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January 9, 2019 : Vol. XL : #2

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Tennova Surgical Clinic-Shelbyville is proud to welcome Dr. Matthew Keibler. Dr. Keibler is board-certified in General Surgery and is experienced in a wide range of general surgery procedures and techniques.

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Donate your car, fast free towing, 24hr response, tax deduction. United Breast Cancer Foundation, your donation can help save a life! (877)654-3662. cadnet

2000 Chevy S-10 for sale, needs motor, transmission good, a lot of new parts under front end, good tires, body in good shape, \$525. (615)962-3657.

2006 BMW 325ic, convertible, 2DR, black w/tan leather, automatic, CD/NAV/DVD, 95,000 miles, beautiful car! \$8,500. (931)625-0245.

2003 CHEVROLET SILVERADO 1500, 4.3 auto, work truck, 140,000 miles, stock 429, BJB Wholesale LLC, \$2,495 plus tax and title. (931)563-5596.

Cars/trucks wanted!!! All makes/models 2002-2018! Any condition. Running or not. Top \$\$\$ paid! Free towing! We're nationwide! Call now, 1-888-985-1806. cadnet

1954 BUICK ROADMASTER for sale, model 76R, Riviera hardtop, 8 cylinder, 322cid/4BBL, Dynaflo automatic transmission, power steering, windows, brakes, original drivetrain and interior, new carpet, wire wheels and wide whitewalls, black exterior, black and red interior, \$11,500. (615)440-1948.

Cars/Trucks wanted!!!! 2002 and newer! Any condition. Running or not. Competitive offer! Free towing! We're nationwide! Call now: 1-888-416-2330. nani

1996 FORD MUSTANG, very nice car, 85,000 miles, stock 258, BJB Wholesale LLC, \$2,495 plus tax and title. (931)563-5596.

2006 GMC ENVOY SLT SUV, GM employee original owner, black, automatic, V6, sunroof, heated seats, loaded, average retail \$4,800, asking \$4,200. (931)222-9879.

2006 CHRYSLER PT CRUISER for sale, new timing belt kit, battery, brakes, control arms, motor bushings, all gaskets on engine/transmission, new oil and filter, new tires, \$3,000 or best offer. (931)596-3420.

Clothing and Accessories

BYRNES AND BAKER THERMAL RIDING JACKET, size large, great condition, only worn once, \$75. (931)398-0736.

UNDER ARMOUR SHOES, size 14 men's Under Armour Speed from Gemini Charged, good condition, purple, \$50. (931)212-3939.

REEBOK, ladies' v-neck white tee shirt, large but fits like medium, nice, \$2. (615)849-5012.

WEDDING DRESS, beautiful 2 piece, Ivory wedding dress from Italy, top is sequined with zipper, skirt is satin with lace overlay. Size 2. New was \$3,000. Asking \$500. (931)580-3379.

MEN'S JEANS. Size 30-32 Levi 514 Slim straight lightweight style. Good condition, only \$8 each. Tullahoma. (931)841-4600.

CERTAIN TRADING POST FRINGE DEERSKIN JACKET, like new, size 36, woman's jacket, might need cleaning, has been in closet, \$125. (931)398-0736.

JOHN DEERE, men's yellow tee shirt, 2x but fits like xl, has John Deere emblem on it, \$2. (615)849-5012.

MEN'S SHIRTS. Size small and medium. Very good condition. Casual styles, 120 to choose from. Only \$1 each. Tullahoma. (931)841-4600.

SANDALS, royal blue sandals, ladies' size 8, \$5. (615)849-5012.

Electronics

DIRECT TV CONTROLLER, TV or DVR, new in package, \$9. Manchester pick up. (931)728-3728.

XBOX ONE KINECT SENSOR, OEM, add extra to control your Xbox One console, cable included, \$25. (931)728-3728.

XBOX 360 in great condition, 14 games, 2 controllers, and guitar, \$200. (931)212-3939.

IF YOU BOUGHT A NEW TV, advertise your old one in the Exchange. One item selling for \$1,000 or less, can advertise in the Exchange at no charge. www.exchange931.com.

APPLE MACBOOK PRO 13" 2010, runs great, 2.4GHZ, Intel 4GB ram, NVidia GFx, DVD-RW El Capitan, Manchester pickup, \$300. (931)728-3728.

7" ASUS MEMO TABLET, new in box, 16gb storage, Android 4.4.2. Memo pad 7, Manchester pickup, \$99. (931)728-3728.

IPHONE 5, all accessories, new battery, text for more information, \$40. (931)703-3754.

HP LAPTOP W10, 15". 320 hard drive, 4bm memory, charger included, Manchester, have Dell too, \$175. (931)728-3728.

DRONE FOR SALE, Yuneec Q500 Typhoon, flying camera platform, like new, 4k Gimble mounted camera, VR glasses, more, \$400. (850)377-5684.

3 MOTOROLA TWO WAY RADIOS for sale, with batteries and chargers, \$100. (931)637-5182.

TWO CANON E40 TONER CARTRIDGES, unopened, \$110 each or \$210 for both. Texts only. (931)452-1158.

DELL DESKTOP, W7, HOME, 3GB memory, 3.0GHZ intel, Manchester pickup, \$175. (931)728-3728.

DISH TV \$59.99 for 190 channels, \$14.95 High Speed internet. Free installation, Smart HD DVR included, free Voice Remote. Some restrictions apply. Call, 1-855-419-7188. sapa

XBOX ONE POWER SUPPLY BRICK, after market power supply, Manchester pickup, you get two, \$25. (931)728-3728.

IPHONE 7 PLUS 128 GB for sale, original and unlocked, \$400. Interested buyers contact me at, jessecycooper@gmail.com.

9" TABLET, open box to charge test, 8gb, but can add with sd card, Android OS, \$80. (931)728-3728.

LG DVD/CD PLAYER, always wanted one? But too expensive? This is for you. \$10. (615)849-5012.

FOR SALE, PS3 games, \$10 each. Winchester area. (931)636-0131; (931)967-1022.

WiiU 32 GB CONSOLE for sale, like new in box, two games included, Super Smashers, Splatoon, \$300. Manchester. (931)728-3728.

SMART PHONE, Samsung 2018 Galaxy J3V, comes with protective screen saver, case, charger, amp and earbuds, \$50. (615)849-5012.

10" TABLET, Irulu, new in box, quad core, 8gb, 1.3 processor, \$90. (931)728-3728.

SHARP CASH REGISTER, Sharp XE-A21S, ready to use, all included keys, hard manual, CD, works as should, \$55 or best offer. (931)409-7273.



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Exercise Equipment

SUMMIT CLIMBER BY LIFE, like new, cost \$5,500, selling \$2,500 or best offer. Text for pictures, (615)542-0689.

BOWFLEX XLT WITH BENCH/LEG EXTENSION, seldom used, \$50. (931)967-1358.

PILATES PRO EXERCISE CHAIR, perfect condition, never used, includes four workout videos, \$85. (931)703-0716.

PROFORM HYBRID TRAINER ELLIPTICAL AND BICYCLE, paid \$500, excellent condition, selling due to health reasons, will take \$150. (931)637-4042.

PROFORM 590LTD, like new, hardly used treadmill, Wartrace, \$100. (931)308-5560.

Farm and Garden

BEFCO CYCLONE MOWER for sale, \$750. Belfast area. (931)276-2398.

STUMP BURNING STEEL BARREL, half a steel burn barrel, add wood and charcoal and light it, Shelbyville, \$10. (931)492-1611.

BURN OR GRAIN BARRELS, 55 gallon steel barrels with removable lids in Shelbyville, TN, \$15. (931)492-1611.

TWO REAR LAWN MOWER TIRES, size 18x8.5x8, \$40 each. (931)728-4928.

PRATER'S OUTDOOR FURNACES. Central Boiler's Classic Edge Certified Outdoor Wood Furnace as low as \$6,990. Don't Wait! Call today, (931)235-8311.

GENERAL AMERITEC TIRE 255/70/16, used tire with 6 lug chrome rim included, one only, Manchester pickup, \$40. (931)728-3728.



LAKE AND POND FISH FOR STOCKING. Bass, Bluegill, Shell Cracker, Catfish, Grass Carp, Minnows and Other Species. Aerators and Fountains. We deliver! Call for prices! (615)977-0752.

THREE 1 HORSE PLOWS for sale, \$55 each; also, 3 old farm metal wheels, \$45 each. (931)247-0858.



FUEL TANK FOR SALE, metal with stand, approximately 200 gallons, \$150. (931)952-1160.

JOHN DEERE 64 hay rake for sale, with dolly wheel, good condition, \$1,600. (931)808-4757.

TROY-BILT TILLER for sale, good shape, \$250. McMinnville area. (931)247-0858.

ORCHARD GRASS HAY, FIRST CUT ORCHARD GRASS, SMALL SQUARE BALES, 50LBS. TIGHTLY BALED, HORSE QUALITY, \$5.50. (404)867-1746.

FARM TANK PICK UP TUBE, steel fuel pick up pipe, adjustable, 17"-36", new production, never used, \$20. (404)317-3872, ask for Lee.



TWO FUEL TANKS FOR SALE, 2 large fuel tanks for sale, approximately 250 gallons each, stand included, \$250. (931)952-1160.

TRACTOR FOR SALE. 1995 model Ford New Holland tractor, with 4 remotes, 55hp, Farmhand front end loader with hay spear, bucket with joystick, and rear hay spear, less than 2,000 hours with almost new rear tires, very good condition, \$15,500. (931)967-9621.

FOR SALE, 1950? FORD TRACTOR, \$3,500; Befco cyclone mower; 6' scrapper blade; boxed flea market items. Belfast area. (931)276-2398.

Farm Animals

WANT TO BUY: Goats, sheep, chickens and guineas. Call, (931)427-8477; (256)777-0065.

FOUR MARKET LAMBS for sale, weighing 60-75 pounds. (931)993-6513.

GREAT PYRENEES puppies for sale, \$125 each. Altamont, TN area. (931)692-3333.

BALANCER/GELBVIEH BULLS. Ten balancer, one Gelbvieh bull. Solid EPD's, good dispositions, heifer or cow ready. 16 to 20 months old, \$2,000-\$2,500. Spring Hill area. (615)727-3399.

QUALITY TWO YEAR OLD ANGUS BULL for sale; also, used head chute for sale. No Sunday calls. (931)293-2290.

Furniture and Appliances

DEEP FREEZER, good condition, must be able to pick up at residence, \$125. (931)675-3171.

FREE REMOVAL OF Appliances, working/or not, washers/dryers, stoves, refrigerators, central units, freezers, batteries, scrap metal, junk cars, trucks, etc. (931)625-6130.

NEW FRIGIDAIRE BLACK REFRIGERATOR for sale, no ice maker, never been used, nice unit, \$399. (931)283-1856.

KENMORE DISHWASHER, works good, \$50. (931)691-0227.

APPLIANCE MAN-Sales, service, parts. 25 years experience, David Russell, owner. We sell used appliances! Monday - Friday, 9:30a.m.-5:30p.m., Saturday, 10a.m.-2p.m. (931)455-6844; (931)273-8880.

LARRY'S USED FURNITURE for all your furniture needs. We buy/sell used furniture. A little bit of everything including furniture, tools, antiques. Come check us out. Call Larry, (931)962-1800; 9310 AEDC Road/Decherd Hwy.

WHITE ROPER DRYER for sale, \$30. (931)636-2283.

STAND UP AIR CONDITIONER, 6,500 BTU, bought new on 9/9/18 for \$500, works great, \$300. (931)205-8745.

WHITE WICKER VANITY SET, very good condition, well made, \$110. (931)588-2186.

USED WHIRLPOOL, SELF-CLEANING, DOUBLE OVEN for sale, white and currently hard wired for use, looks good, selling as is, asking \$200. Winchester area. (931)967-2355; (931)434-3098.

KENMORE WHIRLPOOL WASHER AND DRYER SET, heavy-duty, super capacity, looks and works good, \$350. In Tullahoma. (931)841-1566.

MAYTAG WASHER AND DRYER, older model but works great, \$60 each or both for \$100. (931)409-4635.

FULL-SIZE BED FROM Wayfair for sale, six months old, teal blue, includes mattress protector, ready to go, \$100. Manchester. (931)581-4137.

DEEP BLUE ROCKING RECLINERS, excellent shape, no rips, stains or tears, kept in a smoke and pet free immaculate home, brand name is Berkline, size: 41" tall, 42" wide and 42" deep. Manchester pickup only, one mile from I24, \$325/both or \$175/each. (931)581-2906.

QUEEN MATTRESS WITH BOXSPRING, good condition, smoke free, must pick up in Shelbyville, no delivery, FREE! Text. (931)703-3754.

24" VENT FREE GAS LOGS for sale, with manual. Hot deal, \$50. Must sell. (931)723-5027.

TEN FORMAL DR. CHAIRS, \$125 per chair, like new, from Haverly, cherry stain wood with beige padded seats. (615)849-5012.

FOR SALE, COFFEE TABLE AND 2 END TABLES, \$75; nine office waiting room chairs, \$80; wicker storage chest, \$20; two end tables w/drawers, \$60. (931)307-8117.



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Auctions

4-UNIT ONLINE STORAGE AUCTION!! Your Extended Attic, 2 Simmons Road, Fayetteville will have an ONLINE AUCTION selling the contents of Unit I28, belonging to Joe Mastin; E18, belonging to Dana Stevenson; Unit D17, belonging to Shawn Brinkly and Shonda Hill; E02, belonging to Doris Varney Morton. Online auction will begin on Tuesday, January 15, 2019 and will end on Tuesday, January 22, 2019 at 7p.m. Go to www.vanmassey.com and select the online auction tab. For more information contact Tom Treece, (931) 273-9737.

4-UNIT ONLINE STORAGE AUCTION!! Your Extended Attic, 108 Twin Rivers Road, Hazel Green, AL 35750, will have an online auction selling the contents of Unit 123, belonging to Raymond Thornton; Unit 309, belonging to Jarod Land; Unit 900, belonging to Scott Campbell; Unit 250, belonging to Eddie Worsham. Online auction will begin on Tuesday, January 15, 2019 and will end on Tuesday, January 22, 2019 at 7p.m. Go to www.vanmassey.com, and select the online auction tab. For more information contact Tom Treece, (256)679-2538.

5-UNIT ONLINE STORAGE AUCTION!! Your Extended Attic, 1231 Huntsville Highway, Ste. F, Fayetteville will have an ONLINE AUCTION selling the contents of Unit 215 belonging to Dakysa Coleman; Unit 805 belonging to Jay Smith; Unit 236 belonging to Bret Wiser; Unit 231 belonging to Sara Gomez; Unit 224 belonging to Gary Reynolds. Auction will begin on Tuesday, January 15, 2019 and will end on Tuesday, January 22, 2019 at 7p.m. Go to www.vanmassey.com and select the online auction tab. For more information contact Dick Whitmore, (931)433-5550.

Your Extended
Attic
Self Storage

SMITH APPLIANCE: Washers; dryers; chest/upright freezers; stoves; refrigerators; side-by-side refrigerators; 110/220 air conditioners. Appliances \$85-up; six month warranty. New/used bed frames; boxsprings/mattresses; bedroom suites; dressers; chests; couches; chairs; bookshelves; odd tables; matching coffee table/end tables. New arrivals weekly. We can set up a whole house. 30 years in business. 8:30 a.m. - 5 p.m., Monday - Friday; 8:30a.m.-3p.m., Saturday. Location Hwy. 64 East, Fayetteville, beside Tennessee Livestock Producers. (931)249-9257; (931)433-6638.

NEED TO SELL YOUR OLD APPLIANCE! Place an ad with the Exchange. Fayetteville, (931)433-9737; or visit our website, www.Exchange931.com.

CUSTOM SPEAKER CASES for sale, a pair of used speaker cases, black fabric on two sides, measures 48"Hx12-1/2"Wx22"D, \$25. (931)434-6264.

FLORAL SOFA AND LOVESEAT, roll arms, slipcover style, like new, covered 98% of the time, reduced, \$550 cash only. (615)310-0619.

BEST MATTRESS PRICES AROUND. P&W DISCOUNT MATTRESS, 807 LIPSCOMB STREET, SHELBYVILLE. WEDNESDAY, THURSDAY, FRIDAY, 3P.M.-6P.M., SATURDAY, 10A.M.-3P.M. COME SEE US OR CALL WITH QUESTIONS. (615)653-1585.

WOODEN CABINET for sale, with bottom storage, drop desk in middle, glass top with shelf, \$60. (931)841-6311.

TWO HEATERS for sale, infrared fireplace heater, \$40; infrared all wood cabinet, \$100. (931)814-0141; (931)251-5589.

SAMSUNG GALAXY S8 PLUS for sale, 64 GB, original and unlocked, \$350. Interested buyers contact me at, jesssecycooper@gmail.com.

New Year, New You

Start the new year right. Come in and check out our new selection of cookbooks and devotionals!

521 West Commerce
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handspharmacy.com
931.359.2534

PHARMACY

OFFICE FURNITURE for sale, nice large desk by LaCroix, matching credenza, bookcase, secretary desk with side - all great condition; also, upright filing cabinet, all for \$500. Also, have 2 matching swivel desk chairs, and 2 stationary office chairs. (931)438-2958.

BEANLESS BAG CHAIR, new, still in box, never opened, \$10. (931)212-3939.

TWO BABY BEDS, excellent condition, used at Nannie's for naps, one has changing table, bought at Babies R Us, includes top of the line mattresses, \$120 for one, \$95 for other. (931)247-5446.

FREE REMOVAL OF APPLIANCES, ETC. We will pickup your unwanted washers, dryers, refrigerators, freezers, ranges, riding mowers, cars, golf carts, motorcycles, travel trailers, scrap metal items you don't need. Free of charge. (931)841-1566.

FROST FREE REFRIGERATOR, looks and works good, in Tullahoma, still plugged in, \$150. (931)841-1566.

BISTRO/BAR TABLE for sale, with two leather chairs, good condition, \$125. Manchester. (931)581-4137.

KENMORE WHIRLPOOL DRYER, heavy-duty, super capacity, looks and works good, \$150. In Tullahoma. (931)841-1566.

KENMORE ELITE ELECTRIC WASHER AND GAS DRYER for sale, front load with pedestal, very good condition, works good, \$350. Lynchburg area. (734)233-8996.

SIDE TABLE, used, wood, with glass insert, 30"x24" and height is 24", detachable legs for easy pickup, \$40. (931)581-7161.

Home Goods

2-2" FAUX WOOD BLINDS, set of 2, 27-1/2"x84", home decor collection, in box, beige, \$70. (615)310-0619.

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ORIENTAL RUG for sale, 9'x12', neutral color, \$50. Shelbyville area. (931)224-4155.

HEIRLOOM DOLL, Lord of the Rings collectible porcelain doll, Galadriel, 23" with case, gold cape, crystal, original box, papers, \$200. (615)310-0619.

HOOVER STEAM VACUUM DELUXE with five brush agitator, \$40. (931)581-2585.

GLASS FIREPLACE DOORS, overlap fit masonry glass fireplace door, 46.5 inches wide by 32.5 inches high, polished brass frame, tinted bifold glass doors, chain mesh screen, mounting hardware included, \$75. (931)808-5837.

FROSTED GLASS SHOWER DOORS, sliding doors, silver trim and tracks, \$120 or best offer. Winchester. (615)310-0619.

THROW PILLOW, 16x16 decorative, navy throw pillow, little deep red trim on front, \$5. (615)849-5012.

WESTERN HAT CHIP/DIP BOWL, press the red button, hat opens to reveal dip while playing Bonanza theme! \$20. (931)703-0773.

SPHERE GLOBE, delightful brass armillary nautical sphere globe, 10", great table decor for any room, \$40. (615)849-5012.

FIREPLACE TOOLS, solid brass fireplace tool set, stand, poker, broom, shovel, excellent condition, \$85. (931)649-3023.

RARE RUSSIAN COLLECTIBLE PLATES, four Russian collectible plates, "The Snow Maiden" collection, hand painted, raised edging, \$200. Winchester. (615)310-0619.

GLASS PUNCH BOWL with 12 glass cups, \$35. (931)649-3023.

SNOOPY COLLECTIBLE PLATES for sale, made by Bradford, \$30 each; Snoopy cookie jar, 1960 anniversary collection, \$55. (931)841-6311.

ROUND SLAB CUTTING BOARD block, 15"x3" with feet, \$50. (931)649-3023.

2015 AMERICAN SILVER EAGLE, brilliant, uncirculated, \$20.25. (931)580-2102.

ZERO GRAVITY CHAIR, brand new, never used, still has plastic cover on it, \$25. (931)227-6721.

METAL COWBOY CANDLE HOLDER, horseshoe cowboy holds your candle in one hand and his lariat in the other, \$35. (931)703-0773.

ANTIQUE GRECIAN LAMP, rare antique, brass/copper, 17" tall, 4 globe lights, 3 Grecian ladies, must see, price firm, \$500. (615)310-0619.

THREE SMALL WOODEN CHESTS. Two on the bottom-cloth covered, other can be stood on end, has hook for hanging clothes, \$20 for all. (931)273-6257.

TN POSTER PICTURES for sale, beautiful Tennessee poster pictures of popular sights - 28"x40" custom matted frames, total of 7 - will take \$250 for all. (931)438-2958.

WEBER TABLE TOP GRILL, model Q100, comes with 20lb. propane tank and redwood table, \$60. (641)451-7348.

POSTUREPEDIC PILLOWS, two Sealy Optimum memory foam Optigel bed pillows, new in box, \$85 at store, \$25 each. (615)849-5012.

RAINBOW VACUUM for sale, used very little, \$950. (931)394-4018, after 5p.m.

BREAD MAKER, Panasonic, SD-YD200, 2lb. loaf, \$55. (931)649-3023.

Jobs

Healthcare Career Training online. Start a new career in medical billing & coding. Medical Administrative Assistant. To learn more, call Ultimate Medical Academy. 855-629-5104. nani.

IMMEDIATE POSITIONS OPEN for Direct Support Care at New Life, 2nd and 3rd shift positions. Please apply in person at 702 Hundred Oaks Street, Winchester. Must have valid driver's license.

Home Instead

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NO EXPERIENCE NEEDED! Home Instead Senior Care is looking for fantastic CARE-Givers to provide care to seniors in their homes. Must be 21 or older, have a valid drivers license, proof of car insurance and be compassionate! Flexible schedules- YOU tell US what you want to work. Call Julia at, (931)454-2202, to set up an interview.

NOW HIRING, Kennel/Veterinary assistant, experience preferred but not required, must be flexible and able to work mornings, evenings, or weekends as needed. Submit resume to khambric529@yahoo.com; or, drop resume at Hambrick Animal Clinic, 301 Wilson Avenue, Tullahoma. (931)408-0899.

HELP WANTED RESIDENTIAL CONSTRUCTION. Home builder and remodeling contractor. Must have own transportation, drivers license and hand tools. Serious inquiries only!! (931)455-0627.

Pharmacy technician - online training available! Take the first step into a new career! Call now: 833-221-0660. nani


Airlines are hiring - Get FAA approved hands on aviation training. Financial aid for qualified students - career placement assistance. Call Aviation Institute of Maintenance, 888-686-1704. nani

HELP WANTED, Full-time position: some computer experience required, heavy lifting required, driver's license required. Self-starter, NOT afraid of work. Part-time position for laborer, must be able to do some heavy lifting. Call, (931)649-5949.

GENERAL MAINTENANCE HELP WANTED. Apply in person, 1642 Hillsboro Blvd., Manchester. (931)728-6855.

Earn up to \$5K per month? Work from home. No experience necessary. Start now! <http://earnadollaronlinedaily.com>. Call, 1-877-866-6399. cadnet

HAIR STYLIST NEEDED at Walk In Hair Care in Winchester. Call Judi, (931)308-5700.



LUMBER HANDLER. Now Hiring full-time lumber handlers. Starting wage \$10. Benefits package includes: Health Insurance, Dental Insurance, Vision Insurance, employer paid and voluntary Life Insurance and AD&D, Voluntary Long Term Disability, 401(k) with employer match, and uniforms program. For more information please call, (931)469-7272; or visit our office to fill out an application, 100 Harless Drive, Huntland, TN 37345. <http://www.thompsonappalachian.com/>. Thompson Appalachian Hardwoods is an Equal Opportunity Employer, a TN Drug Free Workplace, and a Federal E-Verification Employer.

B&M CABINET SHOP hiring experienced worker, references required. (931)937-8045.

UTILITY TREE CONTRACTOR HIRING FULL-TIME bucket operators, ground men, CDL drivers, climbers, giraffe, and skid steer operators for tree work. Must pass drug test and have valid driver's license. Call Matt, (731)845-6737; Ron, (731)845-6293.

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January

Featured Recipe



Baked Beef Stew
Brenda Donaldson

Soups

1 can diced tomatoes,
14 1/2 oz., undrained

1 c. water

3 T. quick cooking tapioca

2 t. sugar

1 1/2 t. salt

1/2 t. pepper

2 lbs. beef stew meat,
cut into 1 inch cubes

4 med. carrots,
cut into 1 inch chunks

3 med. potatoes, peeled, quartered

2 celery ribs, cut into 3/4 inch chunks

1 med. onion, cut into chunks

In a large mixing bowl, combine the tomatoes, water, tapioca, sugar, salt, and pepper. Stir in meat, carrots, potatoes, celery, and the onion. Pour into a greased 13x9 inch or 3 qt. baking dish. Cover and bake at 375° for 1 3/4 to 2 hours or until meat and vegetables are tender.

Submit Your Favorite Recipe Today!



Recipe must be original

Please print clearly or type


Be sure to list all ingredients needed

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2130 JD TRACTOR, great working condition, everything works but the tachometer, no oil leaks, canopy and loader with skid-steer quik tach included, \$6,900 or best offer. Like new pallet forks also available for \$800. Take all for \$7,500. (931)284-8117.

Wanted

WANT TO BUY GOOD USED BABY BED; also, leather glider rocker. Prefer from nonsmoker. (931)309-6899.

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LOOKING FOR ECHO 452VL, doesn't need to run, must have all parts. (931)588-8270.

WANT TO BUY, wire dog crate, 14" to 18" tall, and 24"-30" long. (931)247-1144.

Top cash for cars, any car/truck, running or not. Call for instant offer, 1-888-417-9150. cadnet

WANT TO BUY, 20 gauge double barrel shotgun; 16 gauge double barrel shotgun; 410 double barrel shotgun with rabbit ears. (931)247-0858.

WANT TO BUY, used hay rings and cattle corral panels. (931)993-8038.

WANT TO BUY SEASONED FIREWOOD, split 16"-18", Red Oak or White Oak. Shelbyville area. (931)684-9280.

Advertise to 10 million homes across the USA! Place your ad in over 140 community newspapers, with circulation totaling over 10 million homes. Contact Independent Free Papers of America I F P A at danielleburnett-ifpa@live.com or visit our website, cadnetads.com, for more information. cadnet

WANTED, SOMEONE to do yard work and small odd jobs around the house. Tullahoma area. (931)808-3873.

NEED SOMEONE TO INSTALL chain link fence in part of my yard so my dog can play outside safely. lpitt64@yahoo.com.

WANT TO BUY, Old Jack Daniel and Lem Motlow bottles and jugs. Top prices paid. (931)625-0632.

IF YOU'RE BUYING A NEW APPLIANCE, I'll buy your old one. Also, want to buy good used furniture. (931)249-9257; (931)433-6638.

Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557, Denver, CO, 80201. cadnet

WANT TO BUY working electric hot water heater, 30 or more gallons. (931)659-9186.

WANT TO BUY COUNTRY HOME, with private drive, five+ acres, wooded and secluded, well, woodstove/fireplace, 3 BD, 2 BA. (702)773-4153.

WORLD WAR II MILITARY ITEMS WANTED. Uniforms, medals, souvenirs, weapons, documents, etc. American, German & Japanese. Leave message if no answer, (931)684-0244.

WANT TO BUY, working unvented natural gas wall heater. (931)659-9186.

WANTED, black locust fence posts. Lincoln County area. Call or text. (256)975-7607.

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media group

Exchange

Telephone

931-433-9737 931-968-1144
931-455-1360 931-359-1994
931-728-3273 931-684-1285

Website

www.Exchange931.com

Office Location

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Fayetteville, TN 37334
Monday Thru Friday
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1940-2010

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Exchange is a free circulation publication mailed through the USPS to residents in Lincoln, Coffee, Franklin, Marshall, Bedford and Moore Counties in Tennessee.

Those residing outside **Exchange** free delivery service area may receive **Exchange** by subscription at a cost of \$25.00 per year. This covers the cost of postage and handling.

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All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination.

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Asbestos exposure in industrial, construction, manufacturing jobs, or the military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit.

LOOKING FOR ECHO 302, doesn't need to run, must have all parts. (931)588-8270.

Yard Sales

Bedford County

BEDFORD BUILDS HABITAT GARAGE SALE, now open! Donations accepted every day, 1210 Madison Street, Shelbyville, TN.

Yard Sales

Coffee County

ONGOING ESTATE SALE, 8a.m., January 10, 11, 12, 902 Evins Street, Manchester. Antique oak furniture; wardrobes; wicker; queen iron bed; jewelry/jewelry cabinet; 2 trunks; floor lamps; lift chair; piano stool; dolls; ladies' jeans.

Yard Tools

MURRAY RIDING LAWN MOWER, 12.5hp, motor runs good but stuck in neutral, \$125, negotiable. (931)684-6488.

This & That

Save on your next prescription! World Health Link, price match guarantee! Prescriptions required, CIPA certified. Over 1500 medications available. Call today for a free price quote. 1-855-530-8993. Call Now! cadnet

TN POSTER PICTURES for sale, beautiful Tennessee poster pictures of popular sights - 28"x40" custom matted frames, total of 7 - will take \$250 for all. (931)438-2958.

Unable to work due to injury or illness? Call Bill Gordon & Assoc., social security disability attorneys! Free evaluation. Local attorneys nationwide, 1-855-498-6323.. cadnet

Cross country moving, long distance moving company, out of state move \$799 long distance movers. Get free quote on your long distance move, 1-800-511-2181. cadnet

FOR SALE, CAST-IRON COOKWARE, \$20 each; two dozen golf balls, like new, \$5; 3,200 sports cards, \$25 for all. (931)455-8385.

Viagra and Cialis users! 100 generic pills special \$99. Free shipping! 100% guaranteed. 24/7. Call now! 888-445-5928. Hablamos Espanol. nani

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NISSAN TITAN ARMADA REESE HITCH, very heavy-duty, 2" Reese hitch, 13.5in. to 15in. down the rail, \$80. Text or leave message, (931)409-7273.

Make a connection. Real people, flirty chat. Meet singles right now! Call LiveLinks. Try it free. Call now 1-888-909-9978. 18+. sapa

LIMOGES COLLECTION CUPS AND SAUCERS, set of 4, "Courting Couple", cobalt blue, heavy gold Gilding cups and saucers, pristine condition, \$300. (615)866-7886.

Lung Cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit. cadnet

DISH TV - \$59.99/month for 190 channels. \$100 gift card with qualifying service! Free premium channels (Showtime, Starz, and more) for 3 months. Voice remote included. Restrictions apply, call for details. Call 1-855-784-9695. sapa

DISH TV \$59.99 for 190 channels + \$14.95 high speed internet. Free installation, Smart HD DVR included, free Voice Remote. Some restrictions apply. 1-800-718-1593. nani

COINS for sale, 10 graded Silver Eagles, \$75 each. (931)808-7045.

Airline mechanic training - Get FAA technician certification. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance, 866-453-6204. cadnet

FOR SALE, LARGE CROCK POTS, \$10 each; fishing rods with reels, \$12 each; vintage costume jewelry, \$1 each; gold cross with chain, \$20. (931)455-8385.

25 truck driver trainees needed! Earn \$1,000 per week! Paid CDL training! Stevens Transport covers all costs! 1 - 8 7 7 - 2 0 9 - 1 3 0 9 ; drive4stevens.com. nani

DIRECTV CHOICE all-included package. Over 185 channels! Only \$45/month (for 24 mos.) Call now-get NFL Sunday Ticket free! Call 1-855-781-1565 ask us how to bundle and save! cadnet

JACK DANIELS BARREL, \$100. (931)993-5150.

PECANS IN SHELL for sale, \$4.25 per pound, this year's product; black walnuts; black walnut products, \$3-\$7. (931)588-2186.

ALASKA CRUISES, must book now for best prices. Hayes Travel, your Alaska experts. (931)273-1545.

NEED CASH? Ashley Logging buys standing timber. Top dollar paid! Call, (931)205-0644.

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Airline mechanic training - Get FAA technician certification. Approved for military benefits. Financial aid if qualified. Job placement assistance. Call Aviation Institute of Maintenance. (866)724-5403. sapa

HARTMAN LUGGAGE, soft side, tan, nylon and leather, good condition, \$35. (931)649-3023.

Every Week
People Are
Searching for
Items You No
Longer Use.
A Word Ad
can turn those
items into cash.

Your word ad will reach over 84,000 homes on Wednesday and thousands of users on our website www.Exchange931.com. **Any single item priced under \$1,000 is FREE* to advertise.** *excludes Animals

Who receives an Exchange? Virtually every home in the below counties.

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Coffee County
Franklin County
Lincoln County
Marshall County
Moore County

84,000+ HOMES

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1) Call (931) 359-1994

2) Place online www.Exchange931.com

3) Drop off at our office 404 Main Ave S Fayetteville

Ads must be received by Monday at 9:30 a.m. for Wednesday's publication. All ads immediately go online at www.Exchange931.com.

Over 30,000 Word Ads
Placed the Last 12 Months

media group

Exchange

Calendar of Events

WELCOME

to your

Community

Events Calendar

To place your

non-profit events on the

calendar, email

events@exchange-inc.com

Deadline for events is Friday at 2:00 P.M.

Marshall County Democratic Party

January 10 • 6:30 A.M.
Marshall County Memorial Library
For more info: mcdemocrat.com

Marshall Co. Safety Committee

January 10 • 10:00 A.M.
Location Marshall Co. Courthouse Annex

Public Hearing

January 10 • 4:15 A.M.
131 E. Church St.
Ordinance 18-18 & Ordinance 18-19

Meeting of Mayor & Council

January 10 • 4:30 A.M.
131 E. Church St.

Family Store Times

January 10 • 9:30 A.M.
Marshall County Memorial Library, Lewisburg

Minecraft Free Play

January 10 • 5:00 P.M.
310 Old Farmington Rd., Lewisburg
For more info: 931-359-3335

Family Store Time

January 11 • 10:00 A.M.
Marshall Co. Memorial Library, Chapel Hill
For more info: www.marshallcountylibrary.org

Kids Painting Class

January 12 • 10:00 A.M.
Marshall County Art Guild, Lewisburg
For more info: 931-637-4774 or marshallcountyartguild.com

Crochet Class

January 12 • 10:00 A.M.
Marshall County Memorial Library, Lewisburg
For more info: www.marshallcountylibrary.org

Church on the Street

January 12
Open Gym 4:00 P.M. • Worship 5:00 P.M. • Dinner 6:00 P.M.
HOPEtown at the Connelly Dream Center, Lewisburg

Class for Veterans

January 13 • 10:15 A.M.
Church St. Church of Christ, Lewisburg
For more info: 931-808-0676 or 11321@bellsouth.net

Marshall Co. Board of Education Meeting

January 14 • 5:30 P.M.
Central Office Board Room, Lewisburg

Friends of the Library Meeting

January 14 • 5:30 P.M.
Marshall County Memorial Library, Lewisburg
For more info: 931-359-3335

Senior Center Needlework Group

January 14 • 2:00 P.M.
Senior Citizens Center, Lewisburg
For more info: 931-359-1808

Mother to Mother

January 15 • 11:00 A.M.
Marshall County Recreation Center, Lewisburg
For more info: 615-540-7000 or mothertomotherinc.org

Creative Hour

January 15 • 10:00 A.M.
Marshall County Art Guild, Lewisburg
For more info: 931-637-4774 or marshallcountyartguild@gmail.com

Job Club Fair Hiring Event

January 15 • 9:30 A.M.
Marshall County Recreation Center, Lewisburg
For more info: 931-548-8621 or andrew.potter@tn.gov

Planning & Zoning Board

January 15 • 4:00 P.M.
131 E. Church St., Lewisburg

Crochet Class

January 16 • 6:00 P.M.
Lewisburg Recreation Center, Lewisburg
For more info: 931-359-2482

Veterans Outreach Program

January 16 • 7:00 A.M.
Church St. Church of Christ Annex, Lewisburg
For more info: 931-808-0676

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LOCAL PEOPLES GAS CO.

3296 Lewisburg Hwy., Petersburg, TN 931-659-6981

Monday - Friday 8:00 A.M. - 5:00 P.M. Open on Saturdays 8:00 A.M. - 12:00 P.M.

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Lung cancer? And age 60+? You and your family may be entitled to significant cash award. No risk. No money out of pocket. For information call 855-677-0507. sapa

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AVON BOTTLES for sale, 50¢ each. Have a few for your collection. (931)469-0324.

FELLOWES POWERSHRED SHREDDER, P-8C shredder in box, slightly used, new is \$55, asking \$25. (931)728-4931.

Become a published author! We edit, print and distribute your work internationally. We do the work. You reap the rewards! Call for a free Author's Submission Kit, 866-951-7214. nani

Stay in your home longer with an American Standard walk-in bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at, 1-844-374-0013. cadnet

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A place for Mom. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is free/no obligation. Call 1-855-401-6444. sapa

A place for Mom. The nation's largest senior living referral service. Contact our trusted, local experts today! Our service is free/no obligation. Call, 1-844-722-7993. cadnet

Spectrum Triple Play! TV, internet and voice for \$29.99 each. 60 MB per second speed. No contract or commitment. More channels. Faster internet. Unlimited voice. Call, 1-855-652-9304. cadnet

Cash for cars: We buy any condition vehicle, 2002 and newer. Nationwide free pick up! Call now: 1-800-864-5960. nani

FIREWOOD! Miscellaneous hardwood, \$20 per truck load, 16" to 18" in length. (931)273-1545.

Lung cancer? And age 60+? You and your family may be entitled to significant cash award. Call, 866-428-1639, for information. No risk. No money out of pocket. cadnet

OFFICE FURNITURE for sale, nice large desk by LaCroix, matching credenza, bookcase, secretary desk with side - all great condition; also, upright filing cabinet, all for \$500. Also, have 2 matching swivel desk chairs, and 2 stationary office chairs. (931)438-2958.

Stay in your home longer with an American Standard walk-in bathtub. Receive up to \$1,500 off, including a free toilet, and a lifetime warranty on the tub and installation! Call us at, 1-855-534-6198. nani

New authors wanted! Page Publishing will help you self-publish your own book. Free author submission kit! Limited offer! Why wait? Call now: 844-660-6943. sapa

Bathroom renovations. Easy, one day updates! We specialize in safe bathing. Grab bars, no slip flooring & seated showers. Call for a free in-home consultation: 877-661-6587. sapa

SMOKELESS ASH TRAY for sale, battery operated, \$10. (931)636-2896.

RED OAK AND WHITE OAK firewood for sale, delivered in Manchester and Tullahoma areas. (931)409-0227.

STEVIE RAY VAUGHN DIE CAST MODEL CAR, collectible, still in package, only 9,000 made, VERY RARE! Also, 1996 Terry Lavonne die cast, still in package, Championship series, \$50 each. (931)492-4152.

A place for Mom has helped over a million families find senior living. Our trusted local advisors help find solutions to your unique needs at no cost to you! Call, 844-432-3281. sapa

A place for Mom has helped over a million families find senior living. Our trusted, local advisors help find solutions to your unique needs at no cost to you. Call, 855-741-7459. nani

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- Improve Digestion
- Infections and Allergies
- Prevent Diabetes

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Lung cancer? Asbestos exposure in industrial, construction, manufacturing jobs, or military may be the cause. Family in the home were also exposed. Call 1-866-795-3684 or email cancer@breakinginjurynews.com. \$30 billion is set aside for asbestos victims with cancer. Valuable settlement monies may not require filing a lawsuit. sapa

THREE VERY GOOD USED TIRES for sale, R16/94T, \$25 for all. Tullahoma area. (931)808-3873.

TWO PEACH TREES for sale, seven years old, you dig out and refill the holes, \$100 for both. Decherd area. (931)967-5586.

\$\$\$Old guitars & amps wanted\$\$\$ Gibson*Fender*Martin. All brands. Top dollar paid. Call toll free, 1-866-433-8277. cadnet

FREE! Moving Boxes (Tullahoma). All sizes! Small, medium, large, extra large, picture/painting, dish and clothes boxes plus wrapping paper and several furniture blankets. Some never used! Text, (850)313-9726, for pickup details/location.

HughesNet Satellite internet - 25mbps starting at \$49.99/month! Fast download speeds. WiFi built in! Free standard installation for lease customers! Limited time, call, 1-800-610-4790. cadnet

PORCELAIN DOLL for sale, Melanie from "Gone With The Wind" with display case, original box and papers, \$200. (615)310-0619.

Call Empire Today® to schedule a free in-home estimate on carpeting & flooring. Call today! 1-800-508-2824. cadnet

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DON'T LIVE WITH A WET BASEMENT. Living with a wet basement can be miserable. Cleaning up water and dealing with the results such as mold, mildew and damage is tiring and expensive. Call us for a permanent fix. 10% Off Any New Job. Up to \$300 Value. Mention *Exchange* for COUPON. Call for FREE INSPECTION, (931)283-0703.

FIREPLACE SCREEN WITH DECORATIVE VINES, 50" wide x 34" high, good condition, \$38. (931)607-8695.

Save on your next prescription! World Health Link. Price match guarantee! Prescriptions required. CIPA certified. Over 1,500 medications available. Call today for a free price quote. 1-866-293-9702. Call now! nani

KITCHEN CEILING WALL HUGGER FAN, 52", 4 blades, brass frame with glass lighted housing, good condition, \$28. (931)607-8695.

Make a connection. Real people, flirty chat. Meet singles right now! Call LiveLinks. Try it free. Call now: 1-888-909-9905, 18+. cadnet

Offer: Book your flight today on United, Delta, American, Air France, Air Canada. We have the best rates. Call today to learn more, 1-855-613-1407, Mon.-Fri.: 10:00a.m. to 7:00p.m., Sat. & Sun.: 11:30a.m. to 7:00p.m. (all times Eastern). sapa

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575 Lynchburg Highway,
Mulberry, TN. Ornamental
iron railing, gates, fencing,
mailboxes. Mike Thomas,
(931)993-9710;
www.southernironworks.com.

CUTE, COUNTRY 3 BEDROOM, 1-1/2 BATH RENTAL, large covered porch and carport, fenced yard, \$800/month. Can also rent a 2-car workshop with office on property for \$1,100/month. (931)581-4137.

INSULATED WATERPROOF RAINGEAR XL Coat and Large Bibs, full zip plus velcro closures, never worn, dark green, \$250. (931)224-2904.

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79%

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