



What May Stem Cell Therapy Do For You?

Are you considering knee, hip, shoulder, ankle, or wrist surgery or just having severe pain?

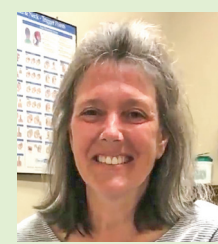
Then Come To Our **Free Lunch Seminar**

On How Stem Cell Therapy May Prevent Surgery!

February 12th at 12:15 P.M.
Whisky Trail BBQ and Steakhouse
413 Wilson Ave., 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.



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!



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Normally \$599

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Limited to the first 20 callers

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Tullahoma Chiropractic & Medical Center



Jayna Wood
MSN, APRN, FNP-C is our
Nurse Nurse Practitioner &

Dr. Frank Perry M.D.
Medical Director

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

Check Us Out
On Facebook!

Obituaries

BRUNO, JOEL SORICA - 50, Shelbyville, TN. January 28, 2020. Funeral service, 1 p.m., Tuesday, February 4, 2020. Burial in Evergreen Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

HIX, MARTHA FRANCES PHELPS - 81, Moore County, TN. January 29, 2020. Funeral service, 11 a.m., Monday, February 3, 2020. Burial in Rosebank Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

HOLDEN, KENNETH WAYNE "KENNY" - 66, Shelbyville, TN. January 27, 2020. Funeral service, 11 a.m., Saturday, February 1, 2020. Burial in Houston-Whitworth Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

LAMAS, JANET - 87, Shelbyville, TN. January 24, 2020. Per her request, there will be no public service.

Continued On Next Column

held. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

MADDOX, PAMELA PONZIA - 67, Shelbyville, TN. January 27, 2020. Funeral service, 1 p.m., Friday, January 31, 2020. Burial in Willow Mount Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

MEOWS, PAUL "SNAKE" OR "TONY" - 63, Normandy, TN. No service is scheduled. Mr. Meows passed away January 26, 2020 at Tennova Healthcare of Shelbyville. A native of Bloomington, IL, he was the son of the late Paul Moews and Charlotte Probus Moews of Bloomington, who survives. He enjoyed watching old Western TV shows and cartoons on TV. He was an animal lover and was a hat collector. In addition to his father, he was preceded in death by a brother, Robbie Moews. Mr. Meows is survived by his mother, Charlotte

Continued On Next Column

Moews of Blomington, IL; wife, Sharon Moews of Normandy; sons, Troy Moews of Springfield, IL, Dan Enyeart (Nikki) and Jerry Enyeart (Kelli), both of South Bend, IN and Rich Enyeart of Mishawaka, IN; daughter, Shan Rodriguez (Marc) of Osceola, IN; brothers, Mike Moews (Terri) of Bloomington, IL and Ricky Moews (Cindy) of FL; sister, Paula Vandegraff (Mike) Bloomington, IL; seven grandchildren; and seven great grandchildren. DAVES-CULBERTSON FUNERAL HOME, Tullahoma, TN. (931)455-3481.



PEEK, RICHARD DUFFEL - 74, Shelbyville, TN. January 31, 2020. Funeral service, 11 a.m., Wednesday, February 5, 2020. Burial in Simpson Cemetery. DOAK-HOWELL FUNERAL HOME, Shelbyville, TN. (931)684-5011.

THE FOLLOWING VEHICLE will be disposed of if not claimed and charges paid by owner, 1999 Chrysler, 2C3HE66G6XH612502. Auto Service Center, 1109 Hillsboro Blvd., Manchester. 2-5-2020.

Announcements Franklin County

LEGAL NOTICE
January 24, 2020. Notice is hereby given that the following vessel has apparently been abandoned since April 2017 on the property of Tims Ford Marina, 175 Marina Lane, Winchester, TN 37398; Telephone (931)967-4509. The vessel is described as a 1994, 21' Sun Tracker Pontoon, white & teal hull, #BUJ78959D94. Application for title will be made if this vessel is not claimed and removed from the above property within 30 days of this notice, along with past slip rent and storage fee in the amount of \$2,980.

THIS and THAT THRIFT STORE, 204 North Porter, behind 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

DID YOU KNOW... We are on FB! Find us and Like us to keep up with the goings on! Exchange Media Group!

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- Check controls of the system

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Announcements Marshall County

RECIPES FOR THE ANNUAL COOKBOOK can be entered all year long!

Send us your recipes written clearly. Please include ingredients 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, address 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 online at www.southernaprons.com.

Announcements Out of Area

2ND ANNUAL NORTHWEST ALABAMA FARM TOY SHOW, Clarion Inn Hotel, 4900 Hatch Blvd., Sheffield, AL, February 7 and February 8, Friday, 6p.m.-8:30p.m., Saturday, 8:30a.m.-2p.m. Benefits the Deshler FFA. \$3 entry, kids 12 and under free. Door prizes will be given away. Come buy, sell, or trade farm toys. Farm display competition. Call, (256)320-7490.

Antiques

CHINA SOMERSET BY EXCEL, full service for 12. Pictures available, very nice, like new, blue and gray trim, silver rim, \$150. (931)212-0443.

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

ANTIQUEROCKER for sale, 125+ years old, rush seat, cane back, maple/oak, excellent, \$100. (931)247-4019.

IMPORTED CARVED WOOD LAZY SUSAN, from Puerto Rico 20 years ago, hand carved, beautiful details, \$250. Winchester. (615)310-0619.

ANTIQUEROCKER HENNING JEWELERS, Shelbyville, TN, double-size ring display box for sale, white with gold trim, \$8. (931)359-6933.

ANTIQUEROCKER HAT BOX, hand painted lid of beautiful birds, black lacquer interior, 17-1/2"x18", nail heads around, \$125. Winchester. (615)310-0619.

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

ANTIQUEROCKER CHINA, gold coast china, southern romance, Japan, many pieces, \$50. (931)392-4046.

CHAPLAIN'S PORTABLE FIELD ORGAN, Estey organ, circa 1940, blue, made for armed forces' chaplains, very good shape, good sound, \$150. (931)625-9080.

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

ANTIQUEROCKER FRAME, 18x22 inches, ornate brown wood and metal, good condition, \$10. (618)201-6460.

Automotive Accessories

CENTURY FIBERGLASS BED CAP, off 2009 Ford F150 5.5' bed, royal red, hardware included, needs latch, excellent shape, \$50. (931)728-0510.

RUNNING BOARDS - CHEVROLET TYPE from 2017 Colorado, will fit 2015-2020 Colorado, Canyon or compatible truck. Cost \$230 new. Good condition with mounting hardware, \$85. (256)509-5243.

1996 FORD RANGER PARTS, hood, fenders, doors, gas tank and speedometer, \$50 for all. (931)359-1547.

FOR SALE: Utility trailer, 5' x 10', \$650 cash. (931)639-4668.

FOR SALE: Husky floor liners, front and rear set to fit Toyota Camry, 2012-2017, tan in color, \$50. (931)967-8406.

1992 SHORT STEP BED, \$250. (931)581-7557.

Announcements Bedford 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)684-1285.

Announcements Coffee County

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

VALENTINE'S DINNER at Patch Manor, Friday, February 14, 5:00p.m.-7:00p.m. by reservations only by February 12. (931)728-4430.

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.

PATCH MANOR NOW OPEN! Tuesday, Wednesday, Thursday, 11a.m.-2:00p.m. Reservations and call-ins, please call, (931)450-0350.

INVITATION TO BID, Gnat Hill Cemetery will accept sealed bids for mowing and lawn care services. Deadline to submit your sealed bid is: March 3, 2020. Please mail your sealed bid to: Eddie Duke, 4568 Noah Road, Beechgrove, TN 37018.

INFORMATION! Will the owner of Jerry Bartlett's 1964 car please call, (931)596-3767.

OLDER MALE IN GOOD HEALTH searching for an affordable rental living arrangement with Tullahoma area homeowner. Must like Dogs. (615)268-3555.

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FOUR USED GOODYEAR TIRES for sale, 16" P235/70R16, great tread only 12k miles, \$190 for all. Fayetteville area. (931)433-6386.

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.

15" TIRES for sale, 235-75x15, \$150; 225-75x15, \$200; 215-70x15, \$200; 205-60x15, \$200; 195-60x15, \$200; four 235-75x15, like new, \$250. (931)703-1130.

FOR SALE, 4 wheeler tires and rims, already mounted, \$350. (931)308-0654.

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

DURALAST MARINE and RV deepcycle battery, like new, only used twice, has top posts, \$85 or best offer. Monteagle. (931)691-7967.



General Production
Starting at \$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:

- 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

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- 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.

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VELVAC POWER CHROME MIRRORS, new HR Scepter Motorhome take offs, never used, perfect condition, \$90 each or best offer. Shelbyville. (931)224-3910.

Books, Movies, & Music

THE GIRLS WITH THE GRANDMOTHER FACES by Frances Weaver, \$2; The Last Farmer: An American Memoir by Howard Kohn, \$2; Deadly Harvest by Michael Stanley, \$2; City of God by E.L. Doctorow, \$3; A Farewell to Arms by Ernest Hemingway, \$2; Rudolph W. Giuliani: America's Mayor by Eleanor Fremont, \$2; Being a Great Mom Raising Great Kids by Sharon Jaynes, \$2. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

CLUTTER DRIVING YOU NUTS? Sell your unused DVD's, movies, and books. One item selling for \$1,000 or less advertises in the Exchange FREE. www.exchange931.com.

500 DVD'S for sale, \$0.60 each. Must buy them all. (931)732-4332.

THE HEIST by Janet Evanovich & Lee Goldberg, \$3; Flirt by Laurel K. Hamilton, \$3; Three Cups of Tea by Greg Mortenson & David O. Reelin, \$2; Candide by Voltaire, \$2; This Present Darkness by Frank E. Peretti, \$2; Help the Poor Struggler by Martha Grimes, \$1; Bulfinch's Mythology: The Age of Chivalry, \$1; SilverFin: A James Bond Adventure by Charlie Hobson, \$2. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

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. www.exchange931.com.

Building Supplies

GUTTER SCREENS, new 5"/6". New screens for 5" or 6" gutters, 4' lengths, 96' total. No screws needed. Fits front and back of gutter. New, still in box. Name is Gutter Guard and cost \$200 per 100' box. Asking \$45. (256)509-5243.

CONCRETE STEPS for sale, 4' WideX42" Tall, \$300. (931)636-3054.

Cars & Trucks

2014 NISSAN TITAN CREW CAB, 4 wheel drive, great condition, very clean. Call, (931)433-3985. If no answer, leave message.

2011 FORD FUSION SE, black, moon roof, power seat, new tires, clean, very good condition, good gas mileage, 100,000 miles, \$6,700. (931)308-2776.



PRE-OWNED 2001 NISSAN MAXIMA, STK#1440, automatic, V6, cruise, sunroof, leather, power windows and locks, \$1,997 includes processing fee, plus TTL. Pay cash or ask about guaranteed credit approval. Call North Star Motor Cars in Tullahoma at, 931-454-9300. Visit us online at, northstarmotorcars.com.

2004 CHEVY VENTURE, 7 passenger extended minivan, loaded, heated leather, DVD, new tires/brakes, everything works, excellent condition, \$2,900. (931)222-9879.

1994 TOYOTA PICKUP for sale, \$2,200 cash. (931)841-2414.

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



2005 HONDA PILOT, new tires, good condition, leather interior, \$2,500. (931)205-7757.

PRE-OWNED 2008 CHRYSLER TOWN AND COUNTRY LIMITED, STK#1431, automatic, V6, cruise, power windows and locks, leather, DVD, and more, \$4,997 includes processing fee, plus TTL. Pay cash or ask about guaranteed credit approval. Call North Star Motor Cars in Tullahoma at, 931-454-9300. Visit us online at, northstarmotorcars.com.



1993 F-150 XLT for sale, 129K miles, 5.0, 5 speed manual, short wheel base, very nice, \$5,000. (931)339-7500.



2012 DODGE 5500, Cummins diesel with Allison automatic, 11ft maintainer bed, hydraulic air compressor and outriggers, 6,500lb maintainer crane, 4x2, \$45,000. (931)703-1449.

2002 FORD MUSTANG, 240,000 miles, \$1,000. (931)401-3915.

2004 DODGE GRAND CARAVAN SXT minivan, Anniversary Edition, loaded, leather, DVD, good condition, clean, book value \$4,650, asking \$2,900. (931)222-9879.



PRE-OWNED 2006 NISSAN TITAN SE, STK#1442, lifted, automatic, V8, cruise, power windows and doors, \$6,997 includes processing fee, plus TTL. Pay cash or ask about guaranteed credit approval. Call North Star Motor Cars in Tullahoma at, 931-454-9300. Visit us online at, northstarmotorcars.com.

2014 TOYOTA COROLLA, 1 owner, clean, 120k miles, very good condition, \$6,500 cash. (931)307-1290.

1994 DODGE RAM 1500, 4x4 truck, no rust, good paint, 360 engine, runs good, transmission just rebuilt, new tires, interior in excellent condition, \$5,000. (931)728-1056.

1999 NISSAN ALTIMA, 130,000 miles, new tires, good condition, \$2,750 or best offer. (931)625-6044.

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



1978 VW TRIKE, 2,000 miles, \$5,500. (931)309-5489.

2001 TOYOTA HIGHLANDER, 200k, runs great, black exterior, tan leather interior, sunroof, power seats and windows, \$3,000 or best offer. (931)636-3556.

2019 NISSAN ROUGE SV, silver with black cloth seats, 8,000 miles, backup camera, power driver seat, cruise, CD player, dual heated seats, blind spot signal, automatic trunk release, luggage rack, chrome wheels, much, much more, \$15,500. (931)588-8802.

2003 ACURA CL, Type S, 2-door coupe, runs great!, 6-speed manual, 196K, leather, new stereo/speakers, \$3,800. Text Troy, (931) 212-6479.

2004 FORD EXPLORER, runs great, many new parts, outside in great shape, 219,500 miles, \$3,000. (931)409-5118.

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

2017 THOMAS 90 CAPACITY SCHOOL BUS, Cummins engine, 50,567 miles, excellent condition. Just retired. (615)893-4551.

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

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

2007 GMC YUKON XL, excellent condition inside and out, 110,235 miles, runs great, leather seats, seats 8 passengers, automatic lift gate, \$10,500. Tullahoma. (931)581-4726.

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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.



PRE-OWNED 2010 SUBARU IMPREZA AWD, STK#1396, automatic, cruise, 4cyl, sunroof, power windows and locks, \$3,997 includes processing fee, plus TTL. Pay cash or ask about guaranteed credit approval. Call North Star Motor Cars in Tullahoma at, 931-454-9300. Visit us online at, northstarmotorcars.com.



2010 FORD F-150 Lariat XLT, 4WD, 103K miles, V-8, keyless entry, GPS, backup camera, black diamond Gull Wing toolbox, \$13,500. Fayetteville. Leave message, (931)433-0508.

1992 JEEP WRANGLER YJ, good for parts, \$1,200 or best offer; 1995 350 Chevy motor, recently rebuilt, \$600 or best offer. (931)993-6680.



2001 BMW 5 SERIES, 220,000 miles, \$1,500. (615)804-6087.

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Hoe	Ponds & Lakes
Site Prep	Underground
Demolition	Utilities

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OR SALE: 2000 JEEP TJ, 2.5L cylinder engine, air conditioning, power steering, 5-speed, 160,275 road driven miles, only 8,000 miles on new tires, tons of new engine parts with only 8,000 miles. Needs nothing. Not a speck of rust on the body! Inside is clean and spotless, have to see to believe. Hard top and soft top included (both black). \$9,800. (931)625-0583.

2008 GMC ARCADIA, 216,000 miles, leather, sunroof, alloy wheels, third row seating, air conditioning, power seats, heated seats, power mirrors, cruise control, \$5,000. (615)828-2710.

1997 MITSUBISHI MIRAGE, dependable, 4 cylinder, 5-speed, \$800 or best offer. (931)625-6044.

PRE-OWNED 2007 Cadillac DTS, completely loaded, extra clean inside and out, 75,000 actual miles, nice tires, STK# U078, TNDL#2248, \$6,900 plus TTL. (931)625-3434.

2009 MERCURY MARINER SUV, 49,000 original miles, garage kept, 28mpg, leather, sunroof, one owner, non-smoker, like new inside and out. (931)655-0670 anytime. A must see!!!

2014 NISSAN VERSA 4DR sedan for sale, 84K, great shape, gray exterior, \$5,000 firm. (931)434-9377.



2001 TOYOTA TACOMA, 4WD SR5 TRD, 145,000 miles, 3.4 V6, crew cab, 4x4, asking \$1,800. For more information: clarinecolbert@gmail.com.



1995 FORD F-150 XLT for sale, 302 engine, 139K miles, extended cab, diamond plate toolbox, \$3,500. Fayetteville. (931)675-1165.

Clothing & Accessories

OLD USED ORIGINAL E-WECK Company barber hair shaper for sale, razor with original holder, stainless steel, \$8. (931)359-6933.

3 PIECE SUIT, ladies size 10, black pinstripe suit, petite length, jacket, pants, skirt, like new, \$25. Tullahoma. (615)849-5012.

BLANKETS, new, never used, twin TXL blankets, 60x90, \$10 each. Shelbyville. (931)224-3910.

ANTIQUA FOLDING DRESSING PANELS for sale, very good condition, approximately 1880's to 1900's, 76" H x 54" W, \$150. (239)877-3971.

GEORGE DICKEL POLOS, black, medium, Outer Banks polo shirt, white George Dickel logo, \$20 each. (404)317-3872, Lee.

MOTORCYCLE HELMET, size small for lady or youth, black, \$20. (931)227-6721.

MEN'S POLYESTER FLEECE JACKET for sale, XXL, medium gray, full zip up, bought new at Christmas, \$20. Tullahoma. (931)841-4600.

COLLARS AND HANKIES, embroidered and crocheted collars and handkerchiefs, be styling, must see to appreciate workmanship, \$5. Tullahoma. (615)849-5012.

MEN'S JEANS, good condition, 30x32, 32x32, straight and boot cut, only \$7 each. Tullahoma. (931)841-4600.

Electronics

FENDER SPECTRE ELECTRIC GUITAR and 20 watt amp for sale, \$225 for all. (931)308-7938.

SONY DVD HOME THEATER SYSTEM, DAV-HDX589W DVD stereo system in excellent condition, \$130. (775)230-4407.

RCA TABLET, 10 Viking Pro tablet with detachable keyboard, \$60. Manchester. (775)230-4407.

NEW XBOX ONE S JEDI, new in box, deluxe edition, 1TB drive, \$200. (931)728-3728.

MACBOOK PRO for parts, 15" will not turn on, believe board, older unit, \$50. Manchester, \$50. (931)728-3728.

BLACK LEATHER LAPTOP BAG, made for a business laptop. Inside dimensions: 15"Wx11"Dx3-1/2" thick. Lots of pockets, \$45 firm. Manchester. (931)247-9342.

Exercise Equipment

FOOT SPA, Brookstone Aqua-Jet foot spa, 1 lb. bag of Tea Tree oil with Epsom salt, Pumice stone (unused), heats 115 degrees, \$45. Manchester. (931)247-9342.

BOWFLEX TREADCLIMBER TC/20, five electronic functions, LCD display screen, heart rate monitor, barely used, \$700 or best offer. (931)728-7842.

BIKE STAND, converts to bike to exercise for use in the house, Minoura brand from REI, good quality, \$40. (931)580-7775.

ZUMBA EXHILARATE EXERCISE DVD SET. Complete program, excellent condition, \$20. Fayetteville area. (931)227-6721.

Farm Equipment

5x10 TRAILER, has mesh and wood flooring, drop down tailgate, spare tire and rim, \$850. (615)977-3274.

PRATER'S OUTDOOR FURNACES. Central Boiler's Classic Edge certified outdoor wood furnace. Starting at \$7,990. Don't wait! Call today. (931)235-8311.

ORCHARD GRASS HAY for sale. Small square bales, 50-55 lbs. Clean. Price from my barn, \$4.50/bale. Location in Winchester near Woods Reservoir. (404)867-1746.

A one of a kind dining experience



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Sunday Brunch 11:00 A.M. - 2:30 P.M.
Friday & Saturday Luncheon & Dinner 11:00 A.M. - 2:30 P.M.
Accepting large party booking for week and weekends



2014 CASE 580SN EXTENDAHOE, low hours; 2013 Kubota KX71-3 mini excavator; 2002 John Deere 310G, 4x4; 7.5' Ford chisel plow. Call, (931)703-8158.

LAMBS, LIVE or USDA processed. Processed lambs are 6-12 months old, processed, packaged and frozen. Processed lamb is available at the farm or at the Winchester F.M., Saturday, 8a.m.-11a.m. Call first for live lambs. (931)937-7769.



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

FOR SALE, 3pt. pond scoop, \$200; cattle head chute, \$900. (931)937-7562.

SOLID OAK WOOD FIREWOOD for sale, in the dry for 2 years, already stacked, 16" long, approximately 8 ricks, \$300 for all. (931)315-9335.

FERRIS COMMERCIAL LAWN MOWER for sale, 61" cut, zero turn, 1,100 hours, good condition, \$1,000. (931)308-0654.

FREE: Poplar log, trimmed up, you cut and haul. (931)635-2967.

HAY SPEAR, 49" hay spear attachment for Global Euro Carrier, \$250. blackhawkmt@yahoo.com.

FOR SALE, set of torches, with tanks and hoses, \$250; Craftsman stick welder, \$200. (931)308-0654.

10" MOLDBOARD TURNING PLOW for a garden tractor with a sleeve hitch, great condition, \$175. Flintville. (931)675-3247.

2003 CASE 850K XLT DOZER, excellent condition, new sprockets, undercarriage good, all service and fluids done, 5,000 hours, sweeps and root rake, \$39,900. Chapel Hill. (615)260-9808.

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Furniture

KITCHEN TABLE, solid wood table with middle inlay that is marble, 6 chairs, \$300. Text/call, (931)581-8577; or, (931)636-3303.

FOR SALE, solid oak table, one leaf, six swivel cushioned chairs, chairs set high, \$250 or best offer. (931)409-4305.

DINING ROOM SET for sale, very nice, table with six padded chairs; matching China cabinet, with glass doors, \$200. (931)649-5841.

FOR SALE, ENGLANDER wood pellet heater, \$300. (931)307-8825.

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

SOFA, early American material/pattern, 86" long, 48" front to back, very nice, usable in open area or against wall, \$350. (931)636-7964.

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

UPRIGHT FREEZER, sits in the garage, works perfect, color is white, \$200 or best offer. (931)691-8454.

LIFT CHAIR - RECLINER, 1 year old, 350 lb weight lift, \$400. (931)270-9874.

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BUNK BEDS, used wood bunk beds with mattresses and sheets, \$100. (931)222-0196.

LIFT CHAIR for sale, in good working condition, \$75. (931)308-9466.

TABLE, FOUR CHAIRS, BUFFET, \$125 or best offer. See pictures at www.exchange931.com. Serious inquiries only. Call for details, (219)484-7701.

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KENMORE WHIRLPOOL WASHER, heavy-duty, super capacity, looks and works good, \$175. Tullahoma. (931)841-1566.

SOFA, 7' TALL BOOKCASE; dorm refrigerator; table and 4 chairs; like new man's wardrobe; rocking chairs; oil heaters; and other items. (931)728-8735. Leave message.

RED OAK TV CABINET, 46 inches wide, \$50. (931)469-7310.

GE WHITE MICROWAVE for sale, 21-1/2"x15-1/4", excellent condition, \$35. (931)581-3212.

PECAN FINISH TABLE for sale, with two leaves, six leather padded chairs. Lowered price, \$175. (931)581-3212.

HEAVY BAMBOO FURNITURE, 2 couches and chair; wrought iron/oak/glass coffee, 2 end, and sofa tables, \$500/all or will separate. Call/text for pics, (615)542-0689.

MR. HEATER propane heater, \$25. Master Propane Force Air Torpedo heater, 100,000 btu, \$25. (931)808-7828.

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1970's RATTAN/WICKER BOOKSHELF/CURIO, arch top, painted gloss maroon, 64-1/2hHx26-1/2Wx13-1/2D, 4 shelves, \$125. Manchester. No texts. (931)247-9342.

LARGE ORNATE WARDROBE for sale, 6-1/2'H, shelves, drawers, hanging area. \$100. (931)227-4232.

BEAUTIFUL OAK COMPUTER ROLL-TOP DESK for sale, oak hutch with glass doors, oak swivel desk chair, 57"x34"x74.5", \$895 for all. (931)581-2657.

FOR SALE, LIGHT OAK ROLL TOP DESK, 24"Dx32.5"Wx45"H, \$25. (931)581-2879.

NICE STOVE TOP, stainless steel drop in cook top, good condition, \$150. (931)224-5289.

MICROWAVE, COOKTOP, REFRIGERATOR. Over the range microwave, \$75. 30" Whirlpool Gold cook top, \$125. Great garage Kenmore 22 cu. ft., refrigerator, \$100. (931)684-8170.

OFFICE FURNITURE for sale, includes large metal desk w/file drawer; swivel chair, 3-drawer filing cabinet; plastic chair mat; desk accessories; \$125 for all. (931)639-1089.

AIR PURIFIER, Honeywell with HEPA performance; quiet clean, UV light to reduce bacteria/viruses, \$40. Shelbyville. (931)224-3910.

WOOD BURNING STOVE for sale, good for garage, carport or shed, \$75 or best offer. (931)409-4305. tab

17" PHILLIPS FLAT SCREEN TV, indoor antenna, \$95 for all. For more information call, (931)684-9222.

BAKERS RACK, sturdy, metal rack with 2 glass shelves and wooden top, cutouts for 6 wine bottles and 5 stemmed glasses, \$75. (931)625-9080.

LEAF TABLE for sale, with 4 chairs and 2 bar chairs, 55" without leaf and 12" larger with leaf, \$120. (931)308-9473.

COFFEE TABLE, very nice with heavy glass top, must see to appreciate, \$100. (931)691-8454.



TWO UNIQUE BAR STOOLS with backs, made from metal framing with wooden seats and back rest with ring of metal for foot rest. Has 360 degree swivel with adjustable seat, \$85 each. (615)962-0199.

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2015 Chrysler 200 C Stk#20EQUI18A \$12,388 - \$2,000 = \$10,388	2017 Chevrolet Cruze LS Stk#19ENC38A \$13,079 - \$2,000 = \$11,079	2016 Toyota Camry SE Stk#20EQUI39B \$13,700 - \$2,000 = \$11,700	2018 Nissan Sentra SV Stk#A4810 \$13,990 - \$2,000 = \$11,990	2017 Chevrolet Trax LS Stk#A4813 \$14,222 - \$2,000 = \$12,222

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NEW OFF-WHITE CLAW-FOOT TUB for sale, with brand new faucets, never used, \$600. (931)967-4019.

COFFEE AND END TABLES, oak and glass coffee and 2 end tables, in good condition, \$125. Manchester. (775)230-4407.

Home Goods

BOYDS BEARS COLLECTION, 60 pieces of assorted animals; sold only as one lot, \$400. Fayetteville area. (931)227-6721.

VINTAGE TABLE LAMP, 15" tall, Hobnail milk glass, without shade, \$12. Leave message. (931)455-3674.

6 PIECE BRASS FIREPLACE SET, great condition, \$20. (931)455-0334.

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

BREYER HORSE COLLECTION for sale, made of very hard plastic, approximately 20 to choose from, \$40 each. (931)293-7849.

OFFICE CHAIR, gray suede swivel office chair, good condition, \$20. (931)728-7842.

VARIOUS BEDSPREADS, regular size; comforter set; 3 place photo with clock in center, various prices. (931)273-6110.

SAMURAI STATUE, 19" tall, 12" wide on black base, \$40. Winchester. (615)310-0619.

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

MINI-LAMP COLLECTION, new, 10" lamp with elephant base, includes shade and bulb, \$10. (931)434-6264. See www.exchange931.com for pictures.

GALADRIEL HEIRLOOM DOLL, Lord of the Rings porcelain doll, 23" with case, gold cape, crystal, original box, papers, \$250. (615)310-0619.

CERAMIC ELEPHANT plant stand or just a decoration, 17" tall, 18" long, \$45. Winchester. (615)310-0619.

VINTAGE SEWING CASE, fold out sewing case, \$20. Call Jim, (615)714-9526.

KITCHEN TABLE, FOUR CHAIRS AND MATCHING BUFFET. See pictures, serious inquiries only please, \$125. (931)469-7222.

FOUR GALLON FRUIT PRESS for sale, \$80. Flintville area. (931)993-2289.

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NOW HIRING, Backhoe Operators/Equipment Operators and Drivers, w/CDL needed for jobs in the Huntsville, Pulaski, and Fayetteville area. Please apply in person at, Stewart Electric Company, 1009 A Cleaner Way, Huntsville, AL 35805. EOE.

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.

TRUCK DRIVER, \$12.00-\$25.00/hr. Part-time truck driver with CDL class A endorsement. Must be able to inspect truck, verify paperwork, drive forklift, and occasionally load/unload trailer. 200 East Coffee Street, Manchester, TN 37355. (844)867-8366 ext. 707.

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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.

BABY ITEMS, white/metal Graco baby bed, with mattress/sheets, \$20; white/wooden spindle changing table, \$15; Evenflo toddler car seat, \$10; and miscellaneous baby items. (931)394-9060.

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LEAP FROG EPIC ACADEMY TABLET, 16gb, front and rear camera, with pre-loaded leap frog software, good for ages 3-8, \$40. Text, (931)928-0119; or, roknowz80@gmail.com.

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LOST DOG, very pretty girl. Shepherd/Husky mix, black face, dog ran away during storm, please call if seen. (303)949-9969. 11 year old Grandson misses his best friend and would love her back.

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2BD/1BA MOBILE HOME, must be moved, 54'x14', 2 years old, central HVAC, refrigerator, stove, dishwasher and extra cabinets included, very good condition, \$17,500 or best offer. (931)307-8422.

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AUSTRALIAN SHEPHERD PUPPIES for sale. Ready February 8. Merles and tri, vet. wormed, checked, and first shots done. Call for price. (931)308-7968.

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SMALL BREED PUPPIES. Tiny Teacup and Tiny Toy size Pomeranian, Shih Tzu and designer breeds. Will go home with first shots and worming up to date and paper trained. We do meet and deliver puppies for a fee of \$1 per mile from our location in Springfield, TN. Credit/Debit cards accepted and also PayPal. Sell all available puppies and get other information on our website. www.HomeStyleKennel.com. Feel free to call or text with any other questions you may have. (615)944-3437.



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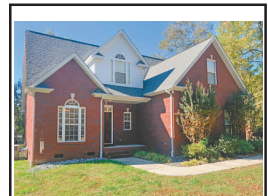
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RENT TO OWN, 3BD/2BA house, 189 Crosspark Drive, Manchester. 2,200sq.ft., garage, one acre. Serious inquiries only, stable employment required, bad credit okay, \$10,000 down, \$1,250 month. (931)563-5335.

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FOR SALE BY OWNER, 5,600sq.ft. building with 1,400sq.ft. porch on 1.60 acres at Hwy. 279 and Elk River Dr., Estill Springs, TN. Old store, flea market, bait shop and 10 mini storage units, 14x15 behind store building. Some owner financing (at 5%) to qualified buyer. Call Don, (931)580-4116.

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ESTILL SPRINGS HOME FOR SALE, 3 BD, 2 BA REMODELED HOME FOR SALE IN ESTILL SPRINGS. APPROXIMATELY 1,660 SQ. FT., AMAZING KITCHEN FOR ENTERTAINING AND FLOOR PLAN WITH GREAT FLOW, WALK IN SHOWER IN MASTER BATH, CUSTOM CRAFTED CABINETS IN THE KITCHEN AND BATHROOMS. ROCK CREEK ELEMENTARY SCHOOL ACROSS THE STREET. TIM'S FORD LAKE BOAT RAMP NEARBY, \$183,000. 326 GLENVIEW DRIVE, ESTILL SPRINGS, TN 37330. (931)703-1174.

TWO COMMERCIAL LOTS FOR SALE in Huntland: 1/2 Acre with water & electric available, asking \$25,000; 1.5 Acre lot with water & electric available, perks, asking \$36,000; both located between Old Dollar General building and Day's Mini Storage, David Crockett Parkway in Huntland. Call, (931)691-4566; or, (931)247-5111.

Real Estate
Lincoln County



149 Crystal Springs Road, Kelso. 3BD/3BA w/loft, 3-car garage, custom-built 2018, 12.34ac w/pond, 3,000 sq ft shop/concrete/floors/electric/water. Butler Realty, (931)427-4411; Bernadette Selph, (931)205-3866.

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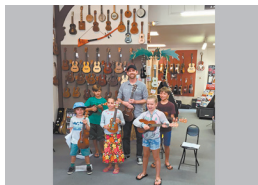
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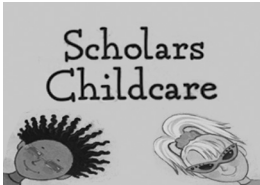
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RUGER .22 CALIBER, SINGLE SIX, "old model" 3 screw revolver, Mfg 1971, blue steel, 6-1/2" barrel, excellent condition, \$550 cash. (931)675-0334.

THE BEAN EXERCISER for all parts to shape and tone, total workout with this one item, \$20. Tullahoma area. (615)849-5012.

BEAGLE for sale, 8 months old, loves kids and good with other dogs, approved family only, comes with dog house, \$100. (931)205-0644.

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



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

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GLOCK 42 .380ACP, one magazine and pocket holster, \$375. Call/text, (931)703-4014.

VENDORS WANTED FOR FIRST ANNUAL ELORA COMMUNITY CENTER Flea Market & Sporting Goods Sale. Two big days! Friday and Saturday, April 24 & 25. Sporting goods, knives, antiques, items for him and her, too much to list! For more details call, (931)205-0644.

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COLT AGENT .38 SPC REVOLVER, 2", 6 shot, lightweight, Mfg. 1964, some bluing wear, action is tight and operates excellent, \$375. (931)675-0334.

SEARS AND ROEBUCK 20 GAUGE, bolt action shotgun, excellent condition, \$350. (931)304-3353.

REMINGTON 700 RIFLE for sale, 270 caliber, vinyl stock, Simmons 3x9x40 scope, \$375. (931)409-2421.

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DELTA HOMECRAFT 16" SCROLL SAW, good condition, \$125. Flintville. (931)675-3247.

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RECIPES FOR THE ANNUAL COOKBOOK can be entered all year long! Send us your recipes written clearly. Please include ingredients 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, address 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 online at www.southernaprons.com.

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MOVING SALE, 1110 Highland Drive (Ct.), Manchester, 8a.m.-6p.m, Friday-Saturday, February 7-February 8. Furniture; dish/ovenware; rugs; holiday; tools; purses; bedding; pictures; collectibles; etc.

ESTATE/YARD SALE, 78 Powell Drive, Manchester, TN. February 6, 7, 8 at 8a.m. Handicap equipment/accessories; household items; furniture; books; DVD's; industrial sewing machine; dishes; art-work supplies; knick-knacks; collectible plates; upright freezer.

Yard Tools

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Ads must be received by Monday at 3:00 P.M. for Wednesday's publication. Ads immediately go online at www.Exchange931.com

Events this week

Friday

FEBRUARY 07

Sew What Q & A • 1:00PM
Moore County Public Library
17 Majors Blvd., Lynchburg

Mardi Gras Party • 6:00PM
Bell Buckle Fire Department

Adult Paint Class • 2:00PM
Moore County Public Library
17 Majors Blvd., Lynchburg

Daddy Daughter Luau • 8:00PM
Shelbyville Recreation Center
220 Tulip Tree Rd., Shelbyville

Date Night on the Square • 4:00PM
Historic Shelbyville Square

Saturday

FEBRUARY 08

**Crafts with Cindy
Puzzle Piece Valentines
10:00AM**
Shelbyville Recreation Center
220 Tulip Tree Rd., Shelbyville

Kid's Day • 1:00PM
98 Main St., Wartrace

Monday

FEBRUARY 10

Line Dance Class • 5:30PM
Pulaski Recreation Center
333 E College St., Pulaski
Info: (931) 363-4666
Beginners: 5:30 to 6:30
Advanced: 6:30 to 7:30

Homeschool Hangout • 10:30AM
Shelbyville Bedford County Library
220 S Jefferson St.

Tuesday

FEBRUARY 11

**Free Line Dance Class:
Every Tuesday Afternoon
2:00PM**
Giles County Senior Center
100 Senior Citizen Dr., Pulaski
Contact: (931) 363-7441

Wednesday

FEBRUARY 12

Morning Storytime • 10:00AM
Shelbyville Bedford County Library
220 S Jefferson St.

Thursday

FEBRUARY 13

**Painting with Zeal
"Visitors from Heaven" • 5:30PM**
Shelbyville Recreation Center
220 Tulip Tree Rd., Shelbyville

**PE Fit 4 Homeschool
Feb. 13- May 14 • 1:00PM**
Shelbyville Recreation Center
220 Tulip Tree Rd., Shelbyville
Info: Every Thursday through May 14

Friday

FEBRUARY 14

Parent's Night Out • 5:00PM
Shelbyville Recreation Center
220 Tulip Tree Rd., Shelbyville

Hearts On FIRE • 6:00PM
Wartrace Fire Department
110 Blackman Blvd., E, Wartrace

Friday

FEBRUARY 15

STEM Club • 10:00AM
Shelbyville Bedford County Library
220 S Jefferson St.

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

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1879 S 2-1/2 GOLD COIN, AU55 and a 19 2S \$5 gold coin, AU55. Low vintage coins, both \$900. (931)307-8117.

SOFA 3 SEAT, living room sofa, beautifully upholstered, 86" long, great condition, \$300. (931)636-7964. Picture available by text.

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FIRST DAY COVERS, 83 vintage first day covers from 1960's and 1970's, \$150. (931)581-4981.

PATCH MANOR NOW OPEN! Tuesday, Wednesday, Thursday, 11a.m.-2:00p.m. Reservations and call-ins, please call, (931)450-0350.

VALENTINE'S DINNER at Patch Manor, Friday, February 14, 5:0p.m.-7:00p.m. by reservations only by February 12. (931)728-4430.

REX'S STUMP GRINDING. Free estimates. (256)508-0062; or, (931)433-1434.

MELANIE PORCELAIN DOLL for sale, Melanie from "Gone With The Wind" with display case, original box and papers, \$250. (615)310-0619.

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LAMBS, LIVE or USDA processed. Processed lambs are 6-12 months old, processed, packaged and frozen. Processed lamb is available at the farm or at the Winchester F.M., Saturday, 8a.m.-11a.m. Call first for live lambs. (931)937-7769.

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VENDORS WANTED FOR FIRST ANNUAL ELORA COMMUNITY CENTER Flea Market & Sporting Goods Sale. Two big days! Friday and Saturday, April 24 & 25. Sporting goods, knives, antiques, items for him and her, too much to list! For more details call, (931)205-0644.

SEARS AND ROEBUCK 20 GAUGE, bolt action shotgun, excellent condition, \$350. (931)304-3353.

COLLARS AND HANKIES, embroidered and crocheted collars and handkerchiefs, be styling, must see to appreciate workmanship, \$5. Tullahoma. (615)849-5012.

VALENTINE'S DINNER at Patch Manor, Friday, February 14, 5:0p.m.-7:00p.m. by reservations only by February 12. (931)728-4430.

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GIFFORD CONCRETE: All types of concrete work. 38 years experience. References. Free estimates. (931)636-6240.

FOOT SPA, Brookstone Aqua-Jet foot spa, 1 lb. bag of Tea Tree oil with Epsom salt, Pumice stone (unused), heats 115 degrees, \$45. Manchester. (931)247-9342.



CZ-USA 805 BREN PISTOL. Chambered in .223/5.56x45, 11" barrel, uses STANAG magazines from the AR15/M16, two-port muzzle brake helps keep the pistol solidly on target and reduces recoil and muzzle flip, Holosun HE510C Elite "Red Dot" sight with green illumination, Magpul AFG-2 angled fore grip, Lancer Advanced Warfighter magazines included. Ammo available. Excellent condition, \$1,650 cash. Winchester, TN area. Call for more information. (615)433-6096.

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