



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 26th 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!



Lose 20 lbs. in 40 Days!



Now Only \$399
Normally \$599

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

Call 931-393-2401 Now
Tullahoma Chiropractic & Medical Center



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!



FOUNDATION and WATERPROOFING EXPERTS



Wet, Musty Crawl Space or Basement?

DON'T LET LITTLE SYMPTOMS BECOME HUGE PROBLEMS



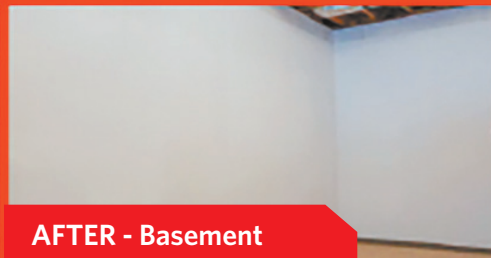
BEFORE - CRAWLSPACE



AFTER - Crawl Space



BEFORE - Basement



AFTER - Basement

Keep Your Basement & Crawl Space Dry

Living with a wet basement or crawl space can be miserable, leaving nearly half of your home's square footage totally unusable - just because it gets wet when it rains. Cleaning up water and dealing with the results such as mold, mildew and damage to your furnishings and stored items is tiring and expensive.

SYMPTOMS:

- Damp and musty smells
- Wet and nasty basement walls
- Water stains on walls and concrete slab floors
- Standing water
- Damage to building materials, stored items and home furnishings

Call Us for a Permanent Fix

10% OFF ANY JOB!
Up to a \$300 Value

Please present coupon at or before time of estimate. May not be used with other discounts or offers. Expires 2/29/20



Financing Available

CALL AFS FOR YOUR FREE INSPECTION!

931-240-0656



NO EXPERIENCE PREFERRED



The last job you'll ever love!

We are looking to fill a full-time position on our sales team. You'll receive the training you need to be successful in this role. And you'll have the ability to earn more income every month!



“ - Sandra Thomas

I was apprehensive before applying for the position. I only had experience working in gift sales. I knew nothing about advertising. EMG put me through paid training and let me watch other sales reps. That was 10 years ago! When a business tells me “working with you is a blessing,” I can't help but smile every time.



“ - Lance Carter

Before working at Exchange Media Group, I thought they only worked in print. Come to find out, they help hundreds of digital clients, too! I love showing businesses how well our advertising works. I've seen countless businesses grow from working with us.



“ - Sissy Smith

When I first started working with Exchange Media Group, the extensive training was the most impressive part. It allows everyone on the team, no matter where we came from, to be the best we can be. As an employee, I love that our customers become our family. We're local, so we can really make a connection with them.

**Now Hiring:
Sales Representative**

APPLY NOW

sales.exchange-inc.com



(800) 247-7318

EXPERIENCED CONCRETE FINISHERS and laborers for Gaudet Concrete Construction, pay will depend on experience. Call Joe, (931)308-5898.

DRIVERS WANTED-NO CDL REQUIRED. \$500-\$800/week. Hot Shot, 2500 Dodge pickups pulling 36' goose neck trailer. No more than 10,000lbs. Must have or pass a DOT physical, good MVR, and pass a drug test. 219 Bellview Road, Taft, TN 38488. (931)433-0878.

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

SKILLED LABORER. Wright Paving Contractors, Inc. is looking for skilled laborers to work on the paving crew. Competitive pay based on experience. Benefits available. \$12-\$15/hr. Please contact Wright Paving, (931)433-7938. Equal Employment Opportunity Employer. 372 Shelbyville Highway, Fayetteville, TN 37334.

AMERICAN DEVELOPMENT CORPORATION IS NOW HIRING FOR TRUCKER HELPERS. These are full-time positions, assisting CDL drivers with deliveries. This position does not require a CDL. In this position you will assist as a rider with directions, as well as loading and unloading trucks for over the road deliveries. There will be some overnight stays. Competitive pay, excellent benefits effective the date of hire that include medical, dental, vision, life insurance, short term disability insurance. ADC also offers a 401K program and discretionary bonus program. Candidates must be able to successfully complete a pre-employment screening which will include a drug screen and random drug and alcohol screens. Also, must successfully complete a nationwide criminal background check. All applicants must schedule an appointment. Call, (888)542-8561. Walk-ins are welcome to stop by for an application only. EEO.

Visiting Angels
America's Choice in Homecare.
LIVING ASSISTANCE SERVICES

VISITING ANGELS-CAREGIVERS WANTED. Join our compassionate, reliable team! Two years caregiving experience required. Flexible scheduling. Accepting applications 1404 North Main, Shelbyville; or, apply online anytime, visitingangels.com. Care services include: Bathing/Hygiene Assistance/Meal Preparation/Housekeeping/Errands/Shopping/Medication Reminders/Companionship. (931)488-6863.

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, INAR-USA aka Tullahoma Taxi is growing and hiring drivers/owners living in Shelbyville. Call, (931)273-4106 for interview.



Sell Your Home
at www.Exchange931.com



New job openings every week. We want YOU to work with us! **TE Connectivity** Production Associates all shifts, starting at \$10.50/hr. **VIAM** Machine Operators 1st and 2nd shifts, starting at \$10 or \$11/hr. **Ryder** Forklift and Tuggers 2nd and 3rd shifts, starting at \$15.50/hr. **Walker Die Casting** CNC Operators 2nd and 3rd shifts, starting at \$12/hr. **Apply online with us today at www.resourcemfg.com!**



HOME INSTEAD SENIOR CARE OF MIDDLE TN is looking for compassionate and respectful CAREgivers to provide in home care to seniors. Our Requirements: **Must be 21 or older, have a valid TN state driver's license, your own reliable vehicle, and proof of car insurance.** Experience preferred, but not necessary. Training provided. Call Ashley between the hours of 8:30 a.m. - 4:30 p.m., Monday-Friday to set up an interview, (931)454-2202.

BAILEY MANOR IS TAKING APPLICATIONS for LPN, CNA and Dietary staff, must pass background check and drug screen. Apply at 113 Medical Center Blvd., Fayetteville.

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.

CHURCH PIANO PLAYER NEEDED. Opening for piano player for the Sunday 11a.m. service. St. John's Presbyterian Church. Fayetteville. (931)438-4887.

Baby Stuff

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

FOR SALE, miscellaneous kids' pull type wagons-tricycle; John Deere-Ford pedal tractors; new John Deere children's wagon w/wooden side boards-\$125; new John Deere 20" girls bicycle-\$150. (931)308-0654.

BOY'S ADIDAS, 5-1/2, running shoes, never been worn, cloudfoam, \$40. (931)433-2509.

BRAND NEW MULTI-GAME TABLE, new, \$30. (931)937-0527.



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

Lost & Found
Bedford County

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.

Lost & Found
Coffee County

LOST, LONGHORN COW, February 6, off Old Airport Road, Hillsboro. Last seen February 11 on Bryan Road. If seen please call, (931)596-4936.

Medical Equipment

DRIVE MEDICAL 4-WHEEL WALKER ROLLATOR, fold up removable back support, blue, new/box unopened, \$50 or best offer. (931)723-4011. Leave message.

HOSPITAL BED, full-size, electric with full rails and mattress, \$700. (931)580-7714.

PINK AND BLACK WALKER, storage under the seat, like new, \$50. Estill Springs. (931)691-2554.

MEDLINE PREMIUM ULTRA LIGHT WEIGHT WHEELCHAIR, flip back desk arms, elevating leg rests, black, 22x18 seat, new/box unopened, \$300 or best offer. (931)723-4011. Leave message.

PRIDE MOBILITY LIFT CHAIR, maroon in color, like new, used less than one year, new \$1,100, selling for \$750 or best offer. (931)247-6986.

VINTAGE JASON EMPIRE MICROSCOPE, 1200x zoom lens, model 707, variety of tools, instructions and slides, original case, like new, \$99. (931)759-5380.

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

Marketing and advertising is constantly changing...

Hi, I'm Sissy Smith. If you're a business owner, I work specifically in helping your business grow.

Get guidance or implementation of:

- Print & Digital Ads
- Website & Content Creation
- Grow leads every month
- And more...

call me @ (931) 703-8733

Exchange Media Group

Affordable Dental
Tullahoma
931-454-0001

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 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 consultation for extractions/dentures for just \$99! Basic x-rays and cleanings are just \$79! Dentures starting at just \$399! Simple extractions for \$79 or bundle with a 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 appointment today! Mention this ad for the discounted pricing! Most insurances accepted but not required! (931)454-0001.

Mobile Homes



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.

Musical Equipment

STAND-UP PIANO for sale, good shape, great for beginners, must pick up, \$75 or best offer. Manchester area. (865)809-7211.

CABLE-NELSON PIANO, upright, used piano with bench, ready for a new home, \$175. (931)581-4385.

Pets

AKC REGISTERED LABRADOR RETRIEVERS, chocolate/black/yellow puppies, older puppies at a discount. (615)390-9976.



SWEET FEMALE LAB POINTER MIX. Annabelle is a super sweet, very energetic dog who needs a log of space to run. Would love a farm to run on but probably needs to be kept away from chickens and small critters. She's fine with cats and other dogs. Smart as a whip, just needs some structure. She loves to snuggle. Up to date on vaccines and spayed. She's approximately 3 years old this year. We love her but don't have time to devote the time she needs to obedience training. If she sounds like a good fit for you, then contact us, \$300. (931)581-3093.

BOSTON TERRIER FEMALE DOG for sale, 1-1/2 years old. (931)409-2555.

AUSTRALIAN SHEPHERD PUPPIES WILL BE READY FOR NEW HOMES FEBRUARY 20, THREE GIRLS AND ONE BOY, \$300. CALL/TEXT, (931)993-0514.

FREE, BEAUTIFUL ADULT CAT, 3yr. old female, loving, spayed, friendly with dogs, no trouble, owner passed away, can't keep. Needs a loving home. (615)268-3555.

FREE 4 YEAR OLD TRI COLORED female Beagle dog. (931)607-4606.

PUREBRED SHIH TZU, 5 months old, crate trained and doing good on potty training. Brown with black ears, some black on face, just groomed, \$200. (256)520-7680; or, (256)420-4521.

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

RABBITS FOR SALE, (931)581-8515. No calls after 8p.m.

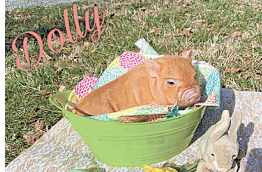
BEAGLE, all shots, fixed, loveable, good with other dogs and cats, loves to play, she is almost 7 months old, \$100. Located in Fayetteville, TN. (973)668-1259.



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 Alliance Spay and Neuter Clinic, serving all Tennessee and Northern Alabama residents. Located in Fayetteville, TN.

FULL BLOODED POMERANIAN PUPPIES for sale, 1 male and 1 female, ready 2/28/20, \$500 cash. Good gifts for Valentines Day. No calls after 8p.m. (931)625-0297.

FEMALE GERMAN SHEPHERD for sale, 8 months old, no registration, shots and wormed. (931)652-7488.



JULIANA MINI PIG. We have males and females, colors are lt. red, chipmunk, red with black spots, parents are 12" tall and weigh approximately 50-60 lbs., excellent pets, ready 3/7/20, \$250 each. (615)427-2754.

FREE MICE AND CAGE, playful, small, fancy mice with cage and accessories, easy to care for, moving and will give to good home. (931)728-8777..

THREE PYRENEES PUPPIES, 4 months old, males, \$50 each. (931)251-2032; or, (256)919-2384.

Pet Accessories

SHERPA PUPPY CARRIER, \$25. (931)224-4155.

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

DOG TRACKING SYSTEM for sale, \$50. (931)240-1098.

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 30K! Spacious 2,800 sq.ft., 2-story home, easy access to Hwy. 231, 4BD/3BA, 107 Candlewood, Shelbyville, \$269,900. (931)563-5335.

COLD?
We've got you covered.

LOCAL PEOPLES GAS COMPANY

3296 Lewisburg Hwy. Petersburg, TN 931-659-6981 Phone 931-993-9496 J.D. Haislip

Mon.-Fri. 8 A.M. - 5 P.M.; Sat. 8 AM.-12 P.M. We are locally owned & operated... we want your business! Proudly serving Fayetteville & Lewisburg!

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

It's Yard Sale Season.



Put some cash in your pocket!

Make more money at your Yard Sale by using **Exchange** and **Exchange931.com**.

The Exchange reaches every home in your community and then some!

TWO EASY WAYS TO PLACE YOUR AD

Simply call or go online: **(931) 684-1285** or **Exchange931.com**



Real Estate Coffee County

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.

FSBO BELOW MARKET! 5BD/3BA, 2300 sq.ft. brick home, 409 Lannom Circle, Tullahoma, \$269,900, MUST SELL! (931)563-5335.

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

Real Estate Franklin County

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.

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.

LOT FOR SALE IN TULLAHOMA. Great deal! 5.05 acres of naturally beautiful country living with mature trees, water tap, great building site. Access to the lake, public dock, conveniences: shopping, schools, entertainment, more. Seller is motivated to sell. Let's talk about building your unique home. **MLS#2116099**. Syble Forsythe - eXp Realty. Lake Haven Drive, Tullahoma, TN 37388. (931)691-5565.

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

Real Estate Lincoln County

FOR SALE BY OWNER PACKAGE includes 20 words of description and phone number, border around the ad and a picture of your home, ALL for \$78 for 4 weeks. Each week your ad will reach over 84,000 homes and will go on **www.exchange931.com**. Additional 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 Moore County

45.20 ACRES for sale, good hunting and plenty of water, good pasture, several building spots, no restrictions, Wet Prong Road, Lois area. (931)307-9723.

Discover Yard Sales at **www.Exchange931.com**

Job Seeking? **www.Exchange931.com**

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

NEW COLEMAN 100cc GO KART, still in the box, originally \$699, asking \$550. (931)993-7075.

HONDA ELITE SCOOTER 2005, new tires, \$1,700. Shelbyville. (317)447-1461.

40' GULF STREAM MOTOR HOME, 2005 Friendship Diesel, new refrigerator, new mattress, washer/dryer, atrium, auto leveling, auto awnings, 72" drop down screen, free car hauler, \$69,900. (817)905-4487.

1997 NITRO BASS BOAT 800LXS, runs good, looks good, stainless prop 115 Mercury Mariner, \$3,500. (931)563-0244.

1987 HONDA XL 80S MOTORCYCLE, 8,019 miles, \$1,000 firm. (931)695-5196.

OLD MOTORCYCLES, 3 WHEELERS, AND 4 WHEELERS WANTED. Any make, model or condition, with or without titles, cash paid. Call John, (931)307-9732.

2014 HARLEY DAVIDSON V ROD MUSCLE, 3,500 miles, excellent condition, \$10,500. (931)581-4959.

Rentals Bedford County

HOUSE for rent, 2BD, south side of Shelbyville, no pets, no utilities, deposit and references required, \$185 weekly. (931)695-5505.

Rentals Coffee County

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

OFFICE SPACE FOR RENT, around 800 sq. ft., 119 South Spring Street, Manchester, just off the square. (931)728-4744.

ONE BEDROOM/ONE BATH APARTMENT, 1014 East Lauderdale Street, Tullahoma, fully furnished, laundry facility on site, ground level, \$195/week, \$500/deposit, \$35 application fee, references required, small pets negotiable, all utilities, cable/WiFi included. (931)563-7844.

RENOVATED DUPLEX IN MANCHESTER, remodeled throughout, black appliances, 2BR, 1BA, \$175/week. No utilities included, indoor pets possible for an extra deposit. No outdoor pets allowed. \$400 deposit without pets. Text or call for more information. **You won't be disappointed.** Central, Manchester, TN 37355. (615)809-4531.

WINTER SPECIAL! Half price first month's rent! One and two bedroom Hills Chapel Apartments, 1516 Hills Chapel Road, Manchester, TN. (931)728-1808.

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

COMMERCIAL PROPERTY FOR LEASE, approximately 1,700 sq. ft., office/retail, completely remodeled, excellent location, \$800 per month plus deposit. (931)455-1440; (931)607-0282.

Rentals Franklin County

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

ROOM FOR RENT, in country, access to complete home, all utilities included, \$340 month. Winchester area. If no answer, leave message. (931)392-4281; (931)636-1648.

RENTAL APPLICATION, house on 128 Stewart Street, Cowan, 2BD, 1BA, carport, CHA, W/D hookup, outbuilding, \$550 month, \$300 deposit, one year lease required. Absolutely no pets, including snakes. Background and credit check. (931)636-2734.

Rentals Lincoln County

FOR RENT, 2BD, 1BA mobile home, South Lincoln area, 7 Shelton Rd, Lot 2, \$475/month, \$300/deposit. (931)433-6507.

FOR RENT in Fayetteville, 411 Laurel Drive, 3BD, 1-1/2BA, CHA, brick, \$650 per month, or \$162.50 weekly, Section 8 okay, absolutely no pets, references and deposit. By appointment, (931)659-9186.

FOR RENT, 208 North Bellview Avenue, Fayetteville, 1BD, 1BA duplex. Convenient location to shopping, small pet friendly, \$385 month, \$385 deposit. Facebook: Tennessee Rentals. Call, (931)438-4073.

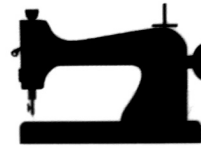
FOR RENT, 2BD DUPLEX, clean, Park City, \$550 month, plus deposit. (931)625-2269.

4 BD, 1 BA, CHA, stove and refrigerator furnished, county water, \$800/month, \$800 deposit. 629 Howell Hill Road, Flintville. (931)205-7332.

Rentals Marshall County

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!

Services Appliances



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

Services Automotive



WE DO IT ALL! Service and repair on all makes/models. Transmissions, engines, diagnostics, electrical, tune-ups. Safety/pre-purchase inspections. Call today! (931)222-4494.

BONEYARD AUTO & SALVAGE



WE SELL USED AUTO PARTS, we buy automobiles, specializing in mid-90's and above. Follow us on Instagram/Facebook. 156 Molino Road, Fayetteville, TN. (931)433-3472; **www.boneyardautosalvage.com**

Mid South Motorcycle Training Academy **www.MidSouthMotorcycle.com** (931)472-7700

MOTORCYCLE TRAINING CLASSES ONLINE SALE. //2 wheel basic rider course - \$175 (normally \$225). //2 wheel experienced rider course - \$75 (normally \$115). //3 wheel basic rider course - \$99 (normally \$300). No written or riding testing at DMV to get your motorcycle license - you test with us, and we have locations in Tullahoma, TN and Winchester, TN! We were awarded the State of Tennessee's 2017 motorcycle safety and rider education program of the year, and we offer smaller class sizes than other sites in TN. Visit us online at **www.MidSouthMotorcycle.com** to register or for more information. (931)472-7700.

GARRETT'S AUTOMOTIVE AND WRECKER SERVICE

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

Services Cleaning



When the world around you has lost it's luster!!!! Who You Gonna Call?? **DUST BUSTERS!!** No job to big or small, just give us a call for free estimates. Residential, Commercial, Medical Trash Handling. Many options available, weekly, monthly, one time basis. Let our crew clean away the dirt for you. (931)575-8276.

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

SISSOM CLEANING SERVICE, Manchester, Tullahoma and surrounding areas weekly, bi-weekly, monthly. Ceiling fans, light fixtures, polishing wood furniture, cabinets, countertops, shelves, appliances, floors, baseboards and more. References, reasonable rates. (931)952-8359.

CLEARLY WINDOWS
RESIDENTIAL WINDOW CLEANING
931.247.2091

PROFESSIONAL WINDOW CLEANING. WE ARE FULLY INSURED AND PROVIDE FREE ESTIMATES. COMMERCIAL AND RESIDENTIAL CUSTOMERS WELCOME. 2ND AND 3RD STORY WINDOWS? NO PROBLEM! BOOK YOUR APPOINTMENT BEFORE OUR SPRING RUSH! (931)247-2091.

Services Health & Beauty

BLUEBIRD RECOVERY
(931)222-4075



Suboxone Clinic
Treating Addiction:
*On Site Counseling
*Available by phone 24/7
*Team Approach
*High Success Rate
*Failure Is Not an option.
\$75 a week for new patients.



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

GENTLE GIANTS SPA ADVENTURE! Saturday, March 7, appointments available. Bring your boys for a pedicure/relaxation, \$15. Salon Bella Mia, (931)438-1500.

CONSTRUCTION EQUIPMENT PARTS from a company you can trust!



Experience • Reliability • Personal Service

479 Dick Buchanan St • La Vergne, TN 37086
(615) 793-6151





Bill Thomas
Founder (1940-2010)

Will Thomas
Publisher / CEO

Katie McNabb
Director of Sales

Evan Dawson
Business Dev. Leader

Sissy Smith
Business Dev. Leader

Lance Carter
Business Development

David Eagan
Business Development

Tracy Gagnier
Business Development

Faith Rader
Business Development

Kyndall Reasonover
Business Development

Marisa Thornton
Business Development

Sandra Thomas
Account Manager

Julia Eads
Digital Media Buyer

Jessica Allen
Digital Strategist

Ginger Jones
Digital Strategist

Dawn Dixon
Accounting

Darlene Newgent
Distribution

Bob Barger
National Accounts

Shelli Fuller
Customer Service

Barb Hargrove
Customer Service

Tim Weir
Customer Service

Tracey Pollock
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404 Main Ave. South
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Monday thru Friday
8 AM - 5 PM

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Exchange931.com

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What do you do in your spare time?
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55 GALLON METAL DRUM CONTAINERS, \$7 each, pickup only. (931)433-3525.

DODGE 1500 4x4 front hub, new in box, Raybestos part# 715006 and front U-joint in box, Duralast part# 1-0297, \$65. (931)409-7273.

TRAILER AXLES, two 3" diameter tube trailer axles, 80" from backing flange to flange, 74" center perch mount to center, \$75. (931)409-7273.

FREE IBC TOTE, used 1-2 years as fish tank in an Aquaponics system, north of Lewisburg airport. (931)359-2800.

PUPPY CARRIER, \$10; Resin dog pens, \$20; Puppy bed, \$3; Picture frames, \$1; Electric mandolin, new, \$20; KitchenAid mixer, \$20. (931)492-4224.

BARGAIN BARN, 1360 Nashville Hwy, Lewisburg. Furniture; tools; cookware; electronics; jewelry; antiques; sporting goods; glassware. Window and door repairs. (615)295-0676.

WHITE ROGERS GAS VALVE for sale, used, 36E36-304, redundant pilot valve, natural gas only, \$25. (931)434-6264.

1968 ANTIQUE RACING "BELL HELMET" BAG, black, zipper-close, logo on both sides, 9.25"d x 13.75"w x 15"t, \$35 or best offer. (931)359-6933.

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

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



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*excludes animals

2 ways to place your ad today:

1. (931) 359-1994
2. Exchange931.com



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

Events this week

Thursday FEBRUARY 20

Nashville Predators Fundraising Event for Hospice of Highland Rim Foundation, Inc.
Feb. 20-29 • 8:00AM
 Info: Buy a ticket to any of the four weekday games this month and help benefit Hospice of the Highland Rim Foundation. Use the link below and save \$5 off the gate rate.
 Organization: Hospice of the Highland Rim Foundation, Inc.
 Promo Code: HHRF
 Link to Buy: fevo.me/2CHsBny
 More Information:
 www.nashvillepredators.com/fndnfeb

HOPetown Warm Up Shelter
Feb. 20-29 • 8:00PM
 First Presbyterian Church
 112 2nd Ave. North, Lewisburg
 Info: Any night that the forecasted low temperature is 32 degrees or lower, no entry after 11 p.m.

Friday FEBRUARY 21

Legacy Winter Retreat • 1:00PM
 Horton Haven Christian Camp
 3711 Reed Harris Rd., Lewisburg

A Wing and a Prayer • 7:00PM
 Grace Church of the Nazarene
 2302 Highland Ave., Columbia

Essential Oil Class • 4:00PM
 Lewisburg Recreation Center
 1551 Mooresville Hwy., Lewisburg

Saturday FEBRUARY 22

Prom Dress Giveaway Event 10:00AM
 First National Bank
 1190 Ellington Pkwy., Lewisburg
 Info: Saturday, Feb. 22nd: 10am-4pm
 Sunday, Feb. 23rd: 12pm-4pm

Bunco Fundraiser Sponsored By GFWC of Maury County Women's Club • 2:00PM
 Maury Hills Church
 101 Unity Dr., Columbia

DIY Vino Bottle Lamp Workshop • 11:00AM
 Columbia Arts Building
 307 W 11th St., Columbia

Benefit for Paul Blevins • 5:00PM
 Boonshill Community Center
 80 Red Oak Rd., Petersburg

Sunday FEBRUARY 23

Legacy Winter Retreat 2020 1:00PM
 Horton Haven Christian Camp
 3711 Reed Harris Rd., Lewisburg

Wednesday FEBRUARY 26

Meet In The Middle • 11:00AM
 HOPEtown at the Connelly Dream Center
 330 5th Ave. North, Lewisburg, TN
 Info: FREE weekly lunch every Wednesday

Crafternoon • 1:30PM
 Senior Citizens Center- Hardison Annex
 230 College St., Lewisburg

Thursday FEBRUARY 27

Breakfast with the Mayor • 8:00AM
 Mule Town Lumberyard, Columbia

Mule Town Mixer and Ribbon Cutting • 4:30PM
 Mule Town Lumberyard, Columbia

Friday FEBRUARY 28

Southern Alliance Annual Luncheon • 11:00AM
 Saint Mary Magdalene Episcopal Church
 Fayetteville

To view all upcoming events, visit: lewisburgevents.allysites.com

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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CHANNEL MASTER OUTDOOR TV ANTENNA, approximately 10' long, \$20. (931)467-3822.

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

120 SQ. FT. SHED, 10'x12' building with 8' ceiling and air conditioning. Useful for storage or as a man cave, \$950. (404)867-1746.

DEAL DIVERS, 1237 Huntsville Highway, Fayetteville, behind Krystal. \$5 and under bin store. Like and follow our Facebook page for weekly contests and specials. **Restocked daily.** Thursday and Friday, 9a.m.-6p.m.; Saturday, 9a.m.-3p.m.

TWO CHARLIE DANIELS CONCERT TICKETS, Friday, March 13, 2020, 7:30p.m., Von Braun Center, Huntsville, AL, great seats, \$90 for both. (931)433-6386.

BLUE PLASTIC BARRELS WITH LIDS, lots to pick from, as low as \$10 each; also, have totes. Fayetteville area. (931)433-2501.

HOMEMEDICS SHIATSU PRO PLUS is a kneading cushion with heat; full, upper and lower back settings, programmable remote, \$70. (931)800-9599.

RESTORED 4' CAST IRON BENCH, decorative cast iron sides with seat and back stained and polyurethane applied, \$150. (931)691-3614.

TWO 39,000 BTU PROPANE HEATERS, hardly used, \$40 each, \$75 for both. (931)455-1872.

COMPLETE SET SILVER PEACE DOLLARS for sale, 24 silver dollars, 1921 thru 1935-S in deluxe album, \$750 firm. (931)967-0105.

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

NOTICE. Rollins & Sons is having a public auction to recover fees associated with the following vehicle: 1GCCS138958196379. February 20, 2020.



FOUNDATION & WATERPROOFING EXPERTS. If you have cracked bricks; bowed walls; cracked drywall; doors not opening properly; uneven floors; concrete raising; crawl space repair; mold in crawl space; or a wet basement, give us a call before these little symptoms become huge problems! 10% off any new job. Up to \$300 value. Mention Exchange for COUPON. Call for FREE INSPECTION. (931)283-0703.

2 OUTSIDE CRYPTS LOCATED IN VALHALLA CHAPEL OF LOVE MAUSOLEUM in Huntsville, AL. Paid \$10,000, asking \$9,000. (256)653-1204.

GET MORE SPACE IN YOUR LIFE! Rent a storage unit today. www.youextendedattic.com. Fayetteville location, (931)607-4426; or Park City location, (931)273-9737.

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

TURNER'S PAINTING and CABINET REFINISHING. 30 years experience. Licensed and insured. (931)425-6578.

LOADER OPERATOR. Wright Paving is seeking highly qualified and experienced loader operators to work full-time in the southern middle TN area. Competitive pay based on experience, \$14-\$18/hr. Benefits available. Please call, (931)433-7938 for more information. 372 Shelbyville Highway, Fayetteville, TN 37334. (931)433-7938.

TAX PREPARATION, FEDERAL, STATE, LOCAL; INDIVIDUAL AND BUSINESS; PAYROLL SERVICES. (931)954-5040; OR, cindy@allthingstax.net.

CHROME STEP BUMPER, with quick-cushion 2 slide in/out hitch, with mounting brackets, fits up to a 1 ton truck, \$200. (931)928-0542.



INSPIRED EMBELLISHMENTS: MACHINE EMBROIDERY LESSONS. Have you purchased an embroidery machine and don't know where to start? Doesn't matter how you purchased your machine; Walmart, Amazon or used. I teach group classes as well as one on one for many different types of machines. Call Andrea with Inspired Embellishments for more information. (256)683-5735.

MOTOR OIL, Valvoline, premium conventional, \$3.75 quart, SAE 10W-30. Fayetteville. (414)795-8830.

QUILTERS-CRAFTERS, 14 yards of trout design, nice fabric, quilts, curtains, pillow covers, stretch your imagination, \$10. Tullahoma. (615)849-5012.

BUILD/REFURBISH old or new barns, fencing, skid steer work, tree trimming and cutting. Insured. Free estimates. (931)841-4879.

EXECUTIVE POWER by Vince Flynn, \$2; Chicken Soup for the Golden Soul, 2; Three books by David E. Stevens: Resurrect, Impact (book 1 of the Fused Trilogy), and Imagine (book 2 of the Fused Trilogy), \$2 each; The Triumph of William McKinley: Why the Election of 1896 Still Matters by Karl Rove, \$3; The Underground Railroad by Colton Whitehead, \$3. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

AC/DC 225/125 LINCOLN ELECTRIC WELDER, and 2 helmets, used 2 hours, \$375. (931)639-0930.

STAND-UP PIANO for sale, good shape, great for beginners, must pick up, \$75 or best offer. Manchester area. (865)809-7211.

NOW HIRING RN's, LPN's, AND CNA's. Nursing positions require current Tennessee certification. Apply online at ElkRiverHRofWinchester.com or in person at Elk River Health & Rehabilitation, 32 Memorial Dr., Winchester.

AUTHENTIC MUSICAL WASHBOARD, wooden frame with metal corrugated board surface, great nostalgic or vintage decoration, \$12. (931)636-3373.

FOR SALE, Antique waterfall buffet, \$700 or best offer. (615)506-5243.

COUPON

\$100 OFF

Purchase one (1) bag of Purina® Equine Senior™ at regular retail price and receive \$1 off your purchase with coupon. Expires 4/15/2020

Lewisburg Farm Center
931-359-6493
 724 S. Ellington Pkwy., Lewisburg, TN

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.

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

ACTION TRANSPORT TOWING is taking bids on the following vehicles: 2003 Nissan Maxima, JN1DA31D63T508190. Auction will end on February 26 at 10a.m. (931)954-6125.

2006 CHEVROLET SILVERADO 1500 CREW CAB and 2013 Prowler Heartland camper 24ft., \$17,000 for both. (941)592-8682.

"I have sold all my sheep and laying hens with the Exchange and it's the best place to sell stuff." Mr. Doud.

WANTED, Cutting and buying standing timber, Dwight Rogers Logging. (931)580-4816.



JOHN DEERE 310SE turbo 4x4 backhoe with buckets/forks, 3,767hrs. 12", 18", 36" buckets. 2,000lb forks, excellent machine, \$20,000. (931)581-9740. See www.exchange931.com for photos.

ESTATE SALE BY APPOINTMENT ONLY. Nice executive home, antiques; king, queen bedrooms; dining table, chairs; bar; bar stools; Shelbyville. (615)972-1110.