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March 6, 2019 : Vol. XL : #10

Shelbyville

Every Mailbox, Every Wednesday

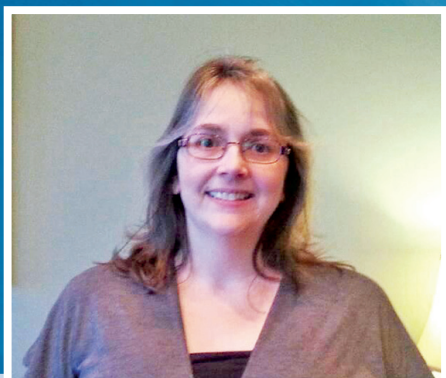
Tullahoma Chiropractic Helps With

**Headaches • Neck/Back Pain • Lower Back Pain • Ruptured Disc
Arm/Leg Pain • Shoulder Pain • Auto Accidents • Numbness • Sciatica**

For The Week of March 6th - 15th, 2019

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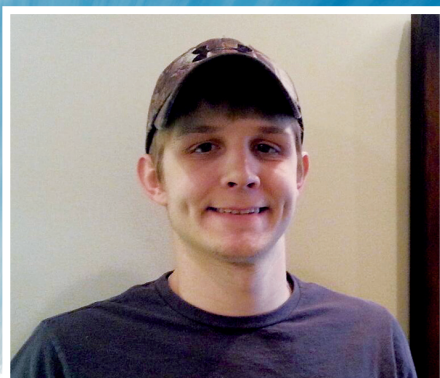
I've had issues with back pain ever since I can remember. I've tried to ignore the pain in my back. I wanted natural treatment rather than be put on harsh medications. I tried other things, but it didn't correct the cause of the pain. Since seeing Dr. Kanan I've regained feeling in my hands, my legs don't go numb, I've returned to yoga and my strength and flexibility are improving!

- Shalene S.



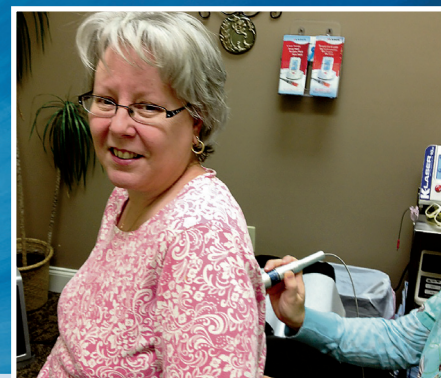
My name is Sergio Rojas. I came to Tullahoma Chiropractic. I came with a problem from my waist down the back of my leg. I have been coming two weeks and I have felt normal on this trip. My diagnosis was no problem. I've felt very good. Very well.

- Sergio



I had trouble moving comfortably and breathing normally for about a year! Ever since my adjustments I feel like new! I now have full movement without pain and more energy throughout the day. I finally feel relaxed and calm again! I definitely recommend Dr. Kanan he helped me tremendously!

-Justin R.



Our "State of the Art" Class IV Laser Helps With

I had lower back pain for several years. Since coming to Tullahoma Chiropractic I am able to move again without pain! I am sleeping through the night and can do my daily activities without ANY problems. The staff is always cheerful, helpful and they have done everything to make sure I understand the treatment.

- Vickie



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Normally \$599

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Dr. Joseph Kanan
Spinal Decompression Certified
26 Years Experience
K Laser Certified • Published Author

Tullahoma Chiropractic 931-393-2401

1940 N. Jackson St. (Next to Ruby Tuesday) • Tullahoma, TN 37388

www.tullahomachiropracticcenter.com • Check Us Out On Facebook!

Obituaries

LYNCH, JAMES DWIGHT (BLUE) - 60, Unionville, TN. February 28, 2019. Funeral service, 2:30 p.m., Tuesday, March 5, 2019. Burial in Swanson Cemetery. **LAWRENCE FUNERAL HOME**, Chapel Hill, TN. (931)364-2233.

PUGH, SILVIA CATHERINE HARRIS - 88, Shelbyville, TN. March 1, 2019. Funeral service, 2 p.m., Wednesday, March 6, 2019. Burial in Willow Mount Cemetery. **DOAK-HOWELL FUNERAL HOME**, Shelbyville, TN. (931)684-5011.

REED, JR., FRED RAYMOND - 57, Shelbyville, TN. March 1, 2019. Funeral service, 11 a.m., Tuesday, March 5, 2019. Burial in Houston-Whitworth Cemetery. **DOAK-HOWELL FUNERAL HOME**, Shelbyville, TN. (931)684-5011.

SIMPSON, STEFAN RYAN - 36, Rockvale, TN. February 27, 2019. Funeral service, 11 a.m., Tuesday, March 5, 2019. Burial in Cothran Cemetery. **LAWRENCE FUNERAL HOME**, Chapel Hill, TN. (931)364-2233.

Announcements Bedford County

MULTIPLE VEHICLES TO BE SOLD. The following vehicles will be sold if unclaimed and bill not paid in full: 1958 Chevrolet 3100, 3A58N106407; 1962 Buick Electra, 814009919; 1930 Ford Model A Truck, 32324; 1969 Chevrolet Camaro, 124379L500241; 1931 Ford Model A, A4310099; 1976 Ford WT9000, 908VC86497; 1967 Dodge Power Wagon Fire Truck, 2381737779; 1947 Chevrolet 3100, 21EP-F1242; 1971 Plymouth Barracuda, BH23H1G100921. Daniel's Auto Clinic.

MULTIPLE VEHICLES TO BE SOLD. The following vehicles will be sold if unclaimed and bill not paid in full: 2006 Avanti TA1, 1ZVFT80NX55143041; 2015 Volkswagen Passat, 1VWAT7A31FC048463; 2013 Nissan Maxima, 1N4AA5AP4DC820389; 2017 Nissan Versa, 3N1CN7AP0HL859366; 2016 Ford F-350 SD, 1FTAW3DT6GEC67986; 1966 Lincoln Continental, 6489G445730; 2018 Dodge Durango, 1C4SDJCT8JC323799. Daniel's Auto Clinic.

Announcements Coffee County

CLOTHING GIVEAWAY at Fredonia Church of Christ on Matts Hollow Road, Manchester, first Saturday of each month, 9a.m.-11a.m. All size clothing.

THE AMERICAN LEGION is having a Pork Loin Dinner, Saturday, March 9, 5p.m.-7p.m. Come join us at, Veteran's Building, 130 Shelton Rd., Manchester. All are welcome. \$8/person. Proceeds go back to the community and support our veterans.

NOW ACCEPTING MOWING BIDS for Coffee County Fairgrounds. Contact Bobby at, (931)409-9502, or Crystal at, ccfairboard@gmail.com, for specifications. Deadline, 3/18/19.



MILLERS POND, MANCHESTER, Exit 111 off I-24. Vendors and crafters event! May 11, rain date May 18. Headliners-Aprils Candy & more, Live band-Borderline, Greek Station, Holy Cow Shaved Ice & many more. Free admission, free parking. (931)723-3448.

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THANK YOU. The family of the late Helena Hockett would like to express our sincere thanks and appreciation to family and friends for all your prayers, food and flowers. Your kindness and sympathy continue to be a great comfort to us in our time of sorrow. The Hockett Family.

TWO TICKETS TO KELLY CLARKSON CONCERT for sale, great seats, Bridgestone Arena, Nashville, Friday, March 29, 7 p.m., \$150 for both. (931)433-6386.

Announcements Out of Area

Generic Viagra and Cialis! 100 pills \$99. Free Shipping! 100% guaranteed. 24/7. Call now! 888-889-5515. cadnet

Enjoy 100% guaranteed, delivered to-the-door Omaha Steaks! Save 75% plus get 4 free burgers. Order the Family Gourmet Feast - only \$49.99. Call 1-855-349-0656 mention code 55586TJC or visit www.omahasteaks.com/love13. cadnet

DIRECTV Select Package! Over 150 channels, only \$35/month (for 12 mos.). Order Now! Get a \$100 AT&T Visa rewards gift card (some restrictions apply). Call, 1-877-666-2821. sapa

DIRECTV CHOICE, all-included package. Over 185 channels! Only \$45/month (for 24 mos.) Call now-get NFL Sunday Ticket free! Call 1-877-666-2821. Ask us how to bundle and save! sapa

Antiques

ANTIQUA WHITE TABLE, with oak seats, table has inlaid tile, \$150. Winchester. (414)940-3645.

DOLLS. Old dolls, see picture at www.Exchange931.com for details, both for \$50. Call or text. (931)581-5975.

OAK CHIFFEROBE, with beveled mirror, text for pictures, Coffee County, must pickup, \$100 or best offer. (618)201-6460.

TYPEWRITER DESK AND CHAIR, folds to hide typewriter, 3 drawers, text for picture, Coffee County, \$100 or best offer. (618)201-6460.

4 QUEEN ANN CHAIRS, 1930's, very good condition, \$120. (931)408-0454.

Automotive Accessories

16" TIRES for sale, two 235-85x16, 10-ply, \$150; 265-70x16; 245-75x16 - 6ply - 8 ply; 235-85x16, 10 ply; 235-60x16 Michelin; 235-60x16 Bridgestone; 235-70x16; 225-60x16; 215-60x16; 205-55x16. \$250 plus. (931)703-1130.

AREA 8' HARDTOP BED COVER, red, waterproof, no scratches. Off an 8' bed, 1996 Ford truck, hydraulic life, \$350. (931)952-2338.

350 CHEVROLET ENGINE and 350 Turbo transmission, runs good, \$600. (931)205-7757.

5'X8' ALL STEEL TILT TRAILER for sale, new tires and rims, \$550. (931)409-0227.

RECEIVER TOW HITCH for sale, fits 1987-1997 Nissan hard body pickup, \$65. (931)294-5591.

FOUR 215-65x17 TIRES, Michelin tires and Mustang wheels, like new, will separate tires and wheels, \$400. (931)703-1130.

17" AND 18" TIRES for sale, 285-70x17 Bridgestones, nice!!!; 255-65x18; 245-65x17; 265-70x17; 235-65x17; 245-75x17. (931)703-1130.

FOUR 31-10.50x15 All TERRAIN TIRES for sale, like new, \$350. (931)703-1130.

51"Wx8'L TILT UTILITY TRAILER for sale, trailer has good 15" tires, wood floor, lights, jack, \$550. Manchester area. (931)723-4795.

Sell Your Phone Exchange931.com

FUEL TANK FOR TRUCK, with sending unit, came off of 1973 Ford pickup truck, good condition, \$150 or best offer. (931)728-4931.

3RD ROW SEATS for a 2005-2009, Tahoe, GMC or Cadillac Escalade, \$300. (931)469-7227.

FOUR 20" CHROME WHEELS AND TIRES for a Toyota, nice!!! with lugs, \$450, will separate tires and wheels. (931)703-1130.

1929 MODEL A MOTOR for sale, \$200. McMinnville area. (931)304-3353.

8' METAL HEAVY-DUTY RAMPS, works well with a side by side, like new, \$225. (931)247-4526.

15" TIRES for sale, 31-10.50x15, nice, \$150; 235-75x15, \$150; 225-75x15, \$200; 215-70x15, \$200; 205-60x15, \$200; 195-60x15, \$200. (931)703-1130.

FOUR JEEP CHEROKEE AND JEEP WRANGLER WHEELS AND TIRES for sale, like new, \$450. Will separate wheels and tires. (931)703-1130.

Books, Movies & Music

JIGSAW PUZZLE, Santa's Workshop by Betty Whiteaker, 550 pieces, 18x24 inches, \$1. (615)849-5012.

ENCORE DRUM SET for sale, text for picture, \$250. (931)625-1442.

MY WAR by Andy Rooney, \$3; The Mathematical Tourist (snapshot of modern mathematics) by Ivars Peterson, \$3; The Hermitage: Home of Andrew Jackson, \$2; The Ansel Adams Guide Book 1: Basic Techniques of Photography by John P. Schaefer, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

IMAGE COLLECTION by National Geographic, \$5: The Reckoning by John Grisham, \$3; Bluestocking by Bud Willis (Tullahoma author), \$10; Daughter of Fortune by Isabel Allende, \$3; Stained Glass by William F. Buckley, Jr., \$3; Tennessee Music: It's People and Places by Peter Coats Zimmerman, \$3; The Shepherd of the Hills by Harold Bell Wright, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

FOR SALE: 12-KARAOKE CD's, country, Elvis, Christmas, Rock, \$25 for all. 9 Hallmark ornaments, still in box, \$25 for all. Manchester. (931)728-0719.

JIGSAW PUZZLE, Life's Little Tangles by Dona Gelsinger, 1,000 pieces, 26-3/4x19-1/4, find the angel in the picture, \$5. (615)849-5012.

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DIRTY MINDS, the game of naughty clues, 2-6 players, \$1. (615)849-5012.

JIGSAW PUZZLE, 2011 Summer's Heritage by Thomas Kinkade, Painter of Light, 1,000 pieces, 27x20 inches, series 18, \$3. (615)849-5012.

Building Supplies

MAHOGANY LUMBER for sale, approximately 20 pieces, \$3.50 per board foot, negotiable. Elora area. (931)625-1736.

T&G DECK BOARDS, 48 - Number 1 quality, 16' kiln-dried decking, never used, stored inside, \$576. (931)425-6644.

OAK CROWN MOLDINGS, 3"x26" and 1-1/4"x140", also miscellaneous moldings, \$50. Cash only. (931)967-3070.

Cars / Trucks

2005 JEEP WRANGLER UNLIMITED, 4x4, 6-speed, cold A/C, new tires, like new soft top, 166K, \$7,750. (931)409-6107.

1995 NISSAN SE, V6, 4x4, auto, cold A/C, loaded, like-new tires, fresh tune up, new brakes, rotors, road ready for anywhere, \$2,650 firm. (931)409-6107.

1994 CHEVY S10, 1996 motor, fuel injection, throttle body, 350 transmission, custom exhaust, headers, body is straight, \$3,200 firm. (931)224-5337.

A-1 donate your car for breast cancer! Help United Breast Foundation education, prevention and support programs. Fast free pickup - 24hr. response, tax deduction. 855-893-0604. cadnet

2015 NISSAN ALTIMA SL, \$8,295. Silver, gray leather seats, 39,000 miles, push button start, power/heated seats, chrome wheels and much more. (931)954-0012; or, (931)588-8802.

2011 FORD FUSION for sale, black, 83,500 miles, garage kept, great condition, \$8,500; 2011 Ford Focus, red, 83,000 miles, good condition, \$5,500. (931)212-5786.

2008 NISSAN QUEST, loaded, Blue Book-\$6,300, asking \$3,950; 2004 Kia Sorento Ex SUV, loaded, sunroof, excellent condition, \$3,250; 2003 GMC Envoy XL, SUV, 4x4, loaded, sunroof, towing package, \$3,650. (931)222-9879.

2002 JEEP GRAND CHEROKEE for sale, 4WD, one owner, power windows/doors, keyless entry, \$2,500 or best offer. (931)732-4921.

WE BUY JUNK CARS AND TRUCKS. We also buy running vehicles. Will remove vehicles from your yard! (931)251-3005.

2014 CHEVROLET SONIC LT, maroon, 1.4 turbo hatchback, one owner, excellent condition, automatic, sunroof, power windows, doorlocks, backup camera, lots of extras, \$8,000. (931)625-4788.

2008 HONDA CIVIC SEDAN LX, tan, 136,000 miles, good condition, \$4,800. (931)581-4385.

2013 FORD FIESTA, like new, (817 miles, no misprint), great little car! Automatic, \$6,750. Winchester. (901)487-2647.

1998 NISSAN FRONTIER, uses no oil, runs good, new tires, new clutch, new battery, call for more information. (931)222-9704.

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

\$\$\$\$ CASH \$\$\$\$ FOR JUNK CARS, no title needed if over twelve years old. Same day pickup. (931)308-3537.

JUNK CARS AND TRUCKS wanted, running or not, top dollar paid. Call, (931)625-6130.

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Come celebrate this milestone for you and your child at

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Kindergarten!

Thursday, March 14, 2019 • 5:30 PM – 7:00 PM

6:30 - English presentation - Auditorium • 6:30 - Spanish presentation - Library



Harris Middle School • 570 Eagle Blvd. • Shelbyville, TN



- **CONNECT** with resources to help your child be successful in school
- Sit on a real school bus and **LEARN** about safety
- Learn about healthy school meals and staying active
- Ask questions
- Help your child be successful in school



All Bedford County Elementary Schools will be represented

Translator Provided

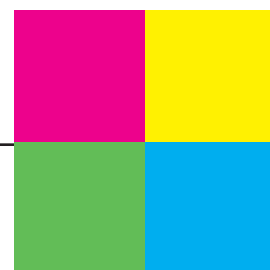
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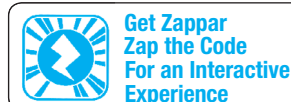


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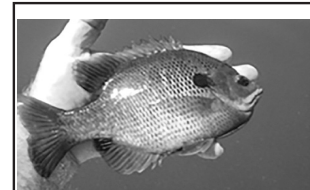
WIRELESS LAPTOP PRINTER, Lexmark Z2420 Home and Student, WiFi, high quality printing, wireless or USB cable, new unopened box, \$20. (931)224-3910.

ACER LAPTOP XP 15", CD player, charger, great shape, Manchester pickup, \$85. (931)728-3728.

VIRTUAL REALITY, art + Vision virtual reality headset with high definition earbuds, works with all smartphones, \$5. (615)849-5012.

BERLON ROUND BALE SPEAR, Universal skid steer front loader mount, like new, \$500. (931)227-7352.

TENNESSEE HEMP GROWERS, I have greenhouse growing equipment, \$1,000 or best offer. Call for pictures or text. (256)716-7874.



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.

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

SIX FOOT GRADER BLADE, \$425. Drag type disc, \$400. (931)247-0858.

CUSTOM CUTS PORTABLE SAWMILL SERVICE. Turn your logs into valuable lumber, at your place or mine! Belvidere, TN. (931)691-7953.

FOR SALE, 250 gallon fuel tank with stand, \$150; 300 gallon fuel tank on skid, with electric pump, \$250. (931)728-1056.

GARDEN TILLER for sale, front tine till, 5hp engine, used very little, good condition, \$250. (931)409-0227.

HARDWOOD SHAVINGS, average 65lbs., also cedar shavings. For barn stalls, dog houses, etc. (931)952-8185.

ROPE HERBICIDE APPLICATOR, herbicide wand/applicator, \$10. (828)891-9238.

6' GRADER BLADE for sale, 3 pt. hitch, used very little, \$325. (931)937-8949.

WEED BURNER, comes with 5# propane tank, \$25. (828)891-9238.

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

1993 FORD RANGER PICKUP, 2.4 motor, runs good, hydraulic clutch needs bleeding, new tires, \$1,200. (931)409-9354.

Clothing and Accessories

ASSORTED TOPS, \$2 each for ladies tops, assorted colors and styles, size large. (615)849-5012.

SIX PAIR LEVI'S, some are 50's and 527's, sizes range from 30-34, \$25 for all. (931)703-9073, leave message.

NORDSTROM (HERTLING), 3 piece all wool suit, black, size 40-42, \$200 or best offer. (931)393-0470.

YOUTH BROWN BUNNY OUTFIT for sale, with feet and hand covers, size 10, \$10. (931)327-2165.

NORDSTROM (HICKEY FREEMAN), all wool suit, size 40-42, gray, \$200 or best offer. (931)393-0470.

MEN'S TENNIS SHOES, New Balance Heritage, size 11-1/2, great condition, very comfortable, \$5. (615)849-5012.

SWEAT AND ATHLETIC PANTS, men's size 3x, 5 pair, Danskin and Starter brand, 1 heavy pair sweats, \$25 for all. (931)273-6257.

WOMEN'S INDIAN RUBY RING, 6.30ct ruby, .14ctw round diamond accent, set in 10kt gold, women's size 7, \$250. Can text picture, (931)262-0080.

Electronics

SONY 5 DVD PLAYER with subwoofer and 5 speakers with mounting hardware, Shelbyville pickup, \$30. (740)701-2339.

MINI IPAD, works perfectly, \$50. (931)222-9704.

XBOX ONE TRIALS FUSION CD, game disc, original box, Manchester pickup, \$15. (931)728-3728.

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

VINTAGE EPSON FX-1050, MODEL P12P PRINTER for sale, used, Dot Matrix, powers up, replacement ribbon and manual included, \$25. (931)434-6264.

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

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

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

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

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

SHARP CASH REGISTER, Sharp XE-A21S, ready to use, all included keys, hard manual, CD, works as should, \$65. (931)409-7273.


MINOLTA 7000 MAXXUM 35mm CAMERA for sale, with 50mm lens, 28-135mm lens, 28-80mm lens, filters, flash, gadget bag, manual, \$175. (931)393-4960.

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1996 FORD F-450 SUPER DUTY CHASSIS CAB. Diesel F450 Super Duty Power Stroke, has 3 toolboxes, I beam lift, approximately 270,000 miles, \$5,500. Was used for a monument setting truck for years, parked it a year ago December when I bought another one and don't need this one anymore, can't get it to start, diesel is not gelled, has new battery and fuel filter, buying as is! Everything worked when it was parked. This is a single cab. (931)703-8071.

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

2005 HYUNDAI for sale, clean 4-door, runs great, \$2,500. (931)703-1130.

2005 DODGE GRAND CARAVAN, 112,750 miles, DVD, runs good, needs some maintenance, email or leave message, Taft, TN, \$1,200 firm. (931)307-9029.

1996 GMC SONOMA, runs, \$500 or will trade for anything of equal value. (931)952-3238.

FOR SALE, 1988 CHEVY TRUCK, no motor, 5-speed transmission, \$700 or best offer; 350 engine, \$200 or best offer. (931)454-0472.

Donate your car to veterans today! Help and support our veterans. Fast - free pick up. 100% tax deductible. Call 1-800-245-0398. nani

JUNK BATTERIES, buying junk lead acid batteries, car, truck, boat, ATV, etc. (931)607-9653, please leave message. Thank You!

PRE-OWNED 2007 Lincoln Town Car Signature Limited Edition, loaded, new tires, 39K actual miles, STK#S064, TNDL#2248, \$8,900 plus TTL. (931)625-3434.

2008 HONDA CRV, almost new Michelin tires, new battery, new brakes, 84,000 miles, tip top condition, \$8,500. (931)728-4928.

Now Hiring Facilities Director

Required:
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Experience in hospital setting preferred

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809 N Main St., Shelbyville, TN erniecookmotors.com

BRILLION 10' TANDEM CULTIPACKER, like new, nothing broken, missing or welded, \$900. (931)227-7352.

2155 JOHN DEERE DIESEL TRACTOR, new tires, good condition. (931)728-5490; or, (931)728-4277.



2018 GRAVELLY PRO-TURN 260 for sale, Kawasaki 25hp, 43 hours, 60" cut, with mulcher attachment, extra tires, excellent condition, \$8,100. (931)759-7605.

SADDLE BLANKET, Indian motif, excellent condition, \$15. (931)703-0773.

FOR SALE, TURNING PLOW, like new, \$250. Bush hog, 5', good shape, \$250. (931)728-9731.

WANTED, FARMLAND TO RENT, up to \$200 per acre, cash rent. (931)655-0828.

CUSTOM BUILT AMISH 2 seat buggy with top, \$2,300. (931)581-5001.

TWO WHEEL LAWN MOWER TRAILER, \$150. (931)607-7388.

RANCH 3-RAIL VINYL FENCING, still in the plastic, approximately 1,500' of brand new Ranch 3-Rail Vinyl Fencing with 3 rail posts and caps. Great look for your ranch or farm! Cash only! (202)557-8655.

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

Farm Animals

BLUE HEELER MINIATURE PUPPIES for sale, \$120 each, ready to go, no shots. Moses J. Yoder, 2720 Jacksboro Road, Morrison, TN 37357, at the upholstery shop.

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

36 COWS AND 26 CALVES for sale, Huntland area. (931)469-7798.

MIXED HERITAGE BREED PIGS, multiple ages. Non GMO fed. See www.Exchange931.com for pictures. Call for further details. (931)625-2245.

TWO PUREBRED ANGUS BULLS for sale, 17-18 months old. (931)247-4530.

REGISTERED ENGLISH SETTERS & BRITTANY'S for sale, broke dogs, shooting dogs, champion bloodline, Shadow Oak Bo and Hytest Sky Hawk. (931)607-1024; (931)668-9893.

BALANCER/GELBIEH 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, TN. (615)727-3399.

Farm Animal Accessories

ADULT WESTERN SADDLE, 17", light-weight, black, cordura with leather seat, cattle and pommel, \$100. (931)247-5182. Call or text.

Furniture and Appliances

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.

ASHLEY LIVING ROOM FURNITURE, matching sofa, loveseat and recliner. Brown pleather fabric, very good condition, \$200. You pick up, Marion County, TN. (615)785-4355.

ASHLEY COCKTAIL TABLE WITH DRAWER, smoke and pet free home, very heavy, FCFS, send a message if interested, \$80. auvilleg@gmail.com.

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

OAK TABLE with extra leaf, 6 oak chairs, 2 oak bar stools, good condition, \$250. (931)581-4385.

TWO TALL BAR STOOLS for sale, brand new, paid \$250 each, asking \$200 each. (931)684-5724.

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.

ROLL TOP DESK for sale; beige sectional couch; leather recliner; lift chair; and two bedroom sets. (931)607-1042.

TABLE, pineapple pedestal, 64" with leaf, buttercream color, 4 chairs with pineapple carving on backs, \$300. Will send pictures. (931)581-1780.

COFFEE TABLE, glass top with metal base, brand new, oval, 48x24x18, \$69. (931)967-4439; or, (931)636-5578.

ASHLEY DRESSER MIRROR, 41"x48", very heavy, good condition, FCFS, send message if interested, \$30. auvilleg@gmail.com.

WICKER CAPISTRANO GARDEN ARMCHAIR, brand new, for the garden or inside of house, table/cushions included, \$220. auvilleg@gmail.com.

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

TWO LARGE VERTICAL MIRRORS, very nice, old, ornate bronze-gold frame, \$160/pair. Cash only, serious inquiries only. (407)383-6575.

EXECUTIVE OFFICE DESK for sale, with custom glass top, very nice, \$325 or best offer. Call Terry after 11a.m., (931)580-7455.

NICE QUEEN-SIZE BED for sale, \$200. (931)684-9771.

MAPLE HEXAGONAL COFFEE/SIDE TABLE, estate inheritance, excellent condition, solid hardwood maple with heavy glass fitted top, \$25. (931)224-1020.

20,000 BTU GAS FIREPLACE, brand new, cherry mantel, \$700. (931)625-0202.

SINGER SEWING MACHINE, drops down into the table, works great, just stopped using it, looks good, one leg need to be tightened, comes with thread and bobbins, \$100. (931)398-0736.

THREE MIRRORS, oak trim-gold trim-white wicker-\$50 each; four drawer dresser-\$40; leather office chair-\$100; blue on oak platform glider/rocker-\$75; 50's kidney shaped glass top table-\$100. (520)250-4233.

LOVESEAT, in good condition, no arms, velvet fabric, Tullahoma, only \$10. (931)841-4600.

CORNER CASE, red felt inlay, very pretty, 78" tall, \$125. (931)993-3972.

KENMORE WASHER, 7 months old, \$300. Whirlpool dishwasher, only used a couple of times, excellent condition, \$50. (931)308-9566.

GIRLS' DAYBED, makes into king-size bed, bedding and pillows included, \$75. (931)808-5234.

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. 8:30a.m.-5p.m., Monday-Friday; 8:30a.m.-3p.m., Saturday. Location Hwy. 64 East, Fayetteville, beside Tennessee Livestock Producers. (931)249-9257; (931)433-6638.

REPRODUCTION FEDERALIST STYLE 2 DRAWER SIDEBBOARD, estate inheritance, excellent condition, solid hardwood, wide, fairly deep drawers, 35"x20"x29-1/2" \$70. (931)224-1020.

ELECTRIC 30" GE built in oven, white, self cleaning, \$250. Antique rocker, \$175. Plasma, 60" LG TV, excellent picture, \$350. (931)581-5001.

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, \$110 for one, \$95 for other. (931)247-5446.

GLASS DINING TABLE WITH CHAIRS, 55" round glass dining table with metal base, 4 chairs with cane lattice upper backs and upholstered seats. Chairs are very heavy and sturdy. The set is in excellent condition, \$450. (931)580-2622.

WHIRLPOOL WHITE TOP AND BOTTOM REFRIGERATOR. Whirlpool 30" self standing white stove, coil eyes, \$300 for both, will divide. (931)273-4106.

TWIN ADJUSTABLE HOSPITAL BED, works great, almost new mattress, head and foot both move up/down, \$300. Pickup in Taft, TN. (407)860-2947.

GE DOUBLE WALL OVEN. Black, GE double wall oven, has digital controls with delay cook function and self cleaning feature for the top oven, located in Tullahoma and will need to be picked up, \$400. Call Hope. (931)455-7531.

ESP 20 MINUTE TANNING BED, face tanners, like new, original bulbs, works great, \$650 or best offer. (931)808-1066.

TWO PEDESTAL OAK DINING ROOM TABLE, 5'L, 2/18" leaves, 4/side chairs, 2/captain chairs-\$400; chest type coffee table-\$100; two small chairs-\$50 each. (520)250-4233.

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.

CORNER CHINA CABINET for sale, oak provincial, \$200. (931)607-6274.

SPEED QUEEN HEAVY DUTY WASHER, excellent condition, white, no problems, just bought a set. You pick up in Manchester off Highway 53, \$200. (931)728-7722.

WHITE KITCHEN AIDE WASHER AND DRYER SET, \$275 for both, will divide. (931)273-4106.

QUEEN POSTER BED, CHERRY. American Drew Cherry Grove queen pediment poster bed, Stern and Foster boxsprings and mattress. Excellent condition, see pictures, www.Exchange931.com, \$549.99 or best offer. Quilt extra if desired. (256)679-2502.

ROY LEWIS' ANTIQUES, LAWNMOWERS, U-HAUL. 12045 Tullahoma Highway, Tullahoma, TN. We carry a little bit of everything. Buy-sell-trade. We have zero turns! Looking for lawn mower trades. (931)841-2284.

Home Goods

LIGHTHOUSE FRAME, holds 2-1/2"x2-1/2" picture, art by Warren Kimble, would go great with lighthouse collection, \$4. (615)849-5012.

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

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

SCONCES WITH 10" PLATES for sale, used pair of sconces, \$25. (931)434-6264.

NAUTICAL blue storage box shaped like boat with drawer and doors, canvas clock, navy and white, \$10. (615)849-5012.

OLD QUILT, great condition, 84x99, one small flaw, Shelbyville pickup, \$90. (740)701-2339.

18 CRYSTAL BELLS, various sizes, \$100. (706)254-2576.

SNOWMAN COLLECTORS, Kirklands Mr. and Mrs. Snowman tea light holder, set of 2, \$5. (615)849-5012.

OCEAN ITEMS, tannish ceramic star fish and matching fish, very detailed, \$2. (615)849-5012.

BEACHY PICTURE FRAME, 7"x5" pretty yellow frame with ocean scenery and holds a 3"x5" picture, \$3. (615)849-5012.

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This full-time production position is for Tyson Foods' Shelbyville, Tennessee location. The successful candidate will be responsible for entry-level labor while maintaining a safe work environment and adhering to Tyson Foods policies and procedures.

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- Must be 18 years or older
- Must be able to stand for long periods and tolerate repetitive motions, including lifting, pushing, pulling, bending & stooping.

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Or the local **Workforce Solutions Offices** in

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Shelbyville Plant

Starting at \$16.84/hr +

These full time maintenance positions are for Tyson Foods' Shelbyville, TN location. These positions are located on multiple shifts. The successful candidate will be responsible for troubleshooting, maintaining and repairing all equipment and company assets, while maintaining a safe work environment and adhering to Tyson Foods' policies and procedures.

REQUIREMENTS:

- Must be 18 years or older
- Must have a minimum of 1 year of industrial maintenance experience, or currently enrolled in an industrial maintenance course, or recently completed an industrial maintenance course.

CONTACT: To apply for these opportunities and view all current opportunities with Tyson Foods, please visit our website www.tysonfoodscareers.com

www.tyson.com

Tyson Foods is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will be considered without regard to race, national origin, color, religion, age, genetics, sex, sexual orientation, gender identity, disability or veteran status.

STOVE MITTS, tan padded, 2 stove mitts for hot protection, great for grill use and deep frying, \$1. (615)849-5012.

FOR SALE, Royal Doulton china, came from England, setting for 4, \$200; six hand painted plates, by Lena Liu, \$100. (931)409-0413.

BOATIE ITEMS, mounted small wood sailboat, green glass shell and starfish, black glass basket brushed with copper, \$5. (615)849-5012.

INFRA/STAT PROPANE HEATER, 20,000 BTU's, like new, \$235. (931)728-2259.

AIRLINE OVERHEAD SUITCASE. Fifth Avenue, 21", navy and tweed, 2 rollers, listed online for \$69. Never used, asking \$25. (706)254-2576.

DECORATE BURGUNDY, wicker basket, 2 rose arrangements, small sailboat, boxed rose wall piece, 2 seashell candles, \$15. (615)849-5012.

FULL CROSCILL COMFORTER, dust ruffle and pillow shams, like new, \$30. (931)433-9298.

SEA SHELLS, 5 containers of sea shells, some are of the candle nature, some very pretty ones, \$2. (615)849-5012.

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

LIGHTHOUSE COLLECTORS, assorted sizes of 3"x4" and 5"x4" polystone lighthouse figurines, set of book ends are included, \$15. (615)849-5012.

PAINTING OF WOODS WITH STREAM, original signed oil painting of woods with stream by Watkins, \$50. (931)434-6264.

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

DISHES for sale, 4 place setting, American Living, over \$200 new, as pretty as china but for everyday use, \$25. (931)425-6644.

BEACHY-BOATY, bathroom set for beach house or houseboat, 4 piece ceramic tray, toothbrush holder, cup, soap dispenser, \$5. (615)849-5012.

CUSTOM-MADE CORNICE BOARD, 82" wide, beautiful, top grade fabric, lined, burgundy, green, tan, call/text for pictures, \$60. (931)581-1780.

NAUTICAL ITEMS, beachy trinket box, polystone sailor girl, 4 piece lighthouse coasters, \$10. (615)849-5012.

SNOWMAN COLLECTORS, Joy snowman candle holder set of three, 8.75" high, from Kirklands, still in box, \$5. (615)849-5012.

20lb. PROPANE TANK, \$10. (828)891-9238.

REDECORATE, matching buffet lamp, picture frame, candle holder, 2 vases, burgandy and sage green, can send picture, \$25. (615)849-5012.

BEAGLE, cute beagle head to hang up to remind you of your special pet, \$3. (615)849-5012.

OFF WHITE, full-size fitted sheet, cream color, good condition, \$2. (615)849-5012.

FACTORY SINGER SEWING MACHINE for sale, works great, excellent condition, \$100. (931)937-8472.

KIRBY VACUUM CLEANER, brand new, works great, with shampooer, \$350. Girls 14" pink and white bicycle with training wheels, \$50. (931)308-9566.

CANNING AND PRESERVING BOOK, new, \$10. (931)792-1066.

BURGUNDY ACCESSORIES, 16" shabby chic anchor candle holder with candle, 40"x20" rug, 4 clear candle holders with candles, \$15. (615)849-5012.

Jobs

CUSTOMER SERVICE POSITION-sales and construction experience. Project Leader position-construction and leadership experience, drug testing, background check, tobacco and vape free. (931)924-5565; email resume@josephsremodelingsolutions.com; joseph@josephsremodelingsolutions.com.

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

MECHANIC WANTED. Looking for a mechanic to work in a busy shop. Experience required. Salary based on experience. Must have a valid driver's license and transportation. Please contact Wright Paving Contractors, Inc. at, 931-433-7938. Equal Employment Opportunity Employer. \$15-\$22 per hour. 372 Shelbyville Highway, Fayetteville, TN 37334. (931)433-7938.

RELIABLE CARRIERS IN MANCHESTER, TN NOW HIRING, LOCAL, DEDICATED, OTR DRIVERS. Competitive Pay Structure, Flexible Dispatch, Consistent Home Time, No Touch Freight, Excellent Insurance/401K, Bonus Programs/Incentives, Vacation/Holiday Pay, 2 years experience required. Call Will, (931)728-9995; (800)728-9995; or A P P L Y O N L I N E , www.reliablecarriersontime.net.

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

SLITTER OPERATOR/SHIPPER, position may require a variety of tasks included but not limited to operating a slitting machine, packaging, computer scaling, creating the invoice and mailing labels. May be required to lift up to 50 lbs. Apply in person at 2340 North Jackson Street, Tullahoma, TN. (931)455-0658, for directions only.

ATTENTION DRIVERS, \$1,000 SIGN-ON BONUS. Thompson Transport is hiring OTR Drivers with a clean driving record. Home every weekend. Great benefit package. Please call our Fleet Manager, Eddie Boyd at, (931)469-0458, for more information.

CDL DRIVER NEEDED, regional run and OTR, home weekends, pay up to 55¢ per mile. Call Holt Trucking, (931)438-2920.

OFFSET PRINTING PRESS OPERATORS: Super Web Press, AB Dicks, 2/color Ryobi, 2/color jet. Experience preferred. Apply in person, 2340 North Jackson Street, Tullahoma, TN 37388. (931)455-0658, for directions only.



OPPORTUNITY TO JOIN BLUE MONARCH TEAM. Administrative Director. Blue Monarch is seeking someone who is meticulous with details and can focus in an unpredictable environment. This position is responsible for protecting and managing all our resources and assets; donations, property, facilities, vehicles, and even farm animals. Must have bookkeeping experience and proficiency in Quickbook's is preferred. Great opportunity to work in a Christian environment with an amazing team. Blue Monarch is a Christ-centered, long-term, residential recovery program for women and their children, which is located in Coffee County. Applicants are asked to send a cover letter, resume, and statement of faith to, susan@bluemonarch.org. For full job description see, www.bluemonarch.org.

QUALITY INN of Tullahoma is taking applications for the following: **HEAD HOUSEKEEPER**-must have 3 years housekeeping experience with one year of hotel housekeeping and laundry experience, be responsible, dependable, able to delegate, be clean cut and have own transportation. **HOUSEKEEPER**-must be clean cut, have own transportation and experience helpful but we will train if needed. Must reply in person at 1410 North Jackson Street, Tullahoma, TN. 37388.

PREFERRED GLASS OF SHELBYVILLE is currently seeking a full-time office assistant. The ideal candidate will have excellent people skills both on the phone and in person. Will need to be a quick learner, excel at multi-tasking and be able to keep up in a fast paced working environment. QuickBooks experience preferred and accounting knowledge and accounting experience are definitely a plus. Pay will be based on experience and current working knowledge. Preferred Glass does not offer health insurance benefits. Please bring a resume and apply in person at 836A North Jefferson Street, Shelbyville. NO CALLS PLEASE.

DRIVERS CDL-A, OTR: Sign on bonus! Flexible home time! 100% paid employee health insurance! Paid holidays & vacation! 2 years exp. 855-475-7697.



IS EXPANDING IN BEDFORD, COFFEE, AND LINCOLN COUNTIES. Skills Development Services, a non-profit agency working with adults with intellectual disabilities, has openings for new employees in our expanding programs in Bedford, Coffee, and Lincoln Counties. Full-time and part-time positions are available with rotating 12 hour shifts available. Training and background check will be provided by the agency. A good driving record and a current driver's license are required. Applicants need to be dependable, motivated, and able to work as part of a team. Duties include assistance with personal care, some household duties, and computer experience is helpful. Beginning salary starting is \$9.85 per hour. To schedule an interview, please contact your nearest local office using the contact information below. Bedford County, (931)684-6976; Coffee County, (931)393-3840; Lincoln County, (931)433-0913. COME GROW WITH US!

AMERICAN DEVELOPMENT CORPORATION IS NOW HIRING CDL Drivers, 2 years previous driving experience preferred, Hazmat preferred but not required, some overnight runs, physical loading/unloading, salary plus mileage, excellent benefits package that includes medical, dental and vision insurance, bonus potential. Call, (888)542-8561, to schedule an appointment. EEO.

NOW HIRING, landscaping and lawn maintenance professionals, full-time, experienced, valid driver's license needed. Franklin and Coffee County area, serious inquiries only. (931)607-5629.

HELP WANTED: Concrete construction workers needed, more experience=more pay. DL a plus. Applicants must be able to report on time. Leadman capable applicants go to the head of the line. (615)406-0408. Russ.

FULL-TIME TRUCK DRIVER NEEDED for local deliveries, load/unload building materials, valid drivers license, clean MVR-no DUIs, must pass DOT physical/drug test, must be 21 or older, no CDL required. Apply in person in upstairs office, Hazel Green Building Supply, 15409 Hwy. 231/431 N, Hazel Green, AL. (256)828-2779.

CARPENTER'S HELPER/LABORER WANTED. Laborer wanted to help with some remodeling. Carpentry experience preferred. Must have a valid driver's license and transportation. \$8-\$10/hour. Call, (931)433-7938. "An Equal Opportunity Employer." 372 Shelbyville Highway, Fayetteville, TN.

LOOKING FOR MECHANIC AND GROUNDSMAN for Utility Tree Contractor. Must pass drug test and have valid driver's license. Lincoln County and surrounding counties. Matt, (731)845-6737; Ron, (731)845-6293.

LABORER. Wright Paving Contractors, Inc. is looking for laborers to work on the base and paving crews. Experience preferred. Salary based on experience. Benefits are available. \$10-\$15 per hour. Please contact Wright Paving at, (931)433-7938. Equal Employment Opportunity Employer. 372 Shelbyville Highway, Fayetteville, TN 37334.

PART-TIME HELP WANTED. Cleaning service looking for dependable, responsible, hard working people. Must have reliable transportation. Must pass drug and background check. Serving Tullahoma, Winchester, Estill Springs areas. Contact [Lenka at, lenkavetitoe@gmail.com](mailto:Lenka@lenkavetitoe@gmail.com).

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JOB POSITION for Class A CDL driver, local Sod Farm, please apply in person at 888 Ardmore Highway, Taft, TN.

DRIVERS WANTED, must live within 20 miles of Hillsboro, clean MVR/must pass drug test, Class A or B CDL required, hourly pay plus overtime, \$40,000-\$45,000 yearly. (931)808-1610.

Kids Stuff

RARE MONSTERS SCREAM FACTORY TOY, kids used playing piano, works fine, \$50. (931)728-3728.

LEGO DSI BLUE, no power cord but can order, \$40. (931)728-3728.

GIRL'S PINK TODDLER BED, "Frozen" theme, comes with brand new mattress cover, \$35. (931)227-6721.

FUN STUFF. Cuddly orange, pink, green owl pillow and colorful polka dot soft throw, \$10. (615)849-5012.

BIONICLE LEGO, new in box, sealed, \$99. (931)728-3728.

DOLLS WITH DOLL BEDS for sale, beds made out of popsicle sticks and painted, doll included, \$8 each. (931)691-4661.

WALT DISNEY VIDEO, VHS Masterpiece Collection, Bedknobs and Broomsticks, \$10. (615)849-5012.

FOR SALE, BAG FULL OF boys' size 7 pants, \$30; white Converse shoes, size 11-12, \$30. (931)422-2329.



MEDICAL ASSISTANT TRAINING. Night Classes, April 8 - June 14, 5-9p.m., \$2,000 tuition, \$200 registration. Medical Response Institute, 1155 South College Road, Winchester. (931)240-0005; (931)259-7002.

Lost and Found Coffee County

PUPPY FOUND, collared, black Lab mix found on Taylor Road, Sunday, seen on Rock Road, Saturday, call to ID. (931)728-6474.

Lost and Found Franklin County

PADDLE BOAT washed up from recent flooding. (931)247-0282.

Lost and Found Lincoln County

LOST DOG. Lost black and tan English Shepherd mix on Prince Lane, Fayetteville on February 19. If found call, (931)993-0340.

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Real Estate Lincoln County

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THREE BEDROOM, ONE BATH HOUSE for rent, no pets, references a must, \$850/month, \$850/deposit, 409 East Lauderdale St., Tullahoma. (931)247-5333.

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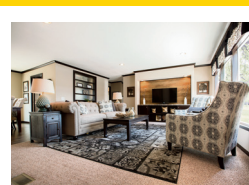
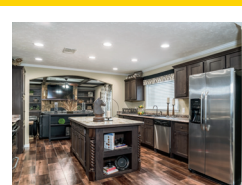
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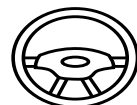
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Holly Gray

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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Exchange will gladly reprint, without charge, that part of an advertisement in which an error occurs, provided a claim is made within three (3) days of the first publication of the ad.

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Exchange reserves the right to reject ads considered distasteful or defamatory.

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.

Exchange will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

Exchange contains word ads from regional and national Free Paper associations. Therefore, any discrepancies with national word ads shall not be the responsibility of Exchange.

Lung Cancer?

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.

Sleep apnea patients - if you have Medicare coverage, call Verus Healthcare to qualify for CPAP supplies for little or no cost in minutes. Home delivery, healthy sleep guide, and more - free! Our customer care agents wait your call. 1-844-545-9175. 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

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

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

Kill bed bugs! Buy Harris sprays, kits, mattress covers. Hardware stores, The Home Depot, homedepot.com. cadnet

Financial benefits for those facing serious illness. You may qualify for a living benefit loan today (up to 50 percent of your Life Insurance Policy Death Benefit). Free information. Call, 1-855-632-0124. nani

FRANKLIN LIBERTY BELL HALF DOLLARS for sale, complete set, 35 coins in deluxe album, 1948-1963, \$285. Winchester. (931)967-0105.

EASTER ITEMS for sale, baskets, \$4 each; large male/female stuffed bunny rabbits with outfits, \$25; small male/female, \$10. (931)691-4661.

Save your home! Are you behind paying your mortgage? Denied a loan modification? Is the bank threatening foreclosure? Call Homeowner's Relief Line now! Free consultation. 844-359-4330. sapa

DISH Network \$69.99 for 190 channels. Add high speed internet for only \$14.95/month. Best technology. Best value. Smart HD DVR included. Free installion. Some restrictions apply. Call, 1-855-837-9146. 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

COMPLETE SET MERCURY SILVER DIMES, 1916-1945 -D minus only the 1916-D. 76 silver coins in deluxe Dansco album, \$265. (931)967-0105.

FLAIR AIR PURIFIER, good condition, \$75 or best offer. (931)728-4931.

TIE DOWN ENGINEERING TRAILER HITCH, never used, 8,500lb. actuator, activated trailer hitch, new 46304 calipers with pads and bolts, \$200. (931)409-7273.

Inventors - free information package. Have your product idea developed affordably by the Research & Development pros and presented to manufacturers. Call, 1-888-501-0236, for a Free Idea Starter Guide. Submit your idea for a free consultation. nani

Free auto insurance quotes. See how much you can save! High risk SR22 driver policies available! Call, 855-970-1224. sapa

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

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

COUPLE IN ESTILL SPRINGS setting up for a yard sale when garage flooded. Call Terry after 11a.m. to view items. (931)580-7455.

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

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

HYPNOSIS! Get the help you need, stop smoking, weight control, stress, phobias, study skills, public speaking, depression, anxiety, self-improvement. Lewisburg. (931)270-1664.

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

Start saving big on medications! Up to 90% savings from 90daymeds! Over 3500 medications available! Prescriptions Req'd. Pharmacy checker approved. Call today for your free quote. 844-776-7620. cadnet

RANCH 3-RAIL VINYL FENCING, still in the plastic, approximately 1,500' of brand new Ranch 3-Rail Vinyl Fencing with 3 rail posts and caps. Great look for your ranch or farm! Cash only! (202)557-8655.

OLD QUILT, great condition, 84x99, one small flaw, Shelbyville pickup, \$90. (740)701-2339.

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.

- Bedford County
- Coffee County
- Franklin County
- Lincoln County
- Marshall County
- Moore County

84,000+ HOMES

Three ways to place your word ad.

- 1) Call (931) 684-1285
- 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



BE DEBT FREE in 24-48 months!

If you owe more than \$10,000 in credit card or other debt, see how we can help.

Call: 855-448-4531

Are You Suffering from Numbness, Severe Neck, Lower Back or Arm/Leg Pain?

Have you been diagnosed with a Bulging, Herniated or Degenerative Disc?

Limited To The First 15 Guests



Come To Our Free Lecture On How Decompression Can Prevent Surgery!

March 18th & 20th at 6:00 P.M.

At our office: 1940 N. Jackson St., Tullahoma

Call Now! 931-393-2401
Limited to the First 15 Guests



Due to sever lower back pain, I haven't even been able to even do the dishes without taking a break to sit down. I didn't realize I had two bulging discs that were pressing against a nerve until I came to Tullahoma Chiropractic. The decompression therapy is wonderful. For the past 2 years, I haven't been able to walk for thirty minutes without being in pain and having to take a break. This week, I went shopping for 3 hours pain free! Decompression therapy has changed my life!

~ S. Rickman

Who is a Candidate?

Our spinal decompression system has been found to relieve the pain associated with disc degeneration, herniated and bulging discs, facet syndrome, and sciatica. Spinal decompression is a great option because back surgery is so risky.

The Solution:

Our method is a proven, comprehensive treatment program which includes computerized true disc decompression, cold laser therapy, and exercise rehabilitation to promote long term spinal health. Spinal decompression is considered by many doctors to be the most advanced and successful noninvasive treatment of serious back, neck, leg or arm pain. The method allows for a much higher success rate by increasing hydration and restoring health to your discs. This results in a more effective and lasting solution to your pain. There are no side effects and no recovery time is required. This gentle and relaxing treatment has proven to be effective even when drugs, epidurals, traditional chiropractic, physical therapy and surgery have failed.

Sciatica and herniated discs are often misunderstood.

They can cause pain and numbness in the back, neck, legs and feet. This pain affects everything you do, from work to play, and ultimately your quality of life. We are here to tell you that there is hope. We have the technology and experience to help you find relief from sciatica and back pain. We have helped thousands of pain sufferers just like you. We offer only the most advanced non-surgical treatments.



Dr. Joseph Kanan
Spinal Decompression Certified
26 Years Experience
K Laser Certified
Published Author

Before you consider surgery consider these points:

- Back surgery can cost \$50,000 to \$100,000 or more
- Recovery can be very painful and can take months or years
- Surgery may or may not relieve your pain
- Dependence on prescription drugs may occur after surgery
- Missed work can amount to \$1,000's in lost wages
- Outcomes may be uncertain, and surgery is not reversible

Get Your Life Back Today!

"If you suffer from sciatica, severe back or neck pain, you can find relief! If you are serious about getting your life back and eliminating your back and neck pain, my staff and I are serious about helping you and proving how our technology and experience can help. We are extending this offer to the first 30 callers. These spaces fill up quickly, so call today to reserve your spot."

Lose 20 lbs. in 40 Days!

Now Only \$399
Normally \$599

Call For a FREE Weight Loss Consultation!

Limited to the first 20 callers



Call 931-393-2401 Now

Tullahoma Chiropractic & Medical Center

Check Us Out
On Facebook!

1940 N. Jackson St. (Next to Ruby Tuesday) • Tullahoma, TN 37388

tennstem.com

Calendar of Events

Financial Peace University

Now - April 3 • 6:30 P.M.
First Baptist Church, 304 E Depot Street
For more info: fpu.com

Middle Tennessee Business Network

March 7 • 8:00 A.M.
Shelbyville-Bedford County Chamber of Commerce
100 North Cannon Blvd
For more info: Tom or Nakai Waynick (931)684-2111

Ribbon Cutting at Dwight's Place

Barber & Beauty Shop
March 7 • 12:00 P.M.
409 Thompson St., Shelbyville

Game Time

March 7 • 1:00 P.M.
Shelbyville Recreation Center, 220 Tulip Tree Road, Shelbyville
For more info: (931)684-9780

Scrap N Stuff

March 8 • 5:30 P.M.
Shelbyville Recreation Center, 220 Tulip Tree Road, Shelbyville
For more info: (931)684-9780

The Boys Next Door

March 8 • 6:00 P.M.
The Fly Arts Center 204 S. Main St., Shelbyville
For more info: (931)684-8359

Stay Amazed with Kathy Troccoli

March 9 • 9:00 A.M.
First Baptist Church, 304 E Depot Street, Shelbyville

Painting with Cindy - Easter Bunny

March 9 • 10:00 A.M.
Shelbyville Recreation Center, 220 Tulip Tree Road
For more info: (931)684-9780

Eating Out With Friends

March 12 • 11:00 A.M.
Highway Burger and Shakes (beside Kroger)
Shelbyville

Wii Bowling for Seniors

March 13 • 11:00 A.M.
Shelbyville Recreation Center, 220 Tulip Tree Road, Shelbyville
For more info: (931)684-9780

Free Blood Pressure Checks

March 13 • 8:30 P.M.
Shelbyville Recreation Center, Shelbyville
For more info: 931-684-9780

Painting with Zeal - Underwater Fantasy

Thursday, March 14 • 5:30 P.M.
Shelbyville Recreation Center, Shelbyville
For more info: 931-684-9780

Free Family Event For Families of Children Going To Kindergarten This Fall

March 14 • 5:30 P.M. - 7:00 P.M.
Harris Middle School, 570 Eagle Blvd., Shelbyville

Chamber Connections Coffee

March 15 • 10:30 A.M.
SBC Chamber of Commerce, Shelbyville
For more info: 931-684-3482

Chocolate Bingo

March 15 • 1:00 P.M.
Shelbyville Recreation Center
For more info: 931-684-9780

The Sound of Music

March 15 • 7:00 P.M.
Community High School, Unionville

STEM Club

March 16 • 11:00 A.M.
Shelbyville Bedford County Public Library

Paws for a Cause

March 16 • 10:00 A.M.
Celebration Arena Pavilion
For more info: www.mtsnc.org or 931-684-5353

Book Signing & Meet & Greet

March 16 • 9:00 A.M.
Bell Buckle Coffee Shop

Daffodil Day

March 16 • 10:00 A.M.
Bell Buckle, Tennessee

To place your non-profit events on the calendar, email events@exchange-inc.com

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