

HERO #ThankAHealthcareWorker

They're moms and dads. Brothers and sisters.
Friends and neighbors, HEROES.

As we continue in the fight against COVID-19, we honor all of our providers and employees working hard to ensure a safe place of care and a healthier community for all of us.

Some moments need heroes. To our heroes, we say thank you.

#ThankAHealthcareHero



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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-931-967-8200.

مقرر (1-931-967-8200) مقرب لخدماتنا، نرحب بكم في رفاوتتة ويوغاللاة دعاسملا تامدخ نإف، غلالا ركدا ثدحتت تنك اذا: مظوحلم



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TRIM • ENTRY DOORS • PATIO DOORS



Window World



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- Josh Watson, Local Owner

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Mauy • Moore • Overton[^] • Pickett[^] • Putnam[^] • Rutherford • Smith[^] • Van Buren[^] • Warren • White



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PICK WHAT'S RIGHT FOR YOU AND YOUR ENERGY BILLS!

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- ✓ Increase R-Value by 40% & More
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2020 Cookbook Cover Art Contest

Calling all kid artists ages 10 and under!

This year, we need **YOUR** original art for our **2020 Holiday Cookbook!** So, get out your pencils, paper, paints and crayons and let's get started.

Before starting, check out our Artist's Assignment notes on the right >



Media Group
Exchange

ARTIST'S ASSIGNMENT

SUBJECT

Santa is cooking a big Christmas meal for all of his elves, reindeer and Mrs. Claus! **Paint a picture of Santa and what you think he is cooking and send it to us.**

MEDIA

Please send us full-color artwork on 8.5 x 11" unlined paper. Art **must be in color** - black & white drawings will not be considered for our Cookbook cover.

ENTRIES MUST INCLUDE:

Your **Name, Age, Address, and Phone Number** written on the back of your artwork. Any entry not including this information will be disqualified. Artwork will not be returned **unless you include a self-addressed stamped envelope with your submission.** Each entry needs its own SASE. Siblings must enter separately with their own envelopes.

WINNERS

Art will be judged on originality and quality. **We will have two winners.** One for our East edition and one for our West edition. **The winning artists will each receive \$50**

HOW TO ENTER:

MAIL ENTRIES TO:

Exchange Media Group
P. O. Box 490
Fayetteville, TN, 37334

DEADLINE:

September 1, 2020

Kid's Corner

Hey kids! Feeling bored? Here are some activities to try!

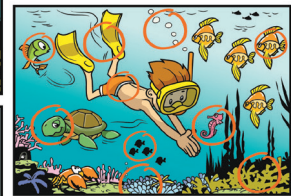
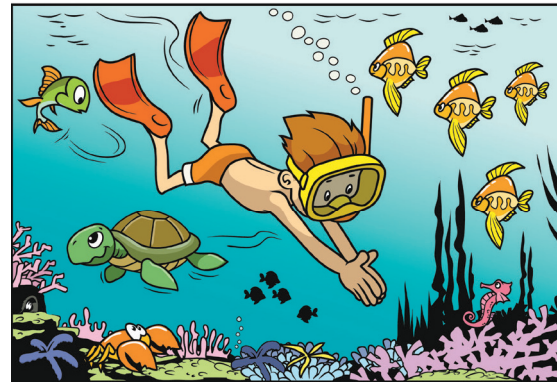
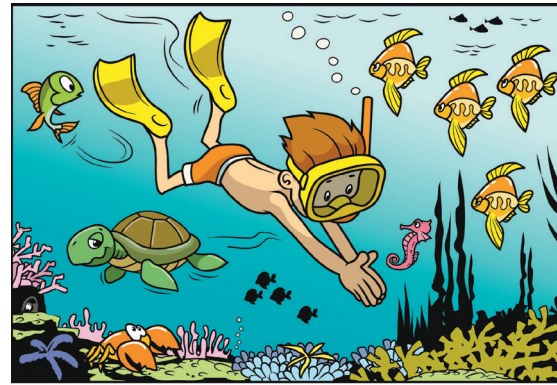
COLORING FUN

Color the kids enjoying a sunny day at the beach.



CAN YOU FIND THE DIFFERENCES?

Can you find the 10 differences between each picture?



Exchange

SOLID CHERRY ENTERTAINMENT CENTER, holds 50" TV, lots of shelves, drawers, like new, desk, and cabinet, \$850 cash only. (931)247-0966.

QUEEN-SIZE BED for sale, metal headboard, box springs, mattress, excellent condition, \$300. (931)304-3353.

ANTIQUE BEDROOM SUITE for sale, full-size bed, dresser with mirror and stool, chest of drawers. Make offer. (931)937-7182.

ELECTRIC DRYER, heavy-duty, super capacity, looks and works good, \$150. Tullahoma. (931)841-1566.

CLOTHES WASHER, heavy-duty, super capacity, looks and works good, \$200. Tullahoma. (931)841-1566.

WHITE REFRIGERATOR, \$75; Stove, \$50; White hoosier base cabinet, \$40; White metal cabinet, \$40; Microware cart, \$40. (931)307-4984.

TRUE MFG COUNTERTOP LIVE BAIT cooler for Convenience store, nice condition, works great, \$1,500 retail, \$600. Flintville. (931)675-3247. Pictures at www.exchange931.com.

KING BEDROOM SUITE, Sealy mattress and platform, less than 1 year old, dresser with chest of drawers, \$800. (931)308-6299.

REDUCED - MARBLE TOP COFFEE TABLE, cherry base with rose, \$75. Call Bill, (931)588-1247.

ETHAN ALLEN QUEEN-SIZE BED, like new, decorative head and foot board, \$350. (931)728-8735.

WALNUT WOOD PIE SAFE with 2 long doors, 4 pin inserts, excellent condition, pull down glass at top, \$130 or best offer. (931)684-9222.

MINI REFRIGERATOR with freezer, locking mini refrigerator with freeze compartment, \$50. (931)273-8688.

SEALY KING MATTRESS, less than a year old, impeccable Grace, Golden Elegance Collection, \$700. (931)308-6299.

FOR SALE, COUCH AND LOVE SEAT, floral/tan, background, \$120; Ab Doer twist, like new, \$50; Gazelle exerciser, \$50. Cash only. (931)247-8375.

APPLIANCE MAN-Sales, service, parts. 25 years experience, David Russell, owner. We sell used appliances! Monday-Friday, 9:30a.m.-5:30p.m., Saturday, 10a.m.-2p.m. (931)455-6844; (931)273-8880.



BEAUTIFUL HAND MADE CONSOLE TABLE for sale, stained light and dark, very contemporary design, 4 ft. long x 17 in. wide x 3 ft. tall, \$300. Call for more information, (931)637-4762; or, (931)637-7795.

SAMSUNG NATURAL GAS DRYER, pictures available on request, \$200 or best offer. (714)624-8826.



COMBINING HOUSEHOLDS, NEAR NEW SOFA! Great deal! Original cost over \$900, asking \$400. Located in Decherd. Call Darlene if interested, (321)297-9060.

ETHAN ALLEN DECORATIVE ROCKING CHAIR, gold floral accents on back, \$75. (931)728-8735.

EXTRA LONG SOFA for sale, approximately 8' long, red with gold thread accent, includes pillows. Used, but in good condition, non-smoker home, \$400 cash only. Estill Springs area. (931)649-5643.

CUPBOARD for sale, 2 piece wooden dish cupboard, removable top, \$100. Call Bill, (931)588-1247.

SMALL, TIMEWORN, WHITEWASHED WOOD ROCKER, great condition, ideal in baby's room for mom to rock baby to sleep. (931)455-6910.

CEDAR PATIO FURNITURE, gliders, stained and clear coated, \$275 each or both for \$500. (931)247-3504.

PATIO SET, table with 6 chairs, one with ripped fabric. Tile top, used, scratches, \$100. Lee, (404)317-3872.

WHIRLPOOL ELECTRIC RANGE, older model, clean, everything works, \$45. (931)636-7308.

PECAN FINISH TABLE for sale, with two leaves, \$100. Six leather padded chairs, \$12 each. Tullahoma. (931)581-3212.

FOR SALE, mahogany 3-drawer sofa table, \$60 or best offer. Fayetteville area. (931)434-9709.

Home Goods

BUTCHER BLOCK COUNTERTOP, special order, 39w, 72l, 1.75h, weighs 119lbs, \$330. (931)273-8688.

STEP 2 MAILMASTER MAILBOX, used, green, faded on top, fully functional, mounts over 4x4 post, \$40. Ask for Lee, (404)317-3872.

ICE BUCKET, vintage glass ice bucket, no chips or scratches, \$10. (931)434-6264. See www.exchange931.com for picture.

BOYDS BEARS COLLECTION, 60 pieces of assorted animals, sold only as one lot, \$300. Fayetteville area. (931)227-6721.

CEILING FAN, fan blades white or light brown, \$50. (931)273-8688.

COOKING/KITCHEN ITEMS, pots and pans, and utensils, starting at \$30. (931)455-9642.

COOK'S TOOLS, 19 piece, brand new, in box, never opened, \$150. (931)273-8688.

GLASS PUNCH BOWL with 12 glass cups, \$20. (931)649-3023.

HEALTHY GOURMET KITCHEN CUTTER MANUAL, new vintage manually operated food processor, heavy chrome plated, \$75. (931)636-6237.

MONTEL WILLIAMS HEALTH MASTER ELITE, owners manual, complete recipe collection including instructional video DVD, verily used, \$90. (931)636-7308.

BALDWIN CONSOLE PIANO, great condition, just needs tuning, \$150. (931)450-0321.

SEAMSTRESS, Rowenta professional, 1550w steamer with rack to hang garment on. Great to press drapes, also, \$100. (615)849-5012.

FOR SALE, COOKIE JARS, \$30-40 each; cast iron banks, \$15 each, and free display cases. Prospect, TN area. (931)363-4585.

GEOMETRIC CIRCULAR PATTERN RUG, 61"x85", beige, black, blue, reddish-brown, sky blue and yellow, soft and easy to clean, like new, \$25. (931)625-5211.

3 WINDOW VALANCES, elegant fringed, gold floral in very light greenish tint, 78"x17-1/2", new quality, \$15. (931)625-5211.

EZ HANG CHAIR, "A chair to relax in & take a nap!", sat in very little, drink holder and accessory pocket, some slight wear, good condition, paid \$500, asking \$150. (803)464-2277.

CRYSTAL PUNCH BOWL SET for sale, two bowls, with 12 cups and ladle, \$25. (931)636-2970; (931)962-4885.

Jobs

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FREE CATS TO GOOD HOMES, one grey/white bob-tail male, one grey/black striped female kitten. (407)617-3509; or, (931)251-1176.

PET GROOMING/CUSTOM GROOMING, all size dogs and cats welcome. Aunt Jackie's Pet Salon. (256)361-4490.

Real Estate Lincoln County

3 LOTS ROSEHILL CEMETERY, \$650 each or \$1,800 for all 3. One lot alone, other 2 are North & South, all same plot. dbajims@charter.net.

Join us in the Greater Good Clear the Shelters Campaign! We have many cats, kittens and great dogs that are looking for a new home. See our available pets on Petfinder.com, search zip code 37334. Or, call the shelter at (931)433-3726.

WE BUY HOUSES FAST! Divorce, Estates, Foreclosure, Outdated, Vacant, Relocation. Sell your problem home with no hassles! No realtor's fees, no inspection, no appraisal, no repairs, and no commissions? Local guys, looking for homes to buy, we buy all kinds of properties as-is. Fair offers given right away. Please call us today for more details! Please call us at, (931)675-6828. That's, (931)675-6828.

MOTORIZED HOSPITAL BED for sale, \$200 firm. Shelbyville. (931)212-1972.



Mobile Homes

14x66 MANUFACTURED HOME, in fair shape, 200 amp service panel, you move it, \$500. (931)409-9047.

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.

RECREATIONAL VEHICLES

2015 MASCO, off road vehicle, in excellent condition, \$4,000. For more information call, (931)580-6430; or, (931)580-2548.

Musical Equipment

CABLE-NELSON PIANO, upright, used piano with bench, ready for a new home. \$125. (931)581-4385.

Pet Accessories

DUMOR RABBIT HUTCH KIT, 24" rabbit cage with removable droppings tray, bought at TSC, \$20. (931)684-9510.

RENTALS Coffee County

HOUSE FOR RENT, 2 bedrooms, one bath, large carport and storage building, dogs under 30lbs. allowed. References. Manchester. (931)728-0306.

WINTER & COMPANY PIANO, no longer have room for it, must sell, makes a good starter for beginner, \$50. (931)308-6299.

Real Estate Bedford County

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

RENTALS Lincoln County

IBD/IBA FULLY FURNISHED APARTMENT, groceries, and utilities in exchange for meal preparation and cleaning. Estill Springs, TN. (931)636-4545.

LUDWIG YOUTH'S DRUM SET, some crayon scribbles on some areas, no dents, cracks, no seat and drum sticks, \$175. (931)636-6237.

Real Estate Coffee County

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

RENTALS Lincoln County

RENTAL WANTED, 2-3 bedroom, in country around Fayetteville area. (931)251-1963.

PEARL 20" RIDE CYMBAL, \$25. Winchester. (931)691-8890.

Real Estate Franklin County

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

RENTALS Lincoln County

FOR RENT: NICE MOBILE HOME, 2 bedroom, 1 bath. Stove, refrigerator, washer and dryer furnished, covered front porch and rear deck. \$450/month, no pets, deposit required. 129 Brown Teal Road, Fayetteville, TN 37334. (931)438-1700.

Pets

FOR SALE, MALE PUREBRED COLLIE, born 6-12-13, \$100. (931)315-9366.

Real Estate Coffee County

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

RENTALS Lincoln County

HOUSE FOR RENT, 2 bedroom, 2 bath, appliances, washer, dryer. Howell Hill area, \$750. (931)675-9917.

2 SHIH TZU's for sale, 1 male, 1 female. For more information call, (931)607-2875.

Real Estate Franklin County

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

RENTALS Lincoln County

HOUSE FOR RENT, 2 bedroom, one bath, large carport and storage building, dogs under 30lbs. allowed. References. Manchester. (931)728-0306.

FREE KITTENS LOOKING FOR A NEW HOME. 5 Tiger stripe kittens, 10 weeks old, litter-box trained. Moving and must find homes for these kittens from a pregnant stray that showed up at our house in Shelbyville. Please help us place these adorable kittens in new, loving homes. (315)887-0543.



2015 MASCO, off road vehicle, in excellent condition, \$4,000. For more information call, (931)580-6430; or, (931)580-2548.

DUPLEX FOR RENT, 1BD, appliances, deck, utilities furnished, no pets, \$210 weekly, \$500 deposit, Manchester area. (615)479-4532. Available now.

BRAND NEW STRIP MALL SPACES. For lease, 2 brand new 1,000 sq.ft. strip mall retail spaces. Located at 910 Huntsville Highway, Fayetteville, TN. Lease for \$1.00/ sq.ft. High traffic area. (931)276-2600.

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STOREFRONT OFFICE FOR LEASE, 1,000 or 1,600 sq. ft. with an open floor plan on Huntsville Highway. 5x10 billboard available with great visibility on Huntsville Highway. Brand new concrete/asphalt parking lot and low utility costs. 1711 Huntsville Highway, Fayetteville, TN 37334. (931)703-8248.

RENTALS Coffee County

HOUSE FOR RENT, 2 bedrooms, one bath, large carport and storage building, dogs under 30lbs. allowed. References. Manchester. (931)728-0306.

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!

FOR RENT, 313 Washington St. East, Fayetteville. 3+ bedroom, 1.5 bath, historic brick home. Great neighborhood, a block from the square. \$750/month, \$750 deposit. FACEBOOK, Tennessee Rentals. Call, (931)438-4073.

RENTALS Lincoln County

RENTAL WANTED, 2-3 bedroom, in country around Fayetteville area. (931)251-1963.

IBD/IBA FULLY FURNISHED APARTMENT, groceries, and utilities in exchange for meal preparation and cleaning. Estill Springs, TN. (931)636-4545.

HOUSE FOR RENT, 2 bedroom, 2 bath, appliances, washer, dryer. Howell Hill area, \$750. (931)675-9917.

SELF STORAGE UNITS, 708 West Lincoln Street, Tullahoma, TN 37388. 10x15, \$65/month. Minimum 2 months up front. (931)455-0504.

FOR RENT: NICE MOBILE HOME, 2 bedroom, 1 bath. Stove, refrigerator, washer and dryer furnished, covered front porch and rear deck. \$450/month, no pets, deposit required. 129 Brown Teal Road, Fayetteville, TN 37334. (931)438-1700.

LOOKING FOR SOMEONE 40-60 years old, to provide companionship for room and board. No drugs or pets. (931)588-5111.

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HANDYMAN-CARPENTER, floors, tile, carpet, small repairs, decks, porches. No job too small, quality work, local references, free estimates. Mike, (931)312-9251.

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Events this week

Thursday AUGUST 13

Franklin County Senior Citizens
will remain CLOSED
Now - August 31

Saturday AUGUST 15

Elk River Float - 9:00AM
Tims Ford Dam, Winchester

Summer of Spectacularly
Anointed Women! - 5:00PM
Decherd Church of God
1300 W Market St., Decherd

10th Annual Beaver Run - 10:00AM
Pioneer Motorcycles, Winchester

Jamie Stephens Benefit Auction
and Supper - 3:30PM
Cowan Apostolic Church of Restoration
324 W. Cumberland St., Cowan

Locke and Loaded - 8:00PM
VFW 1893 on the Lake
6200 AEDC RD., Estill Springs,
Tennessee

Supper and Bingo Bash - 5:00PM
Center Grove Baptist Church
10963 Old Tullahoma Rd., Tullahoma

Sunday AUGUST 16

Journey Worship Experience
10:30AM
The Journey at Winchester
915 Dinah Shore Blvd., Winchester

Monday AUGUST 17

Your Favorite Vegetable!
Aug 17 - Oct 26 - 3:00PM
Farmer's Market
404 S. Jackson St., Tullahoma

Wednesday AUGUST 19

The Case for Christ - A Life Group
Aug. 19 - Sep. 23 - 6:00PM
Life Change Church
414 Wilson Ave., Tullahoma

Get Out of Your Head -
A Life Group for Women
Aug. 19 - Sep. 23 - 6:00PM
Life Change Church
414 Wilson Ave., Tullahoma

Friday AUGUST 21

Grand Opening -
Rehab Cycles - 10:00AM
Rehab Cycles, Winchester

Bike Night - 6:00PM
Redbucks Mercantile
108 Banks St., Huntland

Saturday AUGUST 22

Grocery/Food Distribution
9:00AM
Christ the King Anglican Church
1231 Cumberland St., Decherd
Info: please do not get out of your
vehicle once you are in the church
parking lot.

Poker Run Benefit for Knox
10:30AM
Young's Motorsports, Estill Springs
Huntland Gospel Music Fest
6:30PM
Huntland City Park, Huntland

To view all upcoming events, visit: www.russellbarnettevents.com

Events must be entered a week in advance by Thursday by 5:00p.m.

To place your non-profit events on the calendar:

www.russellbarnett.com events@exchange-inc.com

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