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Monthly

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Taco Day, Hip Hip Hooray!

by Kim Amboy

All hail the lowly taco! Each is stuffed with humble fillings wrapped in soft corn or flour tortillas, or even a hard, crunchy shell. While not fancy, they always deliver big taste and limitless variety with every bite, making them affordably addictive. Fill them with savory meats, cheese, and whatever else your heart desires, and you've got an amazingly delicious, handheld meal that needs no utensils—who needs a fork anyway? And everybody knows tacos are a great morale booster, too. Think of the stuff that drips down your arm as essential oils, right? Well...maybe. What prompts me to broach this mouthwatering subject? Let's "taco" about it...



The word "taco" likely comes from Mexican silver miners in the 18th century who used paper-wrapped gunpowder charges that looked a lot like the food in their lunches. By 1914, recipes for tacos appeared in a U.S. cookbook, helping launch their rise as an



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« American favorite.
 Personally, I'm part of the crowd that only eats tacos on days that end in "Y". So, knowing the first Tuesday of every October is appointed National Taco Day, is great news! Keep an eye out for restaurant deals and app drops offering special discounts in honor of this favorite south-of-the-border treat.
 Now that you've been properly schooled on this mouthwatering subject, it's got to be time to eat! So, always remember: When life gives you lemons, give them back--you deserve tacos! Gather your friends and order some today.



El Caporal - 6511 Centralia Rd., Chesterfield. Get friendly service and more bang for your buck at El Caporal. Their great tacos are only \$1 on Tuesdays and served with all the traditional sides including their HOT tomatillo sauce! Do try their popular Tacos de Asada—the beef is very tender and well-seasoned.



Don Pepe - 2102 W Hundred Rd, Chester. Outstanding food, good service, and reasonable prices served in generous portions. What more could you ask for? How about Don Pepe's tender brisket or birria tacos? Or maybe a Hawaiian or veggie taco? Visit soon and taste their flavorful authenticity for yourself.

Peppers Mexican - 13245 Rittenhouse Drive, Midlothian. Peppers has a rich tradition of serving traditional Mexican food that some of their customers say "tastes like heaven!" The taco section of their menu boasts shrimp-filled Tacos Panchos, tender ribeye tacos, and Quesabirra tacos served with a rich au jus, among other selections.



Mr. Pepe - Two Midlothian locations to choose from: 7020 Woodlake Commons Loop, or 10902 Hull Street Road. Both restaurants are comfortable and clean, offering friendly service, and delicious food served hot and fast. Their menu lists a nice taco selection including shrimp, fish, ribeye or chicken tinga tacos, all of which will do the trick if you need a taco fix.

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Around the Home with *Kate*

Preparing for a Possible “Historic” Winter

According to the NOAA, “During the October-December 2026 season, there is a 69% chance of a historic [El Niño] event that would exceed the strength of previous El Niño events dating back to 1950.” I don’t know about you, but when I hear that, I think: It’s time to be proactive and get ahead of this potentially “historic” winter.

What are some concerns? And what can we do to mitigate the risk of dangerous or expensive outcomes?



The concern: Freezing Temperatures

- **HVAC.** You don’t want to discover a heating problem on the first really cold night of the season. Schedule routine HVAC maintenance and dryer vent cleaning now to help prevent winter breakdowns and improve efficiency.
- **Chimneys.** A pre-season cleaning will not only keep your family safe from dangerous air quality and fire hazards from buildup, but can also reduce your wood consumption and extend your chimney’s life.
- **Windows & Doors.** Fixing leaky windows and doors can lower your heating costs and the strain on your HVAC system.
- **Septic Systems & Wells.** Autumn is a good time for septic maintenance or inspections since the ground is still workable. If you have a private well, consider having your water quality checked and confirm pipes and other components are prepared for freezing temperatures.
- **Trees.** Have dead, damaged, or potentially dangerous trees near your home, driveway, or walkways inspected and removed before winter storms arrive.



The concern: Mold & Moisture

- **Roof and Gutters.** Roofs can have years of buildup of algae, fungus, and moss, creating a warm home for mold. Clogged gutters encourage mold growth and can even cause leaks and foundation issues. Getting your roof and gutters cleaned, along with the installation of gutter guards, can deter mold growth in your home and prevent water damage.
- **Crawlspace or Basement.** Dark, damp areas beneath and inside our homes can become breeding grounds for mold. Proper sealing, drainage, and moisture control can help keep your home drier and more comfortable.

The concern: Leaving Home

- **Driveways.** Safe access into and out of your home is important for your family, guests, and emergency responders. Address potholes, drainage problems, uneven surfaces, and other hazards before they’re covered by snow or ice.
- **Vehicles.** Winter weather can be tough on our vehicles. Tires with low tread significantly increase the risk of accidents. Regular maintenance and a seasonal tune-up can keep you and others on the road safe.



We certainly don’t want to imagine the worst-case scenario, but being prepared doesn’t mean expecting the worst. It simply means giving ourselves a better chance of handling whatever winter brings. A little preparation now may come with some up-front expense, but the peace of mind and the money saved by avoiding a major repair or emergency can make it well worth the effort.

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From the Pantry

Cottage Cheese Chicken Enchiladas

Imagine the aroma of sizzling peppers and onions, the Mexican spices that flavor your favorite meat, or fresh cilantro and lime that pairs perfectly with a smooth or chunky guacamole. Don't let the name of this lighter take on an enchilada fool you. For many years it has been a popular family dish for my friend Valusia. It's cheesy and flavorful with just a little kick. So, if you can't make it to your favorite Mexican restaurant, hopefully this will tide you over.

INGREDIENTS:

- 3 c. Shredded Chicken
- 1 tbsp. Olive Oil
- ½ c. Chopped Onion
- 1 (7 oz.) Can Chopped Green Chili Peppers
- 1 (1 oz.) Package Taco Seasoning Mix
- ½ c. Sour Cream
- 2 c. Cottage Cheese
- ½ tsp. Salt
- Pinch of Pepper
- 2 c. Shredded Monterey Jack and Colby Cheese Blend
- 1 (10 oz.) Can Red Enchilada Sauce
- 12 (6 inch) Corn Tortillas



DIRECTIONS:

Sauté onions and chili peppers in oil. Add chicken and prepare taco seasoning according to package directions and pour over chicken mixture. Simmer for a few minutes until water has evaporated and set aside. Mix sour cream with cottage cheese and season with salt and pepper. In each tortilla place a spoonful of meat mixture and a spoonful of cheese mixture with a bit of shredded cheese. Place each rolled tortilla in a greased 9x13 baking dish. Top with remaining meat and cheese mixture, enchilada sauce and remaining shredded cheese. Bake at 350 for 20-30 minutes until cheese is melted and bubbly.



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FRIDAY THROUGH SUNDAY, OCTOBER 9TH – 11TH

The **Historic Appomattox Railroad Festival**, a three-day long festival that celebrates the heritage and history of Appomattox County, will have live bands, a parade, arts and crafts, train exhibits, fireworks, and much more. (AppomattoxRRFest.org)



SATURDAY, OCTOBER 10TH @ 10 AM – 6 PM

Visit **Downtown Front Royal** for the **54th Annual Festival of Leaves**, featuring 250+ vendors, 3 music stages, beer garden, car show, kids zone and much more. (FestivalofLeaves.org)

SATURDAY, OCTOBER 10TH @ 7:30 PM

Celebrate six decades of music and storytelling with **Steve Bassett: 60 Years in Music** and the **Perkinson Center**. This live experience blends candid conversation, behind-the-scenes industry insight, and live musical performances. (PerkinsonCenter.org)



WEDNESDAY THROUGH SATURDAY, OCTOBER 14TH – 17TH

Want a weekend getaway? The **OBX Bluegrass Festival at Roanoke Island Festival Park** is a four-day festival featuring the best names in Bluegrass, as well as food, drinks, and local vendors. (BluegrassIsland.com)

SATURDAY AND SUNDAY, OCTOBER 17TH AND 18TH

The **Rassawek Autumn Festival** at **Rassawek Vineyard** will include live music, trade demonstrations, kids activities, a pro rodeo, market vendors, and more. (Rassawek.com)



FRIDAY AND SATURDAY, OCTOBER 16TH AND 17TH

The **56th Annual Richmond Oktoberfest**, the only authentic German Oktoberfest in Central Virginia, will be held at the **Richmond Raceway Complex**, featuring live music, traditional Bavarian folk dances, and of course, food and drink. (RichmondOktoberfestInc.com)

SATURDAY, OCTOBER 17TH

The **Walton's Mountain Museum in Schuyler, VA** is celebrating 34 years, featuring live music, guided tours of the Earl Hamner Home, and food available for purchase.



SUNDAY, NOVEMBER 1ST

The **Whispers of Eden Farm Annual Pumpkin Recycling Drive** will start at the beginning of November and continue through Christmas. They accept all pumpkins/squash that do not have ink or decorations on them and are not moldy. You can drop off at the farm at any time if you have less than 30 items. If you or your neighbors have more than 30, you can call/email and arrange pick-up. (804-598-3163)

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