 QUALIFICATIONS OF JUDGE §11.1.3,**

SECTION 4 ELECTION OF JUDGE §11.1.4, SECTION 5 VACANCIES §11.1.5, SECTION 6 OATH OF OFFICE §11.1.6, SECTION 8 TEMPORARY MUNICIPAL JUDGE §11.1.8, SECTION 9 COMPENSATION FOR TEMPORARY MUNICIPAL JUDGE §11.1.9, AND SECTION 10 DUTIES GENERALLY §11.1.10.

*The Board moved approval to advertise an amendment to the 2013 Codified Ordinances of the Village of Los Ranchos de Albuquerque Chapter 11, Article 1 Municipal Court, Section 1 Municipal Court §11.1.1, Section 2 Jurisdiction §11.1.2, Section 3 Qualifications of Judge §11.1.3, Section 4 Election of Judge §11.1.4, Section 5 Vacancies §11.1.5, Section 6 Oath of Office §11.1.6, Section 8 Temporary Municipal Judge §11.1.8, Section 9 Compensation for Temporary Municipal Judge §11.1.9, and Section 10 Duties Generally §11.1.10. The motion carried unanimously, 4-0.*

- B. DISCUSSION AND APPROVAL TO ADVERTISE AN AMENDMENT TO THE 2013 CODIFIED ORDINANCES OF THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE CHAPTER 7 CRIMINAL CODE, ARTICLE 2 ANIMAL CONTROL, SECTION 7 ENFORCEMENT AND PENALTIES §7.2.7.

*The Board moved approval to advertise an amendment to the 2013 Codified Ordinances of the Village of Los Ranchos de Albuquerque Chapter 7 Criminal Code, Article 2 Animal Control, Section 7 Enforcement and Penalties, §7.2.7.*

- C. DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-7-3 A RESOLUTION ESTABLISHING ANIMAL CONTROL FEES AND MINIMUM FINES AS REQUIRED BY THE VILLAGE OF LOS RANCHOS ANIMAL CONTROL ORDINANCE, CHAPTER 7, ARTICLE 2.

*The Board moved to approve Resolution No. 2016-7-3 A Resolution Establishing Animal Control Fees and Minimum Fines as required by the Village of Los Ranchos Animal Control Ordinance, Chapter 7, Article 2. The motion carried unanimously, 4-0.*

- D. DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-7-4 ADOPTING THE 2018-2022 INFRASTRUCTURE CAPITAL IMPROVEMENT PLAN.

*The Board moved to approve Resolution No. 2016-7-4 adopting the 2018-2022 Infrastructure Capital Improvement Plan with the discussed changes. 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 9:35 p.m.*

APPROVED by the Board of Trustees of the Village of Los Ranchos de Albuquerque on the 10th day of August 2016.





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Pablo Rael, Donald Lopez, Mayor Larry Abraham, Mary Homan and Allen Lewis

## Board of Trustees Meeting

---

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

---

August 10, 2016

1. **CALL TO ORDER**

Mayor Abraham participated telephonically.

*The agenda was approved as presented with agenda item 8.B. deferred to the September 14, 2016 Board of Trustees Meeting. The motion carried unanimously, 3-0.*

2. **PUBLIC COMMENT PERIOD**

3. **PRESENTATIONS**

A. LAVENDER IN THE VILLAGE FESTIVAL 2016 PRESENTED BY LAVENDER IN THE VILLAGE.

David Hudson presented an overview of the 2016 Lavender in the Village Festival.

4. **CONSENT AGENDA**

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. MINUTES – JULY 13, 2016 – REGULAR MEETING.

*The consent agenda was approved as presented. The motion carried unanimously, 3-0.*

5. **REPORTS**

A. **MAYOR'S REPORT**

Mayor Pro-Tem Lopez reported on the following:

- Extended condolences to the family of Turner Branch.

B. **ADMINISTRATOR'S REPORT**

Administrator Ward reported on the following:

- The financial audit is nearly complete and the final report will be submitted on Friday.
- The Agriculture Committee is working on developing a strategic plan.

C. **PLANNER'S REPORT**

Planner McDonough reported on the following:

- The Planning and Zoning Commission is working on providing revisions to the Village Center Zone.
- Working with MRCOG to update land use maps.
- Continuing to work on the stormwater permit.

D. **LEGAL REPORT**

Attorney Chappell reported on the following:

- Working with Planner McDonough on various zoning issues.
- Continuing to work with the Unser Museum to reach a final agreement.

E. **PUBLIC SAFETY REPORT**

Deputy Hopkins reported on the following:

- October 23, 2016 is the First Responder's 5K.

6. **FINANCIAL BUSINESS**

A. **CASH REPORT – JULY 2016.**

*The Cash Report for July 2016 was approved as presented. The motion carried unanimously, 3-0.*

7. **PUBLIC HEARINGS AND APPLICATIONS**

- A. A REQUEST BY STEEL BENDER BREWYARD, LLC, 8305 SECOND ST. NW, LOS RANCHOS, NM FOR A SMALL BREWER LICENSE WITH ON PREMISE CONSUMPTION, PACKAGE SALES, AND PATIO SERVICE, APPLICATION # 999864, FROM THE NEW MEXICO ALCOHOL AND GAMING DIVISION. THE PROPERTY USING THE LICENSE IS LOCATED AT 8305 SECOND ST. NW, AND IS LEGALLY KNOWN AS LOT A, PLAT OF LOT A, EL PORTAL AT PASEO, VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NM FILED IN THE OFFICE OF THE BERNALILLO COUNTY CLERK ON JUNE 9, 2013. THE PROPERTY CONTAINS 5.1402 ACRES MORE OR LESS.

*The Board moved approval of the request by Steel Bender Brewery, LLC, Application #999864 for a small brewer license with on premise consumption, package sales, and patio service. The motion carried unanimously, 3-0.*

- B. A REQUEST BY STEEL BENDER BREWYARD, LLC, 8305 SECOND ST. NW, LOS RANCHOS, NM FOR A BEER WHOLESALER LICENSE SERVICE, APPLICATION # 999865, FROM THE NEW MEXICO ALCOHOL AND GAMING DIVISION. THE PROPERTY USING THE LICENSE IS LOCATED AT 8305 SECOND ST. NW, AND IS LEGALLY KNOWN AS LOT A, PLAT OF LOT A, EL PORTAL AT PASEO, VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, BERNALILLO COUNTY, NM FILED IN THE OFFICE OF THE BERNALILLO COUNTY CLERK ON JUNE 9, 2013. THE PROPERTY CONTAINS 5.1402 ACRES MORE OR LESS.

*The Board moved approval of the request by Steel Bender Brewery, LLC, Application #999865 for a beer wholesaler license. The motion carried unanimously, 3-0.*

- C. DISCUSSION AND APPROVAL OF A ZONE CHANGE AND ZONE MAP AMENDMENT FOR TRACT 157A, MRGCD MAP 29 IN THE C-1 ZONE OF THE FOURTH STREET COMMERCIAL CHARACTER AREA. DEFERRED FROM THE DECEMBER 9, 2015 BOARD OF TRUSTEES MEETING.

*\*Deferred to the September 14, 2016 Board of Trustees Meeting.*

8. **OLD BUSINESS**

- A. DISCUSSION AND APPROVAL OF AN AMENDMENT TO THE 2013 CODIFIED ORDINANCES OF THE VILLAGE

OF LOS RANCHOS DE ALBUQUERQUE CHAPTER 11, ARTICLE 1 MUNICIPAL COURT, SECTION 1 MUNICIPAL COURT §11.1.1, SECTION 2 JURISDICTION §11.1.2, SECTION 3 QUALIFICATIONS OF JUDGE §11.1.3, SECTION 4 ELECTION OF JUDGE §11.1.4, SECTION 5 VACANCIES §11.1.5, SECTION 6 OATH OF OFFICE §11.1.6, SECTION 8 TEMPORARY MUNICIPAL JUDGE §11.1.8, SECTION 9 COMPENSATION FOR TEMPORARY MUNICIPAL JUDGE §11.1.9, AND SECTION 10 DUTIES GENERALLY §11.1.10.

*The motion carried unanimously, 3-0.*

**9. NEW BUSINESS**

- A. DISCUSSION AND APPROVAL OF A VOTING DELEGATE AND ALTERNATE FOR THE 2016 NEW MEXICO MUNICIPAL LEAGUE ANNUAL CONFERENCE.

**10. TRUSTEES INFORMAL DISCUSSION**

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

**11. ADJOURNMENT**

*The meeting was adjourned at 8:03 p.m.*

\* Minutes pending final approval from the Board of Trustees.



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*Afternoon at Casa Rodeña by Darly Ortiz-Mashke*



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## Fitness/Health Column

by *Dustin Melville*

# Is Your Body Overtrained or Just Overtaxed?

You train hard, harder than everybody else in the gym. So hard that you are constantly sore, feel mentally drained for a good part of the day, and sometimes lack focus and get mood swings. Despite this dedication to your training regimen overall progress has slowed and frustration continues to fester. Could you possibly be over trained? You might be surprised to know that this is usually an unlikely scenario. Overtraining is a very rare and misunderstood phenomenon. But you could be overtaxing your body and its key systems.

We often get confused about overtraining because even the name steers us in the wrong direction. First of all, overtraining does not mean training too much. Just because you did 30 sets for biceps in one session does not mean that you over trained them. We all have our own recovery capacities, but the point is overtraining is not simply about “training too much.” And getting injured does not necessarily mean you were overtraining.

The recognized sport-science definition of overtraining is: “A physiological state caused by an excess accumulation of physiological, psychological, emotional,

environmental, and chemical stress that leads to a sustained decrease in physical and mental performance, and that requires a relatively long recovery period.”

The important element in this definition is the term “stress.” Every single type of stressor can contribute to the onset of an overtraining state. Job troubles, tension in a relationship, death in the family, or pollutants and chemicals in the air we breathe, the food we eat, or the water we drink, all can contribute to overtraining. Training too much is obviously another stress factor that can facilitate the onset of the overtraining state, but it is far from being the sole suspect.

Your chances of developing real overtraining syndrome are very slim. You cannot develop overtraining syndrome by only training four to six hours a week, especially if you are using methods that do not constantly challenge the nervous system. However, just because you are not likely to develop an overtraining syndrome, does not mean that you will not or cannot overtax the body. If you do a workout that stresses the nervous system too much you may start to feel

a lack of focus and energy, as well as motivation. Sometimes these symptoms are also accompanied by the always enjoyable headache. Not surprisingly, you cannot get in a sound workout when you are in discomfort and your body will feel rundown and tired all day.

While proper training and lifestyle management are the most important elements in avoiding burn out, there are nutritional and supplementation strategies you can use to help prevent or solve the issues. Make sure to eat a clean and balanced diet, get plenty of quality sleep, and always listen to your body. Sometimes when life outside the gym gets too stressful it can be beneficial to scale back the training intensity to allow the body a chance to recover. Above all else, train smart and the results will follow. Good luck!

*Dustin Melville, Owner  
Powerflex Gyms, North Valley Club  
6601 Fourth Street, Los Ranchos, NM  
505-369-1011*

*Northeast Heights  
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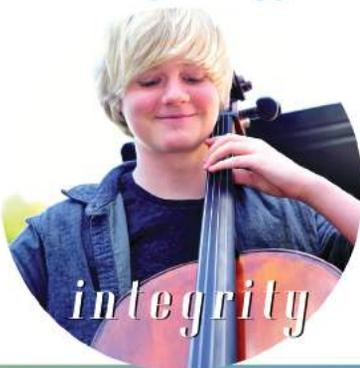
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Albuquerque, NM 87109  
828-3208  
[www.aa.edu](http://www.aa.edu)  
[withinreach.aa.edu](http://withinreach.aa.edu) (digital viewbook)

**Alvarado Elementary School**  
1100 Solar Road NW  
Albuquerque, NM 87107  
344-4412  
[www.aps.edu/schools/alvarado](http://www.aps.edu/schools/alvarado)

**Bosque School**  
4000 Learning Road NW  
Albuquerque, NM 87120  
898-6388  
[www.bosqueschool.org](http://www.bosqueschool.org)  
Upcoming Events:

**Los Ranchos Elementary School**  
7609 Fourth Street NW  
Los Ranchos, NM 87107  
898-0794  
[www.aps.edu/losranchos](http://www.aps.edu/losranchos)

**North Valley Academy**  
7939 Fourth Street NW  
Los Ranchos, NM 87114  
998-0501

[www.nvanm.org](http://www.nvanm.org)  
Upcoming Events

NVA received an enrollment cap increase from the Public Education Commission, which allows us to dissolve our 4/5 multi-age class and register three full classes at both 4th and 5th grade! We are excited about this as it opens our doors and educational opportunity to more families who want to be part of the NVA school community. Are you, or someone you know, interested? We have a waiting list right now, but it never hurts to fill out a lottery form. Please contact us, or stop by.

**Sandia Preparatory School**  
532 Osuna Blvd. Rd. NE  
Albuquerque, NM 87113  
338-3000 phone  
338-3099 fax  
[www.sandiaprep.org](http://www.sandiaprep.org)

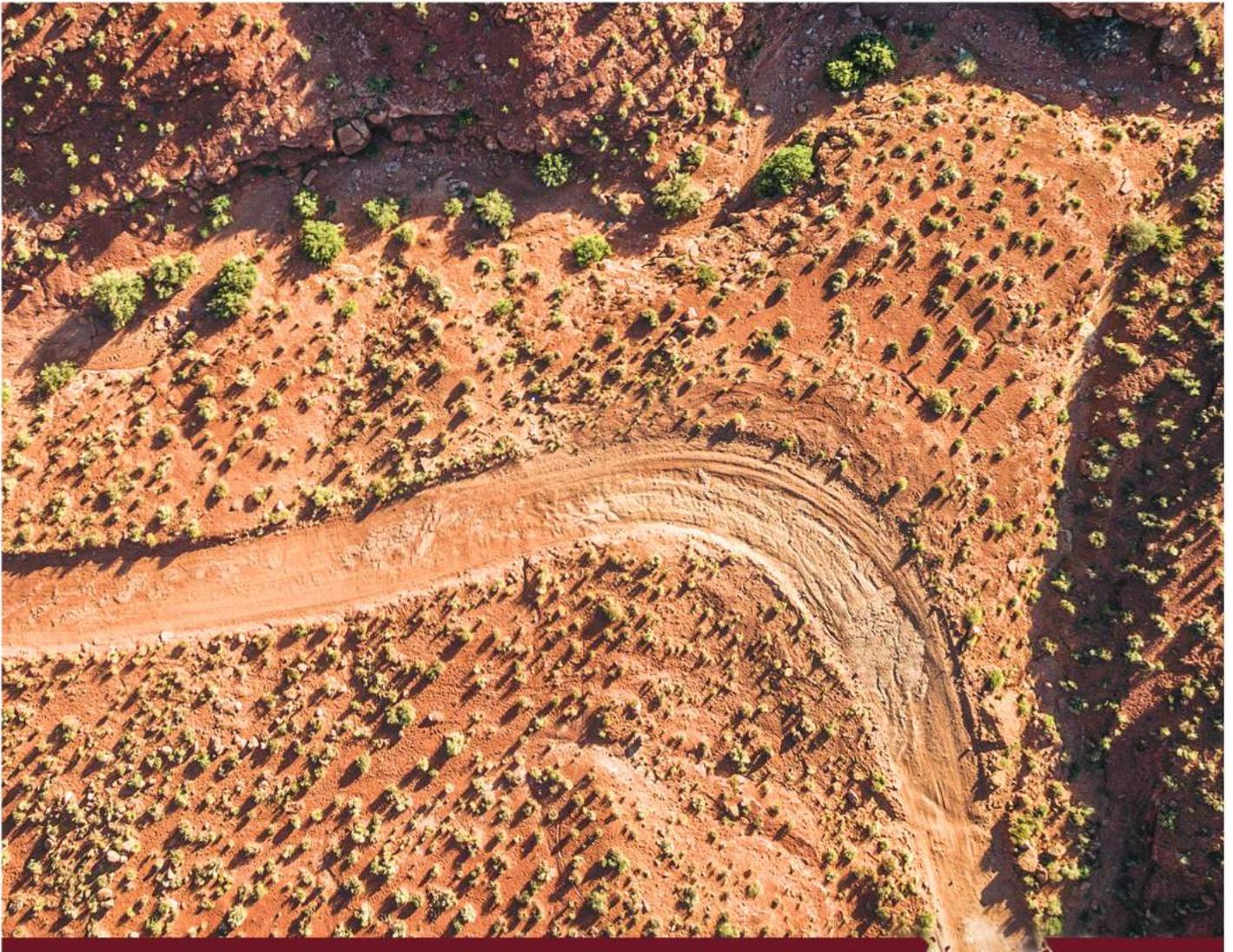
**Taft Middle School**  
620 Schulte Road NW  
Los Ranchos, NM 87107  
344-4389  
[www.taftms.org](http://www.taftms.org)  
Upcoming Events

- October 6-7- Fall Break. No School
- October 13 - Fall Orchestra Concert. 7:00 p.m., Cafeteria
- October 19 - Fall Band Concert. Pizza Under the Stars. 6:30 p.m.
- October 31-November 1 - Student Led Conferences. No School

**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](http://www.vcsabq.org)  
Upcoming Events

- Victory is continuing to register students for the 2016-17 school year
- Please call 898-3060 to schedule a tour of our campus.
- October 12 - End of First Quarter
- October 18 - VCS Speech Meet
- October 19 - PSAT
- October 23 - Choir Concert - 7:00 p.m.
- October 26 - Picture Retake Day
- November 9 - End of Four Weeks
- November 15 - Speech Meet
- November 16 - Math By Mail Contest
- November 22 - Annual Thanksgiving Lunch



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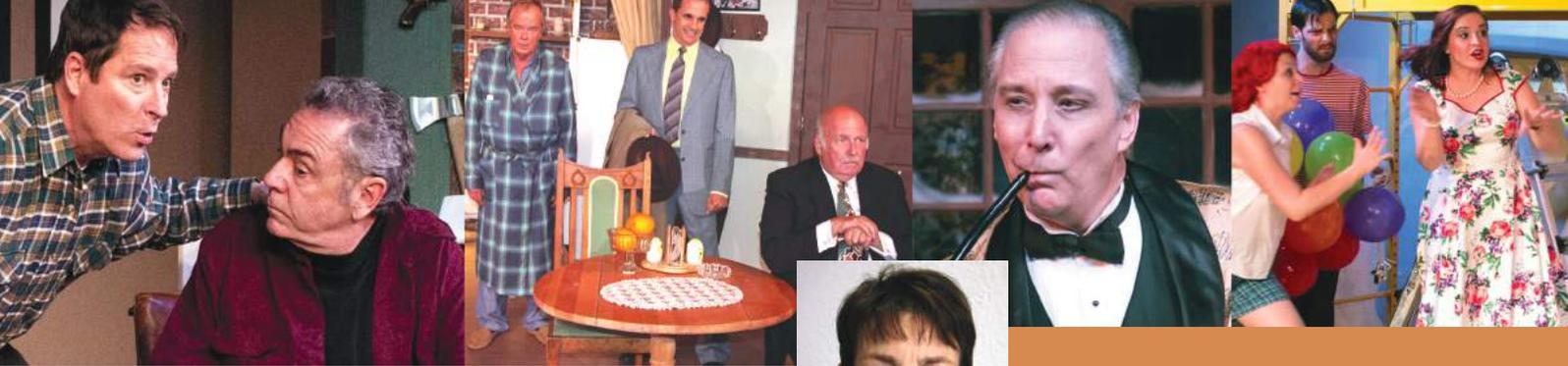
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by Marcelle Garfield Cady

## ***The Best Man, You Can't Take it With You* and *My Three Angels* Coming to the Adobe**



Gore Vidal's political thriller, *The Best Man*, directed by Joe Feldman, is now on stage at The Adobe Theater. Do not miss this timely production. Vernon Poitras (last seen as Oscar Madison in *The Odd Couple*) and Matt Heath play the two sparring politicians vying for the party nomination. Colleen McClure and Ronda Lewis (*The Whiteheaded Boy*) play the candidates' wives. Philip J. Shortell (who played the pianist Cosme McMoon in *Souvenir*) is the ex-President who loves politics for its own sake, admires a rough and tumble battle more than a chivalrous one, and is determined to have the final say in the selection of his party's candidate. The rest of the outstanding cast include David Bommarito, Brian Jackson, John Lopez, Frank Melcori, Ashley Reid, Linda Williams, and Harry Zimmerman.

*The Best Man* runs until October 23, with the 'Pay What You Will' performance on Thursday, October 13.

Our final two productions in 2016 are lighthearted in nature. In November, we present another comedy - George S. Kaufman and Moss Hart's Pulitzer Prize-winner for Drama in 1937, *You Can't Take It With You*, directed by Marty Epstein.

*You Can't Take It With You* runs three weekends -Thursday, November 3, Sunday, November 20, with an additional performance Thursday, November 10, as well as 'Pay What You Will' performance on Thursday, November 17.

For the holiday season we will stage *My Three Angels* by Samuel Spewack and Bella Spewack, based on the French play *La Cuisine des Anges* by Albert Husson. This production will be directed by Micah Linford, who directed *The Curious Savage* earlier this year.

*My Three Angels* runs three weekends -Thursday, December 1, Sunday, December 18, with an additional

performance, Thursday, December 8, as well as a 'Pay What You Will' performance on Thursday, December 15.

More information about these shows will be in the November/December magazine, as well as the productions to be staged in 2017, the Adobe's 60th anniversary.

Performances are Thursday, Friday, and Saturday at 7:30 p.m. and Sunday at 2:00 p.m. Tickets are \$17, seniors and students \$15.

For reservations and more information, telephone 505-898-9222 or visit our website at [www.adobetheater.org](http://www.adobetheater.org).

The Adobe Theater is located at 9813 Fourth Street NW, Albuquerque, NM 87114.

# Advertising with the Los Ranchos Village Vision Magazine



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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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To place an advertisement, contact the Los Ranchos Village Vision Magazine Publication Coordinator: Ashley Stokes  
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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

# Cumin-Scented Eggplant with Pomegranate and Cilantro



Ingredients  
Servings: 4

- 5 cups water
- 2½ tablespoons sea salt or kosher salt
- 2 pounds eggplant (about 2 medium), cut crosswise into ½-inch-thick slices
- 1 tablespoon (or more) olive oil
- 2 teaspoons ground cumin
- ⅛ teaspoon cayenne pepper
- 2 garlic cloves, minced
- Pomegranate molasses\*
- ⅓ cup pomegranate seeds
- ¼ cup cilantro leaves

Stir 5 cups water and 2 1/2 tablespoons sea salt in large bowl to dissolve salt. Add eggplant slices. Place plate on eggplant to submerge; let soak 1 hour.

Drain eggplant; pat dry.

Preheat oven to 350°F. Heat 1 tablespoon olive oil in large non-stick skillet over medium-high heat. Working in batches, sauté eggplant until

brown in spots and softened, 2 minutes per side. Transfer to large rimmed baking sheet. Repeat with remaining eggplant, adding more oil by tablespoonfuls as needed; arrange eggplant in single layer on baking sheet.

Mix cumin and cayenne. Sprinkle eggplant with cumin mixture. Roast until golden and cooked through, 30 minutes.

Remove eggplant from oven; sprinkle with garlic. Arrange eggplant on platter and drizzle with pomegranate molasses. Sprinkle pomegranate seeds and cilantro over. Serve warm or at room temperature.

\*A thick pomegranate syrup; available at some supermarkets, at Middle Eastern markets, and from [adrianascaravan.com](http://adrianascaravan.com).

## How to Select Eggplant

Choose eggplants that are firm and heavy for their size. Their skin should be smooth and shiny, and their color, whether it be purple, white or green, should be vivid. They should be free of discoloration, scars, and bruises, which usually indicate that the flesh beneath has become damaged and possibly decayed.

The stem and cap, on either end of the eggplant, should be bright green in color. As you would with other fruits and vegetables, avoid purchasing eggplant that has been waxed. To test for the ripeness of an eggplant, gently press the skin with the pad of your thumb. If it springs back, the eggplant is ripe, while if an indentation remains, it is not.

Although they look hardy, eggplants are actually very perishable and care should be taken in their storage. Eggplants are sensitive to both heat and cold and should ideally be stored at around 50 degrees Fahrenheit (10 degrees Celsius). Do not cut eggplant before you store it as it perishes quickly once its skin has been punctured or its inner flesh exposed.

Place uncut and unwashed eggplant in a plastic bag and store in the refrigerator crisper where it will keep for a few days.

Source: <http://www.whfoods.com/genpage.php?dbid=22&tname=foodspice>

Recipe by Marlena Spieler, photograph by Misha Gravenor, [bonappetit.com/recipe/cumin-scented-eggplant-with-pomegranate-and-cilantro](http://bonappetit.com/recipe/cumin-scented-eggplant-with-pomegranate-and-cilantro)

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



Consulted with  
Albert and he  
agreed. The Village  
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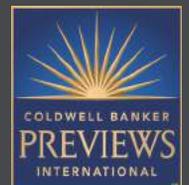
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# happenings

North Fourth Street merchants are invited to take part in this annual holiday event. It will take place over two days, Saturday, December 3 and Sunday, December 4, 2016, giving customers ample time to spend in each shop! Last year's event brought hundreds of shoppers to the participating businesses. If you missed the Early Bird registration special, it is not too late. You can still sign up as a participating business and/or a sponsor.



page 3

Everything you need to know about the general election can be found on page 23. Dates, times and locations, as well as information for voter registration, absentee and early voting and election day polling locations within the Village.



page 23

The Village's Dar a Luz is the first birthing center in the state to be licensed. The center also hosts multiple classes for mom-to-be and her family including orientations for those choosing to have their child at Dar a Luz; infant, child, and adult CPR, newborn basics and breastfeeding classes, partner classes, and much more.



page 23