



# Los Ranchos Village Vision

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**Kids Flock to  
the Farm for  
Summer Fun**

**Business Highlight:  
Los Niños Montessori  
Preschool**

**Capital Improvement Project: Village Center**



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# Mayor's Report

Dear Residents,

The Village of Los Ranchos is a special place. We all know this and live here because of it. Keeping the Village special is my sincere goal as your Mayor. But it is a challenge. With 18 months left in this term, I commit to addressing this and other challenges with care, and with your concerns in mind.



One of the most challenging issues we face is how to keep the Village open, green, and semi-rural, while continuing to encourage new residents—especially young families making this their home, and seniors wanting to downsize and age in place. These seemingly contradictory goals can only be achieved if we work together.

We developed the 2035 Los Ranchos Master Plan in 2019 with tremendous input and suggestions from local residents on ways to tackle those goals. One idea was to designate key areas to allow more dense housing, such as Village Center. Another idea was to consider areas where homes can be grouped closer together to preserve open space. We are currently in the midst of trying to put all these ideas into concrete action.

We are working every day to resolve issues residents bring to our attention. Below are some recent accomplishments:

- ▶ Residents indicated having difficulties walking along Guadalupe Trail because vehicles were using this residential roadway as a cut-through. Earlier this year, we installed eight speed humps to increase safety.
- ▶ The parking on Rio Grande Boulevard created an unsafe situation for pedestrians and bicyclists during the Growers' Market. To alleviate this, we installed Parallel Parking Only signs, and are seeing significant improvements.
- ▶ The newly-created all-volunteer Business and Economic Development Committee recommended adding a community calendar to our website, to inform

residents, businesses, and visitors of events and activities taking place in the Village. The calendar went "live" in June. Check it out. And be on the lookout for more from this committee in the future.

- ▶ In order to address traffic issues on Chavez Road, especially those related to speeding and the safety of pedestrians and bicyclists, we're taking an all-of-the-above kind of approach. So far, we have narrowed the lanes through restriping, purchased and placed new speed boards, and applied for and received over \$400,000 to study the right-of-way and design for a multi-use trail along the roadway.
- ▶ Neighbors who use the trail in Hartnett Park asked for some seating on the southern end of the park. We're excited to announce there are now two new benches in the shade of the Ash trees.
- ▶ Finally, our Village Center project, a dream of Late Mayor Abraham, a major goal in the 2010 Los Ranchos Master Plan (developed in 2000), and an amazing opportunity for Los Ranchos, is underway. We have started by demolishing the A-AAA Storage facility and will soon be clearing the entire site. For a brief history of the project, images, and elevations, see page 8 or visit our website.

There are pressures on all of us, with a lingering pandemic, and persistent inflation that's putting strains on every American family. These and other stressors can elicit hopelessness, fear and distrust—especially of your government. Please know that I understand. Disagreement and even discord are part of a healthy democracy. As your elected Mayor, I am listening. The issues before us are difficult. By continuing to voice your concerns, showing up to meetings, and visiting me one-on-one, we will find our way through the difficulties together, as a Village.

Mayor Donald T. Lopez, PE, CMO



Village of Los Ranchos de Albuquerque  
6718 Rio Grande Blvd. NW  
(505) 344-6582 | [info@losranchosnm.gov](mailto:info@losranchosnm.gov)

**Mayor Donald T. Lopez, PE, CMO**

(505) 977-2119

[mayordonaldtlopez@losranchosnm.gov](mailto:mayordonaldtlopez@losranchosnm.gov)

**Sandra Pacheco, Trustee, Mayor Pro-Tem**

[spacheco@losranchosnm.gov](mailto:spacheco@losranchosnm.gov)

**Gilbert Benavides, Trustee**

[gbenavides@losranchosnm.gov](mailto:gbenavides@losranchosnm.gov)

**Allen Lewis, Trustee**

[alewis@losranchosnm.gov](mailto:alewis@losranchosnm.gov)

**George Radnovich, Trustee**

[gradnovich@losranchosnm.gov](mailto:gradnovich@losranchosnm.gov)

**Diane Albert, Municipal Judge**

[dalbert@losranchosnm.gov](mailto:dalbert@losranchosnm.gov)

**Will Fisher, Treasurer**

[wfisher@losranchosnm.gov](mailto:wfisher@losranchosnm.gov)

**Ann Simon, Village Administrator**

[asimon@losranchosnm.gov](mailto:asimon@losranchosnm.gov)

**Danielle Sedillo-Molina, Village Clerk**

[dmolina@losranchosnm.gov](mailto:dmolina@losranchosnm.gov)

**Tammy Silva, CFO**

[tsilva@losranchosnm.gov](mailto:tsilva@losranchosnm.gov)

**Amelia Hinojos,**

**Admin. Assistant/Front Desk Receptionist**

[ahinojos@losranchosnm.gov](mailto:ahinojos@losranchosnm.gov)

**Tiffany Justice, Planning & Zoning Director**

[tjustice@losranchosnm.gov](mailto:tjustice@losranchosnm.gov)

**Michelle Austin, Planning & Zoning**

**Administrative Assistant**

[maustin@losranchosnm.gov](mailto:maustin@losranchosnm.gov)

**Keen Heinzelman, Public Facilities Manager**

[kheinzelman@losranchosnm.gov](mailto:kheinzelman@losranchosnm.gov)

**Animal Welfare Officer, vacant**

(505) 977-4830

**Thomas Sanchez, Code Enforcement Officer**

(505) 539-6350

[tsanchez@losranchosnm.gov](mailto:tsanchez@losranchosnm.gov)

**Joshua O'Halloran, Agriculture Program Mgr.**

[johalloran@losranchosnm.gov](mailto:johalloran@losranchosnm.gov)

**Sabrina Apodaca, Administrative Assistant**

[sapodaca@losranchosnm.gov](mailto:sapodaca@losranchosnm.gov)

**Fred Radosevich, Public Safety Liaison/Advisor**

(505) 991-3990

[publicsafety@losranchosnm.gov](mailto:publicsafety@losranchosnm.gov)

**Maria Rinaldi, Special Projects Manager**

[mrinaldi@losranchosnm.gov](mailto:mrinaldi@losranchosnm.gov)

**Parks & Streets Staff**

Derrick Aldridge, Mark Garcia, Ramona Carrillo

**Greg Perez, Bernalillo County Fire Chief**

(505) 977-4834 or [gperez@berncmo.gov](mailto:gperez@berncmo.gov)

## 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](http://www.losranchosnm.gov/village-vision-magazine)

### CONTACT THE VILLAGE VISION

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

Graphic Design/Layout: Sheila ter Bruggen

Editor- At-Large: Ann Simon

### CONTRIBUTORS TO ISSUE 5

SUSAN BRAWLEY | MARCELLE CADY | LISA FONTANAROSA | LISA KNIGHTON | GORDENE MACKENZIE | JOSHUA O'HALLORAN | FRED RADOSEVICH | DOMINIC TOMBA | TIM TOURVILLE | VILLAGE STAFF

### PHOTO CREDITS

**COVER** EXPLORA FARM CAMP KIDS BY SHEILA TER BRUGGEN | **PAGE 3** AMERICAN FLAG BY DANNE WWW.PEXEL.COM | **PAGE 6** NATURE'S NINOS BY SHEILA TER BRUGGEN | **PAGE 12** PHOTOS BY SUE BRAWLEY | **PAGE 20+21** PHOTOS BY MELISSA MARQUEZ, RACHAEL GARCIA, ALEJANDRA LUEVANO, AND DAESY QUEZADA | **PAGE 24** PHOTOS BY PAULINA GWALTNEY AND OSCAR KNIGHTON | **PAGE 26+27** PHOTOS BY SABRINA APODACA AND SHEILA TER BRUGGEN | **PAGE 28** PHOTOS BY PENELOPE FAUX AND CHRISTINE ROMERO | **PAGE 32** PHOTO BY DAN AND RHONDA WARE | **PAGE 38** PHOTO BY SHEILA TER BRUGGEN | **PAGE 44** PHOTOS BY MICHELLE AUSTIN AND LIZ BLUFF

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## Find The Village Online

[www.losranchosnm.gov](http://www.losranchosnm.gov)



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Check out our new Community Events Calendar on the home page of the website.

On it you will find Village meeting dates, events, deadlines, and permitted reservations at our facilities.

If you have an event that might have community-wide interest, please send it to Sabrina Apodaca at [sapodaca@losranchosnm.gov](mailto:sapodaca@losranchosnm.gov).

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# BACK TO SCHOOL ISSUE 2022

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# Garduño's

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# Village Center Project

The Village Center Project, encompassing just over twelve acres on the southeast side of 4th Street and Osuna, is in development after 22 years of planning. The timeline on the right shows a brief chronology describing the intensity of planning that has brought Village Center to the current point of development.

The Project came about initially to address some key challenges identified in the 2010 Los Ranchos Master Plan (developed and adopted in 2000) and that still exist today, namely an aging population, high property values, and limited housing options for young families to move in and seniors to downsize and remain in Los Ranchos.

A mixed-use development at 4th and Osuna—one of the most urbanized, heavily trafficked areas in the Village—was seen as the perfect place to build on that urban energy with some moderate densification and more affordable housing options for young adults, families, and seniors.

The renderings show the housing portion of the project, three apartment buildings capped at three (3) stories, surrounding central plazas that are accessible to the public. The apartments will be built along the north side of the property along Osuna Boulevard. Features include water-wise landscaping and silo-style architecture that honors our agricultural heritage.

Future phases of the project will include micro-retail, a community farm, fed by the existing acequia, an amphitheater, a community and economic development center, and a boutique hotel.



**2002** Under Mayor John Hooker, the Village of Los Ranchos created the Village Center Zone and adopted it into law in 2003. This Zone was designated to allow for a more unique development pattern that included increased density, new housing options, economic vibrancy, and diversity.

**2007** The Village, under Mayor Larry P. Abraham, outlined the VC Zone project and declared the area a Metropolitan Redevelopment Area (MRA). It began acquiring property in the designated zone and continued to do so for the next 10 years.

**2018** On March 14, 2018, the Village adopted Resolution No. 2018-3-2, the MRA Plan, which allowed for a public private partnership to develop the project. The New Mexico Metropolitan Redevelopment Code grants powers to the Village to promote developments within blighted areas and authorizes the Village to rehabilitate and redevelop the area for public health, safety, and welfare.

On April 16, 2018, after adoption of the Plan, the Village issued a Request For Proposals (RFP) to identify and select an experienced developer with the required finances to acquire, consolidate, design, develop, operate, and own the Village Center Metropolitan Redevelopment Area.

Palindrome Communities, LLC submitted the successful proposal, in part because of their unique approach to maintaining the look and feel of Los Ranchos, as well as their addition of an economic/small business development focus. The highlights were the use of an acequia in the design, a community garden, and a center for business development, among other features, such as housing, retail, and micro-retail.

**2019** In 2019, in fulfillment of a requirement of the RFP, Palindrome worked with Applied Economics to provide an estimate of the economic returns from the project. The study showed a total annual economic impact of \$15.7 million on the county's economy each year, or \$145.7 million over the first ten years of operations. Approximately 90 percent of these impacts would be captured in the Village of Los Ranchos.

**2020** In October of 2020, under Mayor Donald T. Lopez, the Village approved a Development Agreement with Palindrome to build a mixed-use, residential and commercial development on the designated Metropolitan Redevelopment Plan area.

**2022** In June of 2022, with financing secured and plans in place, Palindrome began the process of demolition of the existing buildings, beginning with the old storage facility.

**MORE INFORMATION** on our website at [losranchosnm.gov/village-center-project](https://losranchosnm.gov/village-center-project).

Renderings courtesy of Palindrome LLC



Village Center Master Plan

Conceptual design from Palindrome Proposal



- 1-3 Residential Buildings
- 4. Economic Development Center, Community Space, Boutique Hotel, Micro-Businesses
- 5. Residential Units
- 6. Retail



West Elevation - Main Entrance  
1/32" = 1'-0"

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## Tomato Pie

### Ingredients

9" pie crust  
1/2 cup chopped onions  
3-4 large, ripe tomatoes  
1/2 cup mayonnaise  
2 cups grated cheese  
Garlic (optional)  
Basil  
Hot Sauce  
Butter for sautéing

Pre-bake a 9" pie crust according to the package directions, and cool well. While this is going on, chop up about 1/2 cup of onions (or shallots or leeks), and sauté in butter until soft and starting to caramelize (and you may add just a bit of garlic). Cut in half three to four large, ripe tomatoes and squeeze them to remove the seeds and some juice. Chop them into bite-sized pieces, and put them in a colander over a bowl, sprinkle with salt, and let them drain. Don't want any juice! Slice some basil, and I like a bit of oregano, too. Mix about 1/2 cup of mayonnaise with 2 cups of grated cheese: Add some hot sauce. Spread the onions in the pie crust, add the tomatoes, well squeezed and drained, then the basil, and then the cheese mixture in layers. Pop the pie into a 350° oven and bake it for 25 to 45 minutes, until well browned.

*Recipe by Lorilee McDowell*

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# Peak Harvest Season

By Sue Brawley



**Los Ranchos Growers' Market**  
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**AUGUST AND SEPTEMBER** | With summer produce still coming off the fields, you will be spoiled for choice at the Los Ranchos Growers' Market. Try to decide between various types of tomatoes, green & purple beans, potatoes, various types of summer squash, garlic, onions, sweet peppers, radishes, carrots, and rutabagas. Different types of basil will be available as well as beautiful bouquets of cosmos, sunflower, lavender, and more. August marks the arrival of wonderful sweet corn and tasty melons (Sugar babies, crimson sweets, Crenshaw's, and cantaloupes), and the first of the hot chiles. Chile roasting will start in late August or early September. September will bring winter squash, chiles, and more! In mid-August, the market will celebrate the peak of the harvest season, and in mid-September the chile season. Visit our Facebook page (Los Ranchos Growers' Market) for local product information and more pictures.

## Vendor Profile: Sweet Nothings

Sweet Nothings is a home-based family bakery business owned by Jan Siegrist and daughter, Johanna. Jan grew up with two great cooks, her Mom and Grandmother, and Johanna holds a baking certificate from the Culinary Arts program at CNM.

The duo started baking gluten free 21 years ago when Jan was diagnosed with Celiac disease. Suggestions from others working on gluten free recipes, years of practice, and experimenting with various ingredients have led to the products that they make today.

When they started, little more than rice crackers was available for those unable to consume gluten (wheat, rye, barley, and most oats). Today, there are many commercial products available in the stores. Some are good, but many still leave a lot to be desired. Their policy is to offer for sale only those products for which they would pay good money themselves, and that taste delicious to everyone.

Sweet Nothings has many regular customers who do not need to eat gluten free. At each market, they offer bread, brownies, fruit bars, cookies, muffins, fresh-on-order Belgian waffles, and more. They also accept special orders for many items, including pies and quiches.

Jan and Johanna enjoy participating in the Asbury Cafe mission at the State Fair by donating the many gluten free pies that are sold there each year. In 2015, Sweet Nothings started selling at Los Ranchos Growers' Market.



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# Leaving Pets Home Alone

By Dominic Tomba, Animal Control Officer

**Back to school? What does that mean for our four-legged friends?** Schedule change can be stressful enough for us humans but can also be much more stressful for our four-legged friends. That sudden change from long summer days playing outside with kids and or playing inside the house, to living in an empty home (or a busy home filled with students studying) can be an extreme adjustment. Here are a few tips to help with the transition for your four-legged friends. Ease your pet into the new schedule. What does this mean? “Before school starts, begin getting your dog accustomed to the soon-to-be new schedule. Get up early, take your pup out for a rigorous walk, and introduce the activities they can do when everyone is gone,” says Mary R. Burch, a certified applied animal behaviorist, and the AKC Family Dog Director, (Barbara Balfour, 2021)

**Enrichment toys.** Enrichment toys can do wonders for pet. You may already have a few. It wouldn't hurt to purchase a few more to give a little bit more variety in your pet's daily enrichment. You can generally fill these types of toys with desirable treats like- peanut butter, cheese, and or various fruits. These types of toys can also be frozen as well, giving your pet an extended amount of time to work out their reward. Playing hide and seek with enrichment toys is another form of overall enrichment for your pet. Prefill your enrichment toys with any of the desirable treats stated above,

freeze, and then hide a few of them throughout your house. This will make a great game for your pet and also gives them a job to complete while everyone is out of the house, and or studying/working on homework.

Dr. Jessica Taylor, a North Carolina-based veterinarian states, “Even though your mornings may now be more hectic with getting your kids out the door to school, try not to cut corners for your canine companion. Only taking your dog for a short walk in the morning can lead to trouble later in the day. Pets that normally spend their day playing, going in and out with kids, or being stimulated with people around them, can experience stress and anxiety when they are suddenly left alone. Aim to get up a bit earlier to allow for a long walk or 20-minute play session in the yard to get their energy out.” (Barbara Balfour, 2021)

In short, if you have a four-legged friend, and their schedule is about to change due to you or your children heading back to school, take the time to help with your pets' transition into their new schedule.

*And speaking of transition, I am leaving the Village to take another job but it has been my pleasure serving the Village of Los Ranchos. I will miss you all.*

*Take care,  
Dominic*

## Summer Watermelon Salad with Burrata, Pistachios, Mint and Lime

The best way to cool off on these hot summer days! This is a super simple salad that is refreshing and delicious. Your palate will love the contrasts in flavors, sweet watermelon, salty cheese and herby mint.

### Ingredients

3 cups bit-size cubes of watermelon  
8 oz. burrata, or fresh mozzarella cheese  
2-3 heaping tablespoons pistachios, finely chopped  
2 sprigs (roughly 1/4 cup) fresh chopped mint leaves  
Maldon sea salt, for sprinkling  
A very good quality extra virgin olive oil for drizzling

Add the watermelon to a bowl. Toss with the mint, lime zest and olive oil. Top with pieces of the burrata cheese and pistachios. Drizzle with olive oil and mix until well combined.

Serve immediately with salt on the side. Let your guests add the salt at the table so they can feel the crunch while enjoying the salad.

*Recipe by Lisa Fontanarosa*



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Dr. Reddy was born and raised in New Mexico and attended the Albuquerque Academy. He attended Emory University and the University of New Mexico School of Medicine before completing his Dermatology residency at the University of Texas Health Science Center. He has been recognized as one of the best Dermatologists in the region and was voted "Top Dermatologist" by Albuquerque the Magazine. Dr. Reddy specializes in surgical and cosmetic Dermatology and is board certified.

### Shilpa Reddy, M.D. FAAD



Dr. Shilpa Reddy completed her undergraduate education at Washington University in St. Louis followed by medical school at the University of New Mexico where she graduated first in her class. She then completed a dermatology residency training at UNM. She is a board certified dermatologist and a fellow of the American Academy of Dermatology as well as a member of the New Mexico Dermatological Society and past president. She practices general, surgical and cosmetic dermatology and is pleased to offer her services.

### Sabrina Johnson, PAC



Sabrina is a native New Mexican. She attended Texas Tech University and The University of New Mexico School of Nursing. She attended the Physician Assistant program at UNM where she finished at the top of her class. She was voted best health care provider in Valencia County and serves as a clinical instructor in the UNM Physician Assistant Program. She enjoys sharing her expertise in all aspects of general and cosmetic Dermatology.

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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, call and schedule today!



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# Light up in the Village

By Tim Tourville



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timtourville@comcast.net

Now that I have your attention... The right lighting in your yard can truly set the mood for some fun outdoor evenings. And it can greatly improve your home's appearance and safety. You may want a combination of lighting styles throughout your yard, and there's an assortment of options for you to choose from.

## SECURITY LIGHTING

Security lighting will probably be the brightest source of light in your yard. It's meant to illuminate the entire area. Serving as a deterrent for trespassers and wrongdoers, it helps keep your home safer at night. This type of lighting is typically placed in raised areas, like high on a wall or on the top of a garage.

## LANDSCAPE LIGHTING

Landscape lighting beams a narrow light upward, varying from low to high intensity, and can be used to illuminate and showcase beautiful plants or lawn ornaments. If you're illuminating something tall like a tree, it's best to use bullet-shaped lights that have an adjustable head. Just make sure you are in compliance with The Village's Dark Skies Ordinance.

## STRING LIGHTING

Great for entertaining, string lights will provide warm, low-level accent lighting. You'll want to opt for a waterproof

option that's rechargeable or battery-operated to avoid the need for unsightly extension cords. They can be hung from just about anywhere.

## LANTERNS

Lanterns offer soft, low-level lighting and can be a beautiful addition to the architecture and decor of your home. If you don't want to attach a lantern to your home's exterior, you can find battery-powered tabletop options.

## SOLAR LIGHTS

Solar lights are a great green solution for lighting your backyard space. They come in a wide array of sizes and varying lumen levels.

## PATH LIGHTING

If you're looking for soft lighting that will safely illuminate the walkways in your backyard, path lighting is the way to go. You can install it along stepping stones, both sides of any walkway or even along the curves of flower beds and gardens.

## TIKI TORCH LIGHTING

I love Tiki torches! Not only are they great for overall ambiance, but the torch fuel helps to keep those pesky bugs away.

Invest a little money and time into outdoor lighting. It doesn't have to drain your wallet to be effective and beautiful. It will also ultimately improve marketability when selling your home.

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

DATA FROM MLS AS OF JUNE 27, 2022 10:53 AM

Listing Number	Street#	Street Name	Listing Price	ApxSqFt	BR	BA	G	Lot Acres	Listing Office	Office Phone	Listing Member
1016647	1418	Bonito Suenos	\$1,590,000	6,019	5	5	4	1.04	Keller Williams Realty (KWLR01)	(505) 271-8200	Adrienne Baird
1016214	505	Mullen	\$530,000	2,250	3	2	2	0.46	Coldwell Banker Legacy (CBLR09)	(505) 293-3700	Jennifer Hobson
1017194	503	Green Valley	\$419,900	1,999	3	2	1	0.33	Realty One of New Mexico (RONM11)	(505) 554-2213	Seth Jacob
981897	840	El Pueblo	\$365,000					1.13	Coldwell Banker Legacy (CBLR09)	(505) 293-3700	Richard Jackson
998155	7221	Zia View	\$320,000					0.55	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998646	7200	Zia View	\$320,000					0.56	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998647	7201	Zia View	\$320,000					0.55	Absolute Real Estate (NINV01)	(505) 681-8578	Leola Robledo
998648	7220	Zia View	\$320,000					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 guaranteed from SWMLS compiled on or before June 27, 2022 by Tim Tourville, Coldwell Banker Legacy.

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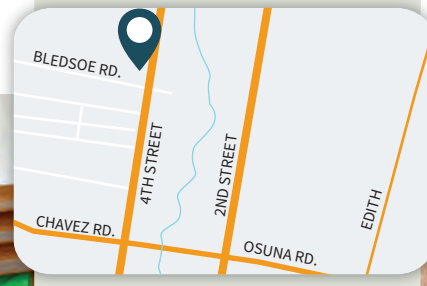
THE BUSINESS HIGHLIGHT PAGE GIVES LOCALLY-OWNED BUSINESSES IN THE VILLAGE OF LOS RANCHOS DE ALBUQUERQUE A PLACE TO TELL THE WORLD WHO THEY ARE AND WHAT THEY OFFER.



# Los Niños Montessori Preschool

### Find Us

- ▶ 6923 4th St NW
- ▶ (505) 345-4618
- ▶ losninomontessori@gmail.com



Fifteen years ago, Susan Florsheim started out as a Teacher’s Assistant at Los Niños Montessori Preschool in Los Ranchos. She had always been interested in working with children, although it is not what she originally went to school for. It just seemed to be where life led her, and made her realize how much she enjoyed working with children. Nine years ago, she became the schools owner/director. Susan enjoys the balance between running the business while being able to create a beautiful learning environment for the students and teachers.

The school currently has six teachers, including Susan, and 35 students enrolled in three classrooms: infant, toddler, and primary. Though their capacity is closer to 50 students, they have chosen to keep numbers down during Covid.

Susan stresses the importance of a preschool education for children: “Preschool is so important for many reasons. I think everyone has their own reason for wanting their child in school.



Susan Florsheim teaching a gardening class.

Some focus more on the socialization with peers and other adults. During Covid, that was very hard, and I think everyone is realizing how important it is! Some really want to support their child’s academic development [...]”

Los Niños follows the Montessori principles of education: “Montessori focuses on the child as an individual instead of mainly working with the class as a whole. Each child learns at their own pace, so no one gets left behind, and no one gets bored. We create a learning environment for the students that helps to foster their love of learning and concentration. There are also specific materials that we use in the classroom, such as real-life materials instead of plastic toys. Some examples would be real screwdrivers and screws in a tool set instead of a plastic play tool set and real glass pitchers and dishes instead of plastic ones. These help the

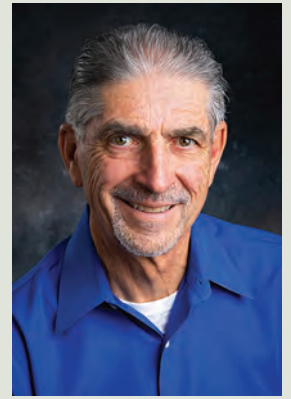
children to slow down and concentrate on what they are doing. We also have mixed-age classrooms. Peer influence is huge with learning. The older ones reinforce their learning by helping the younger ones. The younger ones look up to the older ones and can learn so much just by observing. The Montessori classroom environment is set up from a child’s perspective, not an adult’s.”

The school offers math, language, science, art, sensorial, practical life, geography, and cultural studies. They focus on conflict resolution and respect of the environment, each other, and themselves. They also have a garden and animals the students help care for. Los Niños turns everything into a learning experience.

Susan says: “I love being able to create this environment for our students. Watching them grow and thrive in such a space makes us all smile every day!”



FROM THE SAFETY OFFICER



Safety Officer  
Fred Radosevich



Our children are returning to school in August after their summer break. Here are a few tips to keep our children safe.

- ▶ The speed limit in the school zones in the Village of Los Ranchos is 15 miles per hour. The speed limit is in effect when the school zone lights are flashing or when children are present in the school zone.
- ▶ You are not allowed to pass a school bus when the school bus lights are flashing and the stop signs on the bus are extended.
- ▶ Drivers please be courteous to other drivers when you are dropping off or picking up your children at school.
- ▶ If there are school crossing guards present at your school, please follow their instructions.
- ▶ Please watch out for kids walking to and from school as they may not be paying attention and could dart out in front of you, so please slow down and watch out for our kids.
- ▶ The Bernalillo County Sheriff's Office will be patrolling the school zones and strictly enforcing the speed limits. Texting and driving is illegal in the Village so please put your cell phone down while driving.

Let's make the school year safe in the Village of Los Ranchos by driving safe and following all the laws.



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“Transferring from a public school to a private school was a big change for us, but once I got here, I really felt welcomed.” ~ Kira '26

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Hear more about the Academy from Leah, Kira, and other students at [aa.edu/curious](http://aa.edu/curious).

# Reconnecting With Your Body

By Lisa Knighton



Lisa, CEO of AtHomeBeFIT, and ACE certified personal trainer, seeks to improve how the world ages with her exercise programs, both in-person 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.

Over the last year, I've noticed a recurring theme emerge when someone new reaches out to my studio. A recent caller shared that in the last two years she'd lost a valuable connection; "I've not exercised in two years," her voice a combination of trepidation and disbelief. Another client told me, "My knees hurt now, and they never hurt before." It's my belief that the pandemic may have temporarily changed each of us, creating less body connection, less embodiment.

Overall, the emerging theme is disconnection. It may be a disconnection from movement, or from feeling, or from relaxation. The desire underneath, always, is for the connection to return.

For someone who has been somewhat sedentary, or stressed, or even just too reluctant to slow down, it's good to begin with exercises for reconnecting with the physical body. There are hundreds of ways to start, but the easiest, most profound are techniques that place attention on breath and posture.

Remember, consideration and thoughtfulness toward breath quiets the mind by dialing up the parasympathetic nervous system. And a return to how to breathe involves deeper concentration, and ultimately, requires connecting with the muscles most involved in breathing. The diaphragm, one of the deep intrinsic stabilizing muscles of the torso, is the muscle used in breathing. Another intrinsic stabilizing muscle in the torso is the transversus abdominus (TVA). Engaging this deep abdominal muscle always improves posture.

A favorite combination I teach is a practice of lengthening the spine while placing attention to the breath, creating a powerful healing connection.

## Standing Breathwork For Reconnecting With Your Body

This exercise is best performed standing. You'll need two adjustable hiking poles set to about 48 inches. Or make a set with a pair of 1 inch x 48-inch wooden dowels.

- ▶ Stand with your feet under your hips, one stick in each hand. Place your hands, palm-down, directly on top of

each stick, allowing your fingers to lengthen and relax. The sticks should be perpendicular to the floor and held at arms-length.

- ▶ Straighten your arms, and press downward more firmly into the sticks. As you press, listen and feel, notice what's going on in your body, specifically around and through your belly, your sides, under your arms.

Did you notice how your ribcage lifted upward and away from your waistband when you pushed downward on the sticks? This easy move enhances good posture. Feel the difference in your spine? Practice it again.

Now, place attention at the breath. While keeping your arms long, the sticks upright and your chest lifted, draw-in your belly-button. This cue creates awareness and thus strengthens the deepest of the abdominal muscles, the TVA. Once the TVA is drawn-in, keep it drawn-in.

Still pressing your palms into the sticks, slowly inhale through your nose, expanding your ribcage. Don't let your TVA slacken (remember, this is the muscle you engaged by drawing-in your belly button). Once your ribs are fully expanded, exhale through pursed lips making the ssshhh sound as you go.

Notice what happened next? Making the ssshhh sound produced more tightness in your abdomen—specifically the TVA muscle. The ab muscle grew tauter. Try this again! Take another deep breath, allowing the ribs to open. Don't forget to keep the belly tucked in. Then exhale.

The deep inhalations and slow exhalations work the diaphragm, another of the deep intrinsic stabilizing muscles of the torso. While practicing, keep attention at the arms, the chest, the belly, and the breath.

Start this daily exercise with 6-8 smooth, slow breaths. Build-up to doing this technique for 4-5 minutes each day. Dedicating time to performing this each day can reconnect you with your body in ways that may surprise and delight.

.....







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# Kids Flock to the Farm for Outdoor Fun

FARM CAMPS AT THE LARRY P. ABRAHAM  
AGRI-NATURE CENTER

*By Joshua O'Halloran*

This summer has seen the Agri-Nature Center bustling with lots of activity and growth. In addition to plants and animals, the most important thing we are cultivating at the Ag Center is young minds! It is vital for young people to understand where their food comes from, connect with nature, and experience the benefits of hard work and problem solving.

This summer we hosted Explora's Farm Camps, Natures Niños Farm Camps, Youth Conservation Corps teams, and Honey Badger Conservation Crew teams. Each of these groups have shared a little bit about their experience at the Ag Center, and we have compiled this to give you a glimpse of our summer.

## EXPLORA FARM CAMPS

Explora returned to the Agri-Nature Center to facilitate weekly summer Farm Camps for preK-8th grade students. Topics for elementary-age students included exploring the botanical functions and culinary uses of plants, from seeds and leaves to roots and fruits, and the presence and necessity of water in agriculture and surrounding environments.



Building on field experiences in and around the farm, hands-on activities—such as building an aquifer model or designing an edible plant to be grown in a specific environment—aim to foster science, engineering, and art practices for investigating the ecological and cultural significance of food production and water management.

Community partners generously shared their knowledge with the students, from making salad with Three Sisters Kitchen, learning about honeybees with NM Bee-keepers, digging up garlic and onions with the Master Gardeners, and touring the Rio Grande Community Farms.

Middle school-age students focused on farming for the future, integrating new technologies with traditional farming practices, and paired with UNM's Center for Water & the Environment to design engineering solutions for water resources in New Mexico.

.....

## PHOTOS

1. Fun with a rainbow tarp during Nature's Niños Farm Camp 2. Explora Farm Camp participants proudly present their produce 3. Joshua O'Halloran surrounded by Nature's Niños





**YOUTH CONSERVATION CORPS  
& HONEY BADGER CONSERVATION CREW**

Our partnership with the Los Ranchos Agri-Nature Center provides youth the opportunity to assist with making our special lands, historical spaces, community open space and agricultural waterways a priority with our next generation.

Daily activities that immerse us in sustainability within the cultures of New Mexico are a great way to provide opportunities for our youth to connect to the land. Having a great partnership with the village of Los Ranchos allows the conservation programs to assist and help maintain these agricultural resources that are a jewel to our communities.

The Youth Conservation Crew (YCC) & Honey badger Conservation Crew programs provide a great experience and employment for young adults throughout the summer with a large emphasis on community enhancement, education, training, collaboration with other partners, and providing a path for our next generation of land stewards.

**NATURE'S NIÑOS NEW MEXICO**

Nature Niños New Mexico, the youth programming department within the New Mexico Wildlife Federation, has had the pleasure of partnering with the Agri-Nature Center in Los Ranchos for over a year for a variety of programs. Our summer program has been nothing less than exciting!

We spend mornings with our partners at Story Connection, Liz Mangual and Bob Kanegis, engaging in an interactive storytelling session with a nature related flare. Storytelling is a unique strategy that we have identified in getting youth connected to the natural world. The youth have been able to learn about bees from Joshua O'Halloran, the Agricultural Program Manager. They have been able to witness the happenings inside a hive and have even been able to get a fresh sample of honey to taste.

Through this amazing partnership with the Agri-Nature Center our youth have been exposed to a plethora of agricultural ideas such as the benefits of worms, soil health, farm-to-table, seed germination and so much more!



**The Agri-Nature Center is Open to the Public**

Visit us to enjoy the 25 acres of farmland or to learn more about our growing practices. We are an open space here for you to enjoy the outdoors and our goal is to get more people involved in growing and farming. Volunteer in our community garden or check out our Fall workshop schedule.

At 4920 Rio Grande Blvd. NW. Open weekdays from 8AM to 5PM.



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# Los Ranchos Art Market

## Art and the Environment

By Gordene MacKenzie

**Beauty is not a luxury. Rather, it is a strategy for survival.** Art, whether consciously or unconsciously, embodies the political climate in which the artist lives. That political climate includes Nature being sacrificed to big development. The art made by our Los Ranchos artists profiled today captures some of the meaningful beauty of nature. Let it motivate us to protect open spaces where nature and wildlife thrive! Those spaces that remind us that the land is a living entity and protecting it restores our balance with the natural world.

### Christine Romero

#### Textile Artist

Christine's art was inspired by both of her grandmothers who were quilters and *"used what they had on hand to create something useful and beautiful."* Sustainability, and not creating waste are values she embraces in her work. Her art includes wall hangings, quilts of all sizes and different themes, pillows, home items and self-published patterns reflective of Christine's awareness of the delicate balance in our environment. She combines and weaves her fabric art with cross-stitching, crochet, beads, paper-art, needlepoint and more. She says, *"I like to repurpose items or often select things that no one is interested in. I love the challenge of taking what seems like an undesired textile and creating something that will be enjoyed."*

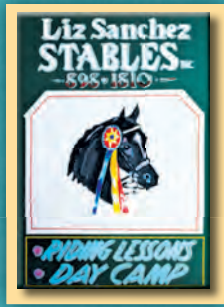


### Penelope Faux

#### Fused Glass Artist

Each of Penelope's pieces reflect the love and reverence she feels toward nature. *"When I was younger, we would go camping and take day trips in the mountains."* There, she was mesmerized by the animals and groves of aspen trees whose *"tree roots are all connected. They need each other to help them grow strong."* Her art transports you to that place in the mountains among the majestic beauty of nature.

To make her art, Penelope first cuts a sheet of glass. *"If I want an animal on that piece, I paint it first, then I cut my trees out of white glass"* in different thicknesses and sizes which adds depth to the piece. Instead of painting the trees, she uses crushed glass. Then she fires them in kiln. Each piece can take up to 30 hours to create.



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# Summer at the Adobe

By Marcelle Cady

**THE SWEET DELILAH SWIM CLUB** | These wonderful actors have been on stage at The Adobe since July 22nd and there are a few more performances. If you haven't seen it, please treat yourself and see **THE SWEET DELILAH SWIM CLUB** which closes on August 14. (At the time of writing, they are still in rehearsal, so I cannot share any reviews, you will just have to see for yourself).

**THE WOMEN OF LOCKERBIE** | The next production is the very poignant *The Women of Lockerbie* which opens Friday, September 2nd and runs four weekends to September 25th. Loosely inspired by a true story—although the characters and situations in the play are purely fictional—this play is about the triumph of love over hate. Playwright Deborah Brevoort based her 2005 poetic drama on the 1988 Pan Am 103 crash in Lockerbie, Scotland. The play is written with the structure of a Greek tragedy. A woman whose son died in the bombing, discovers a group of women who are trying to collect the



*Sweet Delilah Swim Club actors. Back row from left to right: Margie Maes, Gloria Goodman, Rhonda Ware. Front row from left to right: Jennifer Benoit and Robin Havens Parker.*

victims' clothing, which had been scattered across Lockerbie. They plan to wash 11,000 items as a symbolic gesture but find resistance from a U.S. official.

Director Pete Parkin has gathered a cast of some of Albuquerque's finest actors, many of whom have been on stage at The Adobe in a number of productions. They should be familiar to you. *The Women* – Stephanie Jones, Stephanie Grilo, Lorri Layle Oliver, Laurie McFarland, Veronica Barrett, with Philip J. Shortell and Steven Higgins (most recently on stage as 'Hoke' in *Driving Miss Daisy*) – this production should not be missed.

## Adobe Theater

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## Los Ranchos Agri-Nature Center Workshop Schedule

- ▶ Thursday August 11, 6PM Brewing Demo and Hops Harvest with Hops Brewery
- ▶ Saturday August 20 Grain Festival (free community event)
- ▶ Thursday August 25, 6PM Planting your Winter Garden with John Garlisch
- ▶ Thursday September 8, 6PM Home Wine Making with Bill Shen
- ▶ Thursday September 22, 6PM Integrating Livestock with Dominic Tomba
- ▶ Sunday September 24 or 25, Los Ranchos Farm Bike Tour (please see website for final date, route, pricing)

All workshops are \$5 unless otherwise stated. For more information, and to register, visit [www.losranchosnm.gov](http://www.losranchosnm.gov).



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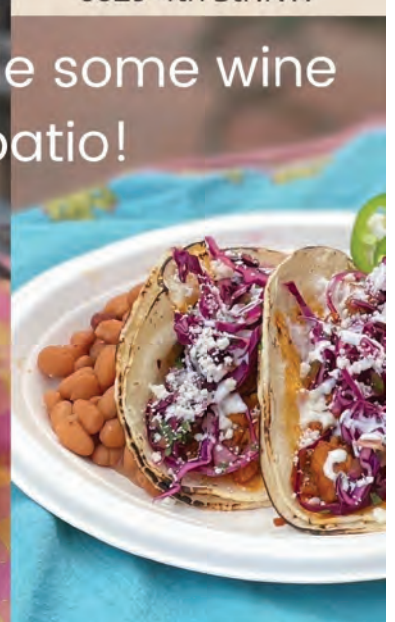


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# Welcome to the Village!

The Village of Los Ranchos is proud to welcome and support new businesses that have chosen to make Los Ranchos their base of operation. Some of these are new starts and some have relocated from elsewhere. We urge you to stop by, say hello and make an appointment or a purchase.

Business Name	Address	Type of Business
Hair @ Tiffany's and More	7528 4th Street NW, Los Ranchos	Hair Salon
Sacred Roots Pelvic Health and Physical Therapy, LLC	7013 4th Street NW Suite E, Los Ranchos	Physical Therapy
Higher Purpose Apothecary	7103 4th Street NW Bldg. F, Los Ranchos	Dispensary
Biofield Healing, LLC	6501 4th Street NW Suite E, Los Ranchos	Massage Therapy
Skin Sesh Medical Aesthetics, LLC	7528 4th Street NW Suite B, Los Ranchos	Medical Aesthetics
AWE Beauty Studio	7901 4th Street NW, Los Ranchos	Esthetician
Casa Mijas	6932 4th Street NW, Los Ranchos	B&B - Commercial
Dona Feliz Antojitos	6903 4th Street, Los Ranchos	Food Truck
Real Help Home Health Care	1776 Montano Rd. NW, Los Ranchos	Health Care
The Wolff's Den	6804 4th Street NW, Los Ranchos	Cosmetology
la Potosina	7901 4th St #C2, Los Ranchos, NM	Food service
Trailhead Pelvic & Visceral Physical Therapy LLC	7013 4th Street NW Suite I, Los Ranchos	Physical Therapy
Marigold Moon Healing	6920 4th St. NW Suite B	Holistic Healing
Cherry Bomb Hair Studio	7528 4th St. NW, Suite D, Los Ranchos	Hair Salon
Papa Canos	Contact address: Glen Canyon Rd NE, ABQ	Food Truck
Sandia Spirals	1776 Montano Rd. NW, Los Ranchos	Movement Studio
A Quiet Place, LLC	7901 4th St. NW, Los Ranchos	Coworking Space
Artista Beauty Bar LLC	7103 4th St. NW Suite 0-2, Los Ranchos	Permanent Make-up

**New Home Occupation Businesses:** Fiestaface Folkart (arts and crafts), Hardage & Hardage Inc. (bed & breakfast), Verdacity, LLC (consultants), Hardage and Hardage, Inc. (web design), Melanie L Pizzonia (bed & breakfast), Edward J Dugan (bed & breakfast), Galeria De Suenos (art studio)

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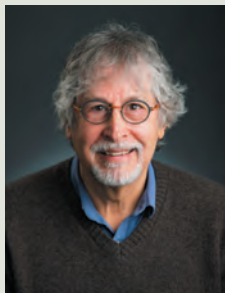
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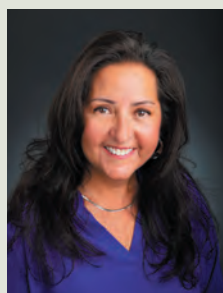


## TRUSTEES' CORNER



"There is a lot happening in the village, what with the development in and around the Village Center and the other planning going on. I have heard from many residents, something I am glad about because it shows you care. I know we just finished our new master plan but I believe we need to talk together again as a community about issues like density, building massing and transportation. I propose we do just that through a public forum."

George Radnovich



"Another season of change is approaching. The Village of Los Ranchos staff and trustees continue to work hard to make our community a better place to live. My goal is to work to create a strong community that supports our schools, our businesses and ultimately our families. Together we are stronger. I work hard to represent our entire community and I will make decisions that are in the best interest of all the residents. I value healthy discourse, especially through kindness, courtesy and respect."

Sandra Pacheco

"Recently there has been much public interest related to dwelling unit density. The VC (Village Center) zone not only encompasses the Palindrome Village Center project but may include other privately developed dwellings. Privately developed dwelling density in the VC and C-1 zones are dictated by our Village ordinances. The Conservation Development Pilot project is a different ordinance that allows for an increase in housing density if open space is dedicated in perpetuity. Detailed information can be found at our website, <https://www.losranchosnm.gov/village-code>."

Gilbert Benavides



"Summer in the Village is such a special time that truly highlights our agricultural heritage. It is a time for alfalfa fields to be mowed, Big Jim's fields of sunflowers to be picked and everyone's gardens to start producing vegetables of all types. This is the essence of our Village and I want to encourage everyone to take the time this summer to stop, savor and enjoy this Village we call home."

Allen Lewis



## YOU ARE INVITED

All Board of Trustees meetings are held in-person and are open to the public, unless published as a Zoom meeting.

Meetings are held at the Warren J. Gray Chambers at Los Ranchos Village Hall  
6718 Rio Grande Blvd. NW, Los Ranchos, NM 87107



Board of Trustees meetings can also be viewed live on [www.losranchosnm.gov](http://www.losranchosnm.gov) and via the Village of Los Ranchos Facebook Page (@Village of Los Ranchos de Albuquerque).

### Upcoming Meetings

- August 10, 2022 at 7PM
- September 14, 2022 at 7PM
- October 12, 2022 at 7PM
- November 9, 2022 at 7PM
- December 14, 2022 at 7PM



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# Business and Economic Development Advisory Committee

The Business and Economic Development Advisory Committee formed earlier this year to make strategic recommendations that enhance community spirit and foster a more vibrant and successful business environment. The all-volunteer Committee has met four times and has already developed a list of suggested activities that it will present at the August Board of Trustees meeting.

Three subcommittees were formed: Village Activities, Village Character, and Village Branding. Each developed a list of recommendations.

## Village Activities Subcommittee Recommendations

1. Develop a robust Community Calendar inclusive of a broad array of events and activities and published both in print and electronically.
2. Continue to hold Village-sponsored events.
3. Include school activities and events in our community calendar.
4. Create at least two regular events which are focused on the 4th Street shopping district, and which bring attention to the merchants and their local businesses.
5. Use banners and flags along 4th Street which are celebratory and bring attention to the various seasonal activities which the Village sponsors.

## Village Identity/Character Subcommittee Recommendations

1. Consider the development of a Cultural Center to archive the history of the Village and region for its residents and visitors alike.
2. Use this new Center as a focal point of Village activities, tie into Village trails, be positioned on Village maps, and optimally be featured in Village marketing.
3. Use this new Center and its content to relate directly or indirectly to efforts currently underway by the NPS to develop the National Historic El Camino Real Trail.

## Village Branding Subcommittee Recommendations

1. Create a Village “Brand”—a marketing campaign to promote Village businesses.
2. Promote the 4th Street business by using the Village brand.
3. Engage a professional marketing agency to develop this concept and apply appropriate resources to ensure its success.

This Committee is going to continue to meet and refine its recommendations. For more information visit:  
<https://www.losranchosnm.gov/business-and-econ>





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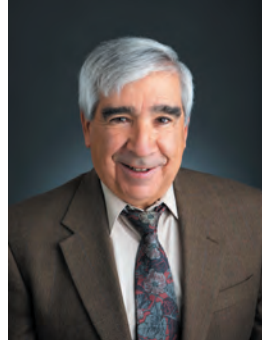
## BOARD OF TRUSTEES MEETING SUMMARY



Donald T. Lopez  
Mayor



Sandra Pacheco  
Mayor Pro Tem



Gilbert Benavides  
Trustee



Allen Lewis  
Trustee



George Radnovich  
Trustee

### May 11, 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

#### AGENDA APPROVAL

Agenda amended to defer item 10. Public Hearings; A. SDP 21-02 A request by Nijmegen Plaza, LLC for final approval of a Residential Site Development Plan for a development in the VC zone in the Fourth Street Character Area. The property is located at 6502 Fourth Street NW and is legally known as Lot A Blanche P. Dokkens Subdivision of Lot 2 Merritt Acres excluding the easterly 165.84 feet, School District 4, Bernalillo County, New Mexico, as filed in the Office of the Bernalillo County Clerk on September 30, 1937. The property contains 0.5016 acres more or less. *Motion Carried to defer 2-0. Trustee Pacheco recused.*

#### PUBLIC COMMENTS

Written Comments received from David Montoya, 517 Pueblo Solano NW. Verbal Comments received from David Baird, 6916 4th Street NW, Joe Craig, 505 Calle Del Pajarito NW, Betty Tichich, 6724 Edgewood Drive NW, J.T. Michelson, 5001 Rio Grande Blvd NW, Katie Snapp, 855 Fairway Road NW, Katy Flamm, 524 Chamiso Lane NW, Bryan Flamm, 524 Chamiso Lane NW, Vera Jennie Schulte Riedl, 4404 Cactus Hills NW, David Montoya, 517 Pueblo Solano NW

#### APPROVAL OF MINUTES

#### PRESENTATIONS

- A. Proclaiming Gay, Lesbian, Bisexual and Transgender Pride Day; June 5th, 2022.
- B. Village of Los Ranchos Financial Audit, FY Ending June 30, 2021; Jaramillo Accounting Group LLC (JAG), Audrey Jaramillo and Shawn Mortensen.
- B. Presentation; El Camino Real De Tierra Adentro National Historic Trail, Development Concept Plan; Richard Meadows, Technical Planning Manager, Bernalillo County, Aaron Zahm, Principal Landscape Architect and Kristina Werenko, Associate Landscape Architect; MRWM Landscape Architects.

#### DEPARTMENT REPORTS

#### FINANCIAL BUSINESS

- A. Discussion and Approval of Cash Report-April 2022; *Motion Carried 3-0.*
- B. Discussion and Approval of Resolution No. 2022-05-01; Budget Adjustment Request (BAR); *Motion Carried 3-0.*
- C. Discussion and Approval of the FY2023 Interim Budget; *Motion Carried 3-0.*

#### PUBLIC HEARINGS

SDP 21-02 A request by Nijmegen Plaza, LLC for final approval of a Residential Site Development Plan for a development in the VC zone in the Fourth Street Character Area. Item was deferred to July 13, 2022, meeting.

*continued on page 42*

COMPLETE APPROVED MINUTES AT [LOS RANCHOS NM.GOV/BOARD OF TRUSTEES MEETINGS](https://losranchosnm.gov/boardoftrusteesmeetings)



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## BOARD OF TRUSTEES MEETING SUMMARY, *continued*

### NEW BUSINESS

- A. Discussion and Approval to Adopt Ordinance No. 286; An Ordinance Repealing Chapter 4 Article 5, Alarm Devices and Systems from the Village of Los Ranchos Codified Ordinances. **Motion Carried 3-0.**
- B. Discussion and Approval to Adopt 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 3-0.**
- C. Discussion and Approval to Advertise Ordinance No. 288; An Ordinance Amending Chapter 7 Article 4 of the Village of Los Ranchos Codified Ordinances Regarding Excessive Noise. **Motion Failed 3-0.**
- D. Discussion, Selection, and Approval of the 4th Street Phase II Alternative to move towards thirty percent completion of Engineering and Design. **Motion Carried 2-0.**
- E. Discussion and Approval of 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. **Motion Carried 3-0.**
- F. Pursuant to § 3-11-6 A. (1) NMSA 1978; Subject to the Approval of a Majority of all members of the Governing Body; The Mayor shall submit the names of employees to the Board of Trustees for confirmation; Michelle S. Austin; Administrative Assistant, Planning and Zoning. **Motion Carried 3-0.**

COMPLETE APPROVED MINUTES AT [LOS RANCHOS NM.GOV/BOARD OF TRUSTEES MEETINGS](https://losranchosnm.gov/boardoftrusteesmeetings)

## PLANNING & ZONING COMMISSION MEETING SUMMARY

### May 10, 2022 7PM/Regular Meeting

Location: Zoom Conference

Commissioners Present: Drew Seavey, Chair; JT Michelson; Shelleen Smith; Connie Barrow; Mary Homan.

Commissioners Absent: Dan Gay, Vice Chair (Excused); Karen Christensen, Secretary (Excused)

Staff Present: Tiffany Justice, Planning & Zoning Director; Michelle Austin, Administrative Assistant; Nann Winter, Village Attorney; Kiko Jeantette, IT Specialist

### PUBLIC HEARINGS & APPLICATIONS

A. V 22-04 A request by KB & P Green Valley, LLC for a Variance from §9.2.7(E)(1) "The minimum lot area shall be one (1) acre (43,560 square feet)" to allow for a lot of approximately 0.50 acres in the A-1 Zone in the North Rio Grande Character Area. The property is located at 1118 Green Valley Rd NW and is legally known as certain tracts of land known and described as Tracts 202C3A1B and 202C3B1 as shown on Map No. 29 of the Middle Rio Grande Conservancy District, projected section 20, T. 11 N., R. 3 E., N.M.P.M., Los Ranchos de Albuquerque, Bernalillo County, New Mexico. The property contains 0.50 acres more or less.

Director Justice, having been sworn in by Attorney Winter, gave the planning report with recommendation of approval with conditions.

### Commissioners' Discussion:

Commissioner Seavey acknowledged the comments in the packet related to water access use and easement rights. Commissioner Homan clarified the irrigation ditch access as a separate matter from residential lot improvements. Director Justice responded.

**Motion:** Commissioner Michelson moved to approve the application with the conditions as stated in the Planning Report.

Second: Commissioner Homan seconded the motion. Discussion on the Motion: Commissioner Seavey stated his thoughts on the item. There were no further comments from the Commission on the motion.

Vote: **The motion carried unanimously (5-0)**

Chairman Seavey stated that the public hearing on item 4-A request by KB & P Green Valley, LLC for a Variance was formally closed.

### REPORTS

Director Justice gave the Planning & Zoning Department report.

### INFORMAL DISCUSSION

MEETING PACKETS, MINUTES, AND UPCOMING HEARINGS AT [LOS RANCHOS NM.GOV/PLANNING-AND-ZONING-MEETINGS](https://losranchosnm.gov/planning-and-zoning-meetings)



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**Pop-up market on 4th Street NW held on Saturday July 2nd at the Village Parking Lot @ 6790 4th Street NW was a success!**

Future Art Markets are being planned for this location! Keep your eye on the ABQArtMarket account on Instagram.



Next Village Vision Issue: No. 6 Autumn  
Materials due: August 28, 2022 Issue in Mailboxes: October 3-6

  
*Los Ranchos Village Vision*