



Los Ranchos *Village* Vision

Winter 2017



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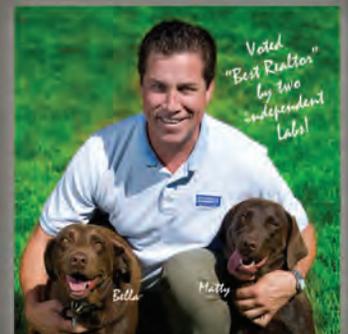
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Mayor's Report

by Larry Abraham

Anticipating Great Things in the Village in 2017

As I start my 14th year as mayor of our community, I find myself reflecting on where we started, where we are now, and what the future holds.

We can all be very proud of the many positive changes Los Ranchos has experienced in the last thirteen years. This is a great place in which to live, work, and play.

I am looking forward to the start of construction of the Fourth Street revitalization project. This has been a long time in the planning and we are excited to see the changes to our business district. We should all be anticipating the creation of a very unique and vibrant shopping experience.

The Albuquerque Bernalillo County Water Utility Authority will be replacing waterlines along Fourth Street between Schulte Road and Pueblo Solano. They will do their work just ahead of the Village revitalization project. You can anticipate some impact to the traffic lanes during the 60-day construction period beginning January 20. Anticipated completion is the week of March 6.

Additionally, I am looking forward to the development of a community gathering place and distinctive business plaza at the southeast corner of Fourth Street and Osuna Road. The Village has had this project in the community master plan and as an active pursuit since before I became mayor. We are gathering some real momentum and energy behind this project and are hoping for significant progress in 2017.

Two exciting challenges facing us involve a fresh look at residential development in Los Ranchos. There is a need to create unique residential developments aimed at our older residents, as well as creating opportunities for millennials to move into our Village. As we look at changes in our

zoning laws to encourage such development, we need to be mindful of our overwhelming desire to preserve the character of Los Ranchos that defines our brand. We will work very hard to strike that balance.

I want to congratulate all of our businesses that were mentioned in Albuquerque the Magazine. We have a great business community of which we can all be very proud. The centerfold of this issue is dedicated to those fine businesses.

Finally, this year marks the 25th Anniversary of the Los Ranchos Growers' Market. There will be special promotions to celebrate throughout the regular season of the market. Please join us for this wonderful community building event taking place every Saturday May - November.

I wish you all a happy and prosperous New Year. We have great expectations for 2017.

Calendar

Planning and Zoning Commission Meetings

Tuesday, January 10, 7:00 p.m. (Cancelled)
 Tuesday, February 14, 7:00 p.m.
 Tuesday, March 14, 7:00 p.m.

Board of Trustees Regular Meetings

Wednesday, January 25, 7:00 p.m. (Rescheduled)
 Wednesday, February 8, 7:00 p.m. (Cancelled)
 Wednesday, March 8, 7:00 p.m.

Deadlines: Los Ranchos Vision Magazine

Advertising and Article Submissions Due
 Friday, January 20, March Issue
 Friday, March 3, Spring Issue (April/May)

Growers' and Arts/Crafts Market

Saturday, January 14, 10:00 a.m. – noon
 Saturday, February 11, 10:00 a.m. – noon
 Saturday, March 11, 10:00 a.m. – noon
Winter markets, second Saturday of the month

Martin Luther King Jr. Day

Monday, January 16, 2017
Village office closed



"Across Guadalupe Trail" by Lorilee McDowell (above).
 The image behind the Village-at-a Glance and In This Issue
 is "A Bright October Day" by Daryl Maske. The image has
 been cropped.

JANUARY

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

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			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

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			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Village at-a-Glance

Growers' and Arts & Crafts Winter Markets

The Winter Markets are from 10:00 a.m. to noon the second Saturday of each month through April. The upcoming market will be held on February 11. Depending on the weather, the market will either be held on the Hartnett Park parking lot, or in the community barn adjacent to the park.

Check out the market's website for more information about what local produce and products will be at the market: www.losranchosgrowersmarket.com. Or visit the Facebook page (Los Ranchos Growers Market) for local product information and to view pictures.

Mail Theft Prevention

This is the time of year in which we experience an increase in mail theft. Be proactive, receive mail at a P.O. box. If at home delivery is preferred, get your mail as soon as it is delivered, or arrange to have a neighbor pick it up if you will be gone or delayed. Move to electronic billing and bank statements and take sensitive outgoing mail directly to the post office

Waterline Replacement Project

The Albuquerque Bernalillo County Water Utility Authority will be replacing the aging waterlines on the east and west sides of Fourth Street between Schulte Road and Pueblo Solano. The project is slated to start on January 20 with an approximate duration of 60 days. This will precede the reconstruction of this same stretch of Fourth Street by the Village.

Winter 2017

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Cover photo: Larry Abraham



Kathryn E. Terry

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- Average class size: 16
- Student/Teacher ratio: 9:1
- Students in grades 6-12: 492
- \$2.3 million in need-based financial aid awarded annually
- Average financial aid award: \$11,500
- 66% of faculty possess advanced degrees
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- Bosque graduating classes earn \$3-4 million in college merit scholarships



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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.

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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.

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losranchosgrowersmarket.com

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Public Safety

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



Cowboy Ethics and the Code of the West

Happy New Year! I am excited to ring in the New Year leading an exciting new youth program at Los Ranchos Elementary. It is called the Code of the West Program and is designed specifically for the third grade classes. Each Wednesday for the 10-week program, I will be partnering with teachers Sharon Navarro, and Cecilia Montano to facilitate the curriculum based on the book *Cowboy Ethics – What it takes to Win at Life*, by James Owen.

Working with the Center for Cowboy Ethics and Leadership, in Austin, Texas we have put together a fun program designed to reach students at an early age and instill the timeless values and principles of the cowboy.

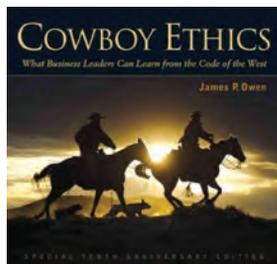
Why Cowboys?

The iconic cowboy represents the best of America – that courage, optimism and plain hard work really pays off. Cowboys are heroic not just because they do a dangerous job, but also because they stand for something – the simple, basic values that lie at the heart of the cowboy way. Even though their way of life has changed over the last 150 years, cowboys still honor and live by their code. They are an abiding source of inspiration to do

better and be better than we are.

The 10-week curriculum is based on the 10 Code of the West principles;

1. Live each day with courage.
2. Take pride in your work.
3. Always finish what you start
4. Do what has to be done.
5. Be tough, but fair.
6. When you make a promise, keep it.
7. Ride for the brand.
8. Talk less and say more.
9. Remember that some things are not for sale.
10. Know where to draw the line.



As Mr. Owen states in his book "If we ever needed heroes, we need them now. I am not talking about

comic-book warriors with superhuman powers, or the magazine-cover denizens who flaunt their celebrity and wealth; we have got a surfeit of those. What is in short supply are authentic, real-life heroes who remind us of our potential to be heroic ourselves."

The kids will graduate the program

with the confidence and personal character to face any of life's challenges that will come their way. As Mr. Owens states, "There is no substitute for a strong work ethic and being a team player."

The idea to start this particular program for our youth came to me after searching for a way to continue to serve our community in a meaningful, purposeful, proactive way. It is my heartfelt call to action and commitment to our youth, as they truly are the future of our community. Maria Montessori said it best, "Within the child, lies the fate of the future"

I cannot by any means take full credit for this initiative. Educators Sharon Navarro and Cecilia Montano created the lesson plans, and curriculum meeting APS educational standards, and thanks to Los Ranchos Elementary Principle Craig Robinson for enthusiastically supporting this program.

Also special thanks to Mayor Larry Abraham, and the Village Hall staff for their support.

And a huge thank you to Dan's Boots and Saddles for the discount on Cowboy Hats and bandanas the kids will wear each Wednesday to "Cowboy Up" for the Code of the West class.

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Fire Corner

by Deputy County Manager,
Health & Public Safety Greg Perez,
Bernalillo County

New Fire Engine for Village Delivered



On the 12th of December a small team from Bernalillo County along with Village Administrator Kelly Ward traveled to Appleton, Wisconsin to perform a final acceptance inspection on the newest fire engine to be added to the County fleet. This trip was extra special for the Village of Los

Ranchos because the engine that was being accepted is for the Village of Los Ranchos de Albuquerque. You can expect to see the new fire engine on duty mid-January.



Ladder Safety 101

See the ladder. See the man falling off the ladder. Every year, hundreds of people fall from ladders while hanging decorations, cleaning gutters, and performing household repairs. While you might think that you already know how to use a ladder safely, it is always a good time to review ladder do's and don'ts.

- Always select the correct ladder for the job. That's one that extends at least 3 feet over the roofline or working surface.
- Always place your ladder on level and firm ground. Use leg levelers under the ladder to level uneven or soft ground. Leg levelers are devices that you can buy at a hardware or home improvement store.
- Make sure the ladder can support both your weight and the load you are putting on it by checking the ladder's maximum load rating.
- Make sure your straight and adjustable ladders have both slip-resistant feet.
- Set up straight, single or extension ladders at about a 75-degree angle. To test if you have the correct angle, stand up

straight with your toes touching the feet of the ladder as it leans away from you. Extend your arms in front of you. Your palms should touch the top of the rung that's at shoulder level.

- Do not use a metal ladder near power lines or electrical equipment. Check all rung locks and spreader braces on your ladder to make sure they are set.
- Have a helper hold the bottom of the ladder.
- Only allow one person on a ladder at a time.
- Center your body between the rails of the ladder at all times. Leaning too far to one side while working is a no-no and can cause you to fall. Do not stand on the top three rungs of a straight, single or extension ladder.
- Stay off of the ladder's top step and bucket shelf. Labels on ladders warn you not to stand on them as well. Don't try to climb or stand on the rear section of a stepladder.
- Never leave a raised ladder unattended.

Source: <https://onsafety.cpsc.gov/blog/2011/12/03/ladder-safety-101/>

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Ditch Writer

An Agri-highlights Column
by Sue Brawley and Lorilee McDowell

What the Growers' Market Does for the Village

The Los Ranchos Growers' Market represents a strategic component of the Village's Master Plan Goal of maintaining and supporting agriculture. It also:

- Supports small-scale growers with cooperative expertise and a predictable place to sell goods;
- Provides a venue for Village and regional residents to buy locally grown produce and products;
- Is the largest on-going weekly gathering of Village and neighboring residents;

Unless you are shopping at your local growers' market, produce travels an average of 1,500 miles from the farm to your plate.

- Taste the difference – freshest food around – usually only hours from the field to you versus days old at the grocery store;
- Many growers use organic methods. Organic methods are better for the soil, the environment and your body;
- Help the environment – eating locally saves vast amounts of packaging waste and energy required to ship food;
- Improve your nutrition – most produce loses 30 percent of its nutrients three to eight days after harvest. Foods shipped across the country are often unrefrigerated and lose nutrients along the way;
- Know where your produce comes from, and know those who grow it for

you. The market is a social place to gather and a fun family activity;

Our Growers' Market is the fourth largest of 70 markets in the state after Santa Fe, Albuquerque Rail Yards and Downtown Albuquerque (all supported by paid staff). On average our Market:

- Holds 28 markets in the regular season every Saturday from May to mid-November plus 5 winter markets held on the 2nd Saturday of each month, December-April;
- There are approximately 130 different vendors (not counting Arts & Crafts) that sell during the regular season. Some vendors come once or twice with a seasonal produce such a fruit. Others come weekly;
- The market has more than 25,000 customers in the May-mid-November time period. July-September is the peak of the season with more than 1,400 customers per market.
- The market customers spend an average of over \$500,000 on locally grown agricultural products during the regular season.

Everyone knows farming is a risky business. Because of extreme heat and numerous late freezes the 2016 growing season was, as one grower put it “the worst in 50 years.” The resulting loss of produce was reflected in a 15 percent drop in revenue, an 11.5 percent drop in customer attendance, and a 20 percent

drop in growers. Experienced farmers are essentially optimists because they believe next year will always be better.

The Market is:

- paved and wheelchair, motorized scooter, bicycle, and stroller accessible;
- it is pet friendly;
- it is family oriented with family special events, kids corner, and the adjacent playground;
- it is run by volunteers – one of the few in the State.

The Winter Markets are the second Saturday of each month from December to April from 10:00 a.m. to noon. The markets will be held outside in the regular location, tennis court parking lot, except in the case of inclement weather when the market will be held in the adjacent community barn. Several of the growers will have greens such as arugula, chard, spinach, and lettuce that they are growing in cold frames for the winter. At the January 14 and February 11 markets, there will be greens, leeks, root vegetables, dried fruit, honey, eggs, jams/jellies, pies, indoor plants, herbs, dried flower arrangements, hot posole and burritos, arts and crafts, and music.

To learn more about the Los Ranchos Growers' Market visit the growers' website and like us on Facebook. The *Market to Table* by Lorilee McDowell will return in the next issue of the Vision.

See you at the Market.

www.losranchosgrowersmarket.com

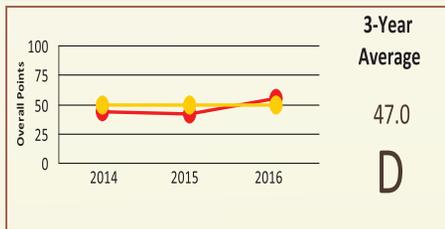
North Valley Academy Charter

District: State Charters

Grade Range: KN - 8 Code: 504001

■ This School
■ Statewide C Benchmark

Indicator	Score	Grade	School Points	Possible Points
Current Standing How did students perform in the most recent school year? What percent of students are on grade level? Did students improve more or less than expected?	21.3	D	16.24	40
School Growth Did the school as a whole improve student performance more or less than expected?	5.8	D	4.42	10
Student Growth of Highest Performing Students Are the highest performing students in math and reading improving more or less than expected? The highest performing students are in the top three quarters (75%) of past performance of their school.	7.2	B	10.38	20
Student Growth of Lowest Performing Students Are the lowest performing students in math and reading improving more or less than expected? The lowest performing students are in the bottom quarter (25%) of past performance in their school.	15.3	F	9.21	20
Opportunity to Learn Do parents and students believe their school is a good place to learn? Is student attendance high?	7.5	A	9.53	10
Bonus Points Does the school earn additional credit for reducing truancy, promoting extracurricular activities, and engaging parents and students?	1.6		5.00	5



Total Points
54.78

Final School Grade	Points Range	Grade
A	75.0 to < 100.0	
B	60.0 to < 75.0	
C	50.0 to < 60.0	
D	37.5 to < 50.0	
F	0.0 to < 37.5	

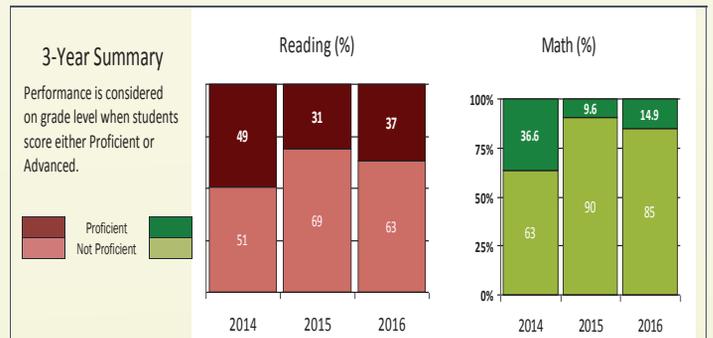
Details of Each Grade Indicator

These next pages show the school's results divided into smaller groups to show how specific classes of students are doing. The information explains how a school compares to other schools and identifies groups within the school that are performing well or that need additional instructional support based on achievement. Points that the school earned on each of the indicators are provided in more detail and when summed will equal the totals on the first page summary.

Current Standing Knowing how many students are proficient in a given year is a measure of the school's overall success. Single-year performance will vary with differing classes of students. Therefore, Current Standing uses up to 3 years of data to provide a more accurate picture of the school's achievement. Current Standing is augmented with Value-Added Modeling (VAM) by capturing the school's size, student mobility, and prior student performance. Details of VAM can be found in the PED's School Grading Technical Guide at <http://webapp2.ped.state.nm.us/SchoolData/SchoolGrading.aspx>.

	All Students	Gender		Race / Ethnicity					Economically Disadvantaged	Students with Disabilities	English Language Learners
		F	M	White	Afr Amer	Hisp	Asian	Am Indian			
Reading											
Proficient and Advanced (%)	36.6	43.8	30.8	47.9	-	32.9	-	-	30.6	6.6	25.0
Proficient and Advanced (Pts)	3.66										
Value-Added Model (Pts)	6.62										

Math											
Proficient and Advanced (%)	14.9	16.2	13.9	18.5	-	12.5	-	-	11.8	6.4	-
Proficient and Advanced (Pts)	1.49										
Value-Added Model (Pts)	4.48										



School Growth School growth compares the students enrolled in the current year to the same students from prior years. Unlike Current Standing, School Growth accounts for improvement of all students, not just those reaching proficiency.

Growth in proficiency is calculated with Value-Added Modeling (VAM), which accounts for the school's size, student mobility, and prior student performance. Details of VAM can be found in the PED's School Grading Technical Guide at <http://webapp2.ped.state.nm.us/SchoolData/SchoolGrading.aspx>.

	Reading	Math
Value-Added Score	0.280	-0.450
Points Earned	3.05	1.63

School growth is expressed as a score that can be both negative and positive. When it is positive, the school performed better than was expected relative to its peers with the same size, mobility, and prior student performance.

Student Growth Just like schools, individual student achievement is expected to improve over time. Student growth is shown as a value-added score (VAS) that accounts for all students in each group for up to 3 years. Student groups are further divided into highest and lowest performing subgroups. Every student's prior test scores are used to estimate how they should perform today.

- Above 0 means that the group, in general, scored higher than expected. This is an exciting finding when students are below the proficiency line, because they are closing the achievement gap and catching up to their higher-performing classmates.
- Near 0 means that the group scored about as expected compared to their academic peers. While some students may have performed better than anticipated (positive growth), they were balanced by students that did poorer (negative growth).
- Below 0 means that the group performed below expectations and students are losing ground when compared to their peers.

Details of student growth and value added scores are explained in PED's School Grading Technical Guide at <http://webapp2.ped.state.nm.us/SchoolData/SchoolGrading.aspx>. Note that separate analytic techniques are used for the school overall and for the subgroups.

	School Overall	Subgroup Analysis									
		Female	Male	White	African American	Hispanic	Asian	Am Indian	Econ Disadv	Students with Disabilities	English Language Learners
Reading Growth											
Highest 75% (VAS)	0.33	0.09	0.03	0.05	0.30	0.06	0.08	0.02	0.04	-0.04	.1
Highest 75% (Pts)	6.31										
Lowest 25% (VAS)	-.2	-0.08	0.13	0.09	0.16	0.05	-	-0.28	0.01	0.09	-0.11
Lowest 25% (Pts)	5.70										
Math Growth											
Highest 75% (VAS)	-.2	.0	-.1	.1	-.1	-.1	.4	.2	.0	-.3	-.2
Highest 75% (Pts)	4.07										
Lowest 25% (VAS)	-.4	-.2	.0	.2	1.0	-.2	-	-.2	.0	.1	-.1
Lowest 25% (Pts)	3.52										

School History Student performance over time can demonstrate the success of interventions and school reform. Students who score proficient or higher are considered to be performing at grade level. For a more detailed history, see the PED website: <http://www.ped.state.nm.us/AssessmentAccountability/AcademicGrowth/NMSBA.html>.

	All Students	Gender		Race / Ethnicity					Economically Disadvantaged	Students with Disabilities	English Language Learners
		F	M	White	Afr Amer	Hisp	Asian	Am Indian			
Reading Proficiency											
2016 (%)	36.6	43.8	30.8	47.9	-	32.9	-	-	30.6	6.6	25.0
2015 (%)	31.3	41.5	23.0	36.2	36.4	28.7	75.0	37.5	27.1	7.5	<2.0
2014 (%)	49.3	57.4	42.3	52.8	54.5	48.3	-	-	45.9	14.7	-
Math Proficiency											
2016 (%)	14.9	16.2	13.9	18.5	-	12.5	-	-	11.8	6.4	-
2015 (%)	9.6	9.4	9.7	15.4	<2.0	7.7	>98.0	16.7	7.1	2.6	<2.0
2014 (%)	36.6	34.6	38.5	37.5	27.3	36.1	-	-	33.7	8.8	-

Opportunity to Learn (OTL) The successful school invites students to be part of a thriving learning culture that uses proven teaching methods. A school's learning environment is reflected in a survey of classroom practices and in student attendance.

	All Students	Gender		Race / Ethnicity					Economically Disadvantaged	Students with Disabilities	English Language Learners
		F	M	White	Afr Amer	Hisp	Asian	Am Indian			
Attendance (Average)	99.0	99	99	99	99	99	100	99	99	98	99
Attendance (Points)	5.20										

Survey (Average)	39.0	Surveys consisted of 10 questions with answers from 0 (Never) to 5 (Always), yielding a maximum score of 50. A typical question includes "My teacher introduces a new topic by connecting to things I already know." Schools that scored higher demonstrated better classroom teaching practices.
Survey (Points)	4.3	
Count of Surveys (N)	561	

Bonus Points While most schools provide a sampling of athletics, club participation opportunities, and parent meetings, a few schools stand out among the rest. These schools are recognized for their extraordinary dedication to keeping students invested in school and their efforts in empowering parents to engage actively in their child's education.

Student and Parent Engagement Truancy Improvement

Extracurricular Activities Other

Participation Schools must include all of their enrolled students in the annual statewide assessment. If the percentage of students is less than 95%, the school's letter grade is reduced by one grade. Supplemental Accountability Model (SAM) schools and small schools with fewer than 100 students receive special consideration.

Reading (%) 100
Math (%) 100

Supplemental Information

Similar Schools While statewide comparisons are helpful, schools may want to see how they rank next to their peers that have similar students and settings. The figures below show how this school contrasts with other schools in the state that are most like it in student characteristics.

Schools are grouped into categories that have similar proportions of English language learners (ELL), students with disabilities (SWD), ethnicities, economically disadvantaged (ED), and mobile students. Different schools are in each category set. A composite score incorporates all categories into a general measure of at-risk students. Higher ranking schools had more points in that indicator.

	School Rank											
	ELL		SWD		Ethnicity		ED		Mobility		Composite	
Students (% Tested)	2.5		12.7		73.9		65.4		28.0			
	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total	Rank	Total
Current Standing	33	(46)	26	(45)	23	(45)	31	(45)	24	(45)	28	(45)
School Growth	32	(46)	27	(45)	29	(45)	35	(45)	27	(45)	32	(45)
Student Growth, Highest 75%	30	(46)	25	(45)	19	(45)	22	(45)	22	(45)	26	(45)
Student Growth, Lowest 25%	31	(46)	31	(45)	29	(45)	32	(45)	26	(45)	28	(45)
Opportunity to Learn	20	(46)	29	(45)	25	(45)	26	(45)	33	(45)	22	(45)

- End Notes**
- The Statewide C grade was established in the first year of A-F School Grading as the midpoint of all schools. It was fixed in 2011 as the framework for all future letter grades and is not recalculated each year.
 - For high schools that do not have members of 4-year, 5-year, or 6-year graduation cohorts, the scale is abbreviated, and letter grades are adjusted to account for the school's remaining non-cohort indicators or non-cohort years.
 - A dash is substituted where a school has too few students (N<10) to meet confidentiality requirements for reporting.
 - Feeder schools are schools that do not have students in tested grades 3-11.
 - Schools that administered tests on computers received bonus credit based on the number of students participating.

Note for Families: If your child is enrolled in a school that has earned two "F" grades in the last four years, New Mexico state law allows you to transfer your child to a school with a higher school grade. Please call (505) 827-6909 to learn more. For information about other schools in your community and

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Rediscover the Village

Hazards of Shrugging Shoulders

by Dave Bexfiel



These businesses — with big dreams and heavy personal investments of money and time — chose our neighborhood ... to make a go of it, to make the place we call home a more robust community.

Next week. Next week I was going to get a massage at Dream Spa Chinese Massage on Fourth Street. I had done my research like a good reporter and — despite outward appearances — found out from neighbors that May is a talented masseuse and according to one Villager, “gave me the best massage I’ve ever had.” But it was always next week, and then the week after. And then like a spring snow in New Mexico, the Dream Spa was suddenly gone.

At first, this was all about me. My aching shoulders from cranking a thousand miles on my hand trike were not going to be soothed. My tight muscles from waving at every passing car in Los Ranchos (hey, I warned all of you to watch out for the Dave Wave) were not going to be unknotted. I know, woe is me, right? Meanwhile, there are businesses in the Village like May’s that struggle to keep their doors open, and then when they shutter, shoulders

shrug. (Oh the irony, shrugging shoulders that likely need massaging.)

I should not think that way. We, as Villagers, should not think that way. These businesses — with big dreams and heavy personal investments of money and time — chose our neighborhood (often their neighborhood, too) to make a go of it, to make the place we call home a more robust

community. We owe it to these businesses to give them a chance. I barely got an opportunity to taste Desert Grows Kitchen before it wilted. Bend it Like Buddha folded seemingly in a fortnight. What to do?

Go. Explore. Try. Experience. And share. As 2017 unfolds, there is a lot of excitement and brimming potential in Los Ranchos de Albuquerque. Our first brewery, Steel Bender Brewery (on Second Street just south of Paseo del Norte on the west side) will be pouring pints of handcrafted ale. Newly opened Marley’s Texas Barbeque (7520 Fourth Street) should have its rumored 100+ beer taps online. Even Joliesse Chocolates will have a wide selection of wine and beer in the new year to go along with new evening hours. Beyond beer though (mmm, beer), the long-awaited Fourth Street revitalization project finally will kick off, setting into motion what stands to be a prosperous sea change for our Village.

That excitement is tempered, though, with the reality that all of our businesses, new and old, need the community’s support, especially during any construction interruptions. And when I say our community, that means me, that means you. All of us. And most important: don’t put it off until next week, or the week after. As for May and her Chinese massage, thankfully she’s re-opened down the street (309 Rio Grande Blvd NW, 344-9489). Although today we are one Dream Spa shy, this is our shared backyard, so let’s play in it, shop in it, eat in it. And get massages in it (Earth Spirit Therapies at 6501-D Fourth St, by appointment, 345-9908). It’s another brilliant day in the Village.



Dine on a restored 1955 bus at the new Fresh (7319 Fourth Street).



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.

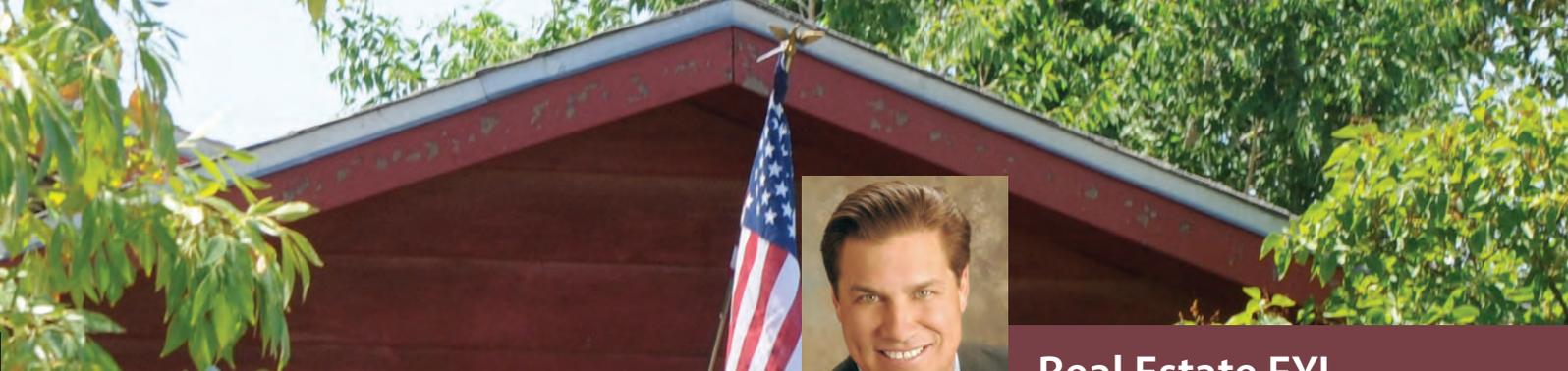
Gross receipts must be reported to 02-200 or subject to maximum penalty under the law.

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
8202 Guadalupe	864143	\$1,000,000.00	2.54	VACANT LAND				Linda Martinez	Coldwell Banker Legacy	(505) 828-1000
8721 Rio Grande	880539	\$825,000.00	3.5	VACANT LAND				Janis Fensterer	Realty One of New Mexico	(505) 883-9400
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
6500 Rio Grande	878999	\$449,400.00	1.47	VACANT LAND				Cindy Chavez	Realty One of New Mexico	(505) 883-9400
971 Bonita Rosas Dr.	868696	\$377,000.00	1.13	VACANT LAND				Kim Jensen	Keller Williams Realty	(505) 271-8200
585 Alma Encantada Ct.	861098	\$329,000.00	1.55	VACANT LAND				Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6765 Guadalupe	876292	\$275,000.00	1	VACANT LAND				James Shull	ABQ Properties LLC	(505) 717-3002
915 La Senda	879761	\$249,000.00	0.72	VACANT LAND				Mark Thompson	Cauwels & Stuve Rlty & Dev.	(505) 266-5711
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
5415 Eakes	880134	\$2,895,000.00	2	6153	6	7	4	Jeannine DiLorenzo	Keller Williams Realty	(505) 271-8200
5425 Eakes	871425	\$2,500,000.00	2	6800	3	6	4	Joseph Maez	Keller Williams Realty	(505) 897-1100
7200 Rio Grande	845577	\$2,400,000.00	12.29	5374	4	4	0	Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
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
8643 Rio Grande	870111	\$1,995,000.00	2.57	7138	5	7	3	Angela Lang	Q Realty, Inc	(505) 750-0059
5005 Rio Grande	877309	\$1,872,000.00	3	4800	3	3	4	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
5201 Ekes	849341	\$1,650,000.00	2.74	5988	5	5	3	Rodger Barton	Structure Services Group	(505) 818-7450
5911 Padre Roberto	861120	\$1,595,000.00	2	6400	6	6	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
5503 Rio Grande	877004	\$1,500,000.00	3.48	6610	5	5	2	D'Nette Wood	Avio Real Estate, LLC	(505) 463-2910
4674 Los Poblanos	842081	\$1,450,000.00	1.2	6140	6	8	9	Dominic Serna	Keller Williams Realty	(505) 271-8200
1703 Eduardo Y Juanita	875345	\$1,380,000.00	1.03	5184	4	5	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
4628 Los Poblanos	879151	\$1,325,000.00	1	5386	5	5	4	Terri Sauer Beach	Coldwell Banker Legacy	(505) 292-8900
8714 Rio Grande	876653	\$1,100,000.00	2.19	3815	5	5	3	Donald Martindell	American Realty	(505) 897-3657
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	Achthora	(505) 503-7999
1422 El Portal	876495	\$949,900.00	1.12	5750	3	5	3	Kavan Salas	Realty One of New Mexico	(505) 883-9400
4608 Los Poblanos	878655	\$940,000.00	1.24	4282	3	4	6	Nancy Mead	Keller Williams Realty	(505) 271-8200
6409 Ave. La Cuchilla	876777	\$899,000.00	0.93	4156	4	4	3	Billingham Team	Keller Williams Realty	(505) 271-8200
750 Chamisal Road	879405	\$885,000.00	1.24	4687	5	4	2	Susan Nelson Anderson	Coldwell Banker Legacy	(505) 828-1000
6504 Calle Candela	861137	\$865,000.00	0.77	4140	4	4	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
509 Los Ranchos	875942	\$825,000.00	1.18	4180	4	4	1	Dee Dee Cordova	Coldwell Banker Legacy	(505) 892-1000
707 Alondra	872084	\$769,000.00	0.47	3186	3	3	3	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
6400 Ave. La Cuchilla	868300	\$759,000.00	0.71	3700	4	3	2	Marilyn Gregg	Ida Kelly Realtors	(505) 888-1000
8203 Guadalupe	879256	\$725,000.00	1.04	4096	5	3	2	Max Sanchez	Coldwell Banker Legacy	(505) 293-3700
208 Nico	859469	\$699,900.00	0.77	3805	4	3	4	JoAnn Brown	Brown & Associates, Inc.	(505) 883-1674
925 Pueblo Solano	879197	\$692,500.00	0.72	3083	3	3	2	Sherilyn Lucas	Re/Max Elite	(505) 798-1000
8312 Guadalupe	862787	\$680,000.00	2.73	2208	5	1	0	Daniel Martinez	Keller Williams Realty	(505) 897-1100
1924 Ave. Las Campanas	876649	\$650,000.00	0.9	3516	4	3	2	Bridget Hazen	Nest Realty	(505) 977-4719
827 El Alhambra	861123	\$649,000.00	0.98	3444	4	3	2	Suzanne Kinney	Coldwell Banker Legacy	(505) 293-3700
316 Nuevo Hacienda	880634	\$625,000.00	0.22	2673	4	4	3	Joseph Maez	Keller Williams Realty	(505) 897-1100
6769 Guadalupe	838784	\$599,000.00	1.6	3000	5	4	4	Mike Novak	Re/Max Masters	(505) 883-8979
1005 El Alhambra	878212	\$585,000.00	1.19	3178	4	3	2	Claudia McDougal	Realty One of New Mexico	(505) 883-9400
4124 Dietz Farm	870612	\$569,000.00	0.69	3107	5	4	2	Beverly Hilton	Realty One of New Mexico	(505) 883-9400
333 Rancho	874562	\$540,000.00	1.41	3786	3	5	3	Talia Freedman	Signature SW Properties	(505) 332-8838
8911 Rio Grande	868546	\$538,500.00	1.39	4365	6	5	3	Mike Novak	Re/Max Masters	(505) 883-8979
312 Nara Visa	876074	\$500,000.00	0.57	3962	6	4	3	Marilyn Eifert	Q Realty, Inc	(505) 750-0059
608 Bledsoe	868909	\$475,000.00	1.35	2843	4	3	2	Robin Riegler	Coldwell Banker Legacy	(505) 293-3700
6717 Guadalupe	874245	\$440,000.00	0.97	2872	3	3	0	Maria Pumilia	Keller Williams Realty	(505) 271-8200
220 Nico	869422	\$425,000.00	0.21	2540	4	5	3	Suzann Walker	Re/Max Elite	(505) 798-1000
625 Sandia View	874537	\$399,500.00	0.3	2233	3	3	2	Lynn Johnson	Keller Williams Realty	(505) 897-1100
6822 Fifth Street	860275	\$356,000.00	0.38	2504	3	2	0	Christine Carrejo	The Source Realty	(505) 344-3610

The information herein is deemed reliable, but not guaranteed from SWMLS compiled on or before December 9, 2016 by Tim Tourville, Coldwell Banker Legacy 292-8900.



Real Estate FYI

by Tim Tourville, CRS

10 New Year's Resolutions for Your Home

Every year I come up with a multitude of ways to improve my living by resolving to give up some things or do more of other things that will improve my life and/or the lives of those around me. Without fail, about halfway through the year my wife Lorraine, takes great pleasure in pointing out the fact that I have failed to “do” or “not do” all of my resolutions. So this year, I am taking a slightly different approach. I firmly resolve to make my home a better place to live. Here is a list that can help you with your living:

1. Plant a tree. The simple act of planting a tree helps the environment in so many ways.

2. Stop clutter. Make a rule for your home that every time someone brings something into the house, an item of equal size goes out the door. Buy a new book, jacket, toy, etc.; find an old one to donate.

3. Install low-flow or high efficiency toilets. The differences in performance

may seem trivial, but switching from a standard to a low-flow toilet can save thousands of gallons of water per year.

4. Expect a guest. Keep the living room and kitchen clean enough that you would not be embarrassed for guests to show up unexpectedly.

5. Conduct a home energy audit. These are offered by private consultants or local utility companies. An energy audit will tell you exactly what you can do to make your home more energy efficient. The up-front costs will often be paid for over a short period of time.

6. Go paperless. Cut back on the never ending stream of paper. Enroll in online billing and banking. Spend an afternoon calling catalog companies to get off their mailing list.

7. Install a home security system. According to the Rutgers School of Criminal Justice an electronic security system is the most effective deterrent against criminal invasion of a residential home. A security system is not just for protection of the home, but

of the family.

8. Increase the value of your home. Install new energy efficient windows. Remodel the kitchen and/or baths. Create outdoor living spaces.

9. Clean green. Use earth-friendly cleaning products and feel good about helping the earth. These types of products also reduce the risk of accidental poisoning.

10. Support the Village of Los Ranchos. Promote and support the Village. Attend events all year long. Insist on being recognized as the Village of Los Ranchos, not Albuquerque. Many Villagers express both positive and negative comments when I publish this type of checklist. It all depends on who is holding the “Honey-Do” list. Happy New Year!

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
6629 Edgewood	877787	\$347,500.00	0.4220493	2	0			Sari Krolik	The Ingles/Company Realtors	(505) 828-1366
376 Los Ranchos	879765	\$255,000.00	0.1223033	3	2			Susan Blackwell	Welcome Home Realty	(505) 839-0775
7821 Guadalupe	875187	\$242,000.00	0.7538003	3	1			Joan Wagner	Coldwell Banker Legacy	(505) 828-1000
300 Enchanted Valley	874242	\$225,000.00	0.3617263	2	2			Timothy Tourville	Coldwell Banker Legacy	(505) 292-8900
617 El Paraiso	880154	\$220,000.00	0.4311002	1	2			Lynne Cordova	Provision Properties	(505) 750-7305
513 Los Ranchos	876022	\$175,000.00	0.3215383	2	1			Dee Dee Cordova	Coldwell Banker Legacy	(505) 892-1000



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EldoradoHotel.com

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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
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Kay Richards - Oil and Watercolor Painter
Vera Neel - Oil Painter
Patty Williams - Mixed Media Painter
Vicki Bolen - Mixed Media Artist
Luba Udalova - Oil Painter
Allen Lowery - Acrylic Painter
Barbara Nahler - Mixed Media Artist
Mikki Roth - Photography
Randy Landavazo - Photography





Kelly Jo Designs by Wine will be hosting a fundraiser painting class for Los Ranchos Elementary on February 20th at 2:00 p.m. Register for this fun and worthwhile event today at:

<https://kellyjodesignsbywine.com/class/220-fundraiser-for-los-ranchos-elementary-school-roadrunner-class-2pm-35-00-public-welcome>

**Minors are welcome as long as they are accompanied by a parent or legal guardian.*

Sandia Prep: Celebrating 50 Years

Established in 1966 by Barbara Young Simms, and celebrating its 50th anniversary this year, Sandia Preparatory School serves students in grades six through 12 by creating a balance among what it calls the Five A's: Academics, Arts, Athletics, Activities, and Atmosphere. "Sandia Prep offers a college prep education, and so much more," says Bill Sinfield, Sandia Prep's Head of School. "A strong academic program is the heart of our college-preparatory curriculum. We also offer remarkable opportunities to cultivate each student's innovation, talents, creativity, and intellectual development." The art of providing a college preparatory education has changed over the years, and Sandia Preparatory School has stayed ahead of the curve to ensure its students get the skills they need to succeed in the future.

continued on page 38

Fresh: The Newest Chef-to-Table Mobile Bistro Around

by Pamela Accetta Smith

Are you looking for something new and exciting in Los Ranchos? If so, make sure to visit Fresh, A Mobile Bistro, and its accompanying restaurant, Fresh Bistro. What started out as forty feet of fine dining that redefined foodservice and revolutionized exquisite eating, has evolved into an additional brick and mortar bistro.

Brought to you by Chef Jon Young of Corrales, the mobile bistro is one of the most unique ideas that has come out of the restaurant industry in years.

Fresh, a Mobile Bistro, is a traditional, French-inspired, locally-sourced, reservation-only, intimate chef-to-table restaurant. Housed in a transformed, iconic, 1955 Fageol Twin Coach Bus, Fresh has seating for 12 guests, a full kitchen, luxurious seating, and an intimate atmosphere reminiscent of the ultimate fine dining of *The Orient Express*.

Chef Young, and his wife Melissa, transformed what was a rusty, hollowed-out shell, into a fine dining restaurant on wheels. Themed after the famous *Orient Express*, the old KOB News bus now takes its passengers on a tantalizing food adventure where they are immersed in an intimate, old-world fine dining experience. Board the classic coach, and find yourself transported to a time when elegance and indulgence was key.

As time went on, the Young's expanded their vision a lot sooner than expected, and found themselves at 7319 Fourth Street NW. Over the past few months, they have been tirelessly working on creating something that

they feel Los Ranchos craves — fine, fresh, unique dining. Currently, their restaurant is serving a French-inspired lunch/brunch, Wednesday through Sunday. Starting in January, they will be serving dinner Wednesday through Sunday. They are in process of obtaining a beer and wine license, and hope to be serving local brews and wines very soon.

Chef Jon and Melissa's dream is to have a tap room on their grounds with outdoor seating that will feature live music on the weekends. They are also hoping that come spring, they can get together with local schools and have children come to their restaurant to learn about gardening, and all aspects of what it takes to put their food on their plates. From what produce to grow, to the true cost of food, Jon and Melissa wish to teach the youth of their community what fresh food is all about, while gaining a greater respect for what they are eating.

The Young's are hoping to use their large parking space for community-driven events and celebrations to encourage the community to gather and come together around food.

Fresh also offers extraordinary and personalized catering for private parties or special events, with uniquely customized menus for any event or budget.

The mission of Fresh is to create delicious food in a positive and totally unique environment. The Young's are truly passionate about ensuring their guests have a one-of-a-kind, enchanting dining experience.

Village of Los Ranchos Businesses Again Among the "Best" of the Best



The recent *Albuquerque The Magazine* is out and the Best in the City listings has the Village of Los Ranchos taking a large amount of the Best of Winners spots and 41 of the Top 5 positions.

Consistently, year after year, Los Ranchos businesses are chosen by readers as their top picks as the best of the best in and around the city of Albuquerque. This year, more of the Village's business made the list, including favorites such as Sadie's of New Mexico, Los Poblanos, Vernon's Speakeasy, Casa Rodeña Winery, Dan's Boots and Saddles, and Kelly Jo's Designs.

As you're out and about in the new year, be sure to stop in, congratulate the businesses, and enjoy the services, food or gifts that they offer.



** Business located on Village border or owner is a Village resident.*

Best of Winners

- Chicken Wings – Billy's Long Bar *
- Red Chile –
- Los Cuates New Mexican Food *
- Breakfast Burrito – Little Anita's
- Queso – El Bruno's Restaurante y Cantina*
- Sopaipilla – Casa de Benavidez
- Pizza Delivery – Pizza 9
- Chinese Restaurant – Chen's Chinese *
- French Fries – Blake's Lotaburger
- Seafood – Down N Dirty *
- Chips and Salsa – Sadie's of New Mexico
- Local Farm – Los Poblanos Inn and Organic Farm
- Green Chile Cheeseburger – Blake's Lotaburger
- Vintner – John Calvin, Casa Rodeña Winery
- Pet Boarding – Canine Country Club
- Doggie Daycare – Canine Country Club
- HairStylist – Dawn Warnack,
- Urban Hair by Dawn
- Toy Store – Out of the Blue *
- Albuquerquean Who Made it Big – Notah Begay III
- Product Made Locally – Kelly Jo Designs
- Collision Repair Shop – Car Crafters *
- Designer Jewelry – Lilly Barrack*
- Antique Store – Found it on 4th
- Western Wear Store –
- Dan's Boots and Saddles
- New Car Dealer – Sandia BMW *
- Residential Painting –
- Mike's Quality Painting
- Plumbing Company –
- TLC Plumbing and Utility*
- Bed and Breakfast – Sarabande
- Place to Get Married – Los Poblanos Inn and Organic Farm





Best of: Top 5

Cooking Classes – Los Poblanos Inn and Organic Farm
Burger – Blake's Lotaburger
Red Chile – Sadie's of New Mexico
Steakhouse – Vernon's Speakeasy
New Mexican Restaurant – Sadie's of New Mexico
Breakfast Burrito - Blake's Lotaburger
Sopaipilla – Sadie's of New Mexico
Brunch – Farm to Table *, Weck's
Beef Jerky – Delicious Beef Jerky
Undiscovered Restaurant –
 The Ivy Tea Room
Pizza – Pizza 9, Wise Pies*
Candy Store – Joliesse Chocolates
Salad Place – Wise Pies
Food Product Made Locally –
 Celina's Biscochitos
Patio Dining – Casa de Benavidez
Chips and Salsa –
 El Bruno's Restaurante y Cantina *
Green Chile – Sadie's of New Mexico
Romantic Restaurant – Vernon's Speakeasy
Local Farm – Farm to Table *
Green Chile Cheeseburger – Papaburgers
Guacamole – El Bruno's Restaurante y Cantina *, Sadie's of New Mexico
Taco – Filiberto's Mexican Food
Local Wine – Casa Rondena Winery
Margarita – El Bruno's Restaurante y Cantina *, Sadie's of New Mexico
Place to Adopt a Pet – Lap Dog Rescue of New Mexico
Pet Grooming – Canine Country Club

Pet Supply Store – Dan's Boots and Saddles
Colorist – Dawn Warnack,
 Urban Hair by Dawn
Hair Salon – Frenchy's Beauty Boutique
Kids Restaurant – Wise Pies
Local Author – Anne Hillerman
Accessories – Lilly Barrack *
Customer Service – Out of the Blue *,
 Quanz Autocare *
Product Made Locally – Lavender Lotion,
 Los Poblanos Inn and Organic Farm
Collision Repair Shop – Quanz Autocare
Designer Jewelry – Gertrude Zachary *
Home Furnishings –
 The Furniture Superstore
Frame Shop – Village Frame Crafters
Local Secret – The Ivy Tea Room
Plumbing Company – Albuquerque
 Plumbing, Heating and Cooling
Place to Dance – Casa Esencia, QBar Lounge *
Girl's Night Out – Kelly Jo Designs by Wine
Place to Get Married – Hotel Albuquerque *
Staycation Spot – Los Poblanos Inn
 and Organic Farm
Local TV Commercial – Perfection Honda *
Jazz Club – Vernon's Speakeasy





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What is a Mutual Fund?

Most investors today have some exposure to mutual funds. They are the bread and butter of retirement plans and other organized investment platforms. This is a brief refresher on mutual funds and how they are priced.

A mutual fund is an open-ended investment company. Investment companies pool investors' money and invest in securities (stocks, bonds, cash equivalents, etc.) on their behalf. Investment companies raise money by selling shares of the investment company to the public. Thus, when you buy a mutual fund, you are buying a share of that investment company. By owning shares of that company, you participate in the gains and losses of their investment portfolio.

To buy a share in a mutual fund, the investor pays the net asset value (NAV) which is the public offering price plus a sales charge. The NAV is determined by dividing the total value of the investments in the portfolio by the total number of shares outstanding. Mutual fund shares are not traded on the open market, and the shares are sold and redeemed by the fund only at the close of the trading day.

Each mutual fund is managed by a money manager or managers, professionals who invest the fund's capital in a way that matches the investment objective of the fund. Thus, a fund may have an objective of investing in large US company stocks or foreign bonds or as a money market fund. Knowing the objective of a fund is key to choosing a suitable fund to meet your goals.

What are the benefits of mutual funds? Mutual funds are more cost effective than investing as an individual, may provide diversification of your investments, usually have reasonable investment minimums, are accessible and relatively liquid, and they provide investors access to professional money managers. The performance of the manager(s) and the fund is easily tracked as the aggregate performance of the underlying investments.

However, this professional management comes with a cost. Built into the price of the mutual fund is the expense ratio, which is the price of fund operation. These costs are taken out of the fund's assets and lower the return to investors. Some funds

also charge a sales charge, also known as a load, which may be charged when the shares are purchased or sold. "No-load" funds have this fee waived, along with meeting other criteria. If you are invested in mutual funds it is important to understand what sales charges you pay and what the expense ratios are. Actively managed funds may have expense ratios greater than 1% while passively managed funds have expense ratios as low as 0.16 percent.

Index funds have become increasingly popular. These are funds essentially managed electronically that track the composition and performance of an index, such as the S&P 500. This straightforward approach allows for lower fees.

I often hear that mutual funds are "safer" investments, but they reflect the risks of the underlying investments.

In addition, the fund you choose should be suitable for your investment objectives as determined by your investment professional or using planning tools.

ClariFinancial is a registered investment adviser. Information presented is for educational purposes only and does not intend to make an offer or solicitation for the sale or purchase of any specific securities, investments, or investment strategies. Investments involve risk and, unless otherwise stated, are not guaranteed. Past performance is not indicative of future performance.

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.

Call us today.

Wells Fargo Advisors does not provide legal or tax advice.

Together we'll go far



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

Planning & Zoning Meeting

December 13

**The next regular meeting
will be held on
Tuesday, February 14, 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 – October 11, 2016

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

4. PUBLIC HEARINGS AND APPLICATIONS

There were no public hearings or applications.

5. OLD BUSINESS

There was no old business



6. NEW BUSINESS

A. DISCUSSION AND ACTION ON TEXT AMENDMENTS TO THE COMMERCIAL ZONING CODE

There was only discussion no action was taken.

7. REPORTS

A. PLANNING DEPARTMENT REPORT

The report included meeting with the Fourth Street consultants and Water utility Authority on replacement of water lines. Weed letters were sent out by Keen Heinzelman Code-Enforcement Officer. Business renewals went out and returns are encouraging. Took applications for a P & Z intern, interviewed and hired a part-time intern. Stormwater activities included attending the Rio Rancho Water Fair to teach 4th graders about Stormwater quality. Participated in an EPA two-day meeting. Drafted and posted for public review the Stormwater Management plan and annual report. Submitted the report to the EPA on November 31, 2016.

8. COMMISSIONER'S INFORMAL DISCUSSION

There was no informal discussion.

9. ADJOURNMENT

The meeting was adjourned at 9:42 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

October 12, 2016

The next regular meeting
will be held on
Wednesday, January 25, 2017

1. CALL TO ORDER

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

The Board moved approval of the agenda as presented. The motion carried unanimously, 4-0.

2. PUBLIC COMMENT PERIOD

Bessie Duran, 7829 Rio Grande Blvd NW, said I will be recording this if you do not mind. I am a retired teacher, but they found a tumor like symptom in my brain and I had to retire. I have a cognitive anxiety disorder. First thing I want to ask is if the ordinances are available in an audio format. I have been asked by the Village for things such as fence permits, and we were sent a letter due to the weeds on our property. I took the initiative of looking at a third of Los Ranchos on my own. I went down Guadalupe, part of Pueblo Solano, Prado, Los Poblanos, Dietz Farm, the south part Rio Grande, and Ortega. I found a total of one hundred ninety-three (193) fences that are done inappropriately. I found seventy-four (74) that have weeds all over the property. I found five hoarder houses, one is located at 707 Pueblo Solano. She said the Village had spoken to her about it years ago, but she was not going to do anything about it. The main issue is my garage/estate sales. I have spoken with Keen and the Mayor and no one will budge on the issue. I found eleven homes that have continuous garage sales. According to Keen, Marcy, and you (Mayor) I cannot have any more sales. I have a letter telling me that I can only have four a year. I feel like I am being singled out. I received a letter that states the year begins on the date of the last garage sale, but when I came in I was told that was a mistake and the year begins in January.

Sandra Lapham, 6509 Caballero Parkway, I am here to urge the committee to include in the plans for revitalizing Fourth Street to include plans to make Chavez Road safe and walkable. As a medical doctor, I am here to advocate for ways in which we can make our environment healthy, walkable, and livable. If you have ever walked on Chavez Road you will notice there are pot holes everywhere, narrow passages, cars are speeding by, and are going undeterred and undetected. I ride my bike on Chavez, and it is very dangerous for bikes. These problems on Chavez Road should be taken into consideration for the revitalization plan. To my knowledge it is the only east/west passage between Fourth Street and Rio Grande that does not have speed bumps. I would also like to recommend a bike lane. The cross walk at the corner of Chavez and Caballero Parkway goes unnoticed by cars.

David Baird, 6919 Fourth Street, said I am concerned about a few things. The Village Vision is one, which is controlled by the Administration and does not provide news. I am concerned about the trailer park purchased for \$600,000 that is not contiguous with Village property. We are coming up on a Fourth Street project that is not going to have enough funds. I do not understand the trailer park at all. There is a storage unit between it that the Village will have to pay millions of dollars for. I do not know if you had someone that you had to pay or who is benefiting from this. The trailer park was not worth \$600,000. I understand buying property near Osuna. Jumping out of bounds and buying something that is overpriced, narrow, and overall a bad property.

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.

A. MINUTES – SEPTEMBER 14, 2016 – REGULAR MEETING.

The Board moved approval of the consent agenda as presented. The motion carried unanimously, 4-0.

5. REPORTS

A. MAYOR'S REPORT

Mayor Abraham reported on the following:

- Administrator Ward and I met with Sue Brawley and Cathy. They have given their retirement notice from the Growers' Market. We are in the process of looking for someone who would like to take over that position.
- Robin Hopkins was nominated for the public service award from Governor Martinez, the event will take place on November 16, 2016.
- Dar Luz is celebrating the birth of 500 babies.

B. ADMINISTRATOR'S REPORT

Administrator Ward reported on the following:

- The Village's financial audit was submitted to the state for final review.

C. PLANNER'S REPORT

Planner McDonough reported on the following:

- We have been working on three zoning appeals, which will be heard later this evening.
- Working with the engineers and the Albuquerque Bernalillo County Water Utility Authority regarding the water utility replacement and the Fourth Street Project.

D. LEGAL REPORT

Attorney Chappell reported on the following:

- This month we have encountered several interpretive issues with ordinances.
- Working on several property contracts.

E. PUBLIC SAFETY REPORT

Public Safety Director Hopkins reported on the following:

- There is a new North Valley Commander, Josh Kingsbury.
- The number of calls has remained the same, the majority of calls are traffic stops and welfare checks.
- I am working on several pro-active initiatives. The First Responder's 5K will be held on Sunday, October 23, 2016.

6. FINANCIAL BUSINESS

A. CASH REPORT – SEPTEMBER 2016.

The Board moved approval of the September 2016 Cash Report as presented. The motion carried unanimously, 4-0.

7. PUBLIC HEARINGS AND APPLICATIONS

- A. A REqu EST By PETERSON PROPERTIES & JMD PARTNERSHIP FOR A FINAL 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 ALBuqu ERqu E, 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.

The Board moved approval of the final si e development plan. The motion carried unanimously, 4-0.

- B. AN APPEAL By ABEL & LuCILLE GARCIA, KNIGHT SEAVEy, AGENT, OF PLANNING AND ZONING COMMISSION DENIAL OF VARIANCE V-16-03 ON AuGuST 9, 2016, AGENDA ITEM 4C FOR A VARIANCE FROM §9.2.7(E)(1) THE MINIMuM LOT AREA SHALL BE ONE (1) ACRE (43,560 Squ ARE 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 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 ALBuqu ERqu E, 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 Board moved to defer Agenda Item 7.B. to the November 9, 2016 Board of Trustees Meeting. The motion carried 3-2, with Mayor Abraham breaking the tie in favor of the deferment.

- C. AN APPEAL By DIANE ALBERT OF PLANNING AND ZONING COMMISSION APPROVAL OF VARIANCE V-16-04 ON AuGuST 9, 2016, AGENDA ITEM 4C 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 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 ALBuqu ERqu E, 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 Board moved to defer Agenda Item 7.C. and 7.D to the November 9, 2016 Board of Trustees Meeting. The motion failed 2-3, with Mayor Abraham breaking the tie in opposition of the deferment.

The Board moved to deny the appeal of the variance from the front setback approved by the Planning and Zoning Commission on August 9, 2016. The motion carried unanimously, 4-0.

- D. AN APPEAL By DIANE ALBERT OF PLANNING AND ZONING COMMISSION APPROVAL OF VARIANCE V-16-05 ON AuGuST 9, 2016, AGENDA ITEM 4C 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 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 ALBuqu ERqu E, 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 Board moved to deny the appeal of the variance from the rear setback approved by the Planning and Zoning Commission on August 9, 2016. The motion carried unanimously, 4-0.

8. OLD BUSINESS

- A. DISCUSSION AND APPROVAL OF AN AMENDMENT TO THE 2013 CODIFIED ORDINANCES OF THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE, REPEALING CHAPTER 3, ARTICLE 5, TATTOO ESTABLISHMENTS SECTION 1, §3.5.1, DEFINITIONS, AND SECTION 2, PROHIBITION, §3.5.2.

The Board moved to approve an amendment to the 2013 Codified Ordinances of the Village of Los Ranchos de Albuquerque, Repealing Chapter 3, Article 5, Tattoo Establishments. The motion carried unanimously, 4-0.

9. NEW BUSINESS

- A. DISCUSSION AND APPROVAL OF AN ADDENDUM TO THE MEMORANDUM OF UNDERSTANDING BETWEEN THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE AND THE BERNALILLO COUNTY FIRE DEPARTMENT FOR THE USE OF VILLAGE PROPERTY LOCATED AT 414 SCHULTE RD NW, LOS RANCHOS, NM 87107.

The Board moved to approve an addendum to the Memorandum of Understanding between the Village of Los Ranchos and the Bernalillo County Fire Department for the use of Village property located at 414 Schulte Rd, NW, Los Ranchos, NM 87107. The motion carried unanimously, 4-0.

- B. DISCUSSION AND APPROVAL OF THE PURCHASE OF PROPERTY LOCATED AT 303 OSUNA NW, LOS RANCHOS DE ALBUQUERQUE, NM 87107, AUTHORIZING THE MAYOR TO NEGOTIATE AND EXECUTE THE PURCHASE OF THE PROPERTY CONTINGENT UPON THE FINAL APPRAISED VALUE, NOT TO EXCEED \$130,000 PLUS CLOSING COSTS.

The Board moved to approve the purchase of property located at 303 Osuna NW, Los Ranchos, NM 87107, authorizing the Mayor to negotiate and execute the purchase of the property contingent upon the final appraised value, not to exceed \$130,000 plus closing costs. THE MOTION CARRIED UNANIMOUSLY, 4-0.

- C. DISCUSSION AND APPROVAL OF THE PURCHASE OF PROPERTY LOCATED AT 6538-6548 FOURTH STREET NW, LOS RANCHOS DE ALBUQUERQUE, NM 87107, AUTHORIZING THE MAYOR TO NEGOTIATE AND EXECUTE THE PURCHASE OF THE PROPERTY UP TO THE APPRAISED VALUE OF \$1,250,000 PLUS CLOSING COSTS.

The Board moved to approve the purchase of property located at 6538-6548 Fourth Street NW, Los Ranchos, NM 87107, authorizing the Mayor to negotiate and execute the purchase of the property contingent upon the final appraised value, not to exceed \$1,250,000 plus closing costs. THE MOTION CARRIED UNANIMOUSLY, 4-0.

The meeting was in recess from 9:27p.m. to 9:36 p.m.

10. TRUSTEES ROUND TABLE (INFORMAL) DISCUSSION

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

11. ADJOURNMENT

The meeting was adjourned at 10:05 p.m..

The minutes were approved by the Board of Trustees on November 9, 2016.



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

Board of Trustees Meeting

November 9, 2016

The next regular meeting
will be held on
Wednesday, January 25, 2017

1. CALL TO ORDER

Mayor Abraham called the meeting to order at 7:00 P.M.

The Board moved approval of the Agenda with Agenda Item 9.A. deferred to the December 14, 2016 Board of Trustees Meeting. The motion carried, 2-0.

2. PUBLIC COMMENT PERIOD

Julie Skelton, 6804 Fourth Street, said we are opening a new non-profit at 6804 Fourth Street. The mission of the non-profit is to help people gain independence. The two populations that we are looking to work with are people who need assistance dogs, and youth/foster care or juvenile justice. The way we are doing that is by having a store that will have dog training, grooming, and merchandise. There will be year-long internships for youth looking for employment skills. We will be providing dog training for free or reduced rates for those that qualify. We are looking to become an integral part of the community.

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.

A. MINUTES – OCTOBER 12, 2016 – REGULAR MEETING.

The Board moved approval of the consent agenda as presented. The motion carried unanimously, 2-0.

5. REPORTS

A. MAYOR'S REPORT

Mayor Abraham reported on the following:

- The last growers' market of the regular season will be held this Saturday.
- The Board of Trustees and Planning & Zoning Commission will be moving towards paperless meetings.

B. ADMINISTRATOR'S REPORT

Administrator Ward reported on the following:

- The property located at 920 Green Valley Rd NW was appraised at \$135,000.
- We are working on a business continuity plan.

- C. **PLANNER'S REPORT**
 Planner McDonough reported on the following:
- Business registrations for 2017 are being sent out via email.
 - We have submitted the storm water management plan and annual report, which are posted on the Village's website.
- D. **LEGAL REPORT**
 Attorney Chappell reported on the following:
- Reviewed a number of property issues.
- E. **PuBLIC SAFETy REPORT**
 Public Safety Director Hopkins reported on the following:
 Robing Hopkins was not present.

6. **FINANCIAL BUSINESS**

- A. **Fy 2015/2016 VILLAGE OF LOS RANCHOS FINANCIAl AuDIT PRESENTED By THAD PORCH WITH PORCH & ASSOCIATES LLC.**

Thad porch presented the 2015/2016 financial audi . The Village had zero audit findings and the ollowing financial highlights were presented:

FINANCIAL HIGHLIGHTS

- The Village's tax revenues increased \$211,566 or approximately 7% from the prior year. Total Village revenue increased \$635,430 or approximately 21.9% from the prior year.
- The Village's expenses increased \$233,614 or approximately 8% from the prior year.
- The Village increased its net position by \$767,936 or a 2% increase for this fiscal ear.

- B. **CASH REPORT – OCTOBER 2016.**

The Board moved approval of the October 2016 Cash Report as presented. The motion carried unanimously, 2-0.

7. **PUBLIC HEARINGS AND APPLICATIONS**

- A. **AN APPEAL By ABEL & LuCILLE GARCIA, KNIGHT SEAVEy, AGENT, OF PLANNING AND ZONING COMMISSION DENIAL OF VARIANCE V-16-03 ON AuGuST 9, 2016, AGENDA ITEM 4C FOR A VARIANCE FROM §9.2.7(E)(1) THE MINIMuM LOT AREA SHALL BE ONE (1) ACRE (43,560 Squ ARE 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 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 ALBuqu ERqu E, 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. *DEFERRED FROM THE OCTOBER 12, 2016 BOARD OF TRuSTEEs MEETING.**

The Board moved to decline to hear the appeal due to the change in ownership of the property. The motion carried unanimously, 2-0.

8. **OLD BUSINESS**

- A. **DISCuSSION AND APPROVAL OF THE FOuRTH STREET REVITALIZATION AND REDESIGN PLANS AT SixTy-FIVE PERCENT (65%) COMPLETION, AuTHORIZING SITES SOuTHWEST TO PROCEED TO NINETY-FIVE PERCENT (95%) PLANS.**

George Radnovich, Sites Southwest, presented the sixty-five percent (65%) plans to the Board of Trustees. The 65% plan set includes civil drawings and details (plan and profile, striping plans, grading and drainage, utilities, and traffic control), landscape drawings and details (construction plans, planting plans, site furnishings), and architectural plans for bus shelters. Irrigation and dimensioning drawings are contingent upon general approval of the landscape plans, and will be included in the next submittal. The presentation illustrated design inspiration and precedents, with selected graphics from the plan set included to show how these elements are integrated into the proposed design. The designs also include materials, site furnishings, lighting, LID / drainage improvements, vegetation, and architectural features.

The Board moved to approve the 65% plans submitted on November 3, 2016 and November 9, 2016 contingent upon the review and approval of Trustee Lopez who will meet with PE Ron Bohannon on November 11, 2016. The motion carried unanimously, 2-0.

9. NEW BUSINESS

- A. DISCUSSION AND APPROVAL OF RESOLUTION NO. 2016-11-1 ESTABLISHING THE VILLAGE LEGISLATIVE PRIORITIES FOR THE 53RD NEW MEXICO STATE LEGISLATURE, FIRST SESSION, 2017.

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

10. TRUSTEES ROUND TABLE (INFORMAL) DISCUSSION

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

11. ADJOURNMENT

The meeting was adjourned at 10:05 P.M.

The minutes were approved by the Board of Trustees on December 14, 2016.



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Fitness/Health Column

by Dustin Melville

Alcohol Consumption and Training: How Much is Too Much?

The holidays are upon us and that usually leads to an increased consumption of alcoholic beverages during parties and celebrations. Infrequent alcohol consumption should not sabotage your workout gains but if your top priorities are adding muscle mass, losing weight, and/or improving athletic performance then there is not much of a reason to drink regularly. Keep your fitness goals on track by minimizing consumption when possible and follow these guidelines when deciding how much is too much.

1. Alcohol is calorie dense, packing seven kcal per gram, so consider low calorie or calorie free mixers. Request soda water, diet soda or light fruit juices that may only contain a few calories per serving.

2. Budget your calories. If you are on a diet you might want to substitute a nutrient sparse, sugary cheat snack with a drink later in the day/week. Your body responds to large quantities of alcohol much like it does when you consume

an excessively high carbohydrate diet. However, this does not mean you should exchange entire meals or a day's worth of eating for a night of binge drinking. Alcohol will not satisfy your appetite and might just do the opposite as it lowers blood sugar. This is why diners are packed and fast food drive through restaurants have mile long lines early Saturday and Sunday mornings.

3. If you know you will be consuming a few drinks later be sure to eat a balanced meal to slow the rate at which your body absorbs alcohol. Also, eating beforehand will provide a sense of satiety that may prevent overconsumption through rapid drinking.

4. Drinking in excess can negatively affect the quality of your sleep. Studies have shown that rapid eye movement (REM) sleep patterns are disrupted by alcohol consumption, and as we all know, sleep, or lack thereof, affects the secretion of testosterone and growth hormone. Blood alcohol content of just 0.10 percent was shown to delay REM

sleep and disrupt sleep throughout the night, due to alcohol withdrawal.

5. Since alcohol is an immunosuppressant it is usually a good idea to minimize consumption if you want to stay healthy. It will be that much harder to avoid that cold everyone around you seems to be catching which may ultimately translate into lost training time, a lack of attention to your diet, and a halt to your overall progress.

Bottom line, it is okay to enjoy the holidays but make sure to limit yourself to just an occasional indulgence from time to time. Just remember, you can always burn those extra calories during your next gym workout.

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

*Northeast Heights
1635 Eubank Blvd. NE
Albuquerque, NM 87112
(505) 299-1454*

www.powerflexgym.co

Sandia Prep: Celebrating 50 Years

Sandia Prep's seven to-one student-to-teacher ratio is key to being able to offer individualized attention. In addition, college counselors begin working with students in the 9th grade to help them outline and achieve their collegiate goals. All courses at Sandia Prep are considered honor-level. Advanced, independent curriculum courses include biology, French, environmental science, calculus, computer coding and programming, psychology, theater, and more. The school uses state-of-the-art educational equipment, and the teaching staff remains on the cutting-edge in their respective fields

Students are encouraged to participate in Sandia Prep's renowned arts program and the state championship producing

athletics program. Sandia Prep also offers other extracurricular activities, including the school's robotics team, the Outdoor Leadership Program, international program opportunities, sustainability projects, and more. More than 90 percent of Sandia Preparatory School students participate in community service projects. These include sponsoring

one of the state's largest blood drives, providing for families in need through the Holiday Wish Program, and mentoring elementary students through the Zapatos and Libros y Ninos programs. Help the school celebrate its 50th anniversary - schedule a visit and become part of 50 years of education.



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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 Bosque School Road NW
Albuquerque, NM 87120
898-6388
www.bosqueschool.org
Upcoming Events:-

- January 12 - 6:30 p.m. Admission Information Session for families with students entering grades 6-12 for the 2017-2018 school year
- February 4 - 8:30-11:00 a.m. Admission Entrance Testing - call the Admission Office to register
- February 1 - Bosque Summer Program registration opens, http://www.bosqueschool.org/Summer_Camps.aspx
- February 10-12 - Teen ABQ Startup Weekend (entrepreneurial weekend for students ages 13-18) Open to students from all schools. Register here <http://www.startupteen.com/>
- February 17-19 - *Urinetown*, The Musical; public performances 7:00 p.m. on Friday and Saturday and 2:00 p.m. on Sunday

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

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

Taft Middle School
620 Schulte Road NW
Los Ranchos, NM 87107
344-4389
www.taftms.org
Upcoming Events

- January 3 - Professional Development for school staff
- January 4 - Students return from Winter Break
- January 16 Martin Luther King Jr. Day, No School.
- February 20 - Presidents Day, No School
- February 23-24 - 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
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.
- January 20 - Homecoming Court Coronation
- January 28 - Homecoming Banquet
- January 30 - End of Four Weeks
- February 3-4 - Annual Choir Retreat
- February 8 - Centurion Players Drama Tryouts
- February 10 - ACSI State Spelling Bee
- February 11 - MATHCOUNTS
- February 14 - Day of Prayer



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by Marcelle Garfield Cady

Sanctuary: A Medieval Murder Mystery Coming to the Adobe in February



The Adobe Theater wishes all our readers a very happy New Year. We are excited that our first production, *Blithe Spirit*, which began on January 6, is enjoying a wonderful reception from our patrons. There are a few performances remaining as it closes on January 29. We are delighted to welcome back Lorri Oliver as 'Elvira', who is joined by familiar Adobe actors, Stephen Zamora, Carolyn Hogan, Sari C. Jensen and Clifton Chadwick, as well as newcomers Jen Stephenson and Linda Holston, in this most famous Noel Coward comedy.

You may have seen local playwright W. G. Allen's original play, *Lost Letter*, in 2013. George A. Williams will direct the newest play, *Sanctuary: A Medieval Murder Mystery*, by the same author, opening February 10. W. G. Allen is in fact a nom de plume for Mr. Williams. The leap from 1930s Oklahoma (*Lost Letter*) to 14th century England seems like quite a jump, but Allen says it all makes sense. "I was raised in Oklahoma," he says, "and read everything in the local library about

Medieval England. King Arthur, Robin Hood, Ivanhoe, Richard The Lion Hearted, Wicked King John, and The Crusades. You name it, I read it again and again."

Sanctuary: A Medieval Murder Mystery is set in 1349. Edward the Third is King, Clement the Sixth is Pope, and The Black Death - The Plague - is well on its way to destroying one-third of the island's population. In a small unnamed town, young Thomas Fletcher, accused of murder, claims sanctuary in a small chapel overseen by Father Amaury D'Godfrey. Thomas swears he is innocent, but can offer no proof. The King's Knight responsible for law and order in the area agrees with Thomas' accusers and is prepared to hang the boy. Father Amaury is torn between his duty as a priest, his friendship with the Knight, his fondness for the murder victim, and the possibility that Thomas is indeed innocent. In the midst of this dilemma, Father Amaury is visited by his younger sister who brings tragic news from home. A complex plot, realistic characters, and a surprise

ending combine to make *Sanctuary: A Medieval Murder Mystery* a very satisfactory night of theater.

Director George A. Williams has assembled a fine cast of Adobe Theater regulars and newcomers for the show, including Stephen Zamora as Father Amaury, Ronda Lewis as Lady Anna D'Lacey, Clifton Chadwick as Sir Walter Nesbitt, Yannig Morin as Sir William Nesbitt, Larry Welz as Cedric, Marie Nido as Goodwife Baker, Emma Tyrrell as Lucy, Riley Carson Lewis as Thomas Fletcher, and Will Zmroczek as Robbie Stoneman.

Sanctuary: A Medieval Murder Mystery runs February 10 - March 5. Performances are Friday and Saturday at 7:30 p.m. and Sunday at 2:00 p.m. Tickets are \$17, seniors and students \$15. For more information and reservations, telephone 898-9222, or visit the theater's website at www.adobetheater.org.

The Adobe Theater is located at 9813 Fourth Street NW, Albuquerque, NM 87114. We look forward to seeing you at The Adobe.

Advertising with the Los Ranchos Village Vision Magazine



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1/6 (v) Page

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x 2.375"(h)

2.375"(w)
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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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Photo gallery (<i>maximum of 25 photos</i>)	\$20
Flash animation (<i>SWF file only supporting flash 10</i>)	\$20
Video (<i>MOV, MP4, FLV, YouTube ID only</i>)	\$20
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8 Issues Released Per Calendar Year:

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

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

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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.



Food Column

by Staff Writer

Beef and Red Bean Chili

It goes by many names: Texas Chili, Gringo Chili, and just Chile. There are as many recipes for it as there are cooks and everyone has their favorite.

This recipe is a perfect slow cooker main dish for a busy family. It is also a good basic recipe that provides a chili base that you can add-in your favorite ingredients.

Ingredients

- 1 cup dry red beans or dry red kidney beans
- 1 tablespoon olive oil
- 2 pounds boneless beef chuck pot roast, cut into 1-inch pieces
- 1 cup coarsely chopped onion
- 1-15 ounce can tomato sauce
- 1-14 1/2 ounce can diced tomatoes with green chiles, undrained
- 1-14 1/2 ounce can reduced-sodium beef broth
- 2 - 3 canned chipotle peppers in adobo sauce, finely chopped, plus 2 teaspoons adobo sauce
- 2 teaspoons dried oregano, crushed
- 1 teaspoon ground cumin
- 3/4 cup finely chopped red sweet pepper (optional)
- 1/4 cup snipped fresh cilantro (optional)



Rinse beans. Place beans in a large saucepan or Dutch oven. Add enough water to cover by two inches. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover; let stand for 1 hour.

Meanwhile, in a large skillet heat oil over medium-high heat. Add half of the meat and the onion; cook and stir until meat is browned. Transfer to a 3-1/2- or 4-quart slow cooker using a slotted spoon. Repeat with remaining meat. Stir tomato sauce, tomatoes, broth, chipotle peppers and adobo sauce, oregano, and cumin into mixture in slow cooker. Drain and rinse the beans; stir into mixture in cooker.

Cover and cook on low-heat setting for 10 to 12 hours or on high-heat setting for 5 to 6 hours.

Enhance Your Chili Experience

Sliced celery is a great addition to chili, as well as Hatch green chili. Adding black beans provides an extra source of protein.

Toppings for chili are only limited by your imagination. Favorites include grated cheddar cheese, sour cream, chives, sliced avocado, shredded lettuce, chopped onions, sliced olives, chopped tomatoes, guacamole, crushed tortilla chips, yogurt, and salsa.

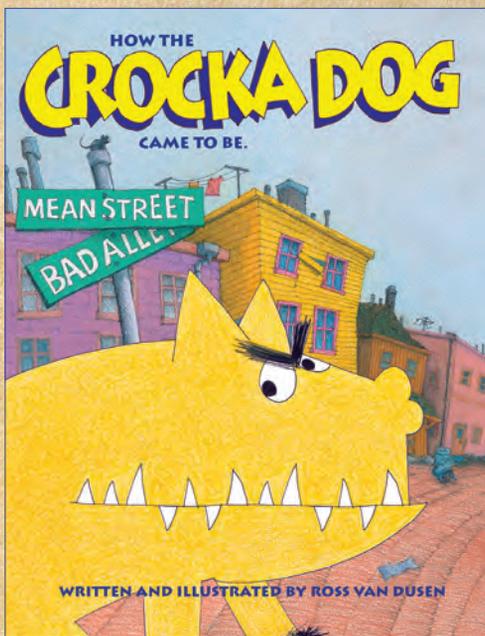
According to the *enkvillage* website, "A bowl of chili is quite like soup and tastes perfect when coupled with the right kind of bread. For chili in Texas and the Southwest, there is no better option than cornbread because it doesn't require any rising time. It takes little time to prepare a loaf from scratch; alternatively, you can rush to the market to buy a boxed mix of fresh bread. While it is true that a warm loaf of homemade bread will compliment chili in a perfect way, you can definitely go to your local bakery and pick up fresh bread. By the way, biscuits will also go well with chili, and you can make them even impressive by adding chopped ham, shredded cheddar cheese, or sliced jalapeno peppers to your menu."

Recipe from Good Housekeeping

Best Books



Congratulations to Los Ranchos Winners 2016 New Mexico-Arizona Book Awards

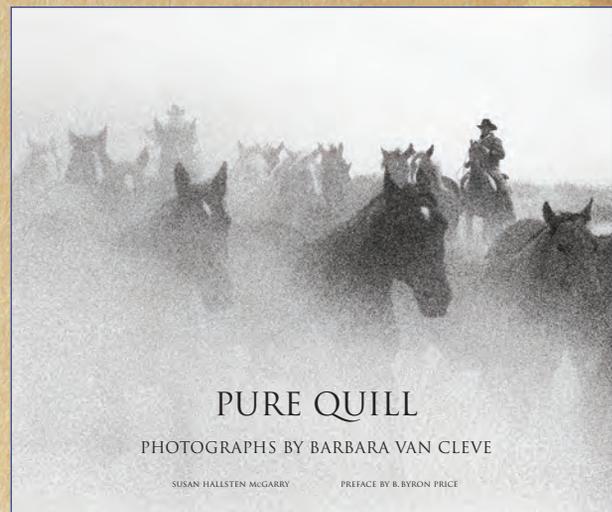


How the Crocka Dog Came to Be
WRITTEN & ILLUSTRATED BY ROSS VAN DUSEN

Best Children's Book

Showing us all that just a little kindness can do wonders, this book will entertain and teach children and adults for many years. The *Albuquerque Journal* gave it praise, saying, "Dog's tale illustrates the healing power of love..."

8.5 x 11; 54 pp, 25 color illustrations
Published by Rio Grande Books
RioGrandeBooks.com; 505/344.9382



Pure Quill: Photographs
BY BARBARA VAN CLEVE
BY SUSAN HALLSTEN MCGARRY

Best Adult Book

In the vernacular of the West, the term *pure quill* means "authentic; real, through and through." Van Cleve's photographs give vision to that term. McGarry guides the reader on a captivating journey through Van Cleve's life, philosophy, and themes.

12.5 x 10.75; 216 pp, 175 tritones
Published by Fresco Books
FrescoBooks.com; 505/822.0062

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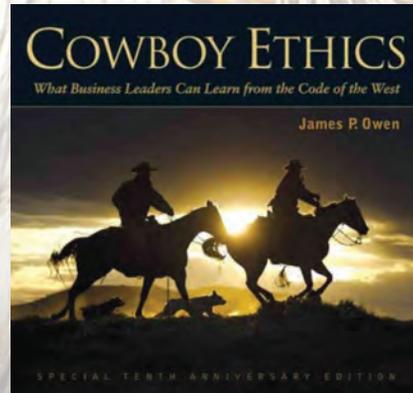
happenings

Mid-December a final acceptance inspection on the newest fire engine to be added to the County fleet. This trip was extra special for the Village of Los Ranchos because the engine that was being accepted is for the Village of Los Ranchos de Albuquerque.



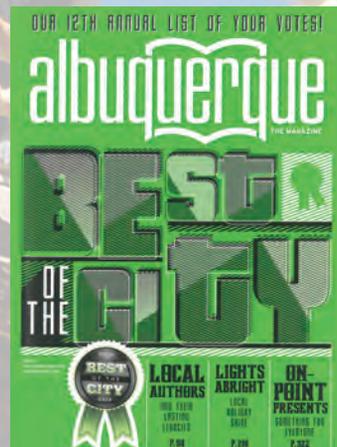
page 9

Robin Hopkins, Director of Public Safety, Village of Los Ranchos will be leading an exciting new youth program at Los Ranchos Elementary. It is called the Code of the West Program. The 10-week program is based on the book *Cowboy Ethics – What it takes to Win at Life*, by James Owen.



page 7

Consistently, year after year, Los Ranchos businesses are chosen by readers as their top picks as the best of the best in and around the city of Albuquerque. This year, more of the Village's business made the list, including old favorites. Check out pages 22 and 23 for a complete list of businesses that made the list.



page 22