

Piedmont Communications

September 2023 • 191 Reeds Baptist Church Rd. • Lexington, North Carolina • 336.787.5433

NOT ANOTHER TELEMARKETER!



Submit Your Number to the National Do Not Call Registry

The **National Do Not Call Registry** was created to prevent unwelcome calls from Telemarketers. It prohibits all telemarketing except from companies

with which you have an existing relationship and certain non-profit organizations from calling you.

To register your phone number, simply call the number below from the phone number you would like added to the list.

Home Phone: 888.382.1222 or 866.290.4236 (TTY) Cell Phone: 888.382.1222

You may also register or obtain more information by visiting the National Do Not Call Registry website: **donotcall.gov.** Inclusion of your name on the list will be effective three months following your registration. Your number will remain on the registry permanently unless you request that it be removed.



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- Adjust thermostat during the day
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Recipe of the Month: Beef Nacho Casserole



INGREDIENTS:

2 tablespoons olive oil

1/4 pound pre-sliced sweet red peppers(about 1/2-inch-wide strips)1/4 pound pre-sliced sweet yellow peppers

(about 1/2-inch-wide strips)

I pound lean ground beef

1/2 teaspoon garlic salt

2 tubes (10 ounces each) refrigerated pizza dough

3 cups shredded taco-cheese blend

l jar (16 ounces) medium-hot salsa

I can (2.2 ounces) sliced black olives, drained (about 1/4 cup)

3 large scallions, trimmed and sliced

DIRECTIONS:

I. Heat oven to 375 degrees. Coat I3 \times 9 \times 2-inch baking dish with nonstick cooking spray.

2. In large skillet, heat oil over medium-high heat. Add peppers, ground beef and garlic salt; cook, stirring to break up clumps of beef, until the peppers are soft and beef is no longer pink, about 5 minutes. Drain off any excess fat from skillet.

3. Remove pizza dough from tubes. Cut the dough crosswise into 1/2-inch-wide slices, then cut each slice into quarters.

4. In large bowl, toss together dough pieces and salsa. Add cooked meat mixture, 2 cups of the taco-cheese blend and olives. Scrape mixture into baking dish. Sprinkle the remaining 1 cup taco-cheese blend over the top.

5. Bake at 375 degrees for 30 minutes. Sprinkle scallions evenly over the top. Bake an additional 5 minutes.

WELCOME NEW MEMBERS!

CHURCHLAND EXCHANGE 336-752-2114

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Carol E. Balkum Selva K. Danley

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Fairview Church of Shoals Verle E. Wolfe

Robert Leonard

BUSINESS OF THE MONTH



Sunny Creek Boutique 4344 S NC Hwy 150, Tyro, NC 336.867.1414 Want your business ^spotlighted in "The Buzz?"

This is a free service to our customers.

Contact Melanie Senter at senterm@surrytel.com or 336-787-5433

Be sure to check out Tyro's newest Boutique, Sunny Creek Boutique! At this great location you will find quality ladies clothing sizes Small – 3X along with accessories and gifts. Be sure to follow them on Facebook at Sunny Creek Boutique.

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are included in our packages at no extra charge. A full lineup of our channels can be found on ptmc.net.

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Some restrictions apply. Contact us for details.

