

Mayor's Report

Dear Residents,

When the temperatures are hot, the days are long and sky blue, and the most fragrant plant in our beautiful Village is blooming, we know it must be Lavender season.

I am so appreciative of the efforts of Lavender in the Village, Rio Grande



Community Farms, indeed our own Agri-Nature Center staff and all the participating businesses in the Village for joining in the fun. This year promises to be another fantastic festival season with events throughout the month of July culminating with a Saturday evening event at the Alfredo Garcia Community Barn on July 23 and a festival at Hartnett Park on July 24th. Please see the calendar of events on P.26 for more information.

The Village continues to move forward on several projects, first and foremost is Village Center. This project, so long in the making, is finally close to starting. The first step is to clean up the property, which is a priority for all of us. The clean-up and demolition of the storage facility and the other buildings on the property will occur in late May and June. This will make way for all other site preparation work. We appreciate your patience and are very excited to see this project start to take shape.

Thanks to all who provided feedback on the preliminary design for the next phase of 4th Street. We will continue to hold public meetings as we get further into the design of the project.

In grant news, the Village has been awarded \$401,568.00 from the New Mexico Department of Transportation Recreation Trails Program for the Chavez Road Multiuse Trail Project. The Village will match the award with \$68,432.00 of local funds. The scope is for preliminary engineering and right-ofway survey on Chavez Road from 4th Street to the irrigation ditch access at the end of Chavez Road.

The goal is to provide a trail that improves the safety of all users on Chavez Road in a manner that respects the culture, environment, and quality of life of the Village. We will solicit public input throughout the project to ensure that your voice is heard. This project wouldn't be where it is today without the voices of you, the residents of the Village, who vocalized the need for these important improvements.

The Agri-Nature Center is in full swing with a community garden, camps, and a lavender U-pick. Go to losranchosnm. gov for all the details.

The Board of Trustees has been reviewing several ordinances in the past couple of months that make minor revisions to sections of our code. The Board repealed the ordinance requiring registering alarm devices, as that responsibility was more appropriately handled by fire and police agencies, and the Village contracts with Bernalillo County to provide those services. The Village also is considering changes to the traffic ordinance to require retention of bus stops in commercial zones, adjust driveways near intersections, and allow flexibility on the size of parking spaces, among other changes.

Our Economic Development Advisory Committee has done a great job in creating energy and momentum around community cohesion and fostering a more vibrant and successful local business environment. We look forward to hearing more from this committee.

New Mexico is experiencing one of the worst droughts in history and the fire season has been devastating so far this year. Please see P.20 for tips on staying safe this fire season.

Lavender and the lavender events have become synonymous with our Village; I am pleased to see us embracing it in such a collaborative manner. See you at the barn dance.

(Soudd To Lay

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Village Vision General Information

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 events and activities taking place in and around the Village. The Village Vision is published seven times per year, and distributed free of charge to Village residents and businesses. Non-residents and other interested parties may subscribe to the magazine by visiting the Village Vision web page, or by contacting the Village Vision. Price, including S/H, is \$20.00 per annum.

ADVERTISING

The Village Vision Media Kit contains all the information you need to place an ad in the Village Vision: dimensions, rates, deadlines, and more. It also includes the "advertising purchase request form," which needs to be submitted in order to purchase advertising space.

CONTRIBUTIONS

Articles of general interest about the Village of Los Ranchos de Albuquerque are always welcome. Please contact the Village Vision with your ideas or to submit your article for consideration

VILLAGE VISION ONLINE

More information, the Village Vision Media Kit, and back issues, can be found at www.losranchosnm.gov/village-vision-magazine

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by phone at (505) 344-6582 or by email at magazine@losranchosnm.gov

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BERNALILLO COUNTY | PAGE 24 PHOTOS BY LAVENDER IN THE VILLAGE | PAGE 28+29 PHTOS BY
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LAVENDER FIELD BY KATHLEEN SOLON, JOE ORNELAS AND LAVENDER BASKET BY VANESSA VASSAR
| PAGE 34 PHOTOS BY PAULINA GWALTNEY | PAGE 36 SALON PHOTOS BY LESA NEWBERRY | PAGE
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Find The Village Online

www.losranchosnm.gov



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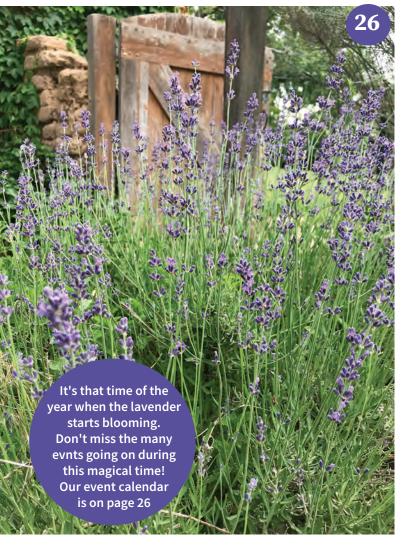
The Los Ranchos Village Vision takes every precaution to ensure the accuracy of all published works. However, it cannot be held responsible for the opinions expressed or facts supplied herein. Factual inaccuracies brought to the attention of the Village will be corrected in a timely manner whenever possible.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







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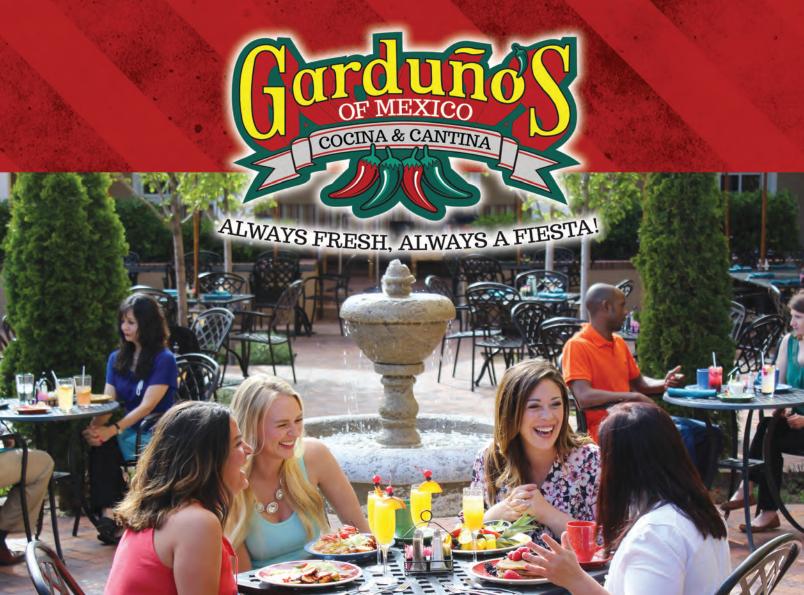
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The garden patio at Garduño's at Old Town in Hotel Albuquerque



Garduño's at Old Town in Hotel Albuquerque 800 Rio Grande Blvd. NW | 505.843.6300 | HotelABQ.com

New Old Village Hall

We are excited to share a proposal to develop the site of the Old Village Hall on Green Valley Road into a multi-purpose community space.

The old hall was the meeting place for the boy scouts dating back to the 1970s. It was first used as the original Village Hall from 1959 to 1984. According to a historical account from resident Joe Craig, the Village purchased the building from Albuquerque Public Schools for \$1.00. Before that, it was surplus Army barracks that APS converted into a classroom.

It is now time for the building to be retired, and the site to be turned into an attractive, dynamic multi-use space to serve community groups like neighborhood associations, scout troops, 4H clubs, and more.

The proposed concept plan for the building includes a large meeting space that opens to the outside, storage for tables and chairs that can be pulled out as needed, a "locker" space that can be rented by different groups to keep their equipment stored, and ADA bathrooms accessible from inside and outside the building with a code.

The concept also includes construction of two permanent Pickleball courts, and a redesign of the basketball court for half-court, 3x3, and wheelchair basketball.







by email at asimon@losranchosnm.gov

BREAK OUT

JAN: 278 SF

SA ST.

101 SF

RR | 105 ST | 105 SF | 105

Renderings and site plan courtesy of Dekker Perich Sabatini











-KATE M. SOUTHARD

Since 2016, I've sold 74 homes throughout the North Valley - more than any other individual broker! As a resident of the North Valley myself, I am passionate about providing the best home buying/selling experience possible to my friends and neighbors. When you see the Kate Southard Real Estate sign, you can rest assured you are getting the highest caliber service and expertise. Transactions in the North Valley have unique components that require a skill set you just don't get in other parts of the city. With a background in law and over three decades of experience, I know how to get results and my sales record backs that up. Call me when you're ready to buy or sell or if I can help your friends or family!



(505) 264-9586 www.katesouthard.com kate.southard@gmail.com #1 selling individual broker in the North Valley since 2016!



Lavender and More

By Sue Brawley



Los Ranchos Growers' Market Every Saturday 8AM - 11AM 6718 Rio Grande Blvd. NW

JULY | Try some of the various types of tomatoes, green & purple beans, potatoes, various types of summer squash (patty-pan, zucs, zephyr, rolly-polly), fresh garlic, green onions, sweet peppers, radishes, carrots, and rutabagas. Different types of basil will be available for pesto, stir-fries and salad uses. Blackberries and raspberries and potentially some other fruit will be available. Bouquets are beautiful and you can select from cosmos to sunflowers to lavender and more.

JULY 9, 8AM TO 11AM | Celebrate the lavender and garlic harvests at the Market! In addition to seasonal veggies, fruit and plants, vendors will have lavender and lavender product (Nancy Jams/ Jellies, Sweet Nothings, Swiss Alps, Randy's Pies and others) as well as various types of garlic. Colene Montoya and Sue Brawley will have fresh lavender and lavender products.

Vendor Profile: Los Ranchos Bakery

The Los Ranchos Bakery, established in 2018, has been a regular market vendor since 2019. It is a small batch bakery. It is open every day 7AM - 3PM, and offers fresh baked goods—breads, scones, cookies, cupcakes, and pies, and gluten free options—sandwiches, including breakfast sandwiches that they also sell at the market, and coffee.

The owners are Stephanie and Christopher Lucero, and Jovee Veltri. Hannah and Robert are two of the employees that work at the bakery and also at the Market.

During the year, the bakery features different specialty items. In the summer, during lavender time, they have a variety of lavender goodies at the bakery and also at the market. Lavender specialty items may include lemon lavender cookies, blackberry lavender scones, lavender blueberry cheesecake, lavender Bundt cakes, lavender lemonade.

Visit Our Store at 6920 Fourth NW Visit Us At the Market from May-November To place orders call us at (505 859-4727



WANT TO BE A VENDOR?

Even if you are not a professional farmer, you could sell at the market! As you are planning your backyard garden, you and/or your children may want to plant a little extra to give away, or to sell. Whether you have a basket of peaches or several heads of lettuce, the Growers' Market encourages "backyard growers" and students to sell at the market. If you would like to sell at the market on an occasional basis or regular basis, call Colene Montoya at (505) 610-9591 or send an email to montoya4664@hotmail.com.

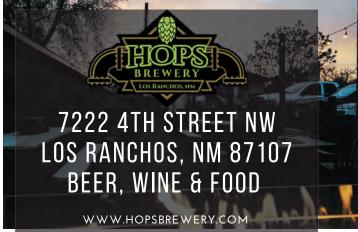


30TH GROWERS' MARKET SEASON

REGULAR MARKET **EVERY SATURDAY** May 7th through NOVEMBER 12TH

8AM - 11PM













Sit Down Before Reading

By David Bexfield

Let's rip off that Band-Aid before we begin, shall we? This is my last column for *The Vision*. Now before you huck your magazine across the room, endangering your poor dog and that Hummel collection, cursing like a drunken sailor about how I'm abandoning you, know a few things. 1) Dogs bite and Hummels are worth jack squat these days, so aim wisely. 2) You probably are not in the Navy, so watch your language.

3) There's a silver lining to this unexpected news.

I cannot express enough how much I've appreciated the privilege these past six years of passing along my stories stories about the many fantastic discoveries I've made since Laura and I moved to Los Ranchos de Albuquerque. I hope you've enjoyed rediscovering with me the joys of residing here in the Village, living in the country in the middle of the city.

If you recall, we had no intention of ever living in this little hamlet, with the slow speed limits, the trees that blocked mountain views, and the myriad bugs that had to lurk around said trees. That all changed on one fateful day at an open house in the Foothills when I joked with a woman about outbidding her for a wheelchair accessible house, as we were both looking for one. She eventually found hers in the Foothills and we found ours—now formerly hers, a beautiful accessible home here in Los Ranchos. Karma. (And speaking of karma, she's returned, because once a Villager, always a Villager.)

Thanks for joining me for all of my local discoveries, from celebrity sightings at the Grower's Market to adventures in the bosque, from shopping for antiques to feasting at our restaurants. Don't get me started again on the sounds, smells, fields, and trees. Or on the glorious open space, the amusing signage, the ink-black nights, the resounding peacefulness. Oh, or on all the animals, from the cranes to the goats to the not-terribly-bright guinea fowl who don't understand the threat of a 4,000 lb. automobile. Just cross the darn street or don't! And, of course, thank you for indulging me as I told my tongue-in-cheek jokes about our neighboring village up north, Corrales, the town some affectionately call Rio Rancho's doormat. (And by some, I mean no one, just had to get in one last needle!)

While it pains me to pen this last missive, life has thrown my wife and me an astonishing and unanticipated curve ball. After an improbable sequence of events last fall, I made a stunning discovery.



Missed by dozens of doctors, specialists, and researchers, I unearthed the origin of all my disabling symptoms for the past 17 years. And they weren't triggered by multiple sclerosis. Because I don't have MS. I was misdiagnosed.

So now my efforts must focus on ensuring my health insurer approves my care and on getting healthy, because what I have is treatable, potentially reversible even. At the same time, I'm writing the most epic of memoirs, Sit Down Before Reading, which is unfolding in near real time in free installments on my website ActiveMSers.org. If you've enjoyed my writing for the past six years, I invite you to read along.

You'll certainly still see me riding my yellow handcycle around, doing the Dave Wave, smiling as always. But when my health ship gets righted, and I am confident that in time it will, I can't wait to stroll our serene ditch banks, look my fellow neighbors in the eye, and happily chime what I have been saying daily ever since my wife and I moved here in 2015.... "It is another brilliant day in the Village."







Healthy Skin For a Lifetime

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Dermatology of New Mexico's team of medical professionals is here to address all of your skin care needs in a centrally located area of Albuquerque. Our team of doctors and physician assistant has over 30 years of medical experience. Dr. Suraj Reddy and Dr. Shilpa Reddy are both Albuquerque Journal Readers Choice recognized "Top Dermatologists" in our community.

Suraj Reddy, M.D. FAAD

Dr. Reddy was born and raised in New Mexico. He specializes in surgical and cosmetic Dermatology and is board certified.

Shilpa Reddy, M.D. FAAD

Dr. Shilpa Reddy
is a board certifed
dermatologist and
practices general, surgical and
cosmetic dermatology.

Sabrina Johnson, PAC

Sabrina was voted best health care provider in Valencia County and serves as a clinical instructor in the UNM Physician Assistant Program.



Dermatology of New Mexico continues to keep our patients safe during the COVID19 pandemic. We practice all precautions as laid out by the New Mexico Department of Health and CDC to keep you and your loved ones safe when visiting our practice.

Schedule your next appointment today!

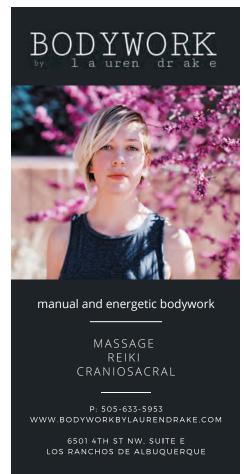
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OUR FULL SERVICE CLINIC INCLUDES:

- Medical Dermatology: Skin checks, mole checks, mole removal, acne, rashes, psoriasis, eczema, warts
- Surgical Dermatology: Skin biopsies, Cryotherapy, and Skin Cancer Surgery
- Cosmetic Dermatology: Botox, Filler injections, Microneedling, and laser treatments
- Esthetic services include: Facials, Chemical Peels, and Microdermabrasion
- · Skin care products: Skinceuticals, Latisse, and Elta









TOAD ROAD

ADDRESS

HOURS

CONTACT



The Home Scavenger Who Loves Lavender

By Tim Tourville

Lavender in the Village is always a favorite! It is an event I look forward to each year as it provides a great opportunity to stock up on many traditional as well as unique lavender products, or some interesting art to bring more life into your home. My favorite memory comes from one of the early years when I helped the late, great Armin Rembe demonstrate how to distill lavender to attendees back when the event was held at Los Poblanos. We used a real Steam Still right in the middle of the festival and the crowd went wild!

Don't discount the power of the sense of smell. For years, retailers have benefited from pumping pleasing, odorneutralizing scents into their stores. Appealing scents can help home sellers as well. I used to bake cookies in a seller's oven at an open house to give a homey feel. Now I use lavender scent and the results are even more fruitful.

If I could have only one plant in my yard, I would choose lavender. This wonderful bush came into my life when we purchased a home with a front flower bed of perennials and





Office: (505) 292-8900 Cell: (505) 604-8468 timtourville@comcast.net

a large gray-green shrub. It wasn't until late Spring, when this bush sprang into full glorious purple bloom, that I recognized the plant. With one whiff of the subtle fragrance, there was no mistaking its identity.

Lavender plants enhance any landscape. They are sun loving and need well-drained soil. They can be planted almost any time, and even started indoors from seed. Plants may succumb to old age after ten years but are inexpensive to replace. They thrive in our hottest and most drought-ridden summers without watering much, and live through our occasional harsh winters.

A sunny spot on the walkway to your house is an ideal place for a potted lavender or in an adjacent planter if available. Cut, dried, lavender flowers tied in bunches can be laid in linen closets or tucked in dry flower arrangements. Lavender, any way, anywhere, is sure to create an ambiance of comfort that will make your home worth a second smell and look!

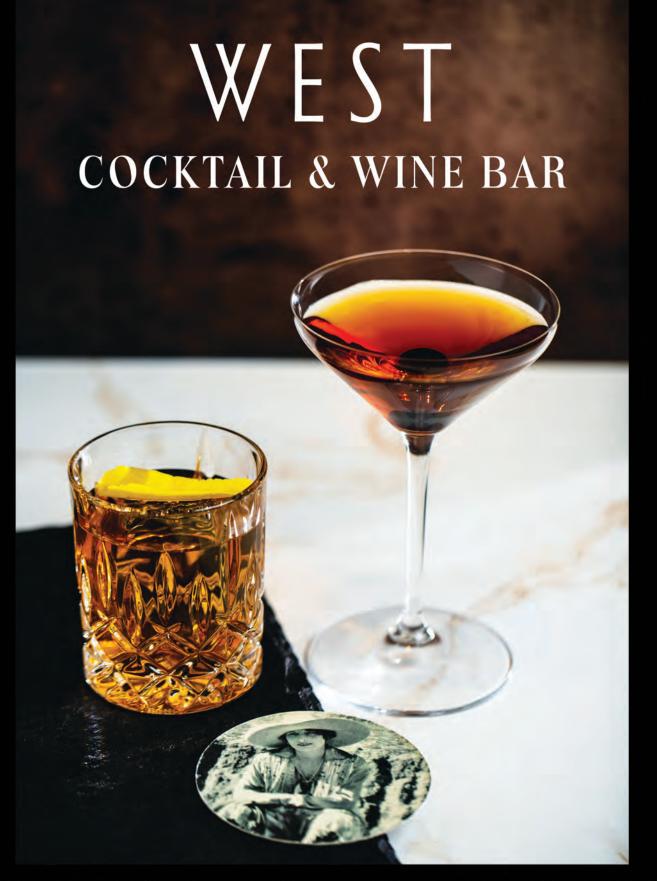
Summary of Residential Property For Sale in the Village of Los Ranchos

VILLAGE OF LOS RANCHOS PROPERTY LISTINGS Data from MLS as of May 12, 2022 5:46 pm

Listing Number	Street#	Street Name	Listing Price	ApxSqFt	BR	BA	G	Lot Acres	Listing Office	Offce Phone	Listing Member
986592	721	CHAVEZ	\$2,200,000	5,464	3	4	2	2.01	Keller Williams Realty (KWLR01)	(505) 271-8200	Feil Cabinet Team
1014303	8124	Guadalupe	\$800,000	3,220	5	3	2	1.01	R & R Real Estate Partners LLC (RRRE0)	(505) 225-3570	Franz Redl
1014153	817	RANCHITOS	\$800,000	4,353	5	6	4	1.00	Coldwell Banker Legacy (CBLR14)	(505) 292-8900	Timothy Tourville
1006504	1008	COTIONWOOD	\$425,000	Vacant la	nd			1.22	AdVance Realty (ARRR01)	(505) 203-1 097	Marlene Vance
1006321	1001	Cottonwood	\$425,000	Vacant la	nd			1.57	AdVance Realty (ARRR01)	(505) 203-1 097	Marlene Vance
1006334	1004	COTIONWOOD	\$425,000	Vacant la	nd			1.22	AdVance Realty (ARRR01)	(505) 203-1 097	Marlene Vance
1006982	7108	4TH	\$395,000	Vacant la	nd			0.87	Red Sky Realty (SKYR01)	(505) 24 7-3414	Gregory Kantor
981897	840	El Pueblo	\$365,000	Vacant la	nd			1.13	Coldwell Banker Legacy (CBLR09)	(505) 293-3700	Richard Jackson
998155	7221	Zia View	\$320,000	Vacant la	nd			0.55	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998646	7200	Zia View	\$320,000	Vacant la	nd			0.56	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998647	7201	Zia View	\$320,000	Vacant la	nd			0.55	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998648	7220	Zia View	\$320,000	Vacant la	nd			0.56	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo

Some listings may have changed realtors—please ensure all listings have a permit for the current brokerage.

The information herein is deemed reliable, but not quaranteed from SWMLS compiled on or before January 27, 2022 by Tim Tourville, Coldwell Banker Legacy.



CRAFT COCKTAILS, WINE BY THE GLASS, SMALL SHARE PLATES, & WEEKEND BRUNCH

INSIDE SAWMILL MARKET
MON-FRI 4PM-9PM, SAT & SUN 10AM-9PM
1909 BELLAMAH AVE. NW, ALBUQUERQUE | SAWMILLMARKET.COM

AgriFuture Project Year Three

By Dan Gerry

"Imagine that the Larry P. Abraham Agri-Nature Center becomes a Center of Excellence for sustainable urban agriculture in Central NM. What might that look like?"

That question spurred the launch of the AgriFuture Project in August of 2019. It has since become a multi-year program that brings dozens of talented and passionate volunteers together from within and around the Village to keep alive and grow Los Ranchos' unique agricultural heritage.

This year, four teams created, planned, and completed successful projects during monthly meetings over Zoom from October through April, followed by an in-person celebration in May.

Agri-Nature Center Community Garden Team

The Agri-Nature Center Community Garden Team planned the garden, prepared the soil, installed drip lines, started seeds in the hoop house, then planted and cultivated vegetables that will be given to local food banks. Participants: Joshua O'Halloran, Bill Shen, John and Ginni Ricciardelli, Bob Martinez, Adrian Leyva, Henry Schonerd, Karen Johnston, Ellie Levy, Melissa Maxwell, Rachel Zollinger and Ted Schrier.

Regenerative Agriculture Team

The Regenerative Agriculture Team planned and hosted a highly successful Cover Crop Field Day that allowed local gardeners and farmers to learn how cover crops create healthy soils. During the event, everyone got their hands in the dirt sowing cover crop seeds at several locations in Los



Ranchos. Participants: Isabelle Jenniches, Wes Brittenham, John Sparks, Brian Naughton, Fergus Whitney, Max Bervig, Christine Salem, Judy Hartline, Richard Pratt, and Lauren Aguirre.

Economic Development and Agri-Tourism Team

The Economic Development and Agri-Tourism Team researched Agri-Tourism activities in other communities, surveyed residents, and developed plans to expand themed bike tours in the Village. Participants: Chris Campbell, Mayors Lopez and Roake, Ann Simon, Mary Homan, Eric Renz-Whitmore, JT Mickelson, Sarah Cobb, Felicia Frost, Angela Gutierrez, Chantell Wagner, David Hudson, and Shelleen Smith.

Soil, Water and Compost Testing Laboratory Team The Soil, Water, and Compost Testing Laboratory Team Developed new inter-agency collaborations that enabled the purchase of new and used equipment now housed at the Agri-Nature Center. The Lab will help large and small growers improve their soils and grow healthier food. Involved were Gabby Coughlin, Steve Glass, Anne Stauffer, Zoe Economou, Jamie Welles, John Garlisch, John Edward, and Amon Huerta.

As a small Village, we are deeply appreciative of all the time and effort given by these amazing volunteers to ensure a vibrant AgriFuture for Los Ranchos.







MEGA Drought in New Mexico

Fred Radosevich, Public Safety Officer

According to climatologists, New Mexico has been in a drought since 1999. As of early May, 95.8 percent of New Mexico is in severe drought, and Bernalillo County and the Village of Los Ranchos de Albuquerque are in extreme drought. In Bernalillo County, we experienced the 5th driest April in over 128 years and the 32nd driest year to date.

New Mexico is in a two-decade Mega drought with no signs of improvement, especially with snowpack in northern New Mexico at near normal or below normal.

As you no doubt know, with drought comes fire danger, and this year's wildfire season started early. The wildfire season began in April when a fire broke out in Ruidoso destroying 207 structures and killing two people. Several Bosque fires were reported in the Belen area also in April. As of early May, over 370,000 acres have burned in New Mexico. The Hermits Peak fire in Northern New Mexico is one of the largest in the state's history burning over 237,000 acres as of mid-May 2022.

Are you prepared for a wildfire, especially in the Bosque area of Bernalillo County? Get prepared for a wildfire before it strikes by following "Ready, Set, Go!"

- **1. BE READY** Prepare your property ahead of time. This means cleaning out your gutters, clearing debris from around the base of the house, and removing any dry wood.
- **2. GET SET** Prepare your family and home ahead of time. Ensure you have a plan of what to take and where to go. Ask friends and family outside your area if you would be able to stay with them, should the need arise. Have your medications, easily-carried valuables, important documents, and your pets locatable and ready to evacuate, if needed.
- **3. BE READY TO GO** When wildfire strikes, go early for your safety. Take the evacuation steps necessary to give your family and home the best chance of surviving a wildfire. If you evacuate, please let your family members know you are safe and where you are staying.



FROM THE FIRE CHIEF



Fire Chief Greg Perez

Because the fire danger across Bernalillo County is currently very high, the Bernalillo County Fire Department needs everyone's help to keep our community safe. Even in the more urban areas of Los Ranchos, fire can spread quickly from one property to another, so it is a good time to revisit steps residents can take to stay fire safe.

VEGETATION BURNING Always call the burn line, (505) 468-7200, before any open vegetation burning. If the line advises that there is no burning allowed, please do not burn! It is for your safety!

PROPERTY It is important to keep your yard and gutters clear of dead vegetation to maintain a defensible space and harden your home against flying embers. Keep a 15 foot area around your house clear of "fuel:" materials that can spread fire quickly, such as last year's fire wood, or other materials.

GRILLING/FIRE Use caution when grilling outside or enjoying any other type of activity that might involve the use of flame, it only takes a minute for an uncontrolled flame to become a devastating tragedy. Make sure you have water or a fire extinguisher on-site in case of an accident.

SAY SOMETHING "See Something, Say Something" Is a term that has been used by law enforcement agencies. However, it applies to all public safety concerns.

If you see a fire hazard or potential fire hazard, call:

- ► Fire department non-emergency line: (505) 798-7000
- ▶ Bernalillo County Fire Prevention Bureau: (505) 468-1340
- ▶ In case of true emergencies, call

On behalf of your Fire Department, we thank you and ask that you enjoy a safe summer.

The board of Trustees of the Village of Los Ranchos, recognizing the extreme fire danger, adopted a resolution that restricts the use of open fires and fireworks in order to keep Village residents and properties safe.

STATE OF NEW MEXICO VILLAGE OF LOS RANCHOS DE ALBUQUERQUE RESOLUTION NO. 2022-05-02

A RESOLUTION PROCLAIMING DANGEROUS FIRE CONDITIONS AND EXTREME DROUGHT CONDITIONS EXISTING WITHIN THE VILLAGE OF LOS RANCHOS; BANNING OPEN BURNING AND IMPOSING RESTRICTIONS ON THE SALE AND USE OF FIREWORKS WITHIN THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE

WHEREAS, the fire danger is severe in the Village of Los Ranchos de Albuquerque and surrounding jurisdictions;

 $WHEREAS, according \ to \ the \ United \ States \ Drought \ Monitor, approximately \ 93\% \ of \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ is \ experiencing \ severe \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ drought \ conditions, \ while \ more \ than \ New \ Mexico \ drought \ dr$ 70% of the State is experiencing extreme to exceptional drought conditions;

WHEREAS, by Order No. 03-0724, issued April 27, 2022, the United States Department of Agriculture Forest Service has declared Stage II Fire Restrictions within the Cibola National Forest and National Grasslands, Cibola, McKinley, Socorro, Catron, Sierra, Torrance, Valencia, Bernalillo, Sandoval, and Lincoln, Counties within the State of New Mexico;

WHEREAS, by Executive Order 2022-022, issued April 25, 2022, the Governor of the State of New Mexico urges New Mexico's counties, municipalities and local governments to consider implementing appropriate firework bans pursuant to Fireworks Safety and Licensing Act, NMSA 1978 §\$60-2C-1 to -11;

WHEREAS, the risk to life, property and the environment clearly exists within the Village of Los Ranchos de Albuquerque due to the drought conditions;

WHEREAS, the possibility of extreme fire situations will severely burden local, state and federal resources;

WHEREAS, smoking, campfires, and open burning are another source of ignition in the extreme dry, drought conditions currently existing in the Village of Los Ranchos de Albuquerque;

WHEREAS, the Fourth of July holiday presents a greatly increased fire risk because of widespread use of fireworks;

WHEREAS, pursuant to \$60-2C-8.1 NMSA 1978, as amended, the Board of Trustees of the Village of Los Ranchos de Albuquerque is authorized to restrict the sale and use of missile-type rockets, helicopters, aerial spinners, stick-type rockets and ground audible devices within the boundaries of the Village, limit the use of certain other fireworks and restrict the sale and use of display fireworks; and

WHEREAS, the Board of Trustees of the Village of Los Ranchos de Albuquerque, pursuant to \$60-2C-8.1 NMSA 1978, as amended, desires that fireworks restrictions should be imposed based on the severity of drought conditions.

NOW THEREFORE, IT IS HEREBY RESOLVED by the Board of Trustees of the Village of Los Ranchos that:

- 1. EXTREME DROUGHT CONDITIONS EXIST within the boundaries of the Village which affects the safety and welfare of Los Ranchos citizens and their property.
- 2. OPEN BURNING AND CAMPFIRES in the Village of Los Ranchos de Albuquerque ARE BANNED.
- 3. OUTDOOR SMOKING IS RESTRICTED to paved or barren areas within the Village of Los Ranchos de Albuquerque.
- 4. The use of missile-type rockets, helicopters, aerial spinners, stick-type rockets and ground audible devices within the Village of Los Ranchos de Albuquerque is banned.
- 5. The use of ground and hand-held sparkling and smoke device type FIREWORKS, as identified and defined in § 60-2C-7(A)(I) NMSA 1978 within the Village of Los Ranchos de Albuquerque is <mark>LIMITED TO AREAS THAT ARE PAVED OR BARREN</mark> or that have a readily accessible source of water for use by the homeowner or general public.
- 6. The use of DISPLAY FIREWORKS IS BANNED WITHIN THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE.

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7. The aforementioned bans and restrictions shall be effective for a period of thirty (30) days; however, the Board of Trustees may issue succeeding proclamations, bans and restrictions if extreme or severe drought conditions continue and are warranted.

Mayor Donald T. Lopez

PASSED, APPROVED AND ADOPTED by the Village of Los Ranchos de Albuquerque Board of Trustees this 11th day of May 2022

CHECK WEBSITE FOR MOST RECENT RESOLUTION TEXT AND DATES

Love of Lavender Runs Deep

By Kelly Jo Kuchar

Since the beginning of the Lavender in the Village in 2004, the lavender season has been a time of celebration and color for Kelly Jo Designs and the Kuchar family.

Though the studio first opened in 2000, it was the lavender festival 4 years later that prompted Kelly Jo Kuchar to design the first lavender collection.

Previously operating solely as a wholesale manufacturer of ceramics, it was also the first time the studio began selling their hand-crafted products to the public. This truly was the beginning of a special bond between the Kelly Jo team and the warm, welcoming community of Los Ranchos.

Over the years, the Kelly Jo Designs brand has developed and hand painted more lavender designs than any art pottery studio in the country. Kelly Jo



and her talented studio of artisans have designed multiple lavender themed collections incorporating organic elements such as butterflies, dragonflies and bees, typically producing a new pattern in anticipation of each upcoming festival.

In 2008, to commemorate the 50th Anniversary of the incorporation of the village, Kelly Jo and staff created the now classic "Los Ranchos" pattern. Owners Matt and Kelly Jo Kuchar have also volunteered with the festival for most of the last 15 years, each taking a turn on the board.

As the Lavender festival has grown, evolved and changed over the years, so too has Kelly Jo Designs. In 2012, owners Kelly Jo and Matt Kuchar started their very own Los Ranchos Winery, currently featuring 12 varietals, many of which have won international gold medals. Around lavender time, the studio also mixes up lots of lavender spritzers.

In addition to being able to stop in and sample the wines, the studio has been offering frequent sip and paint canvas classes since 2013. Guests choose from





a wide offering of painting events where they can relax, kick back, enjoy a glass of wine and paint their very own masterpiece.

The classes are widely attended and bring lots of new folks to the village. If guests are interested in painting their own lavender scenes during the lavender season, Kelly Jo Designs by Wine offers numerous painting classes for them to choose from. The full calendar of events can be found at on our website.

To add to all of the fun, fresh organic food is now served Thursday - Saturday evenings (from 5PM - 8PM, drop-ins welcome) from the Los Ranchos Winery mobile kitchen. The Kelly Jo Designs team welcomes friends, new and old. Stop by the studio to enjoy some wine, shop, and relax on the patio or have a bite to eat.

Kelly Jo Designs by Wine 6829 4th St NW www.kellyjodesignsbywine.com ► (505) 341-1893







Excitement Grows for Lavender Fest

By Katie Snapp, Lavender in the Village

Few harvests are as rewarding as lavender, considering the therapeutic benefits, its surprise culinary capabilities, and of course its demonstrative aroma. All reveal its many uses, and how it is loved by so many. Combine that with a village gathering to take in a host of available experiences.

This year, Hartnett Park will once again be the site for the festival, showcasing booths of artisans, farm products, agricultural seminars, and hands-on activities for kids and adults. You can also count on a relaxing lavender lemonade (spiked or not) and local wine and beer. A new collaboration with the Rio Grande Community Farms means that you'll see more of the farmy influence of their expertise, like hayrides and homemade seed bombs. We look forward to integrating more deeply with them in the coming years as they take a larger role in the Lavender Fest.

By huge demand the boutique experiences are back! Take a peek at the centerfold in this month's edition to see lavender events like U-Pick Lavender at the Agri-Nature Center and Lavender inspired food and beer pairings at Steel Bender Brewyard peppered throughout the month.

On the evening of Saturday July 23, we will offer a new feature—a fundraising night with select market booths open for business. While you listen to the upbeat live music, relax and enjoy food, drink and a beautiful summer dusk in the Village and get a jump on previewing some vendors. In years past, this has been the time to meet up with North Valley neighbors and really enjoy our intimate community.



This event is our primary fundraiser for our nonprofit. Why is this so important?

The LITV nonprofit supports the Explora Farm Camp, underwriting as many need-based scholarships as possible to attend the summer camp sessions right here in the Village at the Agri-Nature Center. During camp kids learn "the full process of raising vegetables, herbs, and flowers; from soil preparation, direct seeding, and transplanting, to watering, weeding, harvesting, and of course, cooking and (literally) eating the 'fruits of their labor!'"

And a large thank you ahead of time to the village residents for their generous support during the festival days and sharing the beauty of Los Ranchos. We hope see many of you partaking as well.

Lavender In The Village is a 501(c)3. Board Officers are David Hudson, President; Katie Snapp, Secretary; Alison O'Leary, Treasurer.



Lavender Lemonade

Ingredients
1/4 cup dried lavender blossoms
2 cups boiling water
1 12 oz. can frozen yellow lemonade concentrate
Raspberry puree (strain to remove seeds) (optional)
Mint sprigs for garnish (optional)

Steep lavender 10 minutes in boiling water to make lavender water concentrate. Chill. Strain lavender concentrate. Prepare lemonade according to directions on can using lavender water for part of the water requirement. Mixture will turn pink. Add optional raspberry puree. Served iced and garnish with mint springs. Serves 18. Can substitute fruit punch, ice tea mix etc. for the lemonade.

Recipe by Sue Brawley



JULY 23, 5PM - 8PM JULY 24. 8AM - 3PM



The festival is a fundraiser for Lavender in the Village, a 501(c)3. Proceeds support local farms, education in sustainable agriculture, and provide Los Ranchos Farm Camp tuition for children.

THE LARGEST LAVENDER FESTIVAL IN THE **SOUTHWEST RETURNS FOR 2022**



BOUTIQUE EXPERIENCES

Working closely with Los Ranchos and area businesses, we are programming private and small-group in-person experiences to satisfy our local lavender lovers.



Experiences Include:

U-Pick lavender at the Agri-Nature Center In-person painting classes of lavender landscapes at Kelly Jo Designs Lavender inspired food and beer pairings at Steel Bender Brewyard 5-course Lavender Brunch at the Acre restaurant Hayride farm tours with the Rio Grande Community Farm Chocolate factory tour and lavender chocolate tasting with Eldora Chocolates Found on Fourth hands on lavender crafting event.



THE FESTIVAL

On the the evening of Saturday, July 23, 5pm - 8pm, and on Sunday, July 25, 8am -3pm, the Lavender Festival will return in full form with 100 vendors including farms, artisans, and culinary businesses in addition to live music, yoga classew culinary and agricultural seminars, hands-on activities for kids and adults, and local wine, beer, and lavender cocktails. Visit the website for the schedule of activities.



FUNDRAISING CONCERT

On the evening of Saturday, July 23rd we will host an intimate concert featuring exciting local music, locally crafted wine and beer, and delicious food to raise funds for local farms and agricultural programs.

SUN MON

JULY 2022 <u>Towenoler</u> Events

► ALL MONTH 25% off Lavender Hair Spa @ Hairpins and Scissors (7005 4th St NW) ►



▶ 11:30-12:30 Drop in Lavender Distillation @Los Poblanos (Free)

Sweet Bites & Binspired food and @Steel Bender Br (<u>8</u>305 2nd St)



▶ July 17-25: 20% Off all Z-Coil products @6934 4th St NW, or online: use code Lavender20

July 19-21 5PM-7PM: U-PICK LAVENDER AT THE LARRY P. ABRAHAM AGRI-NATURE CENTER

July 19-21 5P **U-PICK LAVE** LARRY P. ABR **AGRI-NATURE**

► 8AM-3PM Lavender Festival @ Hartnett Park





This calendar lists lavender-related events happening in and around Los Ranchos de Albuquerque. Details of events may have changed, and more events may have been scheduled after this magazine went to print, so make sure to double-check times and dates with the individual organizers and vendors.



7

- ▶ July 7-30: *Lavender Love Days* @ **Sunshine Alchemists** & **Soap Co.** (7205 4th St NW)
- ► 5PM-7PM Outdoor Music @Los Poblanos
- ➤ 5PM-7PM Drop in Lavender Distillation @Los Poblanos (Free)



2

▶ 11:30-12:30 Drop in Lavender Distillation @Los Poblanos (Free)



► Lavender Brunch (5-course vegetarian) @the Acre (reservations required)

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M-7PM:

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14

- ► 5PM-7PM Outdoor Music @Los Poblanos
- ► 6:30PM Painting Class @Kelly Jo Designs: Potted Lavender



15

► 6PM-8PM Open House with Lavender-inspired giveaways @Found on Fourth (8909 4th St NW)



16

- ► 10AM Painting class @Kelly Jo Designs *Mimosa Morning*
- ► Lavender Brunch (5-course vegetarian) @the Acre (reservations required)



21

July 19-21 5PM-7PM: U-PICK LAVENDER AT THE LARRY P. ABRAHAM AGRI-NATURE CENTER

- ► Chocolate factory tour & lavender chocolate tasting @ Eldora Chocolates
- ► Hayride Farm Tour with the Rio Grande Community Farm
- ► 6:30PM Lavender Harvest Dinner @Los Poblanos (Reservations required)
- ➤ 5PM-7PM Outdoor Music @Los Poblanos

ALL WEEKEND (23rd+24th) Sale with refreshments @ Copper Bell Antiques (7425 4th St NW) ►

ALL WEEKEND (23rd+24th) 10% off and refreshments @Rustic Home (9304 4th St NW) ▶



23

- ► 5K Lavender Run
- ► Lavender Brunch (5-course vegetarian) @the Acre (reservations required)
- ► Painting Classes @ Kelly Jo Designs 2PM Lavender & Bee 6:30PM Lavender Fields
- ► 5PM-8PM Concert at the Barn @ Hartnett Park

30

► Lavender Brunch (5-course vegetarian) @the Acre (reservations required)



Events listed in yellow will benefit Lavender in the Village, a 501c(3) non-profit organization raises funds for local agricultural and educational programs, such as The Farm Camp, Rio Grande Community Farm, and Tres Hermanas Farm. For detailed event and ticket information, please visit www.lavenderinthevillage.org.

Events listed in blue are organized by Los Poblanos. See www.lospoblanos.com for detailed event and ticket information.

For the Love of Lavender

Wes Brittenham, Director of Horticulture Los Poblanos Historic Inn & Organic Farm

We love our lavender here in the Village, and we know that the lavender love spreads well beyond this valley we call home. What's not to love? Lavender is tough. Lavender is beautiful, in all its many variations. It is fragrant. It is a favorite of the bees, both honey and native, as well as many other essential pollinators. And it is drought tolerant! Lavender can thrive in our, often harsh, hot desert environment. And in our climate, it has virtually no insect pests and diseases are rare—usually attributed to damp soil.

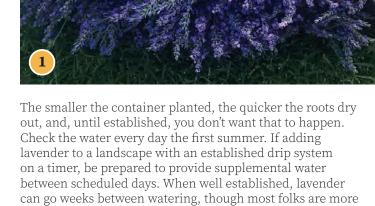
Lavender is treasured for many of its properties. It soothes and calms. It is good for the skin, reducing rashes and redness. The oil is antiseptic and anti-inflammatory, good for soothing insect bites or stings. It is thought to stimulate circulation, aid against depression, insomnia, and stress, and is being tested with other botanicals in treating hair loss. The name derives from <code>Lavare</code>—to wash—and it was through lavender's use as a cleanser that many of these other properties were discovered.

Of course, at Los Poblanos, lavender is front and center on the farm and in our products. Through trial-and-error in the late 1990's, Penny Rembe and the late Dr. Armin Rembe

learned how to plant, grow, distill, and make products from the essential oils of Lavandula x intermedia, variety Grosso, the core plant of our fields. Grosso provides the highest yields of essential oils of all Lavenders, but it is not considered a culinary variety. It is a naturally-occurring sterile hybrid that must be propagated by cuttings, as it does not produce viable seeds.

If you want to grow lavender, there are a few things you may want to know. Lavender does best in full sun. It does not like rich soil or damp soil. Well drained, gravelly soil (a mix of ground pumice, sand and a bit of compost) is best. While very drought tolerant when established, careful attention to water must be paid in the first few years. An established plant is one that has been successful for about three years.





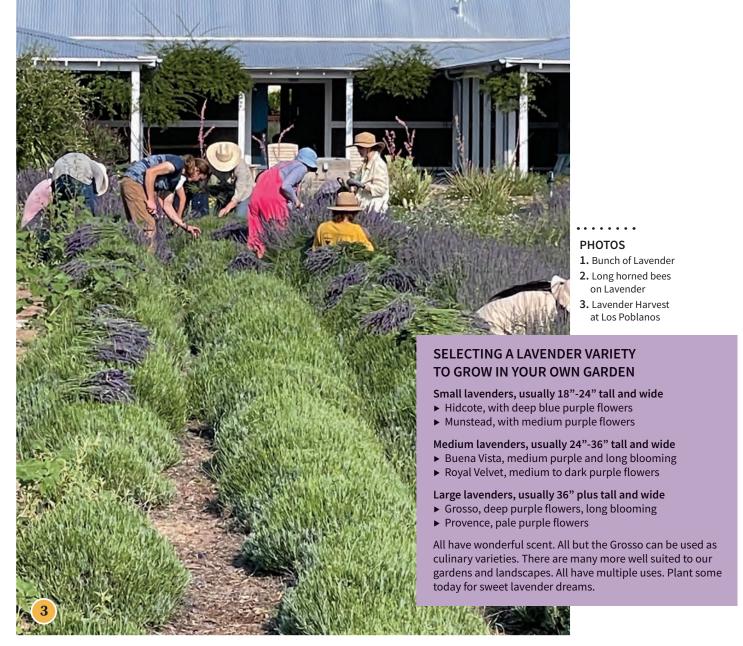
What lavender is best here? There are 45 species with over 450 varieties so there are many to choose from. The first thing to pay attention to is the hardiness zone. We are USDA zone 7. If a plant is listed as hardy in a lower zone like 6 or 5 it will do fine because it means it can take our cold winters. If a plant is listed higher: zones 8, 9, or above, it will not do well here. Those are zones with mild to warm winters, so it's best to

comfortable with a weekly watering.

avoid plants rated in those zones.

Impulse buying that single trunk Spanish Lavender tree with the rabbit ear-like petals you found at the big box store? Think of it as an annual, because Spanish lavender is not cold hardy, and lavender does not like to be kept indoors unless it is in a greenhouse. Better to choose from one of the many proven varieties that can grow in our local conditions.

I think of lavender by size and color of foliage and bloom. Small, medium, large and extra-large. What do you have the space for? Is it simply for looks? Do you plan on using it as a culinary plant? English lavenders are best for culinary use, and it is easy to look up names, varieties and uses if not already on the label that should come with a plant at the time of purchase.





Campo Lavender Margaritas

Campo's culinary team found lavender to be extraordinary in everything from baked goods to chicken dishes. But our absolute favorite way to incorporate some of our lavender top sellers is by mixing up a batch of our Campo Lavender Margaritas!

Ingredients

2 oz. Milagro Blanco Tequila

1 oz. Naranjo Orange Liquor

1 oz. Los Poblanos Lavender Simple Syrup

1 oz. lemon juice

1 oz. lime juice

Los Poblanos Organic Lavender Sugar

Los Poblanos Lavender Salt

Combine equal parts lavender sugar and lavender salt, and use mix to rim glass. Pour liquid ingredients into cocktail shaker filled with ice cubes and shake well. Strain into a glass with fresh ice cubes.

Recipe by Campo

Art: A Conduit for Energy

By Gordene MacKenzie

"Art is standing with one hand extended into the universe and one hand extended into the world and letting ourselves be a conduit for passing energy." - Albert Einstein.

Artists use their art to create a vision that reveals their world. An exchange of energy occurs when viewers perceive their art. Today, we focus on two dazzling artists who sell at the Los Ranchos Art Market.







Holly Kuehn Clay and Glass Art

Holly Kuehn's complex nature-themed clay and glass designs create open windows that bring the viewer into nature and spiritual landscapes. In addition to painting with oil paints, she has always enjoyed creating batiks, papier-mache, and drawing. She fell in love with clay when she created clay tiles to encircle her bathtub. It inspired her to buy a kiln and start working in glass-fused and cut pieces. One of Holly's favorite techniques is fusing glass powders to create amazing skyscapes. To do so, she starts with two clear glass sheets which become three layers. After adding glass powder, she fires the layers separately. Then she stacks the sheets and fires them. "When I enter my studio I let go of stress and allow love and creativity to flow. There is spontaneity, and a meditative quality in each new piece. While working with clay and glass, I am blending my love of the land with the parts of my being that words cannot express."



Every Saturday 8AM - Noon 6718 Rio Grande Blvd. NW

Celebrate Lavender at the Art Market! Saturday, July 9th from 8AM - 1PM Saturday, July 16th from 8AM - 1PM

Patrice Kerr Tie Dye Fabric Art

Patrice Kerr creates colorful designs in clothing and household items that reflect her love of nature and color. Before she became a full-time artist, Patrice worked as a nurse with adolescents struggling with substance abuse. Later, as a program director working with inner city kids, she noticed that making their own tie dye shirts and wearing bright colors boosted their self-esteem. When she tried it for herself, she found her passion. Patrice came to New Mexico as a program director for persons with special needs and completed a degree in Community Health Education while teaching classes on nursing at CNM. In her art, she uses natural fibers and environmentally friendly dyes to create a permanently bonded color that becomes part of the fiber. She is one of few tie dye artists to incorporate batik and block designs and do black relief work, where "I take a dark colored fabric and discharge the color in a design with bleach then add color back in with dyes." When in the flow of creating art she noticed that stress and pain vanish. Patrice believes "having colors that resonate with us, around us, help us be who we were meant to be." Her "joy is to bring color and brightness to the world."





TIS THE FOR LAVENDER

Lavender season makes us downright giddy here on the farm. And we couldn't be more excited to share all that we have to offer during this fabulous season. Join us for our favorite time of year by attending any of our upcoming events: the Annual Lavender Dinner on July 21st, La Quinta Tea Service on Wednesday or Sunday afternoons on the breathtaking La Quinta portal, and the Outdoor Music Series every Thursday night. The Dr. Armin Rembe Lecture Series at La Quinta continues with a lineup of stimulating conversations on art, botanical distillation and sustainable ranching. Or simply immerse yourself in nature with any of our farm and garden tours or lavender distillation demonstrations.

Treatments at the Hacienda Spa incorporate seasonal botanicals that relax and restore, just steps from our lavender fields. The serene courtyard, historic lounge, and attention to the finest details evoke a sense of well-being that awakens all the senses. At home, surround yourself with lavender anytime with your favorite Los Poblanos bath and body products from the Farm Shop or online.

Visit lospoblanos.com for all event details, spa information and to purchase lavender products.



Small Farm, Big Dreams

JO'S FARMS: A LOCALLY-GROWN LAVENDER FLOWER FARM AND FAMILY HOME IN LOS RANCHOS DE ALBUQUERQUE

By Lisa Fontanarosa

The first time I visited Provence, it was clear I would someday plant a lavender field of my very own. The beauty and scent were mesmerizing and transformed my soul. I knew this was going to be a life-long love affair.

In 2017, my husband, Joe Ornelas, and I set out to find a property with meandering gardens. As soon as we saw the character-full adobe hacienda with a casita, chicken coop, horse stables, lily pond, and aviary in Los Ranchos, we were smitten. The house had an immediate feeling of having a soul. I named the estate Jo's Farms, after my mother, Josephine, who loved the scent of lavender as much as I do.

The half-acre lot at the back of the property would be the perfect spot for my lavender field. We set about planting, with the idea to turn the charming A-frame barn in front of it into a space for drying lavender, and the casita next to it into our farm shop.

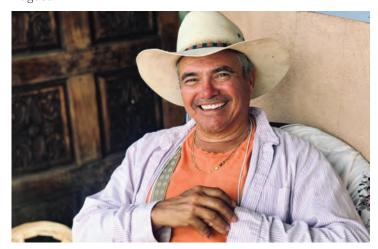
After the soil was laser-leveled, the first 450 French Grosso and Provence lavender plants were put into the ground. Grosso and Provence are the two most sought-after lavenders, and they are ideal for perfume-making. We have an absolute respect for nature, and we grow our fragrant lavender without using any pesticides or chemicals.

Our property has its own perfume, and I love to take a deep breath of the fresh aroma in the lavender field, surrounded by flower gardens and herb beds, with chickens strutting and clucking around the field.





We look forward to the lavender harvest each year. Just before bud break early in June, the lavender field takes on a stunning, silken shimmer. Actual blossom times vary from late June into August.



The farm continues to grow. This year will be our third lavender harvest. We just added an Iris garden, a Dahlia garden, and a Cosmos garden. We also planted 39 honey crisp apple trees, a plum tree, a few nectarine trees, as well as some cherry trees. *And* we got a beehive, so later this summer we hope to have fragrant lavender honey.

But we're not done yet! Jo's Farms is adding a greenhouse later this year, so we can grow more flowers, vegetables and lavender.

Visit the farm when the lavender is in full bloom! The period from the end of June through the end of August is the perfect time to pick lavender from the blooming fields.

At Jo's Farms, we cultivate happiness, and harvest joy!

U Pick It Dates

Friday, June 24: 5PM - 8:30PM Saturday, June 25: 7AM - Noon, and 5 PM - 8:30PM Sunday, June 26: 7AM - Noon, and 5PM - 8:30PM

Jo's Farms is located at 2017 Rio Grande Blvd NW. Contact us at info@josfarms.com or (505) 710-2074

Jo's Farms is an extension of the Lisa Fontanarosa Collection, a showcase of artists' works from around the world (www.lisafontanarosa.com).





UNE

Friday 24 Saturday 25 Sunday 26

U Pick It



2017 RIO GRANDE BLVD NW



HELPING YOUR BUSINESS GROW!

- Retail
- Office
- Industrial
- Multifamily
- Investment
- Property Management

Serving Los Ranchos de Albuquerque and the Greater



It's Never Too Late

By Lisa Knighton

As a movement professional, I enjoy reading the latest research on how to stay heart-healthy and physically strong. Part of the joy of my work is trying out new exercises and techniques with friends and clients. If you're like all enthusiastic exercisers, you're curious about adding more variety to your exercise routine, and, as a bonus, improving your heart's function and conditioning. Now, let's explore cardio exercise—movement specific for the heart. Just what is a cardio workout anyway?

Cardio is movement dedicated to elevating the heart rate or increasing the heart's beats per minute. The heart is a muscle composed of cardiac muscle tissue. Not unlike the skeletal muscles of the body, the heart muscle must be "worked" to improve its power. Exactly like lifting a heavy weight to improve the function of your bicep—you need to impose a similar stress on the heart to improve its function.

For cardio training, I'll narrow it to two basic types: MICT and HIIT. Each is performed differently, and the health benefits of each also differ.

MICT, Moderate Intensity Continuous Training, is a cardio workout consisting of 15 to 40 continuous minutes of movement, and at a rate of exertion of 65-75% of your heart's maximum as determined by gender and age. Often, I direct clients to use this type of exercise most days of the week if weight loss is a goal—a regular MICT workout schedule, combined with proper nutrition, helps to safely shed pounds, and months of MICT over years of steady exercising keeps weight in check.

MICT also enhances improvements in metabolic health. Blood pressure (hypertension) is better managed. Cholesterol numbers improve, specifically High-Density Lipoproteins





(HDLs, the good cholesterol), thereby lowering your stroke risk and chance of heart disease. Also, blood glucose levels are easier managed. Common American lifestyle diseases, those which come about from lack of activity and exercise, are greatly reduced when you commit to being more active and adding in at least 20 minutes of MICT 2 - 4 times per week.

HIIT, High Intensity Interval Training, is different from MICT. Instead of continuous movement, intervals are performed and the rate of exertion is closer to 85-100% of maximum heart rate. The intervals are on average one minute of high intensity followed immediately by 60-75 seconds of an active recovery. It's hard work, but the payoff is tremendous as HIIT delivers enhanced vascular benefits quite unlike any other form of cardio. The heart muscle gets stronger, and the respiratory system improves. Doing HIIT 1-2 times each week is optimal, with a minimum of 20 minutes for each session.

If these types of cardio are new for you, seek out your current baseline numbers, especially if you're deconditioned. And learn how to monitor your heart rate. Know if you're training in the zone, or simply not working hard enough. Know too that there's a different formula for women when determining maximum heart rate. And always warm up and cool down.

Is one form of cardio exercise better than the other? Not at all, go ahead and do some of both MICT and HIIT. And everyone, regardless of current health, benefits. It's never too late. As one of my instructors tells me, "Its only too late when you're, well...dead."

Once you get going, keep going. For great results and added health benefits, try to do cardio-intensive exercise most days of the week. And, for maintenance, don't go more than two days in a row without cardio.

If you're eager to improve your heart's health, give both MICT and HIIT a try. It's indeed never too late to experience the compelling effects of exercise. Your stronger heart will certainly reward you with greater health.

Lisa, CEO of AtHomeBeFIT, and ACE certified personal trainer, seeks to improve how the world ages with her exercise programs, both inperson and live-streaming. The methods she uses change the lives of women who are dedicated to improving their fitness and overall health. She can be reached at (706) 340-7989 or by email at Lisa@ athomebefit.com.







THE BUSINESS HIGHLIGHT PAGE GIVES LOCALLY-OWNED BUSINESSES IN THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE A PLACE TO TELL THE WORLD WHO THEY ARE AND WHAT THEY OFFER.

Lesa Newberry Salon

The stars aligned for Lesa to open her business, the Lesa Newberry Salon, on 4th Street a year after September 11, 2001. Lesa was an Air Force brat born in Phoenix and from a family of hair dressers (mother, brother, sister). She had established a lucrative practice in one of the nation's top salons—Claiborne's world renown salon in Atlanta—where she had been serving a high profile client base for 25 years.

Then, in 1996, a CNN client introduced her to New Mexico. She fell in love with the Land of Enchantment, and moved here the following year. However, for the next four years, she would still commute back to Georgia, spending one week out of every seven weeks there, to serve her clients.

In 2001, it was time for a change, and, lucky for us, she decided to open a salon

in the Village of Los Ranchos. She knew she would like Los Ranchos when the Mayor at the time, John Hooker, showed up on her doorstep to welcome her to the Village and introduce himself.

Lesa says the most rewarding aspect of her work is the long and loyal relationships with her clients. "I don't think I would have kept the business going through the pandemic without this fantastic Village community, loyal client base and 20-year perspective". She says she hardly realizes that 20 years have gone by.



Lesa's salon is a cozy, attractive, intimate, and comfortable space with a kiva fireplace and adobe style. Laughter is usually heard as clients, of all genders, are often introducing themselves to each other and sometimes even working on crossword puzzles together.

The shaded back patio came in very handy during the pandemic to accommodate clients who were not comfortable being inside, even after the restrictions were lifted.

Lesa's goal is to be "first in customer service" and she demonstrates that with her years of expertise on how to achieve a certain look.

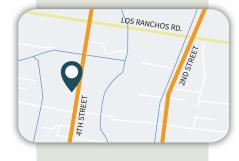


Lesa learned during the pandemic that it was good for her to slow down a bit. So, though she continues to take on clients, she makes sure she has enough time to take care of herself.

Her passions outside the salon include hiking, travel, being kind to all living things and volunteering at the Albuquerque Balloon Fiesta, which she had done for 10 years.

Besides that, she is pretty boring... (her words!)

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Georgia Mae Chavez, 93 Georgia May Chavez died peacefully in her sleep on Thursday April 28, 2022. Born May 9, 1928, in Cimarron, NM, she was a lifetime resident of Los Ranchos de Albuquerque. Georgia married into a historic New Mexico Hispanic family that has roots in the North Valley dating back to the late 1600s. She is survived by her children Loretta Smith, Robert Chavez, Ronald Chavez, and Yvonne Dominguez.



Summer at the Adobe

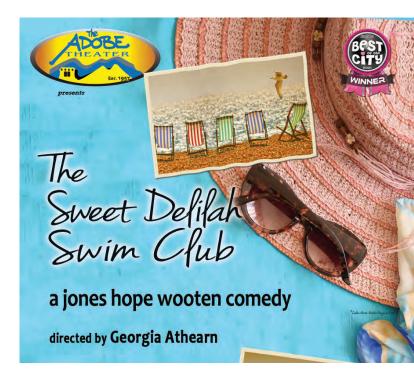
By Marcelle Cady

UNNECESSARY FARCE | The play by Paul Slade, directed by Nancy Sellin continues its run until July 3. There will be a *Pay What You Will* performance on Thursday, June 30.

► Two bumbling cops, a romantic tryst, the Scottish mafia, and eight doors create the perfect, ridiculous farce. Enjoy an afternoon or evening of hilarity!

THE SWEET DELILAH SWIM CLUB | The fun continues with another Jones Hope Wooten comedy – by Jones, Hope, Wooten, directed by Georgia Athearn, July 22-August 14, *Pay What You Will* August 11.

► This hilarious and touching show features five southern women (performed by Jennifer Benoit, Gloria Goodman, Robin Havens-Parker, Margie Maes and Rhonda Ware) whose friendships began on their college swim team. For thirty-three years they meet every summer at the same beach cottage in the Outer Banks of North Carolina. Watch them catch up, laugh, and meddle in each other's lives, as only old friends can do. Sheree, the spunky team captain, desperately tries to maintain her organized and "perfect" life and continues to be the group's leader. Dinah, the wisecracking overachiever, is a career dynamo. Lexie, pampered and outspoken, is determined to hold on to her looks and youth as long as possible. The self-deprecating and acerbic Vernadette, acutely aware of the dark cloud that hovers over her life, has decided to just give in and embrace the chaos. And sweet, eager-to-please Jeri Neal experiences a late entry into motherhood that takes them all by surprise.



ADOBEFEST | The Adobe Theater takes to the airwaves with its Adobefest on KUNM's 89.9 FM Radio Theater on July 17th. Four new, unpublished short plays. The theme of this series is "Hope" and all plays are suitable for all audiences.

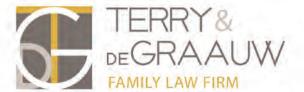
- ► A Prostate's Purpose by Les Abromovitz A man has an honest and humorous discussion with his prostate on the eve of his surgery!
- ▶ A Little Hope in Between by Peggy Baldassarre McLoughlin and Nancy Strickland Two teens discover that the history lesson of Pandora's Box reflects their own lives.
- ► **Rebirth in Albuquerque** by Vicki Meagher Two failed Buddhists come together after a death and heal each other.
- ▶ **Portraits of a President** by Will Anderson Vignettes of Herbert Hoover's humble beginnings to his rise to power.

Enjoy your summer—especially at this year's Lavender Festival!

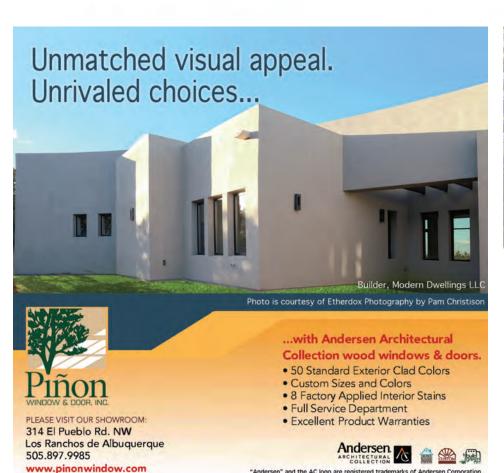


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ONE ALBUQUE rooks & ROUE PROVED TO THE PROVE

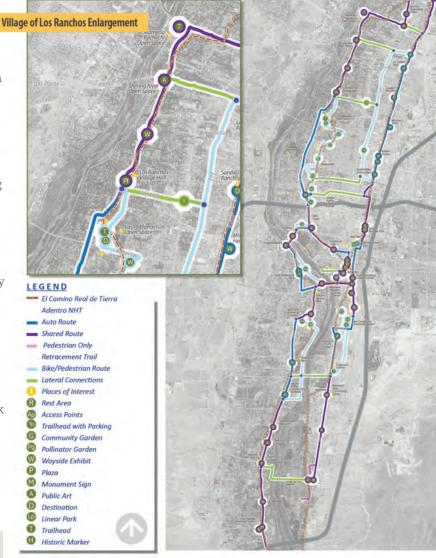
The Village of Los Ranchos, Bernalillo County, the City of Albuquerque, UNM and other stakeholders have joined with the National Park Service to retrace the Camino Real National Historic Trail through the Middle Rio Grande Valley as envisioned in a new Development Concept Plan. The historic alignment follows Rio Grande Boulevard north and south through the Village and along Edith Boulevard on the east side of the North Valley. Opportunities for east and west connections are identified in the plan.

The project creates an excellent opportunity to showcase the rich history of the Village. A number of projects are recommended to be built in and near Los Ranchos including several interpretive elements. These include:

- An accessible walking path and bike lanes along parts of Rio Grande Boulevard with trail signage
- ▶ An interpretive plaza at Hartnett Park
- A trailhead with interpretive signage near Alameda/ Bachechi Open Space
- A trailhead at Shining River Open Space with public art, perhaps
- Accessible trail along the Griegos Drain through the Los Poblanos Open Space

More information on the El Camino Real National Historic Trail plan

www.camino-bernco.com











La Luz Market on 4th St.

By Elizabeth Bluff

When the darkness of the Covid pandemic hit us in March of 2020, La Luz Coffee opened to bring light back to the community. Owner Josh Lange had purchased 1115 Griegos Road NW just one month prior with plans to build a coffee shop in the existing vacant building.

When the world shut down, so did his business. This created a huge problem, but also provided an opportunity: Josh and his team decided to open La Luz as a Drive Thru in order to serve the community and to keep his people employed.

With the blessing of the City & neighborhood, La Luz Coffee also built a patio and expanded into offering their goodies in a food truck. With Josh's experience in the festival world, they also decided to start holding a small art market on Saturdays...

This little art market has now grown into a monthly event featuring 20 art vendors, two food trucks, and live music. The focus of the *La Luz Market* is bringing people together and supporting local artisans. It is held on the first Saturday of each month.

The response from the community and the vendors has been so positive that the La Luz team is now eager to grow their market. And an exciting new partnership with The Village of Los Ranchos will do just that. On July 2, La Luz Market will, for the first time, be held at the Los Ranchos Village Hall parking lot: a much larger location. In its new location, the *La Luz Market* could potentially double in size, and help build up the small businesses located in the heart of 4th Street. There will be a variety of the tastiest food trucks, amazing artists and vendors, plus local talented musicians.

Mark your calendars and tell your friends. La Luz Market aims to be a premier summer event & must do. See you all there on July 2nd, 2022!

















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PLANNING & ZONING COMMISSION MEETING SUMMARY

April 12, 2022 7PM/Regular Meeting

Location: Zoom Conference

Commissioners Present: Commissioner Dan Gay, Vice Chair; Karen Christensen, Secretary; JT Michelson; Connie Barrow; Mary

Homan. Absent: Commissioner Drew Seavey, Chair (Excused); Commissioner Shelleen Smith (Excused)

Staff Present: Tiffany Justice, Planning & Zoning Director Commissioner; Ann Simon, Village Administrator; Jennifer Schilling,

Records Info. Manager; Nann Winter, Village Attorney; Kiko Jeantette, IT Specialist

PUBLIC HEARINGS & APPLICATIONS

A. CU 22-03 A request by Joe & Julie Samora for a Conditional Use Permit for a guest house not to exceed 1,000 square feet in heated area as allowed by §9.2.7(C)(5) in the A-1 Zone in the North Rio Grande Character Area. The property is located at 8727 Rio 1 Grande Blvd NW and is legally known as Tract A-3 of Tracts A-1, A-2, A-3, Lands of Evelyn Huthsing, projected section 17, T. 11 N., R. 3 E., N.M.P.M., within the Village of Los Ranchos de Albuquerque, Bernalillo County, New Mexico, as filed in the Office of the Bernalillo County Clerk on June 17, 1987. The property contains 1.3466 acres more or less. The motion carried unanimously (5-0)

B. BB 22-02 A request by Lauren & Zachary Hardage for a Bed & Breakfast Permit as allowed by §9.2.25(E)(1) in the A-1 Zone in the South Rio Grande Character Area. The property is located at 4100 Dietz Ct NW and is legally known as Lot 6 Block 1 of Dietz Acres, projected section 31, T. 11 N., R. 3 E., N.M.P.M., Village of Los Ranchos de Albuquerque, Bernalillo County, New Mexico, as filed in the Office of the Bernalillo County Clerk on June 30, 1964. The property contains 0.50 acres more or less. The motion carried unanimously (5-0).

NEW BUSINESS

Adoption of Resolution 2022-4 Planning & Zoning - Applicant Deferrals. The motion moved to adopt Resolution 2022-4 Planning & Zoning.

REPORTS

Director Justice gave the Planning & Zoning Department report.

INFORMAL DISCUSSION

MEETING PACKETS, MINUTES, AND UPCOMING HEARINGS AT LOSRANCHOSNM.GOV/PLANNING-AND-ZONING-MEETINGS

LOS RANCHOS BUSINESS AND ECONOMIC DEVELOPMENT ADVISORY COMMITTEE

How do you characterize the Village of Los Ranchos? What makes it special and how can we make it even more so? These are some of the questions and tasks of the new Los Ranchos Business and Economic Development Advisory Committee. The Village formed the Committee to enhance community cohesion and foster a more vibrant and successful local business environment, especially along 4th Street.









The Committee is also looking to attract new and existing activities and events and create a centralized community calendar to promote those activities. The Committee is also looking at ways to honor Village identity and character, perhaps in a cultural center showcasing our stories, photographs, maps, trails, agritourism, and more. Email your thoughts to Village Administrator Ann Simon at asimon@losranchosnm.gov.



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BOARD OF TRUSTEES MEETING SUMMARIES



Donald T. Lopez Mayor



Sandra Pacheco Mayor Pro Tem



Gilbert Benavides Trustee



Allen Lewis Trustee



George Radnovich Trustee

March 9, 2022 7:00PM/Regular Meeting

Location: Warren J. Gray Chambers and streamed on the Village Website and Facebook page Present: Trustee Pacheco, Trustee Benavides, Trustee Radnovich (Trustee Lewis-excused)

Chair: Mayor Donald T. Lopez

PUBLIC COMMENTS

Written Comments received from Robert W. Keers, 7037 Guadalupe Trail NW; Bruce and Dorothy Draper, no address given; Clay and Jennifer Peres, 7609 Guadalupe Trail NW. Verbal Comments received from Camille Varoz, 427 El Paraiso Rd NW; Loretta Chavez Smith, 536 Chavez Road NW; Dr. PJ Sedillo, 4119 Dietz Loop NW; Michelle Kinzie-Cannova, 4119 Dietz Loop NW; Joanna Augustina Montoya, 4119 Dietz Loop NW; Joe Craig, 505 Calle Del Pajarito NW.

DEPARTMENT REPORTS

PRESENTATIONS

- A. 2021 Fire and EMS Update, Bernalillo County Fire Chief, Greg Perez.
- B. Village of Los Ranchos Financial Audit, FY Ending June 30, 2021; Jaramillo Accounting Group LLC (JAG), Audrey Jaramillo and Shawn Mortensen.
- C. Phase II Preliminary Engineering; 4th Street Project-30%, Jeanette A. Walther, PE, PTOE, Senior Project Manager Traffic & Transportation; Bohannan Huston & Maria Rinaldi, Capital Projects Manager, Village of Los Ranchos.
- D. Progress Report, Los Ranchos Village Center Redevelopment; Westin Glass, Palindrome Communities.

FINANCIAL BUSINESS

Discussion and Approval of Cash Report-February 2022; *Motion Carried 3-0*.

UNFINISHED BUSINESS

Discussion and Approval to Advertise Ordinance No. 284; An Ordinance Adopting a Pilot Project Program Allowing for up to Three Conservation Development Projects in the Village of Los Ranchos; Adding Pilot Project Approval Process to Planning & Zoning Commission Matrix. Adding and Amending Definitions; Adding A Section on Conservation Development Standards.

Motion Carried 3-0.

continued on page 50



COMPLETE APPROVED MINUTES AT LOSRANCHOSNM.GOV/BOARDOFTRUSTEESMEETINGS

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BOARD OF TRUSTEES MEETING SUMMARIES, continued

April 13, 2022 7:00PM/Regular Meeting

Location: Warren J. Gray Chambers and streamed on the Village Website and Facebook page

Present: Trustee Pacheco, Trustee Benavides, Trustee Lewis, Trustee Radnovich

Chair: Mayor Donald T. Lopez

PUBLIC COMMENTS

Written Comments received from Robert W. Keers, 7037 Guadalupe Trail NW; Camille Varoz, 427 El Paraiso Road NW. Verbal Comment received from Joe Craig, 505 Calle Del Pajarito NW; Debbie Browne, 1037A Ortega Road NW; Daphne Barrett, 901 Ortega Road NW, Vera Jennie Schulte Reidl, 4404 Cactus Hills Place NW; J.T. Michelson, 5001 Rio Grande Blvd NW; Jacobo Sanchez, 9214 Edith Blvd NE Albuquerque, NM; Andrew Keleher, 801 El Pueblo Road NW; Nora Kelly, 801 El Pueblo Road NW; Jason Casuga, CEO/Chief Engineer for the Middle Rio Grande Conservancy District; 1931 2nd Street SW, Albuquerque, NM; Gabriella Coughlin, Agronomist/Soils Scientist for the Middle Rio Grande Conservancy District; 1931 2nd Street SW, Albuquerque, NM.

DEPARTMENT REPORTS

PRESENTATIONS

Proclaiming Age Friendly Allegiance Month

FINANCIAL BUSINESS

- A. Discussion and Approval of Cash Report-March 2022; Motion Carried 4-0, with corrections.
- B. Discussion and Approval of Resolution No. 2022-04-01; Audit Acknowledgement; Motion Carried 4-0.
- C. Discussion and Approval of Resolution No. 2022-04-02; Budget Adjustment Request (BAR); Motion Carried 4-0.

PUBLIC HEARINGS AND/OR APPLICATIONS FOR APPEAL

Agreement to remand appeal of bb 21-12; an Appeal of the December 14, 2021, Village of Los Ranchos Planning & Zoning Commission Denial of An Application by Maria Montoya & Kristopher Houghton for a Bed & Breakfast Permit as allowed by §9.2.25(E)(1) in the A-1 Zone in the North Rio Grande Character Area. The property is located at 8650 Rio Grande Blvd NW and is legally known as Lot A-1 Plat for lands of Annie Robertson Lots A1, D1, And D2 within the Town of Alameda Grant, Projected Section 17, T. 11 N., R. 3 E., N.M.P.M., Village of Los Ranchos de Albuquerque, Bernalillo County, New Mexico, as filed in the office of the Bernalillo County Clerk on December 27, 1996. The property contains 1.6107 acres more or less.

Public Written Comment: Jacquelynn Reedy, 8640 Rio Grande Blvd NW; Peter Driscoll, 8716 Rio Grande Blvd NW; **both opposed**. Public Verbal Comment: Bill Shen, 8646 Rio Grande Blvd NW; Marya Reedy, 8642 Rio Grande Blvd NW; Christian Reedy, 8642 Rio Grande Blvd NW; **all opposed**

Motion Carried 4-0 to remand back to Planning and Zoning Commission.

NEW BUSINESS

- A. Discussion and Approval to advertise Ordinance No. 286; Repealing Chapter 4 Article 5, alarm devices and systems from the Village of Los Ranchos Codified Ordinances. *Motion Carried 4-0.*
- B. Discussion and Approval to advertise Ordinance No. 287; An Ordinance Amending The 2013 Codified Ordinances of The Village of Los Ranchos de Albuquerque Chapter 3, Business Regulation, Article 3, Franchise Agreements, Section 3, to Incorporate a New Franchise Agreement with New Mexico Gas Company, Inc.; Repealing Ordinance No. 141, PNM Gas Services of New Mexico Municipal Franchise Ordinance, Enacted July 10, 1996. *Motion Carried 4-0.*
- C. Discussion and Confirmation Per Article 1. Municipal Court; §11.1.8 (B) Candidates for Panel; The Municipal Judge, The Mayor, or any Member of The Board of Trustees may submit names of individuals who are qualified to serve as a temporary Judge for consideration of The Board of Trustees.

A. Christina Argyles, Alternate Municipal Judge

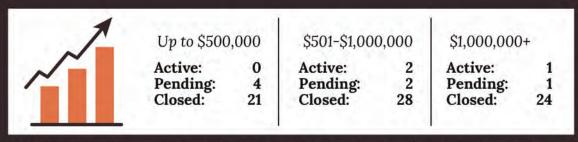
Motion Carried 4-0.

COMPLETE APPROVED MINUTES AT LOSRANCHOSNM.GOV/BOARDOFTRUSTEESMEETINGS





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CELEBRATING SAN YSIDRO DAY

On Saturday May 14, 2022, Mayor Donald T. Lopez and others joined Father Hallada of the Our Lady of Guadalupe Church in a blessing of the waters and fields at the Agri-Nature Center in honor of San Ysidro Day. Each year, communities across New Mexico remember San Ysidro, the Patron Saint of farmers and gardeners, at the start of the growing season.







Photo top left: Father Hallada blessing with Mayor Lopez and Trustee Pacheco, bottom left: Mayor Lopez with Karen Dunning and Gabriella Coughlin of the Middle Rio Grande Conservancy District, right: Crowd tossing petals into the ditch

Los Ranchos Village Vision