# Exchange

EVERY MAILBOX, **EVERY WEDNESDAY** Shelbyville Edition Vol. XLI #2 January 8, 2020 ©2020 Exchange Media Group, In



# What May Stem Cell Therapy Do For You? Are you considering knee, hip, shoulder, ankle, wrist, or elbow surgery?

# **Then Come To Our** Free Lunch Seminar

# **On How Stem Cell Therapy May Prevent Surgery!**

# **January** 15<sup>th</sup> at 12:30 р.м. **Gondola** Restaurant 412 E Carroll St., Tullahoma, TN 37388

Call 931-393-2401 to reserve your spot. Reservation is required. Seating is limited.

Tullahoma Chiropractic and Medical Center is hosting a FREE Advanced Regenerative Medicine Lecture. Grab a seat and a free lunch and learn how this remarkable treatment can help you get back on track.



ayetteville, TN 004 xod .o.q

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Javna Wood MSN, APRN, FNP-C is our Nurse Nurse Practitioner & **Dr. Frank Perrv M.D.** 

# Call 931-393-2401 Now Tullahoma Chiropractic edical Centei

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





Who said print is dying? YEARS IN BUSINESS and still growing!

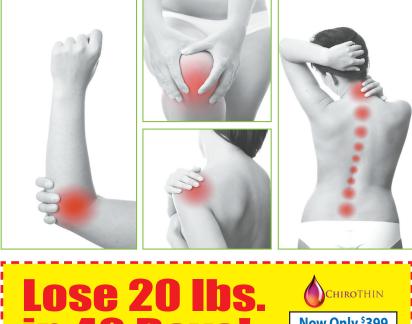
Place Your **FREE** Word Ad Today: exchange931.com

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**On Facebook** 



Regenerative Medicine - I had tennis elbow and had cortisone injections to help the pain - wrong - it burned half the elbow tissue and I went to the orthopedic surgeons and was told that it was inoperable and was prescribed an anti inflammatory - I thought all hope was lost - been over a month since I had the stem cell injection and Cold K laser therapy and my elbow is like new no pain and I can actually lift things with my arm now - so happy would do it again if something else breaks down! The best!





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

# **Obituaries**

BEECH. **JOE** HARRY 78, Shelbyville, TN. December 28, 2019. Mr. Beech was entombed in Willow Mount Cemetery in a private gathering of his family. There will be no other public services. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

BENHAM, MCCLEISH "MAC" CHRISTMAS - 33, Shelbyville, TN. December 31, 2019. Celebration of Life, 5 p.m., Saturday, January 4, 2020. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

NICKELSON, TAMMY DAWN -54, Moore County, Memorial TN. service, 2 p.m., Wednesday, January 1, 2020 at Lynchburg Funeral Home. Mrs. Nickelson passed away December 27, 2019 at Centennial Hospital in Nashville. Mrs. Nickelson was born in Tullahoma; daughter of the late Horace and Rachel D. Burton Prince. She was the Lead Custodian at the Learning Way Elementary School in Shelbyville. She loved being outdoors at the campground and canoeing, fishing and camping. She also enjoyed Most gardening. of all, she enjoyed spending time with her family, especially her grandchildren. Continued On Next Column

In addition to her parents, she was preceded in death by her mother-inlaw, Polly Johnson. Tammy is survived her loving by William husband, "Mike" Nickelson of Moore County; Phil stepfather, Miller of Flat father-in-Creek; law, Steve Johnson Shelbyville; of daughters, Sheena Joy Prince and Miranda Dawn Fuller, both of Shelbyville, Rhonda Michelle Norwood (Jody) and April Dianne Hays (John), both of McLoud, OK; brother, Steve Prince of Shelbyville; Vicki sisters, Stallins and Shelley Talley (Shannon), both of Flat Creek; and fifteen grandchildren. 1-2 Visitation, p.m., Wednesday, January 1, 2019 at LYNCHBURG FUNERAL HOME, Lynchburg, TN.



(931)759-4444.

PATTERSON, **JOHN O.** - 92, Shelbyville, TN. 2020. January 4, service, Funeral 12 p.m., Tuesday, January 7, 2020. Burial in Hillcrest Memorial Gardens. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

**REED, MARYANN** - 77, Shelbyville, TN. January 3, 2020. Continued On Next Column

Funeral service, 1 p.m., Wednesday, January 8, 2020. Burial in Willow Mt. Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

SEIBERS, MARGIE NELL -85, Shelbyville, TN. December 29, 2019. Funeral service, 1 p.m., Friday, January 3, 2020. Burial in Willow Mt. Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011. SMITH, JAMES LARRY "JIMMY" 78, Bell Buckle, TN. January 2, 2020. Funeral

service, 11 a.m., Monday, January 6, 2020. Burial in Cross Road Church of Christ Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

### Remember your loved one With a Memorial Bookmark

If your loved one's obituary was placed in the Exchange, call us today to order a bookmark.



Place your free word ad: Exchange931.com



Coffee County

FREE CLOTHING for the family. The Clothes Closet, open the first and third Satur-

day each month, 10a.m.-12 noon, St. Paul's United Methodist Church, 30 Cat Creek Road, Manchester.

TAKING BIDS ON THE FOL-

LOWING VEHICLES: 1981 C he v r o l e t K 2 0 , IGCEK24L9BF339212; Taking bids until January 16, 10a.m. Action Transport Towing, 2223 W o od bury High way, Manchester. (931)954-6125.

CLOTHING GIVEAWAY at

size clothing.

ing a public auction to recover fees associated with the following vehicles KNAGT4L38H5149822 1 H G C G 5 6 6 7 1 A 10 1101; 5 N 1 B V 2 8 U 1 4 N 3 1 2 6 5 3; JN1CA31D1YT730543. January 16, 2020.

COFFEE COUNTY SENIOR CITIZENS INC, 410 North Collins Street, Tullahoma presents a trip to Metropolis Casino. Thursday, January 16. \$40 per person, includes 1 fresh bufffet and 1 free slots play voucher. Must be 21 years old and have a valid picture ID. Call, (931)455-2504, for more information. information.

ANDERSON STREET STOR-AGE of Tullahoma will sell the contents of Unit 107, January 20, 10a.m., for non-payment. (931)461-5101.

# **Announcements** Franklin County

Fredonia Church of Christ on Matts Hollow Road, Manchester, first Saturday of each month, 9a.m.-11a.m. All THIS and THAT THRIFT THIS and THAT THAFT STORE, 204 North Porter, be-hind Bates Foods, Winchester T u e s d a y - S a t u r d a y noon-5p.m. Rada cutlery; used furniture; jewelry; glassware; all size clothing; and more Donations

ROSE HILL BURIAL PLOTS. 7 burial plots, 5 together, 2 together, Rose Hill Memorial Gardens, Manchester, \$700 Donations welcome Debit/Credit cards accepted (931)307-3836. each. (615)618-3515.



Mon. - Fri. 10:00 л.м. - 6:00 р.м. • Sat. 9:00 л.м. - 4:00 р.м. К. Ellen Boutique Shelbyville @ @k.ellenboutique



DAY'S MINI STORAGE will auction the following units for unpaid back rent on January 11 at 9a.m., at our 41A location, Estill Springs: Unit 5 (5X10) belonging to Jeff Mosley, Unit 47 (10X10) belonging to Stephen Keith; immediately Stephen Keith; immediately following, approximately 9:30a.m. at our 202 Diagonal St. location, Decherd: Unit 5, Bldg 5 (5X10) belonging to Chelly Brown; immediately fol-lowing at approximately 10a.m. at our 910 College St., Winch-ester location, Unit E26 (10x10) belonging to Zachery Rowe. Announcements Lincoln County

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

#### **National Suicide Prevention Lifeline 1-800-273-8255**

WE CAN ALL HELP prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, pre-vention and crisis resources for you or your loved ones.

DID YOU KNOW...We are on FB! Find us and Like us to keep up with the goings on of Ex change Media Group! PULL TABS FOR RONALD MCDONALD 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.

DID YOU KNOW? You can ad-vertise anything for free at Exchange931.com. It also gives you the option to have your ad in the printed edition for a small charge!



FULL GOSPEL CHURCH 134 Monks Road, Fayetteville (Park City). Sunday worship, 10:45a.m., Ministry of Word, 11:30a.m. For more information call For more information call, Bert Baker, (931)339-7138.

FIRST ANNUAL ELORA Commmunity center Flea Market & Sporting Goods Sale. Two big days! Friday and Saturday, February 7 & 8. Sporting goods, knives, antiques, items for him and her, too much to list! Vendor space available. For more details or to reserve space call, (931)205-0644.

ATTENTION LINCOLN COUNTY VETERANS! Please register at Lincoln County Veteran's Service Office, in Ralph Hastings Office Building, Davidson Drive, Fayetteville Bring your DD214.

PARK CITY FLEA MARKET & AUCTION, 2748 Huntsville Highway, Fayetteville, TN 37334. Auctions every Friday & Sunday, 6p.m. Flea Market ev-ery Saturday and Sunday. Tons of great merchandise. (931)691-4081.

RECIPES FOR THE AN RECIPES FOR THE AN-NUAL COOKBOOK can be entered all year long! Send us your recipes written clearly. Please include ingredi-ents in the order they are used in the recipe and detailed instructions. (A recipe that is incomplete or illegible cannot be used.) Put your name, ad-dress and phone number on each recipe. You can drop it off at 404 Main Avenue South, Fayetteville; mail it in South, Fayetteville; mail it in to PO Box 490, Fayetteville TN 37334; or submit it on-l i n e a t www.southernaprons.com.

TWO CHARLIE DANIEL'S TICKETS for sale, Friday, March 13, 7:30p.m., Von Braun Center, Huntsville, AL, great seats, \$110 for both. (931)433-6386.

DONATIONS WELCOME and appreciated for Holiness Church of God Building Fund. Account is set up at First Na-tional Bank, or contact Patri-cia Moore, (931)433-6823; (931)227-8228. Pastor, Sonny

GET MORE SPACE IN YOUR LIFE! Rent a storage u n i t t o d a y . www.yourextendedattic.com . Fayetteville location, (931)607-4426; or Park City location, (931)273-9737.

TRADITIONS ANTIQUE MALL now open. Dealers wanted for new antique mall in Park City next to Mathis Flooring. For information call, (615)347-2357.

LOVE THE EXCHANGE? Give us a review on Google! Google search Exchange Media Group, give us some stars, and tell us what you love!

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. /031\675.1326 Tuesdays, (931)625-1326.

# Announcements Madison County

ONLINE STORAGE AUCTION! Your Extended Attic, 108 Twin Rivers Drive, Hazel Green, AL 35750 will have an online auction, selling the contents of Unit 862, be-Ine contents of Onit 802, be-longing to Elizabeth Francis. The online auction will begin at Noon on Tuesday, January 7, 2020 and end at 6p.m., Tuesday, January 14, 2020. To view and/or bid on this unit go to www vanmassev com select to www.vanmassey.com, select the AUCTION tab. For more information contact Tom Treece at (256)679-2538.



STOP SMOKING today Hypnosis, \$55. No worries. Just relax. Weight control, stress, confidence, phobias, self improvement. Lewisburg Healing Arts Center. (931)270-1664.



RARE RUSSIAN COL-LECTIBLE PLATES, four Rus-sian collectible plates, "The Snow Maiden" collection, hand painted, raised edging, \$ Winchester. (615)310-0619. \$75

VINTAGE GESTETNER 300 MIMEOGRAPH PRINTER for sale, very clean, original cover, for display or possible use?, \$45. Chattanooga. (423)698-3643.

FOR SALE, Old Carnival glass; racing Matchbox haulers. Lots more things, come and call for appointment only. (931)635-2401.

FOLDING WOOD ROCKER, ask for picture but cloth on chair and the back is great condition, \$99. (931)728-3728.

DUNCAN PHYFE DINING SET, table, leaf and 8 chairs and hutch, \$500. (931)433-4948.

ANTIOUE BABY CRADLE. cherry colored wood, rocks, was my Granddad's who was born in 1887, \$300. (931)227-6721.

HISTORICAL DOWNTOWN A N T I Q U E S & & COLLECTIBLES, 109 North Ir-COLLECTIBLES, 109 North Ir-win Street, Manchester. Monday/Wednesday/Thursday /Friday/Saturday, 9a.m.-5p.m.; Tuesday, 9a.m.-3p.m.; Sunday, 12-5p.m. 3,000sf, 30+ vendors! (931)581-6666.

WOODEN HAT BOX, hand painted lid of beautiful birds, black lacquer interior, 17-1/2"x18", antique to decorate home, \$125. Winchester. (615)310-0619.

PADDLE RACE CAR, very good condition, \$350 or closest offer. See photos at www.exchange931.com. Call/text, (931)408-0454; or, (931)434-2878.

TAG ALONG, vintage 1983 retro Igloo Tag Along cooler with shoulder strap, burgundy and white, \$10. Tullahoma area. (615)849-5012.



**General Production** Starting at <sup>\$</sup>14.70/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:**

Automotive Accessories

NISSAN ARMADA FLOOR

MATS, tan. Rubber and carpet (unused) set, great condition. Will sell separately, \$75.

shape, \$75. (931)728-0510.

TOYOTA 1983 22R ENGINE

with transfer case, \$700. (931)307-8792.

(423)240-3938

area. (931)307-8117.

 $\bigcirc$ 

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

# **New Starting Rates**

# **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 \$17.34/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.

FOR SALE: Husky floor liners. front and rear set to fit Toyota Camry, 2012-2017, tan in color, \$75. (931)967-8406. SET OF FOUR General Grabber tires for sale, P275/R70/18, 60% tread, \$150. Tullahoma

FOUR USED GOODYEAR TIRES for sale, 16" TIRES for sale, 16" P235/70R16, good tread, \$190 for all. Fayetteville area. (931)433-6386. 4.3 CHEVROLET ENGINE

PARTS for a V6 for sale, \$120 for heads, \$500 for all. (931)652-7591. Books, Movies, & Music FOUR TIRES for sale, 50R15 LT, like brand new, \$300. (931)434-1978. DISNEY MOVIES, Snow

White and The Seven Dwarfs, and Bedknobs and Broomsticks masterpiece collection, VHS, original cases, \$5. Tullahoma. (615)849-5012. GOODYEAR TIRES, P275/65R18's, 30,000 miles, they are 60,000 mile tires, \$100. (931)308-9473.

> 400 ALBUMS, all types of music, excellent condition, must see, \$5. (615)310-0619. Leave message

15 LORETTA LYNN and Con-way Twitty albums together, DODGE RAM WHEEL COVERS, dually, chrome front and rear complete set with cen-ter caps, \$100. (931)394-2081. \$300. (931)637-7546.

54 ALBUMS OF CONWAY TWITTY, good for collectors, \$950. (931)637-7546. CENTURY FIBERGLASS BED CAP, off 2009 Ford F150 5.5' bed, royal red, hardware included, needs latch, excellent

GET RID OF YOUR CLUTTER? Sell your unused DVD's, movies, and books. One item selling for \$1,000 or less advertises in the Exchange FREE. exchange931.com.

1896 ILLUSTRATED CATALOGUE, Marshall Field CATALOGUE, Marshall Field & Co., \$2; The Ultimate Chal-lenge by Charles Luna (local author, bk. signed), \$2; Murder Gets A Life by Anne George, (large print), \$3; From the Holy Mountain, A Journey Among the Christians of the Middle East by William Dalrymple, \$2; The Far Side Observer by Gary Larson, \$2; Nancy Reagan by Kitty Kelley, \$3. The Book Shelf, Northgate M al1, T ullahoma. (931)273-8001.

THE CAT WHO ROBBED A THE CAT WHO ROBBED A BANK by Lillian Jackson Braun, \$1; The Teachings of Don Juan: A Yaqui Way of Knowledge by Carlos Castaneda, \$1; Basketball Coach Playbook with DVD from Upward.org, \$2; Sears Roebuck & Co. Consumers Guide, Fall 1900, \$2; Twelve Guide, Fall 1900, \$2; Twelve Sharp by Janet Evanovich, \$3; Breakfast at Brennan's (and dinner too) by Pip, Jimmy, and Ted Brennen, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

Building Supplies 4

ROOF NAILS, coil type, head type, 30 in box, 1,200 nails each coil, original box, \$30. quriositi@earthlink.net. Cars & Trucks

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

2001 NISSAN ALTIMA, motor is good, transmission needs repair, body in great shape, \$550 or best offer. Call or text, (931)273-4027.

THE FOLLOWING VEHI-CLES will be sold if not claimed and bill paid in full. 2007, WMWMF33537TL77680; 2 0 0 3 , 1MEHM50U93G609542; 2006, WDDDJ75X46A054164; 2013, KNAGM4A78D5423677; 2006, 2G2WP552461248427; 2004, 1FDXE45SX5HA60227; 2008, ITLKES0F881029016: 2001 TOYOTA SIENNA VAN for sale, new tires, runs good, \$1,700 or best offer. (931)205-7757. JUNK CARS AND TRUCKS wanted, running or not, top dollar paid. Call, (931)625-6130.

2008, JTLKES0E881029016; 1999, 1B4HS28Y8XF638987. Gullett's Towing and Recovery. 1-16-20.

2003 MERCURY GRAND MARQUIS, approximately 160,500 miles, good condition, rides good, must sell, \$3,500 or best offer. (256)348-9090.

"Thank you! I am a very satisfied customer! I list items with the Exchange and they get the job done!" Rick





2008 NISSAN ARMADA 186,000 miles, \$5,100. (931)224-8421.

PRE-OWNED 2008 Town and Country van, loaded, with DVD player, headphones, power open side door and lift gate, leather interior, 77,000 actual miles, STK# T050, TNDL#2248, \$7,900 plus TTL. (931)625.3434 (931)625-3434.



- Wrap Around Covered Porch • 3 Bedroom, 2 Bath or 4 Bedroom, 2½ Bath
- Shiplap, Subway Tile, Woodgrain Countertops
  Drywall Throughout with 9' Ceilings
  72" Ceramic Tile Shower w/6" Rainfall Shower Head

#### Call us today to learn more!

4651 Manchester Hwy. McMinnville, TN 37111 (931) 668-7300

meadowshomes.com

2018 NISSAN ROGUE SV,

white w/beige interior, navigation, power driver seat, heated seats, push putton start, auto trunk release, much more,

19,000 miles, \$13,900.

2006 BMW 325ci, convertible, 2DR, black w/tan leather, automatic, CD/NAV/DVD, 95,000 miles, beautiful car! \$7,900. (931)625-0245.

(931)588-8802.



Where great deals have been happening since 1983



\$199,900

AIG & LER

MANTLE CLOCK, great working, chiming, 31 day man-tle clock, made in Korea, 1994-5, \$150. (931)359-3125.

ANTIQUE DINING ROOM SET for sale, 42"x69" table with six chairs, two captain chairs, also includes 12"W leaf, \$500 or best offer. (931)993-5099.

"I have sold a lot of items with the best place to sell stuff!"

USED QUEEN-SIZE MATTRESS, good condition, \$50. Complete Bed frame

setup, queen-size, brand new, faded white barnwood, \$200. Tullahoma. (910)581-0318.

GE MICROWAVE, black and silver, glass turntable, 700 watts, auto timed defrost, new

in unopened box, \$20. Shelbyville. (931)224-3910.

ANTIQUE DROP LEAF TA-BLE AND CHAIRS for sale, \$55. McMinnville area. (931)247-0858.

BEAUTIFUL OAK COM-PUTER ROLL-TOP DESK, oak

Larry D.

SIDE

R





hutch with glass doors, and oak swivel desk chair, 57"x34"x74.5", \$975 for all. (931)581-2657. ΒY SIDE REFRIGERATOR, with ice and water maker in door, looks and works good, \$250. Tullahoma. (931)841-1566.

BAKERS RACK, wrought iron, 4 shelves, folds to store, like new, Winchester, \$75. (615)310-0619.

BABY BED, 40+ years old white bed, needs a little tlc with someone's creativity, could be an heirloom, \$25. (931)433-4948.

LEAF TABLE for sale, with 4 chairs and 2 bar chairs, 55" without leaf and 12" larger with leaf, \$150. (931)308-9473.

P L A I D C O L O R E D LOVESEAT, with pillows and cushions, good condition, pet free and smoke free, \$75. (931)588-8487.

MAYTAG DRYER, 5000 series, jade green color, \$170. Call, (931)434-2337.

FREEZER for sale, Frigidaire 20.5 cu.ft., upright frost free freezer, good condition, \$250. (931)703-0770.

#### Home Goods **H**

HOWARD MILLER MANTLE CLOCK, excellent condition, \$495. (931)723-7836.

ANTIQUE GRECIAN LAMP, rare antique, brass/copper, 17" tall, 4 globe lights, 3 Grecian ladies, must see, price firm, \$400. (615)310-0619.

EGGS, nice new one dozen egg storage container for refrigerator, \$15 new at BB&B, \$5. Tullahoma. (615)849-5012. 147 PIECE VINTAGE SYM-PHONY CORNING WARE for sale, includes dishes, bakeware, glasses, accessories, linens, \$250. (931)993-7338.

HOMEMADE QUILT, 77" wide x 85" long, green with light tan border and backing, %200 (221)207 8702 \$400. (931)307-8792.

VINTAGE SEWING CASE, fold out case, \$35. Call Jim, no texts. (615)714-9526.

DECORATE TABLE-pretty, ca-sual 50"x50" square table cloth, shades of light and medium blue plus 5 napkins, \$5. Tullahoma. (615)849-5012.

TWO FULL-SIZE COM-FORTER SETS, very colorful with red, blue, white, black bubbles, beige background, with three decorative pillows, \$20 for both. (931)842-0645.

LONGABERGER BASKETS for sale, \$35-\$200. (931)993-7338.

for packets of tea or sugar, \$2. Tullahoma. (615)849-5012.

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

MEAT TENDERIZER, Vacuvin MEAT TENDERIZER, Vacuum pressurized tenderizer and marinator for meats and vegetables, \$40 when not on sale, selling for \$5. Tullahoma. (615)849-5012.

COMPLETE SET OF GOLD-WARE for sale, complete set for 8, plus extra pieces, \$95. (931)247-4408.

CHINESE REVERSE PAINT-INGS on glass, three antique wood frames, brass holders, must see, \$500. (615)310-0619.

CHINA CABINET, brown, comes in 2 pieces, must sell, \$125 or best offer. (256)348-9090.

OVEN DISH, yellow basket weave, 10x8 baking dish with assorted fruit on lid, nice addi-tion to kitchen, \$5. (615)849-5012.

CAMELBACK TRUNK, a beau-tiful antique camelback trunk upholstered and lined, great c o n d i t i o n, \$250. condition, (931)359-3125.

ARTIFICIAL CHRISTMAS TREE, 6' tall, 4' diameter, in good condition, \$10. (931)759-5457.

INTERIOR FRENCH DOORS, glass in center of each, like new, come with brass h ard ware, \$250. (931)434-1978.

OLD HANDMADE FULL-SIZE QUILTS for sale, six to choose from, \$75 each. Pulaski area. (931)309-4536.

WEATHER GAUGE, interesting, but pretty clear tube with colorful baubles to in-dicate weather, can send picture, \$5. Tullahoma. picture, \$5. (615)849-5012. K Jobs DIRECT SUPPORT PROFESSIONAL. Ideal candi-PROFESSIONAL. Ideal candi-dates will work with men and women with intellectual and physical challenges in a resi-dential setting. We have 4 im-mediate positions available with rotating schedules. The ability to work with people, do-mestic abilities, a valid drivers license and computer knowl-edge is required/necessary. Se-rious applicants only.

shelbyville, TN 37160. (931)684-6976. DRIVERS, INAR-USA aka Tullahoma Taxi is growing and hir-ing more drivers for McMinnville, Manchester, Tullahoma and Shelbyville areas. (931)571-0993.

NEED A JOB NOW? Go to Exchange931.com and check out the Jobs category to find your next employment opportunity!

GRILL COOK NEEDED. Apply in person between 2p.m.-4p.m., Monday-Friday, Our Place Diner, 5 West Prospect Road. Interviews will ake place at this time.

"I am very well pleased with the Exchange! The response to my ad was great!" Engeline P.

NOW HIRING FOR TRUCKER HELPERS. These are full-time positions, assist-ing CDL drivers with deliveries. This position does not require a CDL. In this po-sition you will assist as a rider with directions as well as with directions, as well as loading and unloading trucks for over the road deliveries. There will be some overnight stays. Competitive pay, excel-lent benefits effective the date of hire that include medical, dontal wicing. If a incurance of hire that include medical, dental, vision, life insurance, short term disability insurance. ADC also offers a 401K program and discre-tionary bonus program. Can-didates must be able to suc-cessfully complete a pre-employment screening which will include a drug

pre-employment screening which will include a drug screen and random drug and alcohol screens. Also, must successfully complete a na-tionwide criminal background check. All applicants must schedule an appointment. Call, (888)542-8561. Walk-ins are welcome to stop by for an are welcome to stop by for an application only. EEO.

CLEAN HOME. Needed: someone to clean home once a month, \$125 per month. Dellrose, TN. (931)732-5513.



PANY is now hiring electricians, electrical helpers, apprentices, backhoe operators/equipment operators and drivers w/CDL for jobs in the Huntsville, Pulaski and Fayetteville areas. SEC offers 4 year apprenticeship training. Good wages and benefits. Please apply in person at, 1009 A Cleaner Way, Huntsville, AL, 35805. EOE. older. Candidate must have a valid driver's license, depend-able and provide own trans-portation to and from work. Willing and able to work out-doors in adverse weather conditions, able to lift heavy materials - 50lbs., work as a team. Pay is based on experience. 202 3rd Avenue Southeast, Winchester, TN 37398. (931)962-9621.

TOWN OF PETERSBURG is accepting applications for a full-time or part-time certified police officer. Starting rate is \$15/hr. Apply at Petersburg Town Hall between BAILEY MANOR IS TAK-ING APPLICATIONS for LPN & CNA, must pass back-ground check and drug screen. Apply at 113 Medical Center Blvd., Fayetteville.



Cooking/food service experience preferred. Penny\_Burton@lcca.com

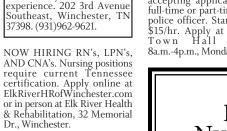
**Part-Time Activities Assistant** Energetic, patient & compassionate Must be Available on the Weekends Annette\_Wells@lcca.com

#### LifeCareCareers.com Equal Opportunity Employer

40 Nursing Home Rd., Lynchburg, TN • 931-759-6000

8a.m.-4p.m., Monday-Friday.

NOW HIRING, Backhoe



Operators/Equipment Opera-tors and Drivers, w/CDL needed for jobs in the Huntsville, Pulaski, and Fayet-Huntsville, Pulaski, and Fayet-teville area. Please apply in per-son at, Stewart Electric Company, 1009 A Cleaner Way, Huntsville, AL 35805. EOE. Shelbyville > Bedford County

#### January 8, 2020





Home Instead

SENIOR CARE

To us, it's personal.

HOME INSTEAD SENIOR CARE OF MIDDLE TN is look-

ing for compassionate and re-spectful CAREGivers to pro-

vide in home care to seniors. Our Requirements: Must be 21 or older, have a valid TN state driver's license, your own re-liable vehicle, and proof of

Training provided. Call Ashley between the hours of m , Monday-Friday to set up an interview, (931)454-2202.

DECLUTTER THE KIDS' ROOM. Sell their unused or unwanted items on www.exchange931.com.

TABLE SANDBOX AND CHAIR SET, like new, with lid and Little Tykes table, \$40. No returns. (615)243-1937.

RARE MONSTERS SCREAM

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

Baby Stuff



V I S I T I N G ANGELS-CAREGIVERS WANTED. Join our compassionate, reliable team compassionate, reliable team Two years caregiving experi-ence required. Flexible scheduling. Accepting applica-tions 1404 North Main. Shelbyville; or, apply online anytime, visitingangels.com. Care services include: Care services include: B a t h i n g / H y g i e n e A s s i s t a n c e / M e a l Preparation/Housekeeping/Er rands/Shopping/Medication Reminders/Companionship. (931)488-6863 931)488-6863.

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.

Sell Books & Movies at www.Exchange931.com



Centrally Located off I-24 between Chattanooga and Nashville the Manchester, Coffee County Conference Center is the premier location for meetings and events of all sizes.

Rent a Home at www.Exchange931.com

MEDICAL ASSISTANT MEDICAL ASSISTANT TRAINING. Spring Classes, March 23 - May 29, 5-9p.m., \$2,000 tuition, \$200 registration. Medical Response Institute, 1155 South College Street, Winchester. (931)240-0005; (931)259-7002.

### Lost & Found Franklin County

FOUND 2 BEAGLE DOGS. Belvidere's Staton Road area, dogs have collars, no name tags. To recover call, (931)636-4488; or email, eburns2@utk.edu.



FOUND A SHEEP in Lincoln/ Howell Hill area. Call to identify, (931)993-1564.

# Hedical Equipment

3 WHEEL ELECTRIC handicapped chair for sale, new battery, with charger, basket in front, \$350 cash. (615)318-9154.

# NRC PHYSICAL THERAPY TABLE, pillow, sheets and cover, still in box, brand new, \$300. (931)588-8487.

I LOVE THE EXCHANGE! I always sell everything advertise! by Ilene.

Sell Your Electronics at www.Exchange931.com



The investment we are most proud of is the dedication of our time, resources, and people to improving life in our communities.



Affordable Dental えんち Tullahoma 931-454-0001

AFFORDABLE DENTAL

be offering some new specials to better service our patients both old and new! Full mouth

x-ray, a comprehensive exam and cleaning for just \$119! Full mouth x-ray and consul-t a t i o n f o r extractions/dentures for just

office to set up an appoint-ment today! Mention this ad

for the discounted pricing! Most insurances accepted but not required! (931)454-0001.

Musical Equipment

STORY AND CLARK PIANO,

in excellent condition, excellent tone, \$550. (931)652-8079.

AKC REGISTERED GER-MAN SHEPHERD PUPPY,

male puppy born on 10/14/19, crate trained, shots up to date and vet checked, good with kids, \$350. (615)497-5696.

FREE TO GOOD HOME ONLY, 1-1/2 year old male, Blue Heeler/Shepherd mix,

neutered, sweet and smart, great with children. (615)587-1510.

FREE KITTENS to a good home, barn raised. (931)652-7591.

GERMAN SHEPHERD PUP-

GERMAN SHEPHERD POP-PIES for sale, no registration, black and tan, born on 12/9/19, ready to go on 1/20/20, shots and de-wormed, \$300. Call/text, (931)652-7488.

Pets

( 🔊

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 compassionate and experienced. (931)433-0120. Southern Al-liance Spay and Neuter Clinic, serving all Tennessee and Northern Alabama residents. Located in Fayetteville, TN. AFFORDABLE DENTAL TULLAHOMA. Affordable Dental Tullahoma is a local community-oriented private practice located at 1958 North Jackson Street in Tullahoma. We are excited to be offoring one and manifold

extractions/dentures for just \$99! Basic x-rays and clean-ings are just \$79! Dentures starting at just \$399! Simple extractions for \$79 or bundle with a problem focused exam and x-ray for \$108 total! Walk-ins and emergencies are welcome but subject to availability! Please call our office to set up an appoint-YORKIE PUPPIES, born 11/26/19, males and females, 5 to pick from, pick anytime will have shots and ready to go by 1/11/20. Levis Tack Shop 4137 Ivy Bluff Trail, Morrison TN 37357.

LITTER OF PUG PUPPIES for also male Blue Merle Peek-A-Pom. (931)409-2555.

3 FREE KITTENS, weaned and kitty litter trained, looking for a good home. (931)993-6293.

NKC REGISTERED BOXER PUPPIES for sale, vet checked, first shots, wormed, \$400 each. Winchester area. (931)636-9329.

AKC ENGLISH CREAM GOLDEN RETRIEVER PUPPIES, father Russian world champion lineage, mother UK, 8 weeks old, 2 males, \$1,000 each. (931)808-9022; facebook, Dunroamin Shades of Golden.

### Pet Accessories

PEE PAD, free. Just got a puppy? Train on this simulated grass pad with drip tray, never used. (615)849-5012.

151b. BAG OF BLUE BUFFALO, new unopened se-nior chicken and brown rice, expiration date of 12/15/20, \$20. (931)434-6264.

SMALL PET TAXL handy for carrying a cat or small dog, Pet-Mate brand, \$10. Fayetteville. (931)227-6721.

PET RAMP, adjustable height, folds flat for storage, four height adjustments, \$25. (931)227-6721.

# Real Estate Bedford County

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



REDUCED BY 20K! Spacious 2,800 sq.ft., 2-story home easy access to Hwy. 231, 4BD/3BA, 107 Candlewood, Shelbyville, \$279,900. (931)588-1182.



FOR SALE BY OWNER PACK-AGE includes 20 words of de-scription and phone number, border around the ad and a pic-ture of your home, ALL for \$78 for 4 weeks. Each week your ad will reach over 84,000 homes win reach over 84,000 homes an d will g o on www.exchange931.com. Addi-tional pictures can be added for FREE to your ad on our website. Call, (931)684-1285; or, place your house on www.exchange931.com.



\$\$\$ WE BUY HOUSES \$\$\$



HOUSE FOR SALE BY OWNER, 1667 sq. ft., 3BD/2BA, garage, carport, 2 outbuildings, corner lot. (931)952-2670. 1802 2nd Avenue, Manchester.



FSBO BELOW MARKET! 5BD/3BA, 2300 sq.ft. brick home, 409 Lannom Circle, Tullahoma, \$279,900, MUST Fullahoma, \$279,90 SELL! (931)588-1182

# **Real Estate** Franklin County

COMFORTABLE HOME ON 20 ACRES, 1,800 sq.ft., 2 bed, 2 bath, wooded acreage, moun-tain stream, \$215,000. annegrindle@hotmail.com.

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

FOR SALE FOR SALE BY OWNER PACK-AGE includes 20 words of de-scription and phone number, border around the ad and a pic-ture of your brone, ALL for \$78 ture of your home, ALL for \$78 for 4 weeks. Each week your ad will reach over 84,000 homes a n d w ill g o o n www.exchange931.com. Addi-tional pictures can be added for FREE to your ad on our website. Call, (931)433-9737; or, place your house on www.exchange931.com.

Real Estate Lincoln County

SOLD



LOOKING TO BUY A HOUSE! Best offer! I am buy-ing houses all over Middle Tennessee. Local buyer. Call now! (931)250-8059.

Real Estate Moore County



COUNTRY LIVING ON 6 ACRES. 165 Hasty Hollow Road, Lynchburg. 4 bedroom, 2 bath home, 2,100 sq.ft. \$159,900. Rent to own or owner financing available. (931)563-5335.

### Recreational Vehicles

FOR SALE or will trade for small pickup of equal value \$2,000, 750 Kawasaki motorcycle, new rear tire, new engine overhaul. (931)841-5715.

OLD MOTORCYCLES, WHEELERS, AND 4 WHEELERS WANTED. Any make, model or condition, with or without titles, cash p aid. Call John, (931)307-9732.



HAVE RENTAL PROPERTY? There are tons of potential renters in the area! List your rental with Exchange and get that property rented fast! Go to Exchange931.com to list for free!



2BD, 1BA APARTMENT, dead-end street, private, Manchester, stove, refrigerator, microwave, washer/dryer furnished, \$650 plus deposit, no pets. (615)824-5525.

FOR RENT: Small upstairs fur-nished apartment w/utilities, wifi. No pets, no smoking, \$400 deposit, \$175 weekly. Pic-t u r e s o n www.exchange931.com. (931)408-0824.

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

SMALL 2BD HOUSE for rent, 206 Lynn Street, Tullahoma, \$675 month, \$675 deposit. (931)247-5333.



# Ready to ditch your desk job?

We are looking to fill a full-time position on our sales team. You will work with local businesses to build and develop their brands. Your work on the sales team helps create better marketers in the community. You will work with our clients to find the right advertising and marketing plan to help them grow.



#### REACH CAREER GOALS WITH YOUR OWN FREEDOM

You no longer have to sit at a desk from 8-5. Now, you get to travel and talk with clients throughout the day to help businesses build connections through the services Exchange Media Group has to offer.

#### CONNECT ADVERTISING AND MARKETING PLANS FOR CLIENTS

While you're not the person creating the advertising or marketing campaigns, you work with the clients to make sure their needs are met. You communicate with the Creative Services team about businesses' needs.

# Hiring: Sales Representative

### FULL-TIME EMPLOYEES ENJOY:

PTO TimePaid Holidays Off (including your birthday!) • Health Insurance • 401(k) APPLY NOW

sales.exchange-inc.com

#### GROW LOCAL BUSINESSES

Our communities are dependant upon the success of local business. Your work makes a difference by helping our communities grow.



Make connections >



Eliminators. (931)409-3910.





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years experience. Licensed and insured. (931)425-6578.

or visit, www.mrfleck.com

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102 E. High St. • Manchester, TN

HEALTHCARE



DOZER, TRACKHOE & CONCRETE WORK. Land clearing;roads/pads; ponds/lakes; septic/water lines; underground utilities; remove old/burned buildings. Jeff Parker, (931)732-4760; (931)703-3701.

DUMP TRUCK, LOADER, BACKHOE SERVICE. Land clearing, building pads, topsoil, fill dirt, gravel haul, debris removal, livestock burial.

Complete Tree

BERZETT

T Tree Service

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Removal Services

Forestry Mulching

& Brush Cutting

CAN DO IT ALL

931-625

LAMP REPAIR. Fayetteville area. (931)993-4844.



WELDING, FABRICATION, TRAILERS, PARTS, AND REPAIRS! Big, small, we do it all! 1186 Murfreesboro Highway, Manchester, TN; or call, (931)723-4561.

DOC BAILEY'S UPHOLSTERY: Serving Mid-dle Tennessee/North Alabama over 30 years. Residential/commercial. Home, auto and marine upholstery. Call me, (931)580-2557.

SCRAP METAL CLEANUP, all types of metal, tin, iron, aluminum, HVAC, AC units, cars/trucks, farm/commercial, industrial equipment, junk batteries. (931)607-9653.

4 BOOT KNIVES, Christmas is

PISTOL, all stainless steel with one magazine and GALCO holster, good condition, \$325. (931)273-7106.

Remington 140gr. core-lokt soft point factory ammo, \$15.85/box or \$480 for all. Not

SPEER GOLD DOT 45 AUTO-MATIC ammo, 20 rounds, 230 grain, HP, \$14. Fayetteville. (414)795-8830.

WINCHESTER MODEL 100 cal 308 win with brand new Nikon Pro Staff 3x9x50, new b o x a m m o , \$450. (931)205-0644.

BUSHMASTER AR-15 .223/5.56, Car15 lower, rail fore end, BSA Tac scope, b/u iron sights, 2 magazines, \$975. (404)317-3872.

BOWIE KNIVES, birthdays and Christmas is getting closer, \$20. (931)581-4743.

1942 TURKISH MAUSER, WW2 8mm, model 38, in unre-stored condition, very similar to the German K98, nice rifle, \$300. (931)273-7106.

TENNIS RACQUET, Wilson TENNIS RACQUET, Wilson Ace midsize aluminum tennis racket with cover, tight strings, good condition, \$5. Tullahoma area. (615)849-5012.

BELGIAN BROWNING HIGH POWER, 9mm, adjustable sights, single safety, \$750. (931)636-7357.

YUGO SKS, camo Dragunov, stock red dot scope, \$400. (931)581-4981.

FOR SALE, 2 brand new AR15 100 round drum mags, \$130 each or best offer; other AR15 parts available. (931)314-7690.

styles, some old, some new, \$5. (931)581-4743. FIRST ANNUAL ELORA

DAISY MODEL 93 CO2 B

pistol, disassembled, can be used for parts. Receiver for clip inoperable and leaking CO2, \$5. (931)434-6264. Pictures at

HUNTING HOUSE, \$250. (931)581-4743.

MAGTECH GUARDIAN GOLD 45 AUTO, 45 ammo, auto + P, 185 grain, JHP, \$14. Fayetteville. (414)795-8830.

KNIGHT 50 CALIBER INLINE MUZZLE LOADER, 4x32 scope, sling, synthetic stock and breech plug tool, \$165. (931)240-1044.

SUB ZERO SLEEPING BAG.

never been used, paid \$90, will take \$30. (931)409-2421.

KIMBER 1911 45 ACP Ultra carry II, \$600. (931)636-7357.

www.exchange931.com.

TC RENEGADE 54 CALIBER, single trigger hunter model with never used TC base and 1" scope rings, \$325. bmorrrrris@aol.com.

LOOKING FOR 308 WINCH-Ester Ammunition, FMJ, 7.62 x 51 Mako. (931)314-7690

CASH paid, must reasonable. (615)260-8927. be

SMITH & WESSON 40F, Ten-40cal., 4-1/2inch, original 415 round issue mags, 98%, \$535. (931)455-6083.

HUNTING RIFLE, Thompson Center Ventura, .243 with Red-

field Revenge scope, 42x30, 3x9 magnification. Mfg. by Leupold with one piece mount, hard

case and strap included, all in great condition, \$400. (931)675-2413.

Tools & Equipment

PRO GRINDER, \$45. (931)581-4743.

8

CUSTOM CUTS PORTABLE SAWMILL SERVICE. Turn your logs into valuable lumber, at your place or mine! Belvidere, TN. (931)691-7953. LAWN MOWER REPAIR in Decherd. OEM parts in stock-blades, spindles, etc., ser-vice on most makes and models. Pick-up and delivery available. (931)434-3511.



FOR ALL YOUR DIGGING FOR ALL YOUR DIGGING NEEDS, ditches, water lines, drain lines, electrical lines, yard sprinkler, irrigation work, or any plumbing. Free estimates. Servicing Coffee and surround-ing counties. Call Gary, (931)434-5699; (865)617-9263.

HILL LOGGING and DOZER WORK. Dwayne Hill, owner/operator. Tennessee Master Logger license. (931)993-8523.

TREE TRIMMING AND REMOVAL, Stump Grinding, Licensed, insured. Bucket truck, chipper. Free estimates. (931)438-9859; (256)508-0062.

WANTED, Cutting and buying standing timber, Dwight Rogers Logging. R o g e r s (931)580-4816.

Roads-driveways built. Gary Charles Damron. (931)937-8709. Services Miscellaneous

POCKET KNIVES, different

🚫 Sporting Goods

SMALL HUNTING KNIVES, 10 knives, different styles for birthdays and Christmas, \$5 each. (931)581-4743.



JAGERMEISTER HOCKEY STICK SHOT HOLDER, new, full-size hockey stick that holds shots, \$90. Manchester. (931)728-3728.

HUNTING OR FISHING KNIVES, made by Chippewa Indians, also have leather sheaths, \$20. (931)581-4743.

just around the corner and birthdays, \$10. (931)581-4743.

HUNTING OR FISHING KNIVES, \$5 each, skinners. (931)581-4743.

AMT BACKUP 380 CALIBER

S&W REVOLVER, gorgeous vintage 10-5 snub nose, great, almost mint condition, original walnut grips, a must see, \$700. jezopete79@yahoo.com.

SIG SAUER M400 AR15, like new, shot very little, Magpul furniture, \$775. Call/text, (931)703-4014.

7X64MM AMMO, 32 boxes of reloads. Lewisburg. (931)359-2800.

# NEW PANASONIC DRILL in box, 2-15.5 volt batteries in-cluded in case, \$90. (931)728-3728.

WOOD CHIPPER AND SHREDDER, TroyBuilt wood chipper and shredder, 8-1/2 HP Briggs and Stratton, elec-tric start, rarely used, great condition, like new, \$475. ioff smddpa@att pat

HUNTING HOUSE, \$725. (931)581-4743.

FIRST ANNUAL ELOKA COMMMUNITY CENTER Flea Market & Sporting Goods Sale. Two big days! Friday and Saturday, February 7 & 8. Sporting goods, knives, antiques, items for him and her too much to list! Vendor

her, too much to list! Vendor space available. For more de-tails or to reserve space call, (931)205-0644.

WINCHESTER 40 S&W TAR-GET AMMO, 185 grain, 50 rounds, FMJ, \$130 for all 5 boxes. Fayetteville. (414)795-8830.



TRAILERS FOR RENT, Livestock, Cargo, Utility and Dump Bed. Call today! Elk Val-ley Trailer Sales & Rental. (931)433-6255.

ieff.sneddon@att.net.

Jand Jand Jand June Jour Jour

Elk Valley Trailer Sales 🖠

T A B L E S A W , \$75 (931)581-4743.

MOWER, Bolens 20", side dis-charge lawn mower, only \$50. (931)434-3632.

#### 💭 Wanted

WANT TO BUY, 28 gauge double barrel shotgun. (931)304-3353.

WANT TO BUY, Old Jack Daniel's and Lem Motlow bot-tles and jugs, and old soda bottles. Top prices paid. (931)625-0632.

WANTED, DVD's of Girls Gone Wild. (931)588-8270.

WANTED, old magazines, bridal, Life, Rolling Stone, Vogue, George, Interview, Seventeen, Ebony, AA books, religious, Sports Illustrated, Low Rider. Jim, (615)714-9526.

WANT TO BUY, TOYOTA pickup trucks, Tacomas, 4Runners, Landcruisers, wrecked or non-running is fine;

WANTED: Old Sanford Sharpies, want old metal tube Sanford markers. (615)714-9526.

WANT TO BUY racing bikes from 1960's-90's, road, BMX, mini, dirt. Skateboards and parts, 80's-90's. (615)714-9526.

"I am very well pleased with the Exchange! The response to my ad was great!" Engeline P.

WANT TO BUY, any double barrel shotgun. McMinnville area. (931)247-0858.







**EMPLOYEE** SPOTLIGHT



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Your word ad will reach thousands of users on our website

2 ways to place your ad today:

1. (931) 684-1285

Exchange931.com

85,000+

Homes



Any single item priced under \$1,000 is Free to advertise.\* excludes animals Ads must be received by Monday at 3:00 P.M. for Wednesday's publication. Ads immediately go online at www.Exchange931.com

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**Exchange** 

Will Thomas Publisher / CEO

Director of Sales

Business Dev. Leader

Lance Carter Business Development

David Eagan Business Development

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Faith Rader **Business Development** 

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Accounting



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### Exchange contains word ads from regional and national Free Paper associations. Therefore, any

be used.) Put your name, ad-dress and phone number on each recipe. You can drop it off at 404 Main Avenue South, Fayetteville; mail it in to PO Box 490, Fayetteville, TN 37334; or submit it on i n e ww.southernaprons.com.



| Thursday   | JANUARY 09   |
|--|--|
| Walk with Ease<br>Jan. 9 - Feb. 13 • 11:30AM<br>Shelbyville Recreation Center<br>220 Tulip Tree Rd., Shelbyville<br>Info: Every Monday, Tuesday and<br>Thursdays, 11:30 a.m. | <b>Crazy Faith Fellowship • 6:30</b> Рм<br>Melody Manor Ranch<br>5035 Comstock Rd., Chapel Hill      |
| Friday   | JANUARY 10   |
| Canvas Open Paint Night<br>6:30рм<br>Paint with Pizzazz<br>112 Public Square E., Shelbyville   |  |
| Saturday   | JANUARY 11   |
| MG Sports & Fitness<br>Fitness Bootcamp & Seminar<br>10:00AM<br>110 Northside Park Dr., Shelbyville  | Teen Book Club<br>(Ages 13-19) • 2:00рм<br>Shelbyville Bedford County Library<br>220 S Jefferson St. |

JANUARY

#### Sunday

Adams Voice Concert • 10:30AM First Church of the Nazarene 834 Union St., Shelbyville

| Monday  | JANUARY 5  |
|---|--|
| Homeschool Hangout<br>(All Ages) • 10:30am<br>Shelbyville Bedford County Library<br>220 S Jefferson St.   | Line Dance Class - 5:30PM<br>Pulaski Recreation Center<br>333 E. College St., Pulaski<br>Info: 931-363-4666<br>Beginners: 5:30 to 6:30<br>Advanced: 6:30 to 7:30 |
| Tuesday   | JANUARY 14   |
| Free Line Dance Class<br>Every Tuesday Afternoon<br>2:00Pm<br>Giles County Senior Center<br>100 Senior Citizen Dr., Pulaski<br>Info: (931) 363-7441 |  |
| Wednesday   | JANUARY 15   |

Morning Storvtime (Ages 0-6) • 10:00AM Shelbyville Bedford County Library 220 S Jefferson St.

#### Thursday

Crazy Faith Fellowship • 6:30AM Melody Manor Ranch 5035 Comstock Rd., Chapel Hill



JANUARY

Ladies Movie Night out and Pizza • 6:00PM Fair Haven Baptist Church 2726 US-231, Shelbyville

Run to the District • 6:00PM Shelbyville Central High School Shelbyville

JANUARY 10

Events must be entered a week in advance by Thursday by 5:00P.M. To place your non-profit events on the calendar:

events@exchange-inc.com

This week's events are sponsored by:





### Yard Sales Bedford County

BEDFORD BUILDS HABITAT GARAGE SALE, now open! Tuesday-Friday, 10a.m.-4p.m. and Saturday, 10a.m.-2p.m. Donations accepted every day. New location, 209 E Depot Street, Shelbyville, TN.

# Yard Sales Coffee County

5TH AVENUE GARAGE SALE, Friday, January 17, 9a.m.-3p.m. and Saturday, Jan-uary 18, 9a.m.-3p.m., 1514 5th Avenue, Manchester, Storage unit contents for sale, house-hold items; furniture; books; brand new board games; electronics; and more. Everything must go!

GARAGE SALE ROUND 2! Saturday, January 11, 8a.m.-2p.m., we found more stuff, come by our 2nd garage sale in Tullahoma. Good stuff for super cheap! 341 Short Springs Road, Tullahoma, TN 37388.

### This & That

3 PLASTIC BARRELS, all have ratchet clamp lids, very good condition, \$35 for all, firm. (734)233-8996.

ART DISPLAY PANELS, nine, each are 6'x3' wire mee, each are 0 x3 wife mesh panels, (two, 3'x3' each panel), already cov-ered with blue material, lights are included. Origi nal cost \$1,400 not in cluding lights or cover material. Asking \$375. (931)598-0746.



GAS FIREPLACE LOGS, will work on natural gas or propane, vent free, like new, \$200 or best offer. (931)723-5027.

Includes:

FOR SALE, VHS MOVIES, 5 for \$3, 10 for \$5; DVD's,

\$2 each, 3 for \$5, 10 for \$15; 2-1/2 gold coin, \$500; \$5 gold coin, \$425.

LOVE THE EXCHANGE? Give us a review on Google! Google search Ex-

change Media Group, give us some stars, and tell us

what you love!

50 GALLON TANK, with cabinet and lights, light wood, 52" x 57" tall and 15-1/2" d, \$200. Pick up.

GOT STUFF? List your ran-dom items under the This and That category for free at Exchange931.com.

COLEMAN SLEEPING

BAG, red, full-size, \$10. (931)227-6721.

PORCELAIN DOLL for

sale, Melanie from "Gone

With The Wind" with dis-play case, original box and

TWO LITHOGRAPHIC

p a p e r s , (615)310-0619.

\$250.

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\$425

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• Check thermostat settings

• Lubricate all moving parts

• Check controls of the system

• Tighten all electrical connections

• Check and inspect the condensate drain

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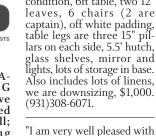
ANTIQUE DINING ROOM SET for sale, 42"x69" table with six chairs, two captain chairs, also includes 12"W leaf, \$500 or best offer. (931)993-5099.

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