



Officers
 President – Roger Hagenruber
 Vice President – Susan McCasland
 Secretary – Martin Kirk
 Treasurer – Randy Tripp

Board Members
 Dale Arendt
 Joe Boyce
 David Crossley
 Elizabeth Edgren
 Tracey Goodrich
 Robert Hare
 Fenton McCarthy
 Mike Pierce
 Hugh Prather
 Bob Thomas

Committee Chairs
 David Crossley – Architectural Control Committee (ACC)
 Bob Thomas – Covenant Support Committee (CSC)
 Susan McCasland – Communications & Publications (C&P)
 Elizabeth Edgren – Community Service & Membership (CS&M)
 Randy Tripp – Finance Committee (FC)
 Susan McCasland – Nominating Committee (NC)
 Joe Boyce – Parks & Safety Committee (P&S)

Office Staff
 Betsy Rodriguez – Lead Administrator
 Teresa Gonzales – Administrator

SHHA Office
 12700 San Rafael Avenue NE, Ste. 3
 Albuquerque, NM 87122

Office Hours: M–F, 9 AM – 4 PM
Closed on federal holidays
Phone: 505-797-7793
Fax: 505-856-8544
Website: www.sandiahomeowners.org
Emails: sandiaheights@comcast.net
shha@sandiahomeowners.org

SHHA Annual Meeting

The Annual Meeting of the membership (i.e., YOU!) of the Sandia Heights Homeowners Association is **Saturday, February 19, 9:00–10:30 AM**. It will be held virtually via the Zoom application. **If you would like to attend, please notify the office before 4:00 PM on February 11.** You will then receive the Zoom link prior to the meeting; the link is necessary in order to attend.

The meeting agenda and procedures of conduct are on page 2. They are also available on the SHHA website:

<https://www.sandiahomeowners.org>.



2022 SHHA Annual Meeting Agenda

Business Meeting

- I. Call to order and establishment of a quorum
- II. Approval of the Agenda
- III. Approval of the Minutes of the 2021 Annual Meeting
- IV. Introduction of invited guests
- V. Introduction of the 2021 Board of Directors and SHHA Standing Committee Chairs
- VI. Election by membership of two new Directors to the Board
- VII. Announcement of 2022 Officers and Board of Directors
- VIII. Reports for 2021 to the membership by the Officers and Standing Committee Chairpersons' written reports. (Questions from the members must be submitted in written form and will be answered, when possible, in the Question and Answer Session)
- IX. Business meeting adjourned

Break

Question and Answer Session

- I. Answers to written questions by appropriate Officer/Committee Chair
- II. Wrap-up
- III. Question and Answer Session ends

2022 SHHA Annual Meeting Procedures of Conduct

- All attendees must pre-register to receive the sign-in information and link. Attendees will be placed in a virtual Waiting Room for membership verification before being admitted to the meeting.
- Please place your microphone on mute until recognized by the presiding Officer during the meeting. This will eliminate background noise.
- Questions to the Officers or on Committee reports will be written via the Zoom "chat" process and sent to the Secretary, and each will be addressed according to the agenda. No oral questions will be accepted.
- Before speaking, a member must be recognized by the Presiding Officer; please unmute your microphone to be recognized and state your name.



Have You Seen the New Wildfire Signs?



Photo by Susan McCasland

This sign is on San Rafael just east of Tramway. They are now at seven entry points into Sandia Heights east of Tramway.

Remember, as the sign says, fireworks are prohibited at all times.

If you're wondering what the sign on the other side says, it's a reminder to keep any garbage locked away until trash days so our bear friends won't get into it. Not really a problem for a couple of months yet. See page 11 for more about our Sandia Mountain bears.



Little Neighborhood Libraries

UPDATE

Responsive neighbors have told us about the following Little Libraries:

1606 Quailwood Dr NE

1139 Marigold Dr NE

The corner of Cliffrose and Tennyson in “Charlie's Park”

Drive or walk by, drop off a good read and find a new one!

Appeal for Community Involvement

The Community Service & Membership Committee needs fresh minds and energy! Do you have ideas for building or improving our community in Sandia Heights? Do you just want to get to know more people in SH or help others bring their ideas to reality? Do you have a bit of time to join us in this effort?

The CS&M Committee meets at 9:30 AM the last Wednesday morning of each month in the SHHA office for 60 – 90 minutes. If you'd like to sit in on a meeting to see what we do, or if you think you'd like to join us for a spell, we'd love to see you and hear your thoughts. Contact the SHHA office or Elizabeth Edgren, Committee Chair (phone number is in the *Directory*) ahead of time, or with any questions.

Summary of CSC Articles

Published in 2021

By Bob Thomas, CSC Chair

The following articles appeared in The GRIT during 2021 on topics relevant to the issues the Covenant Support Committee (CSC) deals with.

Jan: Notes on CSC Enforcement Policies

Feb: Summary of CSC Articles Published in 2020; Garbage Cans Are an Eyesore

Mar: CSC Annual Meeting Report 2020

Jul: Summer is Here—and So Are the RVs

Sep: Weeds Are Here (by Emily Rudin, former CSC member)

Oct: Procedures for Property Owners to Amend Their Unit Covenants

Nov: Invasive Trees in Sandia Heights; The CSC Protects Homeowner Information

Dec: Trash Bins are an Eyesore!

Letter to the Editor

Thank you for yet another informative newsletter.

My husband and I recently moved into the neighborhood and are really enjoying the peace and quiet. One thing I am noticing is that people really speed in these small neighborhoods, ignore stop signs, and are very distracted when driving. I run and walk 2 dogs and have had to jump way off the road due to distracted drivers. I am always yelling at people to slow down. I also believe that something must be done to slow traffic down especially on Simms Park Road.

Thank you.

Karen P.

We always welcome Letters to the Editor and your response to articles in *The GRIT*. Email us at thegritshha@gmail.com.



Distracted Drivers Kill!



DECEMBER CALLS TO SANDIA HEIGHTS SECURITY PATROL

The following statistics are the latest provided by Sandia Heights Security since the last GRIT. **Please be reminded that Sandia Heights Services (they provide water, sewer, trash and recycle collection, and security services) is a subscription service separate from Sandia Heights Homeowners Association membership.** Also, Membership in SHHA does not include Sandia Heights Security membership. You can call Security to confirm your membership with them. If you have questions, please call **Sandia Heights Security** at 856-6347, **mobile** 263-4654.

December 2021	# of calls		# of calls
Alarms	10	Special Extra Patrol	3
Animal Control Assist	1	Special Request/Vacation	105
Attempted Breaking & Entering	1	Suspicious Activity	2
Customer Assist	3	Suspicious Person	7
Lost/Found Item	1	Suspicious Vehicle	4
Neighbor Dispute	2	Theft	1
Newspaper/Package Pickup	2	Utility Assist	1
Noise Complaint/Suspicious Noise	3	Vandalism	1
Open Door/Window/Garage	1		
Parking Problem	1	Total Calls	149

Useful Numbers: Emergency Police/Fire/Rescue: 9-1-1 (Be sure to let the operator know you are in Sandia Heights – an unincorporated area of Bernalillo County) **Bernalillo County Sheriff Non-Emergency:** 798-7000 **Bernalillo County Fire Department Non-Emergency:** 468-1310 **SHS Water/Sewer Emergencies (M-F 7AM – 4PM):** 856-6345 **SHS Water/Sewer Emergencies After Hours:** 888-5336 **NM Gas Co. Emergencies:** 697-3335 **PNM Outage & Emergencies:** 1-888-342-5766

Announcements & Notices:

- **Office hours:** Monday – Friday 9 AM – 4 PM.
- **Board Meeting:** In lieu of a Board Meeting, the 2022 Annual Meeting is scheduled for February 19, 2022, 9:00 – 10:30 AM. It is virtual via Zoom.
- **Office Closures for Holiday(s)** The office will be closed February 21st in observance of Presidents Day.
- **Notary services (except on Fridays), copies (20 per month) and faxes, e-mail alerts, and contractor evaluation binder** are free to members. **Also, voter registration in office.**
- **Committee meeting dates** are posted on our website calendar: www.sandiahomeowners.org.
- **Classified ads** can be found on the website on the top bar menu under Notices and Information/Classifieds.
- **Safety vests for sale** in the SHHA Office. \$2.50 per vest for members, cash or check only.
- **Tram passes for sale** in the SHHA Office. \$7.50 per ticket for members on a **first-come, first-served basis**. Cash or check only. Tickets purchased must be for one date at a time per residence. To view the Tram Pass Procedures for SHHA Members go to <http://sandiahomeowners.org/notices-and-information/notices-and-information/96-tram-passes>.

ACC Color Reference Guide is available to borrow in the SHHA Office for up to 30 days. \$20 refundable deposit is required. Cash or check only.

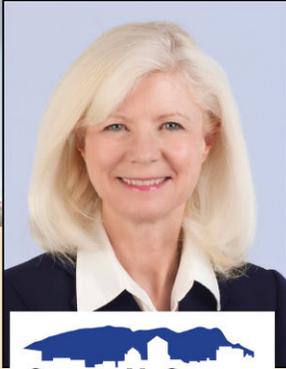
SHHA Member Benefits:

Check out the entire SHHA Member Benefits Program and the discounts offered to SHHA members at www.sandiahomeowners.org, under the **Notices and Information** tab. Each participating merchant offers a discount to SHHA members. The following is a list of currently participating merchants:

Criel and Associates, LLC
Jade Enterprises Inc.
Remax Select – Pete Veres
Tutor Doctor



Now is the Time to Sell your Sandia Heights Home!



Sharon McCollum Sells Sandia Heights Homes !

Executive Real Estate Broker 25 Million Dollar Producers In Association with Remax Select

(505) 822-0080 DIRECT | (505) 269-6217 CELL

FREE MARKET ANALYSIS CALL OR TEXT 269-6217 TODAY!
 www.albuquerquehomes.net | www.sharonandjudson.com | www.SandiaHeights.com
 smminabq@aol.com | (505) 822-0080



Sandia Heights MARKET UPDATE PAST YEAR 1/2021 to 1/2022

2 Larger homes For Sale on Larger Lots | Avg Asking price \$1,166,333 | Avg Asking price/sf \$315.73
 4 Pending | Avg Asking Price \$718,750 | Avg Asking price/sf \$220.04
 70 Homes Closed past year to date | Avg Sold Price \$759,717 | Avg Sold price/sf. 220.02

2 Smaller homes on smaller lots | Avg Asking price \$350,000 | Avg Asking price/sf \$207
 2 homes pending | Avg Asking Price \$ 349,500 | Avg Asking price/sf \$207.15
 49 Homes Closed past year to date | Avg Sold Price \$386,861 | Avg Sold price/sf \$216.70

Note Every Home Is Unique . Price is always based on condition, updates, location and views.

Current Interest rates hovering around 3.75% for 30 year conventional & 3.75% 30 year VA!



San Rafael Pine



Bobcat Blvd NE

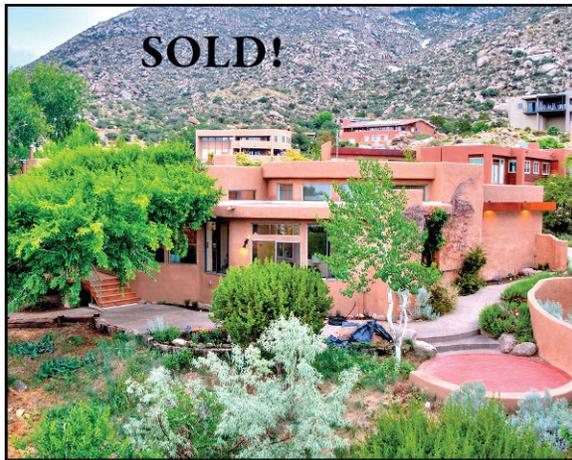


Indigo Court NE



Rock Ridge Court NE

SANDIA HEIGHTS HOMES ARE SELLING ! SOLD! LOCATION | GREAT VALUE | ACREAGE | VIEWS | CUSTOM HOMES ! NATURE !



Quality Homes!



Unique Homes!



Understated Elegance!



Quality Features!



Great Views! & Space!

FAMILY FIRST- SHARON BELIEVES IN DOING WHAT IS RIGHT FOR YOU AND YOUR FAMILY WHEN IT COMES TO BUYING AND SELLING REAL ESTATE

IT IS A GREAT YEAR FOR REAL ESTATE AND ...Sharon McCollum is ready to sell your Sandia Heights Home using her local expertise and worldwide reach in prospecting and marketing. She has a long list of satisfied Sandia Heights families: this is because Sharon promotes top values in Sandia Heights. She offers you a full service, comprehensive and aggressive "Marketing Plan to get your home SOLD fast"! Sharon's marketing plan includes intense investing in internet marketing and up to date prospecting and marketing technology systems promoting your home to all buyers for Sandia Heights Homes. Check out home sales near you by contacting Sharon today CALL OR TEXT 505 269 6217.

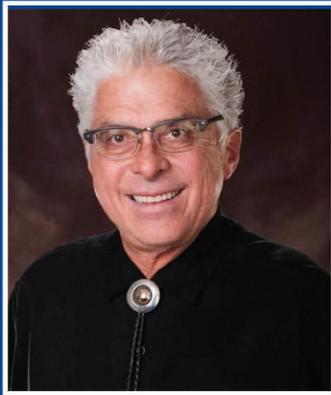
Remax Select • 8300 Carmel Avenue NE, Ste 203 Albuquerque, NM 87122 • (505) 822-0080 (505) 798-1000 BEST NUMBER (505) 269-6217

25 Years of Superior Service in Albuquerque Real Estate



MAX SANCHEZ, MBA, CRS

Your Neighborhood Real Estate Expert



- 43 Year Real Estate Broker
- 30 Year Sandia Heights Resident

*No one has sold more homes in Sandia Heights!
Proven Integrity, Knowledge and Experience.*

MAX SANCHEZ,
MBA, CRS
505-228-8287
MaxSanchez.com
SandiaHts.com



COLDWELL BANKER
LEGACY

10400 Academy Road NE Albuquerque, NM 87111
505-293-3700



Signature

SOUTHWEST
P R O P E R T I E S

Sherry Fowler is a
Sandia Heights resident
with over 30 years of
real estate experience!

Call today to schedule
your complimentary
consultation!

505-301-4425

SherrySellsSandiaHeights.com

- Professional Photos and Virtual Tours Included
- Free Staging Service for Vacant Homes
- Special Discount for all Sandia Heights Residents



Tramway, Circa 1969



Courtesy of Don Lifke

Monthly Fun Fact

Last month's Fun Fact was the strange New Mexico law that prohibits dancing while wearing a sombrero. Turns out that's not the only state law that leaves you scratching your head. Here are a few others:

It is a misdemeanor to trip a horse. If the horse is hurt, it becomes a 4th-degree felony.

It is illegal for women to have unshaven armpits in public.

It is against the law to give glue to a child without a parent's consent.

"Idiots" are not allowed to vote.

It's okay to bet on bicycle or horse races in our fair state, but betting on camel or ostrich races is strictly prohibited.

I'm looking for a knight in shining armor, because it turns out to be illegal for a woman to pump her own gas or change her own tire.

And finally, the law says you cannot wear a kimono while riding a horse. Maybe because it might cause the horse to trip?

(At the municipal level, the city of Carlsbad has banned the Merriam-Webster Collegiate Dictionary.)

From time to time SHHA will send email alerts to members. These emails include, but are not limited to, a once-a-month reminder that The GRIT newsletter is available to view online (with a link), reminders about the SHHA Annual Meeting, community events like shredding or e-recycling, and even notification on emergency situations in the community. Send an email with your name and address (for verification of membership) from the email address where you'd like to receive the alerts to the SHHA office at sandiaheights@com-cast.net to sign up.



Are You Signed Up for Email Alerts?

ACC Activity Log

Summary of **Approved Projects** activity since the last GRIT:

18 Cedar Hill Road – Roof Mounted Photovoltaic Panels Installation
67 Juniper Hill Loop – Additional Roof Mounted Photovoltaic Panels Installation
208 Spring Creek Drive – Repaint Garage Doors
641 Cougar Loop – Roof Mounted Photovoltaic Panels Installation
726-24 Tramway Lane – Landscaping
804 Tramway Lane – Replace Wooden Fence
808 Tramway Lane – Landscaping
991 Lynx Loop – Replace Mailbox
1002 Tramway Lane - Landscaping
1051 Red Oaks Loop - Landscaping
1482 Morning Glory Road – Replace Gravel Path with Pavers
1915 Quail Run Drive – Landscaping
2307 Calle de Rafael – Replace Front Door
2866 Tramway Circle – Replace Windows
12614 Colony Place – Sunroom Addition

Visit the website: www.sandiahomeowners.org to read about all projects currently under ACC management.

SPECIALIZING IN NORTH ALBUQUERQUE ACRES AND SANDIA HEIGHTS FOR OVER 25 YEARS.

- › REMODELS INCLUDING KITCHEN AND BATH
- › STUCCO AND ROOFING
- › WINDOW REPLACEMENTS
- › ALL YOUR HOME IMPROVEMENT NEEDS

CALL LENNARD GEORGE FOR A FREE ESTIMATE. **220-2838**



CONSTRUCTION CORPORATION
PROFESSIONAL CONTRACTORS



LTCONSTRUCTION.COM

Our Backyard Antenna Farm

By Susan McCasland

(historical article reprinted from Nov 2018 GRIT)

Ever wonder about all those antennas on Sandia Crest? Turns out it is one of the most crowded electronic sites in the world! It is home to the broadcast antennas for numerous Albuquerque-area television and AM/FM radio stations, many commercial two-way radio repeaters, weather radars, electric utility radio systems, Forest Service radios, military base services, other long-distance carriers, and several local governments' networks, including public safety and emergency medical services. Whew!

The antennas extend for roughly a half mile. Because they are on a natural 4,500-foot "mast," the towers are not particularly tall.

The first towers went up in 1953 and belonged to KOB-TV (Channel 4) and KGGM-TV (Channel 13).

Take a drive up Sandia Crest Road on the east side to see the antenna farm up close and maybe do a bit of hiking while there.



CELEBRATING **40 YEARS** REMODELING NM!

Thank you for trusting Poulin to remodel your home throughout the years.



KITCHEN

BATH



SOLAR

- ✓ 10,000+ Remodels
- ✓ 70+ Employees
- ✓ 40 years experience
- ✓ 6x Best of Houzz winner
- ✓ Top 500 Remodeler
- ✓ A+ BBB rating



HOME DECOR

Poulin
marketplace
HOME • DECOR

SCHEDULE YOUR DESIGN CENTER VISIT

CALL 494-1693 | ONLINE PoulinDesignCenter.com

KITCHEN | BATH | SOLAR | HOME DECOR

ABQ: 8600 Pan American Fwy NE | SANTA FE: 1300 Rufina Cir, Ste B-1 | 494-1693 | Lic. # 21850

Your Vision.
Our Expertise.



BEFORE AFTER

The Jade Experience

Your home is your reprieve. The team at Jade Enterprises understands this, that's why we dedicate ourselves to bringing you the building or remodeling experience that will make you feel at home.



JADE Enterprises, Inc.
Design & Construction

505-856-5233 | www.jadeenterprises.com

See What Homes Are Selling For In Sandia Heights
www.SandiaHeightsOnline.com



**SANDIA HEIGHTS
2021 MARKET SUMMARY**



Top RE/MAX Agent

Sandia Heights Resident

Pete Veres, CRS, ABR, CLHMS
SRES - Senior Real Estate Specialist
Integrity & Professionalism...Period

Call Pete For Your Free Sales
and Marketing Consultation

505-362-2005

www.TopAbqAgentReviews.com



Data for all homes. Information is deemed reliable but not guaranteed from M.I.S.

Homes SOLD: 133
Average Size: 2769 Sq. Ft.
Average Price: \$223.58 (per Sq. Ft.)
Average Sold Price: \$610,152
Average Days on Market: 24

Our Sandia market continues to do very well. Prices are at all time highs. Interest rates still continue to be low. **This may be the BEST TIME to sell!** If you are thinking of selling please give me a call so we can discuss your real estate goals and objectives. I am here to help and serve our Sandia Heights residents!

RE/MAX SELECT • 798-1000 • 8300 Carmel Ave NE, Ste 203, Albuquerque, NM 87122



GREG LOBBEREGET

Your Trusted Source for Real Estate Information

Sandia Heights Resident Since 2006
Proudly Serving Sandia Heights Since 1983

CELL: 505.269.GREG (4734) | EMAIL: GREG@GREGLOBB.COM
WWW.ABQFORSALE.COM | WWW.GREGLOBB.COM

ASSOCIATE BROKER, CRS | OFFICE: 505-292-8900



GREG SOLD 16 HOMES IN SANDIA HEIGHTS IN 2021!

1. 1812 Tramway Terrace Loop NE
2. 2125 Globe Willow Avenue NE
3. 612 Cougar Loop NE
4. 760 Tramway Lane NE Unit 9
5. 2039 Quail Run Drive NE
6. 1846 Tramway Terrace Loop NE
7. 808 Tramway Lane NE
8. 629 Cougar Loop NE
9. 73 Pinon Hill Place NE
10. 125 Whitetail Drive NE
11. 418 Live Oak Court NE
12. 1038 Tramway Lane NE
13. 301 Spring Creek Place NE
14. 370 Big Horn Ridge Drive NE
15. 1010 Tramway Lane NE
16. 349 Paintbrush Drive NE

CAN HE SELL YOURS IN 2022?

Valentine's Day Giveaway

Email or call Greg by February 12th to be entered into a drawing for a chance to win a \$150 Gift Certificate to Savoy for Valentines Day at 7:00 pm

OR

If you don't like crowds, you can go on the day of your choice

FREE REAL ESTATE REVIEW

How would you like to know what your home is worth, even if you are not selling? Please contact me, and I will be more than happy to do an analysis unique to your home.



PENDING

939 BOBCAT BOULEVARD NE | 3106 SQ FT | 3 BR | 2BA | MLS#1006105

GORGEOUS SANDIA HEIGHTS HOME! Once you enter this home you are drawn to the wall of windows that feels as though the beauty of Sandia Heights is inside the spacious family room you are standing in. . . Gorgeous updated kitchen with large island with built in Wolf cooktop, wine cooler, built in micro/oven & side by side refrigerator. Formal dining room as well as a very nice breakfast area. The stunning primary suite is situated to take in the Outstanding Views of the Sandias to the East & city Lights to the West, from the two decks. Complete with a sitting room with two way fireplace. The large updated bath in the primary suite is a sanctuary you will never want to leave. The three (3) car garage offers built in storage as well as a workbench. NICE!!



YOUR HOME COULD BE HERE!



FREE TRAM PASSES

are available from me every day. Email or call me today!
Greg@GregLobb.com
or 505.269.GREG

Bears in the Sandia Mountains

Excerpted from Sandia Mountain Bearwatch

The bears in the Sandias are black bears. Males range from 200–500 lbs and females 150–300 lbs. Though called “black” bears, they come in a variety of colors ranging from black, brown, cinnamon, red, and blond. They sometimes have patches of white on their chests and may have a tan or black muzzle. They are about 3 feet high when on all fours and about 5 feet tall when standing upright. Black bears have a strong muscular neck and a heavy body supported by short powerful legs. The highest point of a black bear is the middle of the back. There is no prominent shoulder hump as there is on a grizzly bear.

Black bears have long been viewed as forest-dwelling animals. However, an unbroken expanse of forest doesn't provide enough food for black bears. They need berry patches and stream bottoms to satisfy their appetite for plants and insects. You can find black bears in virtually all forested areas of New Mexico. Females usually maintain a home range of five to seven square miles. Males on an average occupy an area of 25 square miles, although they can extend their territories to as much as 50 square miles if habitat quality deteriorates.

Under ordinary conditions black bears display mutual avoidance of each other rather than territorial aggression. A sub-adult female's territory will overlap her mother's range. Sub-adult males sometimes disperse over great distances, which helps maintain the viability of the gene pool by reducing the incidence of inbreeding. When habitat becomes limited or degraded, sub-adult males may encroach on the territory of sub-adult females and force them into marginal areas near human population. This is precisely what happened in 1989 when 23 bears came into Albuquerque. All were sub-adult females driven from their range during a period of drought.

Bears are omnivorous, which means **they will eat just about anything** around (such as our garbage). Plants compose the overwhelming majority of their diet. Their diet varies according to seasonal availability of foods. In the spring, the diet consists mostly of young grasses, young succulents, roots, insects and carrion, and the nutrient-rich part of a tree just under the bark. In summer, young grasses, sweet clovers, dandelions, a variety of mushrooms, watercress, insects, chokecherry, wild raspberries, strawberries, plums and apples are primary sources of

nourishment. Rocks and stumps may be overturned in search of grubs, and yellow jacket nests may be invaded. Another favorite in the Sandias is the calorically high “bear corn,” the yellow-red root that grows abundantly underneath oak trees.

In late August, black bears are trying to fatten up for winter hibernation. During this period, they may actively feed for up to 20 hours a day and may ingest 20,000 calories daily. Acorns makes up the bulk of a bear's fall diet with additional piñon nuts, juniper berries, kinnikinnick (bearberry), and prickly pear eaten to help store fat for the approaching winter. If necessary, they will feed on small rodents, maggots and anthills. True to popular belief, bears do raid beehives for the honey and the bees. They have been known to raid chicken, rabbit, and hamster coops. Males may kill and eat cubs.

In New Mexico, black bears breed between mid-May and July. Gestation takes seven to eight months. Delayed implantation of the eggs enables the female to breed in the summer and give birth in the winter. This delayed implantation has been termed “an effective means of birth control.” If it has been a good feeding season and the sow has plenty of fat reserves going into the winter season, then all the fertilized ova will implant, meaning a large litter (up to 3); if it has been an average feeding season, maybe just one or two ova will implant, resulting in 1–2 cubs. And if it has been a sparse feeding season, an ovum will not implant at all, so that the female bear can use all her fat reserves to keep herself alive. Even though a bear mates in June, it could be as late as November before the fertilized eggs are implanted. Cubs stay with their mother 1–2 years. Therefore, the female mates about every 2 years, shortly after “evicting” the cubs.

Of all the bears' senses, it is the sense of smell that is the sharpest and that the bear relies upon the most. In fact, with proper conditions, a bear can smell a human approaching from up to one mile away. While a bear's sense of sound and sight are not its strongest, these senses still exceed humans' capabilities. When a person sees a bear standing on its hind feet, it is most probably not trying to see better, but to smell what is going on around it.

Black bears are considered the most intelligent North American mammal after man. They are more curious than a chimpanzee and have very good memories. Once they find your garbage or bird feeder, they know where to come back to and to bring along the cubs.

Black bears select a surprisingly small den that has one or more openings. The most important aspect of a den to a black bear is that it is in a protected area. The den is small, so that the bear's own body heat will warm the space. Den openings are often so narrow that an adult human would find it difficult to squeeze through. In New Mexico, dens are frequently located under outcroppings of large rocks or under tree roots.

Bears gather leaves, grass, and twigs to make insulating beds on which to curl up, leaving only their well-furred backs and sides exposed to the cold. They sleep alone with the exception of mothers with cubs. Most bears use a different den each year. In bad years, a small percentage of black bears die in dens. Unfortunately, some young underweight bears will die while in torpor in drought years. Since urination and defecation don't occur during hibernation, odor is not produced. This significantly decreases chances a mother bear and her cubs will be found by predators, which include mountain lions, bobcats, coyotes and other black bears that sometimes prey upon the cubs.

For black bears, hibernation is more an adaptation for escaping winter food scarcity than for escaping winter cold. Black bears do not officially hibernate but enter a state of "torpor," which is a modified form of hibernation. Torpor in New Mexico normally occurs between mid October through the end of March and sometime later. Pregnant sows enter the dens first, sows with cubs next, followed by younger bears and the last into the dens are adult males. Males usually appear first in the spring, followed by females without cubs and finally females with cubs. Bears may move from den to den in winter months so it is possible to see them when they are supposed to be in torpor.

The black bear's metabolic and digestive processes undergo an amazing transformation during its stay in the den. Rather than excreting, the bear has evolved the capacity to reabsorb its waste products and convert them into useful proteins and other nutrients. To survive long winters without eating, drinking, exercising, or passing wastes, hibernating bears cut their metabolic rates in half. Sleeping heart beats drop from a summer rate between 60 and 90 beats per minute to a hibernating rate between 8 and 40 beats per minute. Rectal temperatures drop only slightly, though, from 99–102°F in summer to 88–98°F during hibernation. Bears can maintain a high body temperature despite their lower winter metabolism because they have highly insulating fur and reduce blood supplies to their limbs. Only the head and torso

are maintained at higher temperatures. Having the brain at a high temperature enables bears to maintain brain function for tending newborn cubs and responding to danger.

Medical researchers are studying black bear hibernation to learn how bears cope with conditions that are problems for people. These findings are aiding studies of kidney disease, gallstones, obesity, anorexia and other human health problems. Researchers even hope that knowledge of bear hibernation/torpor may someday aid space travel.



Free Tram Passes Available
Call to reserve yours today!
505-440-8956

“Sandia Heights”

Under Contract!

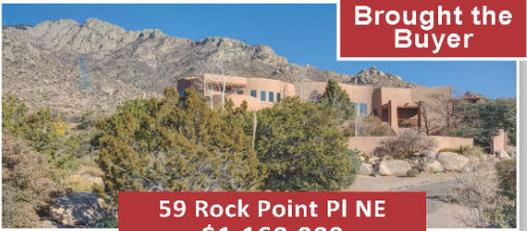


43 Cedar Hill PI NE \$1,395,000

SOLD



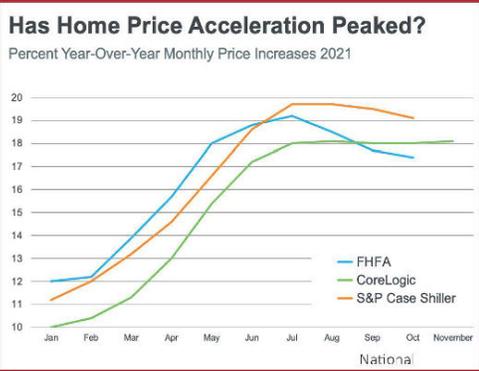
532 Road Runner LN NE \$830,000



Brought the Buyer

59 Rock Point PI NE \$1,160,000

Sandia Heights 2021 year over year Market Stats**	Closed Sales 119 +12% from 2020	Average Sale Price \$650,282 + 20% from 2020	Homes for Sale 108 -5% from 2020	Avg Price per sq.ft. \$229.37 +20% from 2020
	<i>Change in percentage compared to the 2020 Real Estate Market</i> **single family detached			



Will home values continue to appreciate in 2022?

No doubt appreciation is still very strong but will home values continue to appreciate or have they plateaued. On average forecasters are predicting 5.2% appreciation nationally for 2022. They are already starting to uplevel their forecast. These forecasts seem somewhat conservative especially considering the lack of inventory. I expect the coming year to be very strong for sellers.

Sandia Heights Home values increased by 20%
in 2021 compared to 2020

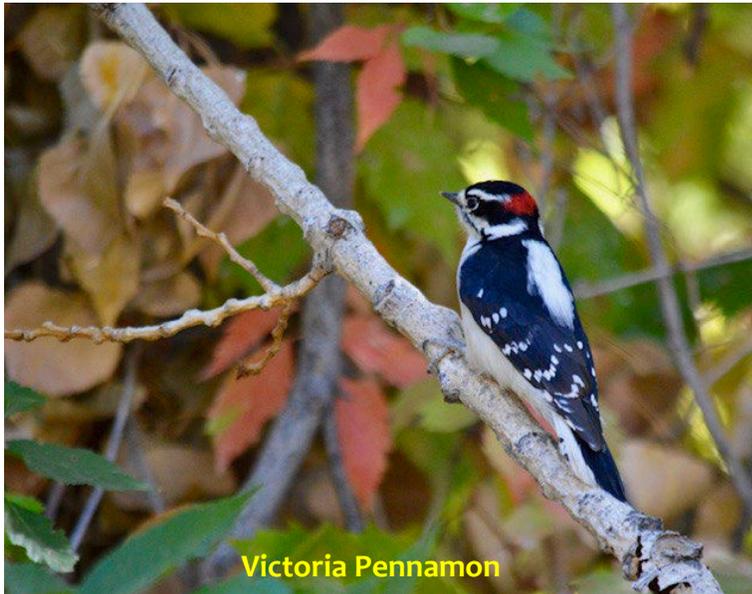
Sandia Heights Resident



Considering a Move
Visit our website to find out your home value
or Call for an in-depth market analysis 505.440.8956
Specializing in Your Neighborhood

2022 Directory Photo Submissions—Some Runners-Up

As with every year, there are some great photos submitted for the front cover of the *Directory* that are not chosen. We'll be showing some of them during the year in *The GRIT*, as space allows. Thanks to all the resident amateur photographers who submitted. We hope this inspires others to send in their Sandia Heights photos, as well.



Community Events Bulletin Board

This group is not sponsored by SHHA. Information is provided to keep residents informed.

Sandia Heights “Cork & Fork” Dining Activity: We are happy to announce that Cork & Fork has resumed our bimonthly dinners. We gather in the homes of our members. Each small dinner group is typically 6–8 people, including the hosts. The host decides the menu theme and prepares a main dish, with attendees contributing to some part of the meal—along with a wine to go with their dish. The emphasis is on food and fun rather than formal elegance. Though most of the dinners are smaller, there are 2 whole-group dinners during the year. All adult Sandia Heights residents are welcome. To inquire or join any time of year, call Rene Kessel at (505) 504-3886 or email at rene.kessel@cblegacy.com.

Notice: Any corrections to the printed version of the GRIT can be found on the website: www.sandiahomeowners.org.

Some Factoids About Valentine’s Day

February has long been celebrated as a month of romance. St. Valentine’s Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition.

Who was the real St. Valentine? The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine’s actions were discovered, Claudius ordered that he be put to death. Still others insist that it was Saint Valentine of Terni, a bishop, who was the true namesake of the holiday. He, too, was beheaded by Claudius II outside Rome. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first “valentine” greeting himself after he fell in love with a young girl—possibly his jailor’s daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed “From your Valentine,” an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic, and—most importantly—romantic figure.

While some believe that Valentine’s Day is celebrated in the middle of February to commemorate the anniversary of Valentine’s death or burial around A.D. 270, others claim that the Christian church may have decided to place St. Valentine’s feast day in the middle of February in an effort to “Christianize” the pagan celebration of Lupercalia. Celebrated at the ides of February, or February 15, Lupercalia was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

By the end of the 5th century, Pope Gelasius declared February 14 St. Valentine’s Day. It was not until much later, however, that the day became definitively associated with love. During the Middle Ages, it was commonly believed in France and England that February 14 was the beginning of birds’ mating season, which added to the idea that Valentine’s Day should be a day for romance.

Valentine greetings were popular as far back as the Middle Ages, though written valentines didn’t begin to appear until after 1400. The oldest known valentine, still in existence today, was a poem written in 1415 by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt.

By the middle of the 18th century, it was common for friends and lovers of all social classes to exchange small tokens of affection or handwritten notes, and by 1900 printed cards began to replace written letters. Valentine’s Day now is the second largest card-sending holiday of the year—behind only Christmas—with some 145 million cards.



Sandia Heights Homeowners Association
12700 San Rafael Ave. NE, Ste. 3
Albuquerque, NM 87122



*The SHHA Office will be closed on
Monday, February 21, 2022,
in observance of Presidents' Day.*