



## Talk About Frederick

www.talkaboutfrederick.com

# December 2015

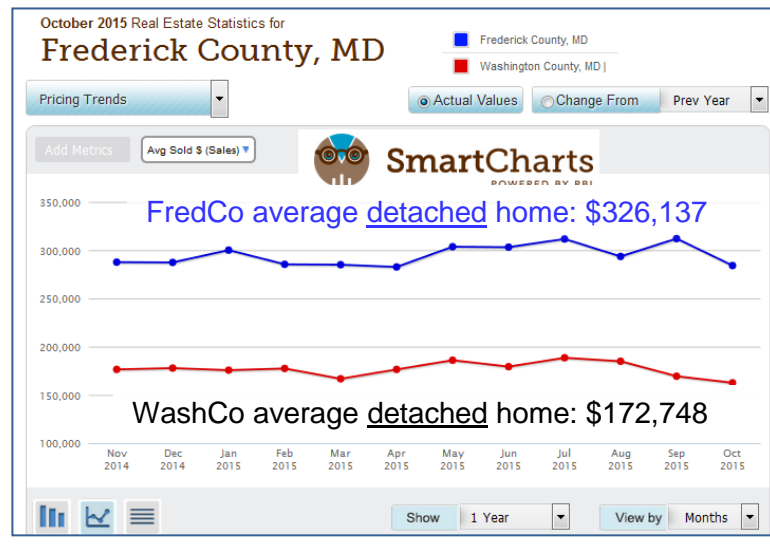
### Upcoming Events Frederick Dec 2015

For more details about the upcoming events go to the websites for the Downtown Partnership, Celebrate Frederick, or the Tourism calendar.

- Holiday Art Competition Dec 2 • 5:30 – 7:00 PM
- Scents & Sweets Competition and Auction – Dec 3 • 5:30 – 7:00 PM, William Talley Recreation Center, 121 N. Bentz St
- First Saturday Holiday Open House Dec 5 • 3:00 – 9:00 PM
- Christkindlmarkt Dec 5 • 11:00 AM – 7:00 PM, Evangelical Lutheran Church 35 E Church St.
- Holiday Magic at Rose Hill Manor Park - Dec 5
- Candlelight House Tour Dec 5 • 5:00 – 9:00 PM; AND Dec 6 • 12:00 – 4:00 PM, Tickets required
- Kris Kringle Procession Dec 11 • 6:30 – 7:30 PM Downtown
- Museums By Candlelight Dec 12 • 12:00 PM – 7:00 PM Start at the Frederick Visitor Center 151 S East St.
- Festival of Lights Dec 18 • 7:00 PM – 8:00 PM City Hall
- Candlelight Tour of Historic Houses of Workshop, Dec 28, 4:00 PM – 8:00 PM
- First Saturday – Wine Down, Jan 2, 3:00 PM – 9:00 PM

### Fred Co & Wash Co Housing Stats Oct 2015

Frederick Co October housing results showed a **+13%** increase in the number of homes sold over October 2014 sales but a **-2.3%** drop in average sales price for all homes. In contrast, Washington Co housing results showed an **+7%** increase in volume of homes sold over October 2014 and a **-4.8%** drop in the average sales price of all homes. Source: RBI



### Regal Fruitcake

Recipe from [whatscookingamerica.net](http://whatscookingamerica.net)

#### Ingredients

- 1 1/2 cups candied pineapple, chopped
- 1 1/2 cups candied red cherries, chopped
- 1 cup raisins
- 3/4 cup currants
- 2 cups chopped pecans or walnuts
- 1/2 cup white grape juice
- 1 cup butter or margarine, room temperature
- Brandy
- 2 cups firmly-packed light brown sugar
- 5 eggs, room temperature
- 2 1/4 cups all-purpose flour
- 1/4 tsp baking soda
- 1/2 tsp ground cinnamon
- 1/2 tsp ground mace
- 1 tsp almond extract

#### Directions

1. Grease a 10-inch tube or Bundt pan; line with wax paper and grease well.
2. In a large bowl, combine candied pineapple, candied cherries, raisins, currants, and pecans or walnuts. Add grape juice; stir until well blended. Let stand 1 hour.
3. Preheat oven to 275 degrees.
4. In a large bowl, cream butter or margarine. Gradually add brown sugar, stirring until fluffy. Add eggs, one at a time, beating well after each.
5. In another large bowl, combine flour, baking soda, cinnamon, and mace; gradually add to butter mixture. Add almond extract and fruit mixture; stir until well blended. Spoon into prepared pan.
6. Bake 3 hours and 20 minutes or until a toothpick inserted into the cake comes out clean. If using an instant digital thermometer to test your fruitcake. The internal temperature should be between 200 - 210 degrees. Remove from oven, cool on a rack.
7. Remove from oven and cool on a wire rack for 30 minutes. Remove from pan, peel paper liner from cake, and cool completely.
8. Wrap in a brandy-soaked cheesecloth; store in an airtight container for one week. After one week, store in the refrigerator.



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If you are currently working with another Broker please do not consider this a solicitation.



## Red Flags for Home Buyers

Home buying is an exciting time and can be stressful too. Buyers should always be looking for potential problems with a property. Home inspections are critical for revealing issues in a property and may save buyers a significant amount of money and frustration down the road. A few things to look for:

- **Questionable renovations.** A homeowner may attempt to boost the value of their properties, by adding on rooms or removing walls in order to create a more open floor plan. If the renovation is done without the proper expertise, structural issues could result. Check the permits in the public records.
- **Strong fragrances.** If overwhelming aromas of potpourri or air fresheners linger in a home, they may be looking to conceal odors.
- **Water stains or peeling paint.** Water stains on the walls or ceilings may indicate leaks or mildew, while paint that is



fresh only in certain spots may signal that the homeowner is attempting to mask problems.

- **Poorly maintained gutters.** If gutters are clogged with debris, leaks will result and may cause a multitude of problems, including mold growth and damage to the home's foundation or exterior walls.
- **Roof problems.** Roof repairs or replacements may be very expensive. Look for loose material and worn, damaged, or missing shingles.
- **Aging appliances or HVAC systems.** If a home's major appliances show signs of age, they may soon require costly repairs or replacements.
- **Damage to the foundation.** If the walls of a home appear curved or uneven or there are noticeable cracks or bulges in the foundation, the home may be suffering from structural issues.

Deciding whether to purchase a home is a process of weighing the pros and cons of each property. While none of the above signs should necessarily be viewed as a deal-breaker, they clearly indicate the need for further investigation. Buyers should have a professional inspection. Source: wiseagent.com

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*Happy Holidays!*



## Ways to Boost Your Wellness This Winter

With its colder temperatures, abbreviated daylight hours, and holiday stress, winter presents unique challenges to staying physically and mentally healthy. Focusing on wellness is even more important than it is during other times of the year. Here are some tips for boosting wellness:

- Stay active and resist the urge to hibernate. Physical activity bolsters your immune system and stimulates the release of endorphins, which help to stave off winter blues.
- Get plenty of sleep. While remaining active is crucial, it is normal to feel sleepier during the winter months because your body's circadian rhythm corresponds to the longer hours of darkness. Adapt to this natural change by allowing yourself the rest that you crave.
- Increase the Vitamin D in your diet. Low levels of Vitamin D are linked to S.A.D., a form of depression provoked by

the changing seasons. Since you do not absorb as much Vitamin D from the sun as you do during other seasons, turn to dietary sources of this important nutrient. Wild salmon, tuna, eggs, and lean meats generally contain high levels of Vitamin D.

- Take time to nurture your mental wellbeing. As New Year approaches, reflect on the joys and obstacles of the past year. Express gratitude for your good fortune and try to come to terms with losses or disappointments.
- Opt for healthier holiday treats. For most, the span of time between Thanksgiving and New Year is a diet disaster. While this is indeed the time of year to savor some indulgences, choosing healthier options when possible will lead to less regret when January arrives. Source: wiseagent.com

