# Exchange

EVERY MAILBOX, **EVERY WEDNESDAY** Lewisburg Edition Vol. XL #18 May 1, 2019 ©2019 Exchange, Inc



-Bulged Disc

**Sciatica** 

Stenosis

-Herniated Disc

Pinched Nerves

Whiplash

**Neck Pain** 

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

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

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

May 13<sup>th</sup> at 7:00 р.м. **Middle TN Entrepreneur Center** 414 Wilson Avenue, Tullahoma

## Call Now! 931-393-2401



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

~ S. Rickman

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!

#### 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.

Limited

To The First 15

Guests

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

#### **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 Davs! **Call For a FREE Weight Loss Consultation!** Limited to the first 20 callers





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

# Call 931-393-2401 Now Tullahoma Chiropractic S Medical Center Check Us Out On Face

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

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**Make Room** For 2019

2009 CADILLAC SRX, pearl white, 221,000 miles, in great shape. Priced to sell. Call, (931)703-3145.

2018 NISSAN ROGUE SV, gray with black cloth interior, 9,000 miles, power/heated seats, back-up camera, auto trunk release, dual

heating/air, push button start, \$15,900. (931)954-0012.

2006 FORD FOCUS, light gray,

2006 FORD FOCUS, light gray, automatics, 4 new tires, good condition, electric windows, fac-tory CD player, 44,000 miles, \$5,600. Lewisburg. (931)359-5956.

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.

2005 FORD FREESTAR WAGON, van, 1 owner, needs electrical work, \$900 or make

2006 BMW 325ci, convertible,

2DR, black w/tan leather, automatic, CD/NAV/DVD, 95,000 miles, beautiful car! \$7,900. (931)625-0245.

WARP 2 MEN'S INSULATED WINTER VEST, size M, zipper and snap closure, rust color, \$50. (931)393-0470.

MEN OR BOYS' JEANS for sale, most are slim fit, 30x32 or 32x32, excellent condition, \$8 each. Tullahoma. (931)841-4600.

TWO CHEROKEE UNIFORMS

MEN'S SUITS, Hart Schafner & Marks, size 48r, very good condition, originally \$599. Asking \$100. (931)649-3023.

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

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

GEORGE DICKEL POLOS, black

SAN FRANCISCO 49'ERS foot-

ball t-shirt for sale, adult mediu short sleeve, \$5. (931)728-1068.

Clothing & Accessories

offer. (931)728-7847.

## **Obituaries**

BRADLEY, CHARLES - 91, Flat Creek Community, Williamson County, TN. April 24, 2019. Funeral service, 1 p.m., Saturday, April 27, 2019. Burial in Swanson Cemetery. LAWRENCE FUNERAL HOME. Chapel Hill, TN. (931)364-2233.

Redford County



WARTRACE STRAWBERRY WARTRACE STRAWBERRY FESTIVAL BAKING CONTEST. Think you are the best baker in town? \$100 gift certificate will be awarded to the Grand Price win-ner of Wartrace's Strawberry Bak-ing Contest at the town's Straw-berry. Festival - downtown berry Festival - downtown Wartrace, Saturday, May 11, 2019. Wartrace, Saturday, May 11, 2019. All submissions must have straw-berries as an ingredient. Deadline to submit entry application 5 / 5 / 2 0 1 9. www.wartracechamber.org for info/application. (931)240-0300.

#### Coffee County

COFFEE COUNTY FARMERS MARKET. Open on first Saturday in May through last Saturday in October, May 4-October 26, 2019. Hours 6a.m.-12noon.

FREE CLOTHING for the family. The Clothes Closet, open the first and third Saturday each month, 10a.m.-12 noon, St. Paul's United Methodist Church, 30 Cat Creek Road, Manchester.

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



MILLERS POND, MANCHESTER, Exit 111 off I-24, East on Highway 55. 41 Vendors and Crafters Event! May 11, 9a.m.-3:30p.m., rain date May 18, Fundraiser-Elk River Boys Scout Troop 391. Bands-Borderline & GloryLand. Free admission/parking. (931)723-3448.



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# Chapel Hill,

СОМЅТОСК, PATTYE LORAINE (931)364-2233. PERRYMAN - 66, FERRARO, JOHN Community, ALBERT County, Unionville, TN. April TN. April 21, 2019. Funeral service, 12 24, 2019. Memorial p.m., Wednesday, April service, 6 p.m., Sunday, 24, 2019. Burial in May 5, 2019. DOAK-Mt. Lebanon Church HOWELL FUNERAL Cemetery. LAWRENCE HOME, Shelbyville, FUNERAL. HOME. TN. (931)684-5011. Continued On Next Column

#### **Announcements** Franklin County

Wheel

Bedford

WEAVER FARMS HOME -RAISED MEATS. Home raised beef and pork! Now available: Lamb! Markets: Trinity Lutheran Church, Tullahoma, every Wednesday, 7a.m.-11:30a.m.; every Saturday, Winchester Farmers Market Winchester Farmers Market, 7a.m.-12noon; Harvest Foods on square in Manchester daily. By appointment at, 1356 Deans Shop Road, Estill Springs; or call, (931)703-1697; or, (931)596-4647. No MSG, hormones, antibiotics. Non GMO feed!

THIS and THAT THRIFT STORE, 204 North Porter, be-hind Bates Foods, Winchester, Tuesday-Saturday, noon-5p.m. Rada cutlery; used furniture; jewelry; glassware; all size clothing; and more. Donations welcome. Debit/Credit cards accepted. (931)307-3836.

#### Announcements Lincoln County

PULL TABS FOR RONALD MC-DONALD HOUSE CHARITY, help the Lions Club of Fayetteville collect pull tabs from cans (soda/food/others). Please bring them to the Exchange, 404 Main Avenue South, Fayetteville.

NEED EXTRA INCOME? Lease NEED EXTRA INCOME? Lease me your land in Lincoln or Giles Counties for hunting. Responsible experienced hunter who can pro-vide references. Will respect your property. (256)508-4816.

\$50 STORAGE UNIT COUPON \$50 STORAGE UNIT COUPON -Call today to rent a unit and tell the manager you want to use the Exchange coupon. Your Extended Attic. Fayetteville location, (931)433-5550; or Park City location, (931)273-9737.

STOREY HEREFORD CEMETERY, 52 Bee Spring Road, Lincoln County Tennessee. Home-coming and Decoration Day, Saturday, May 4, Noon until ?.

FREE CLOTHING, SHOES, HOUSEHOLD ITEMS, ETC. for the needy. The Mission at Gum Springs Baptist Church, located off Highway 64, 1 mile east of Jeff's Market, open every Thursday, 8a.m.-2p.m. Operated by Linda Martin.

AIRLINE

CAREERS

STRAWBERRIES ARE HERE! Campbell Farm, 37 Corders Crossroads Road, Kelso, TN. M o n d a y - S a t u r d a y , 10a.m.-6p.m.; Sunday, 1p.m-5p.m. (931)937-6620.

-

75.

FREE CLOTHING! All sizes-all ages: male, female, infants. Old Time Christian Outreach Center, 1992 Pulaski Highway 64 West, Fayetteville, at The Father's House Church, Tuesdays, 9a.m.-3p.m. (931)625-1326.

#### Announcements Marshall County

YOU CAN ADVERTISE one item (no animals) for FREE in the Exchange if you are selling it for \$1,000 or less. Call us today, (931)359-1994.

YOU CAN ADVERTISE one item (no animals) for FREE in the Exchange if you are selling it for \$1,000 or less. Call us today, (931)359-1994.

#### Announcements Moore County

24TH ANNUAL SPRING IN THE HOLLOW,

THE HOLLOW, Saturday, May 4, 8a.m., Lynchburg Square. Crafters, Plant Sale, Tie-Dying, Music, Birdhouse Auction, and more! www.lynchburgtn.com.

#### **Announcements** Out of Area

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 men-tion code 55586TJC or visit www.omahasteaks.com/love13. cadnet

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

DIRECTV and AT&T. 155 Chan-DIRECTV and AT&T. 155 Chan-nels & 1000s of shows/movies on demand (w/ select package.) AT&T internet 99 percent reliability. Unlimited texts to 120 Countries w/AT&T wireless. Call 4 free quote-1-877-666-2821. 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 installation. Some restrictions apply. Call 1-855-419-7188. sapa

#### Antiques

BATHROOM SCALE. Antique bathroom scale by Borg. Good condition, \$29. (931)649-3023. OLD POSTCARDS, many \$1. The

Shops at Main and McGrew, 100 S Main Street, Shelbyville. Closed Mondays and Tuesdays. (931)536-1626.

EUROPEAN CANE ROCKING CHAIR, unique cane rocking chair in excellent condition, \$75. (931)649-3272.

TYPEWRITER, antique portable by Underwood. Deluxe model with carrying case, \$299. (931)649-3023.

Place your free word ad: Exchange931.com



Huntsville Hwy. River Oaks Shopping Center Winchester • Decherd Elora, TN 98 Milner Switch Rd Decherd Hwy. by Four Seasons Check For Availability

on Facebook: Dennison's Family Farm or visit www.dennisonsfarm.com Veggie Line: 931-937-8162

ANTIQUES: 20% off \$10 or more for Mother's Day at booths #146 and #614 at Antique Mall of Manchester, 410 Woodbury Manchester, 410 Woodbury Highway, Manchester. Tea cups/saucers; vases; figurines; Da-vid Winter cottages; Glenn Miller albums; glassware.

BEAUTIFUL VINTAGE MID-CENTURY Antique bed-room suite, head board, foot board, night stand, kneehole vanity and swivel stool, quilt cedar chest, \$700. (931)239-4568.



CARTER THE GREAT BILLBOARD! Mounted on linen. \$1,000 off until May 11, so hurry, \$4,800. The Shops at Main and McGrew. 100 S. Main Street. In Shelbyville's historic post office. (931)536-1626.

VINTAGE GE ELECTRIC TRAVEL IRON, has cord and handle, catalog#159F68, clear manufacturer label, ETSY price is \$48, selling for \$25. (931)703-0140.

Automotive Accessories

FOUR USED TIRES, size 235-50R17, \$80/all. Tullahoma. (931)455-8385.

ALUMINUM TOPPER for sale, great deal, for a 1982 Chevrolet long wheel base, \$100 cash only. (931)433-2199.

UTILITY BOX AND CARGO CARRIER, Tractor Supply utility box, 14" high, 4' wide, 19" deep, cargo carrier lights, license plate holder, 4 pin, 2" receiver, \$225. (630)272-2933.

SMALL TWO WHEEL TRAILER to haul 4-wheelers or lawnmowers, \$100. (931)607-7388.

FOUR GOODYEAR WRANGLER SR-A TIRES, P275/60/R20. Rated 5/32 tread on February 2, 2019, good condition, \$120 or best offer. (931)338-3202; or, (931)338-5867.

FOUR 285-75x16, \$300; four 225-70x15, \$250; four 245-75x16, \$250; four 275-60x20, chrome wheels and tires, \$450. (931)703-1130.

 15" TIRES for sale, 235-75x15,

 \$150; 225-75x15, \$200; 215-70x15,

 \$200; 205-60x15, \$200;

 \$195-60x15, \$200; (931)703-1130.

6'X8' UTILITY TRAILER for sale made on pickup truck bed, good tires, pressure treated beam, floor, 3' sides, \$300 or best offer. (931)588-2186; (931)636-2126.

 
 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.
 (931)703-1130.

32-12.50X15, \$300. (931)703-1130.

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

50-60'S FIAT PARTS, complete engine, blocks, water pumps, new bearings, etc. Also, 1966 junker car body, \$200. (931)967-4717.



TRUXEDO LOPRO TANNEAU TRUCK BED, mounting clips. New-\$459. Selling-\$80 cash only. Fits 6x6 Chevrolet bed, bullet hole damage, can be repaired. (847)875-8888. Photos at www.exchange931.com.



TRUCK BED LINER. Rugged Liner, fits Chevrolet/GMC 1500 truck bed, 70x76, \$50 or best offer. Call RJ, (931)273-1545.

CHEVROLET S-10 TRUCK BED, good shape, black, \$200. (931)800-0123.

Books, Movies, & Music

GET RID OF YOUR CLUTTER? Sell your unused DVD's, movies, and books. One item selling for \$1,000 or less advertises in the Ex-c h a n g e F R E E. c h a n g e F www.exchange931.com.

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

Become a published author. We want to read your book! Dorrance Publishing-Trusted by authors since 1920. Book manuscript sub-missions currently being reviewed. Comprehensive services: Consultation, production, promo-tion and distribution. Call for your free author's guide free author's guide 1-877-626-2213. cadnet

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

Become a published author. We want to read your book! Dorrance Publishing - trusted by authors since 1920. Book manuscript sub-missions currently being reviewed. Comprehensive services: consultation, production, promo-tion and distribution. Call for your free author's guide 1-855-464-8936 o r v i s i t or visit http://dorranceinfo.com/south

sapa

INFERNO by James Nachtwey \$100, sells for almost \$200 online. The Book Shelf in North gate Mall, Tullahoma (931)273-8001.

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

THE DEATH OF OUTRAGE by Bennett, \$3; The THE DEATH OF OUTRAGE by William J. Bennett, \$3; The Gamble: General David Petraeus and the American Military Adven-ture in Iraq, 2006-2008 by Thomas E. Ricks, winner of the Pulitzer Prize, \$3; two books by Khalil Gibran: The Madman and The Prophet, \$3 each; The Spy in the Russian Club by Ronald Kessler, \$3; What Come Next: The End of Big Government-and the East, 35, what Come (ext. The End of Big Government-and the New Paradigm Ahead by James P. Pinkerton, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

#### **Sell Your Home** at www.Exchange931.com

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

DAVY JONES' HAUNTED LOCKER selected by Robert Arthur, \$3; One Perfect Life by John Macarthur, \$3; No Earthly Notion by Susan Dodd, \$2; The Moon Over High Street by Natalie Babbitt, \$3; The Case of the Con-stant Suicides by John Dickson Carr, \$1; The Longing for Home: Recollections and Reflections by Frederick Buechner, \$3; Best Lit-tle Stories from the White House by C. Brian Kelly, \$3; two books in one by Sir Arthur Conan Doyle: A Study in Scarlet and The Hound of Study in Scarlet and The Hound of the Baskervilles, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

#### Building Supplies

# NEW 75X60X15 STEEL BUILDING with sealed plans. Gray metal sides and galvalume roof. Well below market at \$35,000. (931)703-9547.

COUNTER TOP, 5' formica, rolled edges, backsplash, finished ends, great for desk, neutral colors, Cof-fee County, text for picture, \$20. (618)201-6460.

🔁 Cars & Trucks

PRE-OWNED 1999 Buick LeSabre Custom, all power, very nice, 55K actual miles, STK#U46, TNDL#2248, \$3,900 plus TTL. (931)625-3434. JUNK BATTERIES, buying junk lead acid batteries, car, truck, boat, ATV, etc. (931)607-9653, please leave message. Thank You!

2002 DODGE PICKUP for sale, not running, can see at 156 Mason Road, Flintville, \$800. WE BUY JUNK CARS AND TRUCKS. We also buy running vehicles. Will remove vehicles from your yard! (931)251-3005.

2012 SE CAMARO, one owner, 34,000 miles, cloth/leather interior, GPS, Blue Tooth, sliding roof, \$16,000. (931)222-4444.

FOR SALE: 2000 FORD F150 long bed, new Michelin tires, new battery, 108,000 miles, solid truck, \$7,000. (615)481-9252.

PRE-OWNED 2014 Chevy Impala LT, very nice, clean, good tires, 65,000 actual miles, STK# U20, TNDL#2248, \$7,900 plus TTL. (931)625-3434. TWO CHEROKEE UNIFORMS for sale, new with tags still on, size large, anti microbial, wrinkle free, great for nurses-beauticians, \$38 each or both for \$70. (931)313-5115. BLACK LEATHER MOTORCY-CLE JACKET for sale, size large, zip out lining, from Germany, reg-ular \$350 US, asking \$150. (931)313-5115.

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

2001 TOYOTA AVALON XLS, automatic, V-6, loaded, sunroof, leather, pastor owned, excellent condition, Blue Book \$4,400, ask-ing \$3,600 obo. (931)222-9879.

nani

2011 KIA SORENTO SUV, 138,000, third seat, 32 mpg, nonsmoker, new tires, nice!!!, \$6,450. (931)703-1130.

FOR SALE, 1940 Buick, with a parts car, \$650 for both. Winchester area. (931)967-6820.

1996 FORD F-800 dump truck. Hillsboro area. (931)409-3459.

GEORGE DICKEL POLOS, black, medium, Outer Banks with white George Dickel logo, 3 pique knit, 1 microfiber, \$20. (404)317-3872, Lee. 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 PAIR OF DICKIES STEEL TOE wedge work boots, size 10-1/2, all leather, very good shape, \$70. (910)581-0318.

GEORGE DICKEL CARHARTT JACKET, men's medium cotton duck jacket, fleece lined, George Dickel embroidered logo, black/gray, \$50. Lee, (404)317-3872. 1993 BUICK CENTURY for sale, new tires, automatic, V-6, runs and drives good, needs a/c work and rear transmission seal, 97,000 miles, \$900. (931)389-0165.

JUNK CARS AND TRUCKS

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

## \*\*\*Important Knee Arthritis Pain Alert\*\*\*

"Study Shows Simple Treatment Delayed Knee Replacement Surgery in 75% Of Worst Cases For At Least 7.3 Years..."

Free Screenings\* Offered At Fayetteville Medical Clinic To See If You Qualify For This Proven And Effective Treatment. \*Spots Are Limited Due To High Demand

Tenn - What would it be worth to you finally discover a way to get relief for your knee arthritis pain?

And... How would it feel if you could wake up tomorrow morning and some. even all your pain was gone?

up tomorrow morning and some... or even all your pain was gone? And... Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind? A life where... ...you jump out of bed in the morning, well rested and ready to take on the new day, without pain... ...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning... ...you don't have to take slow, limping laps around your bedroom just to be able to walk every morning... ...you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain... Well... that's exactly what can possibly happen to you if you spend just 60 minutes with us... ...Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is... I know you may find this hard to believe Lust about every one does when

I know you may find this hard to I know you may find this hard to believe. Just about every one does when we tell them about this... at first. But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast. Do You Have

An Open Mind? An open when So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed...

been hind. If you give us a chance, we promise, you won't be disapointed... Because There is Proof Real medical proof. Get this. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years atients followed over 10 years. And more specifically, he was getting

ALTI MEN'S GORTEX SKI JACKET, size L, zipper and snap closure, rust and blue color, \$85. (931)393-0470.

MEN'S DRESS PANTS for sale, approximately 20 pair, size 36x30, like new, from Dillards or JC Penney, on hangers, \$5 each. (931)467-3822.

MEN'S SHOES, size 9, black lace-up Rockports, burgundy Flor-sheim penny loafers, red New Bal-ance running, all like new, \$32 each. (931)841-4600.

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

Electronics

WAI 2 PULSAR SLOT MACHINE, big chance game-token slot machine (quarter size), \$275. (931)455-1537.

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

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

PHILIPS HOME THEATER SUR-ROUND SYSTEM, includes receiver, DVD player, 4 satellite speakers, center speaker, remote and 2 subwoofers, \$50. (931)684-0836.

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

HDMI CABLE, 5', close to 6' long, Manchester pickup, \$5. (931)728-3728.

iPHONE 5, 6, 7 CASES, some are otterbox cases, Manchester pickup, \$10. (931)728-3728. amazing results the way HE was doing this treatment using high tech imaging for precise technique., just like we do it... And he wanted to prove... beyond a shadow of a doubt... the results he got .. were not only REAL... they could most likely work for others just like you. So he conducted some research, an IL were project, and it was published in

likely work for others just like you.
So he conducted some research, an
11 year project, and it was published in the "Journal of Knee Surgery"... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail).
What were his results and what do they mean for your pain?
In this study, he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!
This is incredible news for you... and here's why...
The patients in this study were stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti inflammatory pills, physical therapy etc. and all that had failed

7 years later. And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need

As studied as this treatment is.... yo may have an "Oh No!" reaction. Why? Because there is a very good chance you have heard of it. You may nt is.... you

have even given it a try... and NOT gotten good results. That's because this treatment is actually pretty common now a days. But...and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

makes it so successful. And many are NOT doing it this way. So... please hear us out. This really might be the answer you are looking for. Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

Scoop of why it works so well, when done THIS WAY. The treatment is called "viscosupplementation." It is frequently called, "gel treatment." Or "joint oil". In this treatment, a gel is painlessly injected directly into you arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis. This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better. But here is something you must

because... research also shows the injections done WITHOUT this imaging to going the

injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time. That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!! We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research. So, if you have already had this

Inline: Once any better. But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely. This is EXTREMELY important... because research also shows that

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later

surgery. Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

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

WiiU 32 GB CONSOLE for sale like new in box, two games included, Super Smashers, Splatoon, \$275. Manchester.

treadmill, \$200; Pro Form Ellipti-cal 545S, \$25. (931)962-0237.

\$99. (931)728-3728.

(931)728-3728.

this research. So, if you have already had this treatment and it didn't work... was it done with this advanced medical So, even if you aren't one of the worst cases... imagine what it can do for vyou. What IS This Treatment And How Can You Find Out If It Can Help You?

If not... there is still hope. In fact, there is a very good chance you can still get relief. Here is why: Fayetteville Pain and Rehab is a medical clinic located at 4140 Thornton Taylor Parkway suite D Fayetteville, TN 3733.

FREE DISC WEIGHTS, all sizes, poles are bent. (931)952-3230. XBOX ONE TRIALS FUSION EXERCISE TAPE, VHS, Abs of EXERCISE TAPE, VHS, ADS of Steel, 2000 Platinum series, ab-dominal toning plus low-impact aerobics for weight loss, \$1. (615)849-5012.

laging? If not... there is still hope.

ACER LAPTOP XP 15", CD player, charger, great shape, Manchester pickup, \$85. (931)728-3728. EXERCISE TAPE, VHS video by Tony Little. Abs, Hips and Thighs. Total Body, \$1. (615)849-5012. 7" ASUS MEMO TABLET, new in box, 16gb storage, Android 4.4.2. Memo pad 7, Manchester pickup, \$00, (021)728, 2728 FOR SALE WEIGHT MACHINE

\$100. Manchester area. (931)728-9494. HEADPHONES, GAMING, MUSIC. No microphone on this wired one, \$10. Do have wireless new with microphone for \$25. Manchester. (931)728-3728. Farm Equipment

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MACBOOK AIR 45 with charger, Magsafe for air, Manchester pickup, \$20. (931)728-3728. Vaughn's Bush-Hogging serving Lincoln County, TN and North Madison County, AL. If no answer, please call back after 6p.m., (931)675-1165. TEKONSHA PS3 ELECTRIC TEKONSHA PS3 ELECTRIC BRAKE CONTROLLER, complete with wire harness, instructions, case, DVD and mounting hardware, \$70 cash only. (847)875-8888.

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And the clinics owner, Dr. Walter Bennett... is an expert in this treatment... and uses the advanced imaging to make sure the treatments are extremely version and ext the precise and get the best results possible. Dr. Bennett has the best

treatments and technology.

treatments and technology... but also make everything VERY affordable Just because he offers the best possible eatments and technology... doesn't ean he is so expensive only rich people in get his wonderful treatments. While treatments may be covered by fedicare and some insurances. he also Medicare and some insurances... he also offer pricing plans for as little as \$13.57 per week so patients can finally relieve their pain and try to avoid

surgery. We don't want lack of insurance or

Surgery. We don't want lack of insurance or money to be the reason you continue suffering. Your Special Invitation... If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... Dr. Bennett are inviting you to come in for a PREE screening appointment. During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify. He will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to possibly relieve your pain. He will leave no stone unturned... and He will help you any way He can. **Please understand this:** This treatment can possibly take away your pain... No matter how long you've been

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case... but in the end... you can still get tremendous results

tremendous results... No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless , too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment... the way our expert doctors do it...there is <u>always</u>

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hope. Most of Dr. Bennett's patients have told him he was their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that his treatments made it really easy to get relief... and, best of all...

best of all... You Get To See If You Qualify For FREE That's' right. He want you to see EVERYTHING first hand and to prove to you... without a shadow of a doubt... he has the help for your knee pain that you are desperately wanting. And he wants to do it without you spending a penny or risking anything to find out. That's why he are offering you this free screening. fre

free screening. So my big question for you is – is the opportunity to wake up tomorrow morning... and every other morning for the rest of your life... with less pain... worth the 60 minutes it will take to be evaluated? the opp mornin

evaluated? What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives? You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients told him how they used to be in pain... just about every day.

So many of patients told him how they used to be in pain... just about every day. They were in so much pain... they were grumpy and miserable all the time. They hated work. Their relationships were strained. Life way just one big struggle Now that they ve discovered what he will reveal to you at your free screening... all that's changed... Work and family have become rewarding and fun. Life is so much easier and better... in so many ways... without the pain. Finally, things start falling into place the way you always thought they would. One of the best things Dr. Bennett hears is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

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the scheduling coordinator you want the your free screening. If you are one of the first 25, it is 100% free. No obligation or strings attached

hrst 2.5, it is 100 meet no sources strings attached. There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, Dr. Bennett has been practicing for a very long time... and is extremely busy. Most are from word of mouth. But he wanted to open up this opportunity to as many arthritis pain sufferers as possible.

possible. But because he gets so many calls... he can only take 25 from what you are reading this month. You have absolutely zero to lose and possibly everything to gain. But you must call now. **931-251-3009**.

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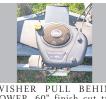
Furniture

just mentioned would you like to

I just mentioned would you like to happen to you... right now. Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want... and deserve.

you really and usperately wathers and deserve. Whatever YOUR personal hopes and dreams are...They are all possible if you take action...right now. All you have to do is give this a chance and schedule for the screening. But then again... What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

nothing. Taking action may seem like a little aking action may seem nike a futtle work...or. it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just maybe maybe



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LIKE NEW, 7' SOFA. Clean Clay-ton Marcus sofa in dark green pattern, well built, barely ever u s e d , \$75, blhuprich@comcast.net.

WOOD ENTERTAINMENT CENTER for sale, 5'Tx42"Wx2-1/2'D, with glass door, \$35. (931)224-8854.

plaques with lighthouse design for those lighthouse collectors, Tulla-homa area, \$5. (615)849-5012.

CORNINGWARE, APPROXI-MATELY 400 ASSORTED SIZES/PIECES for sale, \$4-\$20 each, some very old, all made in USA. Call for more information, (931)684-3273.

147 PIECE CORELLE CORNING-WARE SYMPHONY pattern dishes, bakeware, glasses and accessories, asking \$300. (931)993-2289.

AREA RUG, 10' by 14', black, white, silver-gray with damask and floral design, excellent condition, Lewisburg, photo at www.exchange931.com, \$175. Text preferred. (804)731-7089.

GLASS PUNCH BOWL with 12 glass cups, \$30. (931)649-3023.

QUEEN-SIZE QUILT, hand stitched, double wedding ring design, beige background with maroon, pink and green flowers, \$300 or best offer. (931)684-0759.

Jobs

IMMEDIATE OPENINGS for LOCAL AND OTR TRUCK DRIVERS NEEDED. Please call, (931)273-4698.

Cooks. Apply in person only, interview, go to work at once. Olympus Gyros & Pizza, 401 E. Main Street, Decherd. WANTED, SOMEONE TO MOW AND WEEDEAT MY YARD. Hillsboro area. (931)596-3211.

FOR SALE BROWN couch with matching love seat, two tables, two lamps, \$800; cable ready TV, \$40. Huntsville area. (256)361-6391. 4 Home Goods OVERSIZED POWER RECLINER, dark brown, vinyl, ex-cellent condition, \$300. (256)520-1790.

STEP 2 MAILMASTER MAILBOX, used, spruce color, faded on top, mounts over 4x4 post, fully functional, \$25. Ask for Lee. (404)317-3872.

FRY PAN, Electric 12" fry pan by West Bend stainless steel, \$39. (931)649-3023. JACK DANIELS WHISKEY BAR-REL TABLE and four chairs, table has glass top, \$500. (931)308-2744.

CARPET CLEANER. Hoover Steam Vac Dual V Spin 'N Scrub, like new, \$49. (931)649-3023. WHIRLPOOL REFRIGERATOR. 14.3 cubic foot, top freezer, white, 2 years old, excellent condition, in Shelbyville, \$275. Text, (931)703-0836.

LIGHTHOUSE PLAOUES, 2 wall

piece serving set, in excellent condition, \$200 value, \$45. (931)434-6264.





## HELP WANTED at Floyd's Place. 304 Front Street, Fayetteville. Call, (931)625-4330.

WANTED CLASS B LICENSED DRIVER for local business in Decherd. Must be able to pass drug test/have clean MVR. Send s u m e t o angelacruise97@gmail.com.

MAINTENANCE TECH NEEDED. This position consists of turning vacant apartments, painting, drywall and some plumbing. Must be dependable and trustworthy. Good references required and you must pass drug test. Experience is a plus. Benefits available after probation period. Please apply at 500 Liberty Lane, Fayetteville, TN. Between the hours of 9a.m.-5p.m. Oakview Apartments. MAINTENANCE TECH Apartments

GRAPHIC DESIGNER. Freelance graphic designer needed for design and production of real estate publication. Average of 80 hours per month. Must be creative, flexible, detail and deadline ori-ented and have full working tlexible, detail and deadline ori-ented and have full working knowledge of InDesign, Adobe Photoshop and production management. Email resume to charles.bailey@homesandlandofh untsville.com. 1115 Eagletree Lane Southeast, Huntsville, AL 35801.

HELP WANTED, must be 21 years old, must have at least two years retail experience, able to work weekends, neat/clean appearance. No phone calls. Apply in person at Sully's on the square, Lynchburg.

MAINTENANCE PERSON NEEDED, must have experience. (931)454-2234; (931)563-5678.

LOCAL CONTRACTOR LOOK-ING for experienced help with knowledge in remodeling, home repairs, new construction, etc. Must have references and transportation. Pay based on experience, will hire on a proba-tionary basis to start. Manchester. (931)728-4744.

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



V I S I T I N G ANGELS-CAREGIVERS WANTED. Join our compassionate, reliable team! Two years caregiving experience required. Flexible scheduling. Ac-cepting applications 1404 North Main, Shelbyville; or, apply on-line anytime, visitingangels.com. Care services include: B at h i ng / H y g i e n e A s s i s t a n c e / M e a Preparation/Housekeeping/Erran ds/Shopping/Medication Reminders/Companionship. (931)488-6863. 931)488-6863.

HELP WANTED, CLEANING COMPANY in Coffee County is hiring for residential and commer-cial cleaning, mostly days. For Cof-fee County and surrounding counties. For interview call, (931)607-4677.

#### Baby Stuff

FOR SALE, baby bed with mattress, \$75. Huntsville area. mattress, \$75. (256)361-6391.

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



#### **General Production** Starting at \$14.40/hr + Shift Differential

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.

#### **REQUIREMENTS:**

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

# **NOW HIRING**

For Assistance with your on-line application to Tyson Foods, Inc. you can visit the local **Employment Offices** in Murfreesboro • Tullahoma• Lewisburg

Or the local Workforce Solutions Offices in • Tullahoma • McMinnville • Shelbyville Lynchburg • Decherd

#### **Maintenance Generalist 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.

LEGO DSi BLUE, no power cord but can order, \$40. (931)728-3728. LEGOS. Lego complete sets, Star Wars and other themes, \$5 and up. (931)246-0544.

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

TIRE HORSE SWING for sale, fun for kids, brand new, \$50. McMin-nville area. (931)304-3353.

VIDEO, Walt Disney VHS Mas-terpiece Collection. Bedknobs and Broomsticks, \$5. (615)849-5012.

VIDEO, VHS, Walt Disney's Masterpiece Collection. Video is Snow White and the Seven Dwarfs, \$5. (615)849-5012.

Lost & Found Coffee County

MALE DOG FOUND, salt and pepper, medium-sized Australian Shepherd, no tail, has collar, no tag, Maple Street area, Manchester. (931)315-0456.

#### Lost & Found Franklin County

SMALL DOG WITH LONG HAIR, found in Dripping Springs Subdivision near Winchester, toy breed, is someones baby. Call to describe. (931)222-9667.

#### Lost & Found Lincoln County

FOUND GERMAN SHEPHERD MIX BREED, found in Boonshill area. Call to identify, (931)993-6200; or, (931)433-4276.

#### Medical Equipment

Hear again! Try our hearing aid for just \$75 down and \$50 per month! Call, 800-426-4212 and mention 88272 for a risk free trial! Free shipping! cadnet

Dental insurance from Physicians Mutual Insurance Company. Not Mutual Insurance Company just a discount plan, real coverage for procedures. Ca 1-866-694-6148 for details www.dental50plus.com/southe rn6118-0219. sapa

Affordable Dental i Ni Tullahoma-931-454-0001

AFFORDABLE DENTAL TULLAHOMA. Affordable Den-tal Tullahoma is a local community-oriented private practice located at 1958 North Jackson Street in Tullahoma. We are excited to be offering some new specials to better ser-vice our patients both old and new! Full mouth x-ray, a com-prehensive exam, and cleaning for just \$119! Full mouth x-ray and consultation for just

for just \$119! Full mouth x-ray and consultation for extractions/dentures for just \$99! Basic x-rays and cleanings are just \$79! Dentures starting at just \$399! Simple extractions for \$79 or bundle with a prob-lem focused exam and x-ray for \$108 total! Walk-ins and emer-gencies are welcome but subject gencies are welcome but subject to availability! Please call our of-

#### fice to set up an appointment today! Mention this ad for the discounted pricing! Most insur-ances accepted but not required! (931)454-0001. SPECIAL MADE POWER WHEELCHAIR, 2 year warranty, \$1,000. (931)635-2967.

POWER LIFT RECLINER cloth upholstery, good condition, \$300. Call, (931)461-9629, after 6p.m.

Suffering from an addiction to alcohol, opiates, prescription pain killers or other drugs? There is hope! Call today to speak with someone who cares. Call now 1-877-753-4281. sapa

Save on your next prescription! World Health Link. Price match guarantee! Prescriptions required. CIPA certified. Over 1500 medica-tions available. Call today for a free price quote. 1-866-762-1044 Call now! sapa

## I LOVE THE EXCHANGE! I al-ways sell everything I advertise! by Ilene.

MANUAL WHEELCHAIR, brand new, comes with cushion, \$250. (931)635-2967.

Attention: Oxygen users! Gain freedom with a portable oxygen concentrator! No more heavy tanks and refills! Guaranteed low-est prices! Call the Oxygen Con-centrator Store: 855-338-5462. sapa for sale, compact disc with built-in TV karaoke center, \$40. Tulla-homa area. (931)455-3942.

TWO CLEAN BEDSIDE TOILETS, free! Large electric power chair with inflatable ROHO cushion, needs new battery, also free! (931)723-7839.

FINALLY HEALTH INSURANCE YOU CAN AFFORD! Recent changes make it possible. Family of four starts at \$222/month with no deductible. Individual/business. All counties. Scott, local agent, (931)580-5567.

Attention oxygen therapy users! Inogen One G4 is capable of full 24/7 oxygen delivery. Only 2.8 pounds. Free information kit, 877-929-9587. nani

Start saving big on medications! Up to 90% savings from 90DAYMEDS! Over 3500 medica-tions available! Prescriptions required. Pharmacy checker approved. Call today for your free quote. 844-776-7620. sapa

Still paying too much for your medication? Save up to 90% on RX refill! Order today and receive free shipping on 1st order - pre-scription required. Call 1-866-577-7573. sapa

FDA-Registered hearing aids. 100% risk free! 45-day home trial. Comfort fit. Crisp clear sound. If you decide to keep it, pay only 8299 per aid. Free shipping. Call Hearing Help Express, 1-866-744-6150. sapa

Dental insurance. Call Physicians Mutual Insurance Company for details. Not just a discount plan, real coverage for 350 procedures. 8 8 8 - 6 2 3 - 3 0 3 6 ; or r, http://www.dental50plus.com/58. Ad# 6118. nani

Musical

Equipment

YAMAHA F6350 GUITAR, 1970's

classic, looks like a Gibson J20 plays good, \$475. (931)952-3380.

HARMONY ACOUSTIC GUI-TAR AND CASE, Harmony H-165 Folk (produced 1958-1974) acous-tic guitar with padded fabric case, good condition. Guitar method book, Tullahoma area, \$240. (931)455-9469. FREE TO APPROVED HOME. 5 bobtail kittens and 1 year momma cat. (931)273-4106.

BOSTON TERRIER PUPPIES, males and females, now taking deposits. (931)409-2555.



HIGH QUALITY, LOW COST SPAYS AND NEUTERS, if you need to get your pet fixed but think you can't afford it, call us today! Our staff is compassion-ate and experienced. (931)433-0120. Southern Al-liance Spay and Neuter Clinic, serving all Tennessee and Northern Alabama residents. Located in Fayetteville, TN.

FULL-BLOODED BOXER PUP-PIES for sale, vet checked, with record, first shots, wormed, \$350 each. Winchester area. (931)636-9329.

FREE CAT. Includes food, litter and a climber. (931)222-0967.





BEECHGROVE BOARDING KENNELS AND STABLES. Better concept in animal care. Cat rooms; huge dog kennels; bedroom suites; acre playground. (931)607-9001.

#### Pet Accessories

TWO HORSE STALL RUBBER moto fionoe STALL RUBBER mats, excellent condition, 4'x6', \$35 each; one large wire dog crate, like new, 3'x30''x36'', \$40; one small dog crate, \$10. (931)267-0404.

AQUARIUM, 10 gallon, fish, reptile, hermit crab, etc. Like new with some hermit crab accessories, \$10. (931)246-0544.

Real Estate Bedford County

RENT TO OWN, 4BD, 3BA house, 107 Candlewood Drive, Shelbyville, over 2,000sq.ft., 2 car detached garage, with workshop, sunroom, one acre lot. Serious insunroom, one acre lot. Serious in-quiries only, stable employment required. Bad credit okay. \$10,000-\$15,000 down, \$1,850 month. (931)563-5335.

#### Real Estate Coffee County

FOR SALE BY OWNER, 4.5 acres wooded lot, 3 miles from Wal-Mart/I-24. Water tap avail-able through Hillsville Utility, \$25,000. Clifton Scott Road, Manchester, TN 37355. (931)575-9575.



#### Thank you for saying, "I saw it in the Exchange.

shots and dewormed, ready to go, 3 females and 2 males, fawn colored, \$550 each. (731)618-7672. PAMPERED PAWS GROOMING SALON AND BOARDING FACILITY. Making Lincoln County beauti-ful one dog at a time! Call Julie, (931)433-6939.

MY POND IS NOT BIG enough, need to give away some Gold Fish. (931)967-0243.

SINGING KARAOKE MACHINE

CKC YORKIE PUPPIES for sale, registered, shots, wormed, tails docked, born March 12, \$400 each. (931)625-2980. Call after

FIVE ADORABLE PUG PUPPIES,

Pets

5p.m.

ADORABLE MIXED PUPPIES for sale, small breed, \$25 each. Peters-burg area. (931)659-0124.

GREAT PYRENEES PUPPIES FOR SALE. Gorgeous full-blooded puppies, parents on site, dewormed and first shots done at vet. check, 5 weeks old, \$300. (931)425-6106.

POMAPOO PUPPIES, wormed and first shots. Will be ready May 6. D&K Watch Repair, 4444 Peti-gap Road, McMinnville, TN 37110.







#### 1980

#### **First Edition**

Over 40 years ago, 13,000 copies of the first Exchange rolled off of the printing press and into the mailboxes of Lincoln County residents. The every other week editions connected local businesses to the community and created a brand new channel of commerce. Free personal classifieds made it easy to spread the word and make connections.



#### 2000

#### 20th Anniversary

Two decades later, the weekly Exchange continued to serve as a valuable resource and guide for those making local buying decisions. It quickly became the most effective advertising source throughout the Lincoln County and North Madison County regions.



#### 2014-2018

#### **6** Regions

Today, six editions of the weekly Exchange reach over 85,000 local households in Bedford, Coffee, Franklin, Lincoln, Marshall and Moore counties. 5,495 ads were placed in Exchange editions and website in 2018.

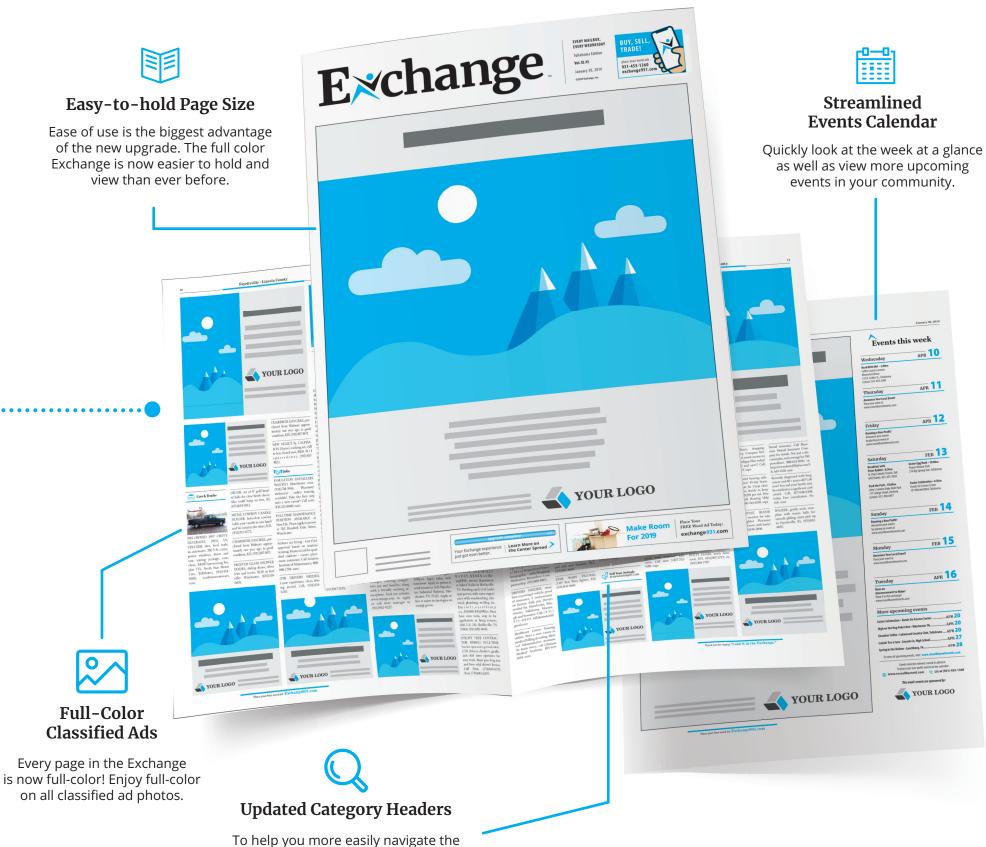
# Welcome to a complete upgrade to your classified viewing experience.

100%

Our goal has been to help you make connections since our first edition in 1980. Whether you are looking to buy, sell, or trade, the weekly Exchange continues to be a great way to connect with others. The new upgrade is all about improving your viewing experience to make connections easier.

## Optimized for readability.

New, enhanced benefits for our readers.



To help you more easily navigate the publication, we have improved the look and feel of all of our category headers.



### upgrade.exchange-inc.com

Thank you for saying, "I saw it in the Exchange."

### Absolute Estate Tuesday, May 7<sup>th</sup> · 2:00 P.M.

Tractors • Equipment • Vehicles • Tools • Etc. Selling for the late Richard Hill

Location: 1948 John R. Hill Rd., Lewisburg, TN 37091

<u>Tractors:</u> JD 4020; IH 560; JD 4020, not running; IH 424; Farmall Super C, w/cultivators & plow; Ford 100 Garden Tractor, w/mower & tiller; MF 35, gas <u>Trucks:</u> 1989 Chevy C-60 Service Truck, w/boom,

crew cab, 366 gas engine, with air compressor; 2002 Ford Ranger XLT; 1999 Ford Ranger, extended cab Equipment: Bush Hog 3450 QT Loader, Bucket & Spear; 3 pt. 10 Shank Chisel Plow; Brillion 81/2 ft. Seeder; Vicon RP-1210 Round Baler; IH 37 Square Baler; 2 Basket Hay Tedder; VibraShank 15 ft. Field Cultivator; IH 700 5-Gang Reset Plow; 3 pt. 7 ft.

Box Blade; JD 1209 Haybine, for parts; 6 ft. Box Blade; 3 pt. Taylorway 2 Gang Disk Plow; JD 22 Hay Crimper; Set of 18<sup>4</sup>x30 Dual Wheels; Set of Dual Hubs for 4020; 5x8 and 6x10 Utility Trailers; (3) IH Tractor Weights

Boat: 14 ft. Flat Bottom Boat, w/Evinrude Motor GM Engine: 427 GM Engine and Transmission

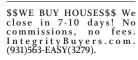
Shop Tools & Equipment: Lots of Snap-on and Matco Specialty Tools; 60K Carolina Drill Press; Large Torque Wrenches; Very Large Roll Off Tool Boxes, full; Press; Small Band Saws; Lawson Bolt Pins; Truck Tool Boxes; Other Tool Boxes; (2) Stihl Chainsaws; Log Chains; Binders; Ladders; Jack Stands; Shop Stool; Welding Rods & Holders; Air Jacks; Transmission Jacks; Hobart Gas Powered Welder; Welder Leads; Lincoln Portable Welder; Lots of Air Impact Guns, Sockets, Etc.; Bluepoint Micrometer; Large Older Band Saw; Battery Charger & Tester; Robinair Freon Reclaimer; 1" Multiplier Racket; Floor Jack;

Port-a-Power; (3) Ammo Reloaders; Much More! Note: So many quality tools not mentioned. Be with us on Tuesday, May 7 at 2:00 P.M. Terms: Cash or good check

#### See more photos at www.VanMassey.com



"Serving The Southeast Since 1982"



#### Real Estate Franklin County

\$\$WE BUY HOUSES\$\$ We close in 7-10 days! No commissions, no fees. IntegrityBuyers.com. (931)563-EASY(3279).



HOUSE FOR SALE, must be moved, 357 Arnold Farm Road, Winchester, TN. Price Reduced! (931)307-9601.

LEASE TO OWN. Huge stone built house. 900 West Main Street, Decherd, TN. 4 bedroom, 2 baths, over 2,000 sq.ft., 2 car detached over 2,000 sq.t., 2 Car detached garage on 1 acre lot. \$5,000-\$7,500 down. \$1,100/month. Questionable credit okay. Serious inquiries only. (931)563-5335.

INVESTORS ONLY! Handyman special, 4BD, 2BA house, over 2,000sq.ft., 1040 South College Street, Winchester. Only \$54,000 cash. After repair value: over six figures. 1/4 acre lot. Serious in-ourse only (031)588-182 quires only. (931)588-1182.

TWO BEDROOM, 2-1/2 bath ranch home, 1.04 acres, hardwood floors, tile, kitchen remodeled in 2008, 2 decks, outdoor building and workshop, \$209,900. (931)308-6301.



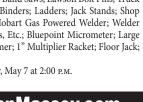
rolling pasture, excellent building sites, city water, road frontage, outside Petersburg in Lincoln County. (931)659-6591.

WE BUY HOUSES! Imagine if you could sell your home with no inspection, repairs or commissions? Local guys (Fayetteville) looking for homes to buy, we buy all kinds of prop-erties as-is. Divorce, estates, foreclosure, outdated, vacant, relocation. Fair offers given right away. Please call us today for more details! (931)993-9880.

APPROXIMATELY .9 ACRE IN BELLE OAKS COUNTRY ESTATES, great building lot, easy commute to Huntsville, 2 miles from state line. Call for more information. (931)703-2313.

THREE ACRES OF LAND for Sale, pole barn, Park City area on Harbin Road, perked and surveyed, \$43,000. (931)652-3576; (931)625-0614.

ADORABLE SECLUDED HOME IN COUNTRY ON 4.2 ACRES for sale, perfect for starter home or re-tired couple, no realtors please. Se-rious inquires only, quick deed rious inquires only, quick deed optional. Call/text, (931)307-1085.



Recreational Vehicles

2003 TRITON 176V BASS BOAT

17-1/2ft., 90hp Johnson, 2 depth finders, trolling motor, great shape, \$6,500. (931)607-4859.

OLD MOTORCYCLES WANTED. We buy any old run-ning or not running motorcycles, 1982 or older. American, British, Japanese, or European motorcy-cles with or without titles. Cash paid. Fast, easy pickup. Call John anytime, (931)307-9732.

POLARIS MINI BIKE for sale, 5-1/2hp, runs, needs a little work, \$300. Lewisburg area. (931)276-2110.

2008 HONDA GOLDWING TRIKE GL-1800 MOTORCYCLE for sale, 19,300 miles, \$23,000. (931)581-2657.

NAA

AATII

104 E. College St.

Fayetteville, TN 37334

931-433-8686



BOAT, 12' with trailer, 3hp gas motor and trolling motor included, \$850. (217)778-4083.

JAYCO 263RK 5TH WHEEL CAMPER, air conditioner, propane heater, and refrigerator, all in good working condition. In-side was stripped of furniture and used for a craft room, clear title, Estill Springs area, you move, \$750 or best offer. (217)741-5444.

31FT. 2003 TIFFIN ALLEGRO MOTOR HOME, Class A, 2 slideouts, dinette booth, satellite, sleeps 6, low miles, excellent condition, \$35,900. (931)450-2194.

1996 TRACKER 14' ALUMINUM BOAT. 1996 Tracker Marine Su-per GV14 fishing boat with Bimini top, 14' aluminum fishing boat with 25hp Tracker engine. Comes with power trim and electric start, 12v Minnkota trolling motor, Lowrance depth/fish finder, live well with aerator, manual bilge pump, two new batteries, 5 rod holders, two storage boxes, carpet, marine radio, two low back fishing seats, and one casting seat with marine radio, two low back fishing seats, and one casting seat with post. Everything works good. Comes with boat cover and wired trailer with bearing buddies. Ga-rage kept, \$3,500. (931)652-7393.

1984 HONDA SABRE 700cc, runs and looks good, \$1,500; 1994 Harley Davidson Fat Boy, nice bike, lots of chrome, \$4,500; both ready to ride, best offer on both. (931)276-2110.

MOTORCYCLE HELMETS for sale, solid black helmet, like new; and full face helmet, white/black, \$40/each. (931)438-2958.

#### Rentals Bedford County R

CONDO, 2 bedroom, 1 and 1/2 CONDO, 2 bedroom, 1 and 1/2 bath. Large living room and kitchen, dining area. Utility room with washer and dryer hookups. One car garage with attic storing. Covered patio, pri-vate and secure. South Brittain Street, Shelbyville, TN 37160. (931)205-7031.

#### Rentals Coffee County

HOUSES, APARTMENTS AND MOBILE HOMES for rent, 1BD, 2BD and 3BD, \$105-\$180 weekly, pets extra. Tullahomá. (931)454-2234; (931)563-5678.

2 BEDROOM DELUXE REMODELED-HILL'S CHAPEL APARTMENTS. Large oversized 2 bedroom apartment, conveniently located in the middle of Manchester. New ceiling fans, light fixtures, doorknobs, fresh paint, pool, tennis courts, basket-ball court and laundry room on site. One year lease, \$400 deposit and \$35 application fee. 1516 Hills Chapel Road, Manchester, TN 37355. (615)476-6200.

BRICK HOUSE FOR RENT, 1505 North Jackson Street, Tullahoma, 3BD, 2BA, all hardwood, dishwasher, garage, CHA, \$1,200 month. (931)273-9857.

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

#### Rentals Franklin County

HOME FOR RENT, 3 bedrooms, 2 baths, CHA, just remodeled, all new paint and floor covering, \$750/rent and deposit required. Call Ashley at Lynch Realty for information, (931)967-1672.

ROOM FOR RENT, in country, access to complete home, all utili-ties included, \$340 month. Winchester area. If no answer, leave message, (931)691-8140; (931)636-1648.

BEST VALUE STORAGE, Best rates around! 5'x10'-\$25/month; 10'x10'-\$38; 10'x15'-\$45; 10'x20'-\$55; 10'x25'-\$65; 10'x30'-\$75. Three convenient locations to serve you. Rigsby Rentals, (931)967-1693.

#### Rentals Lincoln County

2-BEDROOM, 1-BATH HOUSE 2-BEDROOM, I-BATH HOUSE for rent, 1122 Hedgemont, Fayetteville. Completely remodeled, new CHA, hardwood floors, references required, \$600/month, plus deposit. (931)993-6779.

45-1/2 ACRES OF PASTURE-LAND for rent, Kelso Rd., off Dukes Lane. (931)937-0596.

HOUSE FOR RENT, four bedroom, 2.5 bath, in Fayetteville, no pets, references, deposit. (931)993-9439.

#### Rentals Madison County

MOBILE HOME for rent, 2BD, 1BA, in Toney, Alabama, NO PETS. Call 5:30p.m.-7:30p.m., Monday-Friday, anytime Saturday-Sunday. (256)851-6364, If no answer, please leave message.

#### Rentals Marshall County

HOUSE FOR RENT, Belfast, TN. House accommodates no more than 3 people, no pets. Call, (931)276-2398. For Sale: 1950? Ford Tractor, Cyclone mower, 6' scraper blade, junk mowers, boxed flea market items.

#### Services Appliances

APPLIANCE REPAIR. We service and repair all major brands. Over 16 years experience. We buy used appliances. Appliance Barn. (931)563-7777.



DARRELL'S SEWING MACHINE REPAIR, 45 years experience (931)993-4056.

#### C Automotive



FRONT YARD CAR WASH Ba sic washing or detailing. Call for price. Huntland, TN (931)675-9396; (931)433-5672.





#### CARRETT'S

2678 Hwy. 41A. North, Shelbyville, TN. Alignments; new and used tires; oil changes; brakes; computer diagnostics; body shop. (931)294-5330. www.garretsautomotiveandwreck ercervice com

Services Cleaning T

erservice.com.





PROFESSIONAL WINDOW CLEANING. FREE ESTIMATES. REFERENCES A V A I L A B L E . B O N D E D / I N S U R E D . (931)247-2091. TOO BUSY TO CLEAN! Call Lisa

and Amanda. We will come out and give you a price. We work by the job, not by the hour. We are reasonably priced. Lisa, (931)952-0320; Amanda, (931)952-5755.

EXCELLENT CLEANERS, TWO WOMEN specializing in all types of housecleaning, residential and commercial, offices, move-in, move-out, clean windows, decks. Free estimates, bonded and insured. Excellent references. (931)636-4889.

Services Health & Beauty



VISITING ANGELS IN-HOME VISITING ANGELS IN-HOME CARE Up to 24 hour care, meal preparation, light housekeeping, rewarding companionship, bathing/hygiene assistance, errands, shopping. Experienced Caregiver team. Free in-home consultation. (931)488-6863, Shelbyville office.

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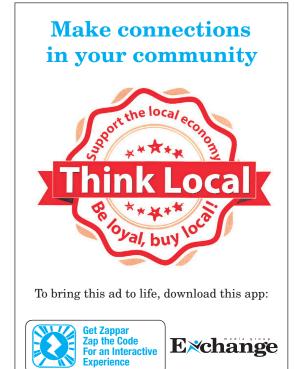
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#### Yard Sales Coffee County

YARD SALE, 69 Freeman Sherrill Road, Thursday and Friday. If rain-next week. Crystal; exercise machine; baby items; and more.

MULTI FAMILY ESTATE MULTI FAMILY ESTATE SALE, Saturday, May 4, 7a.m.-4p.m. Oster kitchenware; antique furniture; horse tack; archery equipment; artwork; knick-knacks; clothing; and lots more! 704 North Washington Street, Tullahoma, TN 37388.

YARD SALES, May 2, 3, 4 on Sharon Oakley Drive, Hillsboro, 7a.m.-5p.m. Rain or shine.

Find a Find a New Car at www.Exchange931.com

#### HUGE INSIDE YARD SALE, 12

vendors displaying numerous items, something for everyone, Hillsboro Community Center, Thursday, May 2, Friday, May 3, 9a.m.-4p.m.

#### Yard Sales Franklin County S

3 FAMILY YARD SALE, Friday

3 FAMILY YARD SALE. FIIGAY, May 3, 8a.m.-4p.m. and Saturday, May 4, 8a.m.-4p.m. Lots of items; household; dishes; toys; kids'and adults' clothes; furniture and more! Cancel if rain. 173 Winstead Road, Manchester, TN 37355.

ONE DAY ONLY GARAGE SALE. Rain or shine. Friday, May 3, 7a.m.-?, 202 Marks Avenue,

Tullahoma. Prince Properties Name brand items priced cheap.

YARD SALE, Saturday, May 4, 8a.m.-2p.m., 207 N. Jackson St., Tullahoma. Proceeds to benefit Alzheimer's Tennessee. Donated items accepted through May 3.

H U G E Y A R D S A L E, Friday-Saturday, May 3-May 4, off Highway 55 on West Road, sec-ond house on left #288, Morrison. Antiques; collectibles; more.

NEIGHBORHOOD YARD/BAKE SALE, Friday, May 3 and Saturday, May 4, 7:30a.m.-1p.m. No early sales. 303 Oak Park Drive, Tullahoma, TN 37388.

YARD SALE, May 2, 3, 4, 8a.m. until ?, 663 Parker Road, Manchester. Home Interior;

dishes; sheets; DVD's; games; men's clothing M-XL; ladies 10-12; treadmill; lots more.

HUGE GARAGE/YARD SALE. Friday, May 3, 8a.m.-2p.m. and Saturday, May 4, 7a.m.-2p.m. In-door and outdoor furniture; used ATV; remodeling items; kids' toys; etc. 217 Marks Avenue, Tullahoma, TN 37388.

MOVING SALE, May 4, 8a.m.-4p.m., 216 Linkside Dr., Tullahoma. Furniture; bedroom

Tullahoma. Furniture; bedroom suites; antiques; lamps; dinner table; chairs; golf supplies and clubs; glassware; gun cabinet; au-dio equipment; saddles; dog cages; outdoor furniture; much more. Rain or shine. Call, (931)308-5509, to view early. Viewing from April 29-May 4, 9a.m.-5p.m.

CARPORT SALE, RAIN OR SHINE. Saturday, May 4, 7a.m.-?. TV; furniture; collectibles; dolls; household; plants; kitchen; lots more. 1804 Harton Boulevard, Tullahoma, TN 37388.

GARAGE SALE, 68 Garden Place,

GARAGE SALE, 68 Garden Place, Manchester, rain or shine, Thursday, Friday, Saturday, 7.a.m.-4p.m. 32" flat screen and 39"smart TV; collectible swords; outside swing hitting net; 21 quart pressure cooker; costume jewelry; pillowcases; scarves; thread and hoops for embroidering; Readers Digest condensed books; Yamaha natural sound av receiver:

Digest condensed books; Yamaha natural sound av receiver; clothing-teen girls' XS-L, boys' 10-14, women's 8-16, men's shirts, L-3X, pants 36x29-48x32; dish gar-dens and other green plants; re-funders extra supplies; books; small decorative table. Items too numerous to mention.

YARD SALE, 309 South Wood-land Street, Manchester, Thursday, Friday, Saturday. Li-cense plates; glassware; antiques; tools; puzzles; home decor; everything else.

HUGE MULTI FAMILY YARD SALE, 107 Linkside Drive, Tullahoma, Saturday, May 4, 7:30a.m.-1p.m. Furniture; tools; clothing; household items; books; antique desk; Harley Davidson motorcycle items; and much more.

YARD SALE, Friday and Saturday, May 3-May 4, 7a.m.-2p.m. both days, 107 Blue Creek Landing, Tullahoma. Rain or shine. Portable BDO will beft

BBQ grill; craft supplies; garden supplies; car care; luggage; books; housewares; jewelry; clothes; \$1 table; puzzles; and more.

HUGE YARD SALE, MAY 3-4, 206 Woodland Drive, Decherd be-hind Walgreens. Furniture; linens; bed, mattress and springs; clothes for men, women and toddlers; booster seats; glassware; toys; baseball cards; and much more.

INSIDE YARD SALE, May 10 and May 11, 8a.m.-4p.m., Sunshine Circle across from Decherd Co-op, follow signs. Making life change to farm house style, need to declutter. Knickknacks; pictures; dishes; linens; women's clothing, L-X1 · furniture L-XL: furniture.

MOVING/YARD SALE, May 3 and 4, 8a.m.-?, 223 Magnolia Drive, Winchester. Lots of furniture; men's and kids' clothes; shower chair; bicycles; toys; etc. Cancel if raining hard.

HUGE INDOOR YARD SALE, Friday-Saturday, May 3-4, May 10-11 & May 17-18; 7a.m.-noon, 107 Cumberland Street East, Cowan. All money goes directly to Cowan Railroad Museum.

NEIGHBORHOOD YARD SALE. Friday, May 3, 7a.m.-2:30p.m. and Saturday, May 4, 8a.m.-1p.m., Bel Aire Subdivision, Winchester, 126 Bel Aire Drive, Winchester, TN 37398.

YARD SALE, Franklin Hills, 223 Sugar Leaf Circle, Winchester, May 10, 9a.m.-2p.m. Water skis; jewelry; kitchen and household items. Little bit of this and that.

BIG TWO FAMILY YARD SALE, May 3-4. Furniture; plus size women's clothes; XL size men's clothes; insulated hunting clothes; kitchenware; lots of household items; lots of everything. 188 Trot-ters Circle, Estill Springs.

#### Yard Sales Lincoln County

YARD SALE every day call first YARD SALE, every day, call first, (931)732-9284. Golf clubs and bags; 3 full buckets of golf balls, \$0.25 each; pocket books; \$1 each; 150 old 78 records, mostly country and pop; lots of men's clothes, coats, shirts, sweaters, some new.

SHELTON'S ESTATE SALES 66 SHELTON'S ESTATE SALES. 66 Eastridge Road, Breckinridge Subdivision, Fayetteville. Riding mower; tools; holiday decorations; house full of stuff. Friday, May 3, 8a.m.-4p.m. and Saturday, May 4, 8a.m.-4p.m.

MULTI FAMILY YARD SALE, Saturday, May 4, 6a.m.-noon. Baby items, clothing and toys. 198 Camargo Road, Fayetteville, TN 37334.

HUGE GARAGE SALE, Friday. May 3, 9a.m.-?, Saturday, May 4, 9a.m.-?. Some tools; lots of household miscellaneous; nousehold miscellaneous; men's and women's clothing; dinette set; and other furniture. Something for everyone. 2516 Lewisburg Highway, Fayetteville, TN 37334.

FIVE FAMILY YARD SALE, Saturday, May 4, 7a.m.-?, 617 Mul-berry Avenue. Furniture; clothes; household items; more.

MOVING SALE 310 Elk Aveni South, Fayetteville, 7a.m. until ? May 3 and May 4, Friday and Saturday. Lots of items.

May 1, 2019

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LARGE YARD SALE, 1425 Smith LAKGE TAKU SALE, 1425 Smith C h ap e l R o a d, o f f Lynchburg-Tullahoma Highway. May 3-May 4. Furniture; lawn equipment; electronics; tires; much more.

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#### Make connections. Yard Sales Moore County YARD SALE, Wednesday, Thursday, Friday, Saturday, May 1-May 4, 7a.m.-?, 4450 Griffin Road, Lynchburg. Old horse drawn equipment; metal signs; furniture; housewares; much more. (931)808-7045. Rain or shine. 0 (\$) 0 85,000+ **Searching For** Internet **Your Stuff** Customers Cash In Homes Your word ad Every week people A word ad Your word ad will are searching for could turn those reach over 85,000 will reach Yard Tools items you no homes each week. thousands of items into cash. longer use. users on our CRAFTSMAN 46" GARDEN TRACTOR, 18 hp Kawasaki liquid cool, \$550. (931)636-3054. website MURRAY 42" CUT, mower deck pre-worked, 15hp Briggs engine with hydrostatic, \$300 or best offer. (931)314-7690; or, (931)314-0365. Free Word Ad YOUR CRAFTSMAN RIDING MOWER, 42" cut, Briggs & Strat-ton engine, hydrostatic transmission, new battery, \$350. (931)409-0227. PLACE FREE CLASSIFIED AD TODAY. 2 ways to place your ad today: Any item priced under \$1,000 is free to advertise.\* Ads must be received by 42" TROY-BILT RIDING MOWER, 17.5 Briggs & Stratton engine, does not run, good for parts, \$125. (931)433-7642. Monday at 9:30 A.M. for 1. (931) 359-1994 Wednesday's publication. 2. Exchange931.com Ads immediately go online 22" PUSH MOWER, big wheel, \$45. Craftsman, LT1000 riding mower, reworked, new muffler, at www.Exchange931.com excludes animals FOR SALE, 2017 TORO turnabout lawn mower, \$1,000. Hillsboro area. (931)596-3211. ELECTRIC AND GAS CRAFTS MAN WEED EATERS for sale, \$30-\$100 each. Tullahoma area. (931)273-9338; (931)409-3779. **E**×change 18" CRAFTSMAN CHAIN SAW, Any single item priced under \$1,000 is Free to advertise.\* excludes animals

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