

Upcoming Events October & November

For more upcoming events see the websites for the Downtown Partnership, Celebrate Frederick, or the Tourism calendar.

- **Halloween in Baker Park** - Rescheduled for Friday, October 27, 2016 • 6:45 PM – 9:00 PM
- **Halloween in Downtown Frederick** - Saturday, October 29, 2016 • 10:00 AM – 12:00 PM
- **Taste Frederick-Around Market Food Tour** - Oct 1 through Nov 20+ See tastefrederickfoodtours.com
- **November First Saturday: Holiday Open House** - Saturday, November 5, 2016 • 3:00 PM – 9:00 PM
- **Frosty Friday** - Friday, November 25, 2016 • 9:00 AM – 9:00 PM
- **Holiday Art Competition** November 30 @ 5:30 pm - 7:00 pm Delaplaine Visual Arts Center, 40 S. Carroll Street
- **Frederick Farmers Markets are still going strong!!**
 - ① **W. Frederick Farmers Market**, Saturdays, Apr – Nov, 800 Oak St., 10 AM – 1 PM
 - ② **Frederick City Farmers Market**, Sundays, May- Nov, 9 AM – 1 PM, 331 N Market St.
 - ③ **YMCA Farmers Market**, Tuesdays, May – Oct, 3:30 – 6:30 PM, 1000 N. Market St
 - ④ **Shab Row**, Thursdays, June-Oct, 3 – 6 PM, 100 N East St,
 - ⑤ **Grace Farmers Market**, Fridays, May – Nov, 3 6:00 PM, 9380 Butterfly Lane

Thought of the Day

"Imagination is more important than knowledge."
- Albert Einstein

Zucchini Shrimp Scampi Ingredients

- 2 tablespoons unsalted butter
- 1 pound medium shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1/2 teaspoon red pepper flakes, or more, to taste
- 1/4 cup chicken stock
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds (4 medium) "spiralized" zucchini
- 2 tablespoons freshly grated Parmesan
- 2 tablespoons chopped fresh parsley leaves

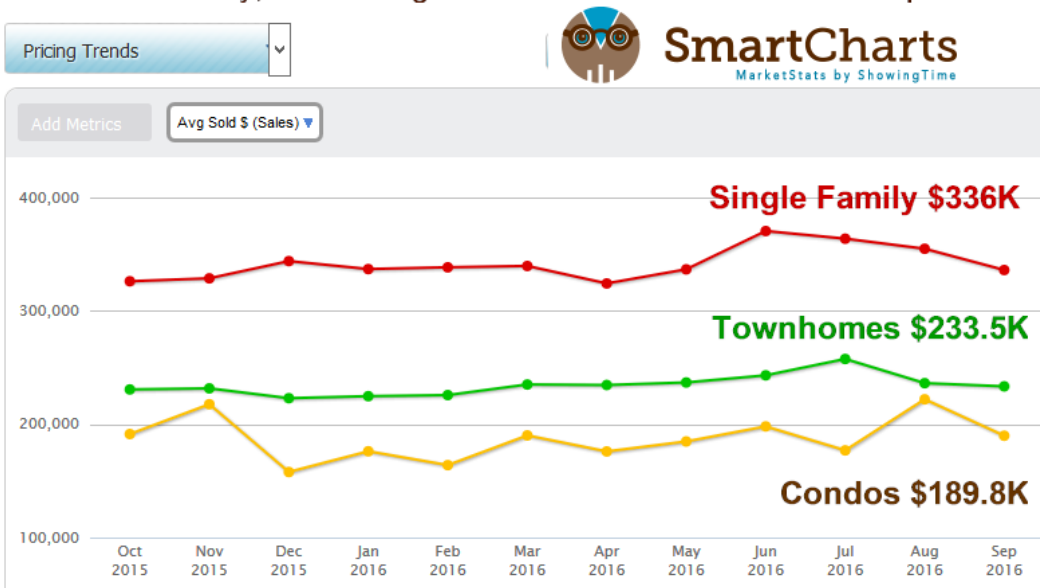


Directions

- Melt butter in a large skillet over medium high heat. Add shrimp, garlic and red pepper flakes.
- Cook, stirring occasionally, until pink, about 2-3 minutes.
- Stir in chicken stock and lemon juice; season with salt and pepper, to taste. Bring to a simmer; stir in zucchini noodles until well combined, about 1-2 minutes. Serve immediately, garnished with Parmesan and parsley, if desired.

[Recipe from damndelicious.com](http://damndelicious.com)

Frederick County, MD Average Sold Home Price Oct 2015 - Sept 2016

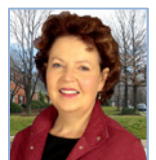


Average Home Prices

The average overall home price in September in Frederick Co. was \$294.6K. But it's more informative to look at the average price by home type as shown at left. Compared to last September, single family prices were down 3.6%, townhomes down 4%, and condos down 15%.

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Make the Most of the Farmers Market

In many areas, farmers markets are teeming with fresh, locally sourced foods during the autumn months. Farmers markets have surged in popularity in recent years, as they offer a fun and engaging atmosphere in which to shop for healthy foods at reasonable prices.



However, many shoppers enjoy the market-going experience, but leave nearly empty-handed—or find themselves allowing the products they purchase to wither away once at home. If you are planning to visit your local farmer's market this season, here are a few tips for making the most of the experience:

Seek out the produce that is in season in your area. Fresh food is one of the main reasons to visit farmer's markets, so focusing on seasonal items will likely yield the greatest enjoyment. Meal plan before your trip to the market. Once you know which

products you are likely to encounter, you can research recipes and plan meals incorporating those ingredients. In addition to helping the week's meal times run more efficiently, meal planning will reduce the likelihood of wasting the products you buy at the market.

Remember that because they are fresh and unprocessed, many products that you find at the farmers market are tastier than their grocery store counterparts. Therefore, simple recipes that showcase the product's natural flavor will help you reap maximum enjoyment from your farmers market bounty.

Talk to the vendors. Unlike the standard grocery shopping experience, part of the joy of going to farmer's markets is interacting with the vendors manning the stands. Often, the vendors are the farmers themselves, and they will be eager to share information on which products are freshest, tips on how to prepare or store them, and even recipes. However, do not feel pressured to buy something that you know you won't like; vendors are accustomed to people browsing without buying anything, so they should not be offended if you choose not to make a purchase.

Remember to bring sturdy bags or a cart to ensure that your purchases survive the trip home. Article from wiseagent.com.

Talk About Frederick

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Work Life Balance - Avoiding Burnout

Along with its many conveniences, today's digital age creates some undesirable side effects: the intrusion of information, over-connectedness, and "noise" into every moment of our lives. With technology making it possible to work anytime and from anywhere, many people are finding that the boundaries between their personal and professional realms are increasingly blurred. Instead of boosting productivity, the result can be stress and burnout.

Striking a work-life balance is the key to avoiding the negative effects of the digital age, but this much-hyped concept represents an ongoing struggle for many. If improving work-life balance is one of your goals, here are a few tips to keep in mind:

Free yourself from the demands of perfectionism at work and in your personal life. While excellence is an honorable goal, there is a point of diminishing returns. Constantly striving for perfection will likely lead to disappointment and exhaustion. To free up time, allow yourself to accept that sometimes perfection is unattainable and

unnecessary. Prioritize the activities that are most important to you. No matter how successfully you achieve work-life balance, your free time will always be limited. By identifying and avoiding the activities that tend to be time-wasters and energy-drainers for you—as opposed to those that help you return to work feeling rejuvenated—you will make the most of your leisure time.

Invest in your health. There never seems to be enough hours in the day for all the tasks that you need or want to accomplish, exercising, getting enough sleep, and making time for proper nutrition are critical to boosting productivity and happiness. In addition, these preventive measures will save time in the long run by staving off illness.

Be willing to say "no" and delegate responsibilities. Admitting when you are overburdened is not a sign of weakness; it is the responsible choice when additional duties would cause the quality of your work to suffer or lead to you resent your lack of spare time. Similarly, recognizing when a task can be delegated to someone else is important for time management. Article from wiseagent.com.