

BARB's HOME NEWS

For the **GREATER ALBUQUERQUE AREA**

PAINTING YOUR HOME — THE GREEN WAY!

by **Barbara Madaras**

Looking for a way to make your house beautiful? There are many ways to update an old home, but whether you're tearing down walls or just adding a little color, one thing you'll definitely need is paint.

Virtually hundreds of paint choices fill the shelves of your local hardware store, so selecting a healthy, dependable, and eco friendly paint *can* take a bit of time, unless you are equipped with the knowledge of a few key qualities that set eco paints apart from the rest.

Before we dip our brushes into that bucket, let's look at some reasons why run-of-the-mill paint can be hazardous to our health and to the environment.

Potential Hazards of Paint

According to the EPA, the concentration of pollutants inside your home is several times higher than what you'll find outside due to the lack of ventilation in rooms compared to the open spaciousness of the great outdoors.

Without proper ventilation, airborne chemicals collect indoors and eventually cause damage to our bodies. Headaches, dizziness, fatigue, asthma, cancer, and heart disease are all potential side effects of indoor air pollution.

Although the contamination cannot be attributed to any single source, paint and paint-related chemicals play a significant role inside a typical home.

The airborne chemicals released during painting, after the paint is dry, and as paint is removed, fall into a category of pollutants known as volatile organic compounds (VOCs)—potentially carcinogenic carbon-based chemicals that evaporate easily and contribute to indoor air pollution.

Harmful compounds in the VOC category range from formaldehyde to pesticides to cleaning chemicals. They can be up to ten times more concentrated indoors than outdoors, in both rural and industrial locations.

The quality of many natural paints is commonly criticized because, in times past, colors tended to fade and you could not wash the walls without a touch-up following close behind. Newer eco paints, especially some newer lime washes, are more durable, washable, and longer lasting than those that came before them—some are even used for the restoration and preservation of national monuments!

Low-VOC Paints

Due to environmental regulations and increasing consumer demand, paint companies have developed new house paints that emit little or no VOCs.

This is achieved by using water as a base instead of traditional, petroleum-based oil solvents. "Low-VOC" paints must meet the EPA standard of a maximum 200 grams volatile compound per liter of paint. Varnishes are awarded a limit of 300 grams.

(Continued on page 2)

Published by



BARBARA MADARAS
CRS, EcoBroker
REALTOR®

Cell: 505.301.1033

Office: 505.292.8900

AnAlbuquerqueHome
ForYou.com



NEW INSIDE...

**A DIFFERENT SET
OF STATISTICS!**

Something new—instead of generalizing on the number of sales, averages and medians of homes sold this quarter, we're showing MLS maps with the statistics for homes in each MLS area. Let us know if you find these to be of more use!

Look for the next
edition of
BARB's HOME NEWS
coming to you in
November 2008

PAINTING YOUR HOME (continued)

Although this is already less than half the VOC content of typical paints, Green Seal—a non-profit organization dedicated to improving environmental standards for paint and other products—has developed a certification process that limits low-VOC paints to 50 grams of VOC per liter.

Look for the Green Seal on paint products to ensure only the lowest VOC paints are used in your home.

ULTRA LOW-VOC

Ultra low-VOC paints are labeled "zero-VOC." These paints can sometimes cost a bit more than the regular cans, but the EPA restricts this label to paints with less than 5 grams of volatile compound per liter.

Check to make sure that the products contain little or no formaldehyde, ammonia, or acetone—non-petroleum compounds that can adversely affect indoor air quality.

Biocides and fungicides that prevent mildew growth and extend the shelf life of paint are also commonly added, despite their toxicity and their tendency to off gas for years after application.

Eartheasy provides a list of companies that produce low VOC paints and directs you to Web sites where low-VOC options can be purchased.

Natural Interior Paints

A natural paint does not contain heavy metal or any VOCs. Natural paints and wood finishes are often composed of natural plant dyes, oils, and waxes.

A number of environmentally conscious companies manufacture these products in all of the expected forms—paint, primer, finish, sealer, stain, wax, etc.—but many consumers find the costs overwhelming.

Painting Tips

If you are planning to try some of the environmental paint options presented in this article, here are a few tips you might find useful:

- Paints that do not contain VOCs are often water-based, which means they can be damaged by freezing temperatures. Store your paints indoors and time your order carefully—the paints can be damaged by cold weather during shipping.
- Store paint cans upside down. This will ensure that the lids are on tight, and will prevent air from flowing in and out of the can, which causes the paint to thicken and dry. A healthy can of paint saves the environment and your bank account.
- If you are using a combination of water and oil-based paints, be sure to use separate brushes for each one. As we all know, oil and water don't mix, and trying to combine paints on a brush will result in a poor finished product.

Local Resources

Numerous local painting companies are now making efforts to offer and/or exclusively use low-VOC paints.

Unfortunately the only information available is usually regarding product not product consultation.

Build Green NM offers product information in numerous areas but not in paint consultation.

One company offering such consultation is **Crystal Castles, LLC**. Anna and Nikki can be reached at **505.489.1337**. As we become aware of other companies, links will be added to AnAlbuquerqueHomeForYou.com.



DO YOU KNOW A HERO?



FIRST RESPONDERS



ANYONE EMPLOYED BY A SCHOOL SYSTEM (PUBLIC or PRIVATE)



ANYONE EMPLOYED BY THE CITY



ANYONE EMPLOYED BY THE COUNTY



ANYONE EMPLOYED BY THE FEDERAL GOVERNMENT



HEALTH CARE WORKERS

MILITARY (ACTIVE or RETIRED)



ASK ME ABOUT HEROCARE



*** TAKING CARE of THOSE WHO TAKE CARE of US ***



ALBUQUERQUE: THE RISING STAR!

Believe it or not, in the future people will be buying and selling homes. Some of them will even make a profit.

It's not so crazy an idea. Consider Albuquerque, N.M.

The mid-sized Southwestern city has experienced housing price declines since a peak in the third quarter of 2007, job growth has been flat, and housing starts are expected to fade by 45% through the end of 2008.

Nevertheless, it's a city that home builders and economists are bullish about for 2010 and beyond.

According to analysts at Moody's Economy.com, Albuquerque's job growth through 2012 is projected at an average annual rate of 1.6%, fueled in large part by its low costs and local business expansion.

Housing starts in the city are expected to reverse course in 2009, growing by 26.6%, according to the National Association of Home Builders (NAHB). This means builders have high hopes for 2010 and 2011, when those homes will be completed and on the market.

To determine where house prices are expected to rise next, Forbes.com looked at projections for housing starts from the NAHB and job-growth figures from Moody's Economy.com, for

the 100 largest metro areas in the U.S. The estimates are based on the cost structures of business in the respective cities and the composition of the local economies.

Housing start projections from the NAHB may seem like wishful thinking. Trade-association economists often view their own industry through rose-colored lenses. The National Association of Realtors (NAR), for example, has developed a reputation for its positive outlooks despite negative numbers.

At this point, it's clear the subprime contagion won't be contained in the next year, based on the acceleration of home price drops and foreclosures nationwide. But when the bad vintages of loans finally come off the books, the cities where prices are expected to rebound are largely those with vibrant economies.

As local economies grow bigger and more dynamic, land values increase because the value of what can be produced on that land increases.

When land prices go up, home values go up.

Home prices moving up; it sort of makes one nostalgic!

Excerpted from an article by Matt Woolsey, Forbes.com, August 25, 2008. To review the entire article, go to Forbes.com.



BARBARA DOES ALASKA



BEST ADORABLE HOTEL

LE BARN APPETIT B&B (Seward)

BEST BREAKFAST IN ALASKA

CREPES by IVAN at LE BARN APPETIT (Seward)

BEST PLACE FOR A DRINK (SUNSET) *

SIMON & SEIFORT (Anchorage)

BEST PLACE FOR A DRINK (SUNSET & SURROUNDINGS)*

RAY'S ON THE DOCK (Seward)

BEST PLACE TO BUMP INTO KARL MALONE!

RAY'S ON THE DOCK (Seward)

BEST PLACE FOR A DRINK WITH A VIEW OF DENALI ("THE GREAT ONE")

TALKEETNA LODGE (Talkeetna)

BEST PLACE TO STAY WHEN YOU ARE MARROONED IN ALASKA**

TALKEETNA LODGE (Talkeetna)

BEST FREE TREAT

THE SMOKED MEAT SAMPLES at INDIAN VALLEY MEATS

BEST WAY TO SPEND AN EVENING***

WALKING THE COASTAL TRAIL (Anchorage)

BEST SURPRISE IN ALASKA

THERE'S a NORDSTROMS IN ANCHORAGE!

BEST FISH IN THE WORLD

HALIBUT CAUGHT TWO HOURS EARLIER (Homer)

BEST WEDDING REHEARSAL DINNER

HALIBUT CAUGHT TWO HOURS EARLIER by the WEDDING PARTY (Homer)

BEST BEAR IN THE WILD SIGHTINGS

ANYWHERE! ANYTIME! (Anchorage & Homer)

BEST MOOSE IN CITY SIGHTING

MOOSE CROSSING AIRPORT ROAD (Anchorage)

* If you can stay up late enough for Sunset!

** Yes, volcanoes can play havoc with air travel!

*** Moose encounter likely!

GREEN RESOURCES OF THE MONTH



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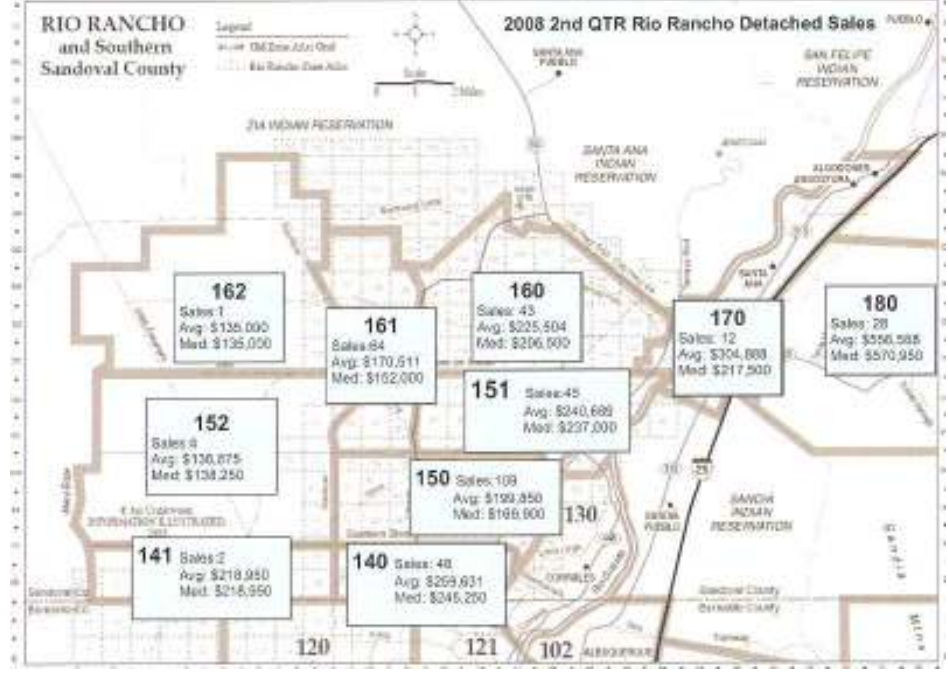
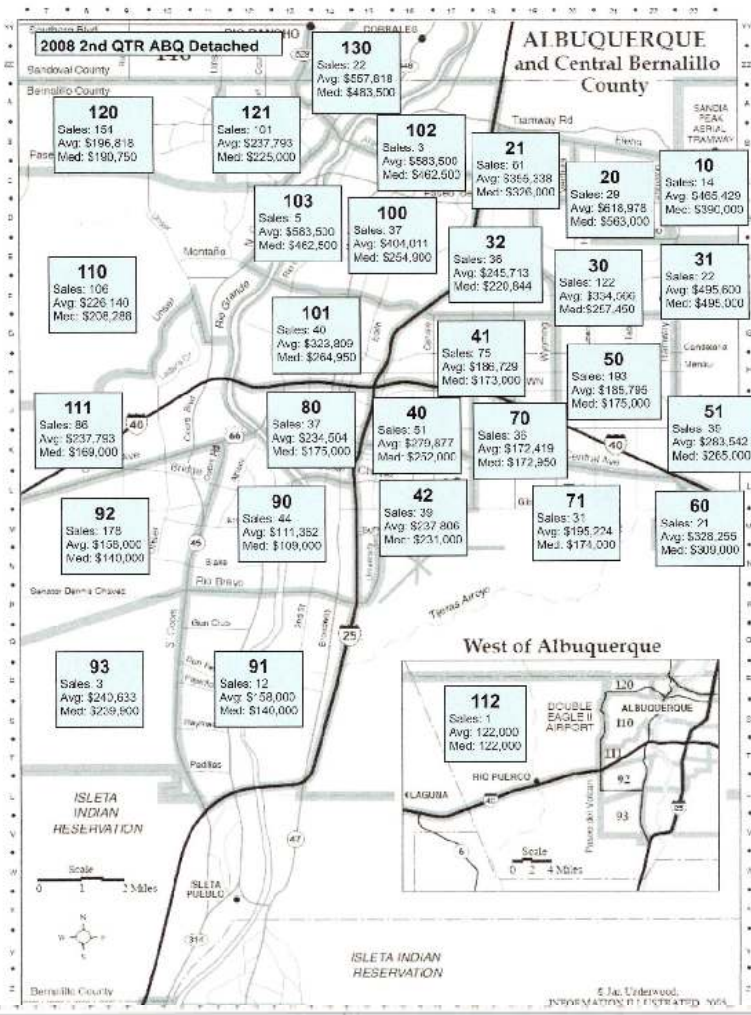
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http://www.Shaklee.net/barbara_madaras

SINGLE FAMILY DETACHED HOME



Charts are derived from Multiple Listing Service statistics which are deemed reliable but not necessarily correct.



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Barbara Madaras, CRS, EcoBroker



8200 Carmel NE, Albuquerque, NM 87122

REFERRAL.....

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TO SOMEONE YOU RESPECT!**

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BARBARA MADARAS, CRS, REALTOR®

505.301.1033

www.AnAlbuquerqueHomeForYou.com

BarbMadarCB@aol.com

COLDWELL BANKER LEGACY 8200 CARMEL NE ALBUQUERQUE, NM 87122 505.292.8900