



Live Pain FREE!

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

Come To Our **Free Lunch Seminar** On How Decompression Can Prevent Surgery!

September 22nd at 12:15 P.M.

Whiskey Trail BBQ & Steakhouse
413 Wilson Ave., Tullahoma, TN 37388

Call Now! 931-393-2401



No Surgery

No Spinal Injections

No Addictive Pain Killers

Limited To The First 15 Guests

Those with chronic back and neck pain can now breathe a sigh of relief thanks to Dr. Joseph Kanan and state-of-the-art non-surgical technology.

Over 20 years ago, N.A.S.A. began investigating the effects of space travel on the spine. In the "micro-gravity" state, astronauts gain as much as three inches due to increased disc height. This advanced technology is now being used to help those who suffer with chronic back and neck pain.

The innovative spinal technology was developed by a team of back specialists and engineers. During treatment, the spine elongates which increases disc height and allows more fluid into the disc. The treatments are used to treat **herniated, bulging, and protruding discs, sciatica, facet syndrome and degenerative disc disease.**

This technology has helped thousands of patients with chronic pain. Many of these patients had lost hope and some had prior surgery.

Treatment is extremely comfortable and many patients fall asleep during their treatment. In some cases, the pain resolves after the first few minutes of being on the machine



Due to sever lower back pain, I haven't even been able to even do the dishes without taking a break to sit down. I didn't realize I had two bulging discs that were pressing against a nerve until I came to Tullahoma Chiropractic. The decompression therapy is wonderful. For the past 2 years, I haven't been able to walk for thirty minutes without being in pain and having to take a break. This week, I went shopping for 3 hours pain free! Decompression therapy has changed my life!

~ S. Rickman



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

Call to register for a free lecture on how decompression can prevent surgery. 931-393-2401

Lose 20 lbs. in 40 Days!

Now Only \$399
Normally \$599

Call For a FREE Weight Loss Consultation!

Limited to the first 20 callers



Tullahoma Chiropractic & Medical Center

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



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15 MONTHS NO INTEREST**

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JUST 60 MOS.

CHOICE 2

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\$89* PER MONTH

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- ✓ Eight 4000 Series Windows
- ✓ No Hidden Fees
- ✓ SolarZone™ Glass
- ✓ Energy Star Approved
- ✓ Installation Includes Premium Exterior Trim Package

CHOICE 3

PREMIUM SIDING

\$119*** PER MONTH

JUST 60 MOS.

- ✓ Industry-leading R-value up to 3.5
- ✓ Increase R-value by 40% & More
- ✓ 10 Squares
- ✓ 400% Better Impact Resistance
- ✓ The Look of Hand-installed Boards

TIRES FOR SALE, 215x55x17; 225x55x17; Michelin, like new, 245x75x17; 265x70x17; 285x70x17; 255x70x18; 265x70x18; 265x60x20; 275x45x20. (931)703-1130.

UNIVERSAL ROOFTOP CARRIER, good condition, used very little, \$100. (256)379-2906.

CHEVROLET SILVERADO FRONT SEATS, 2011, (bucket and bench -driver, middle console, and passenger). Gray cloth, seat option AZ3, fits 2007-2014. \$200. (931)703-2444.

NO WHEEL TRAILER, great for behind bike, look Mom no wheels. See tag-a-long trailers.com or text for pictures, \$300 cash only. (931)205-6235, text only.

TIRES FOR SALE, two 05x70x15; two 15x70x15; two 35x75x15; two 65x70x15; 31-10.50x15; four 205x75x15, 6-ply trailer tires; four 225x75x15 6-ply trailer tires; 6-235x85x16 10 ply; 205x55x16; 205x60x16; 215x55x16; 215x60x16; 225x60x16; 255x70x16; 235x85x16; 265x75x16; 275x75x16; 285x75x16. (931)703-1130.

TOW CHAIN, 13', \$10. (931)454-2152.

EVERSTART BATTERY, T5 650 CCA, like new, purchased 10/19. Free replace till 10/21 at Walmart, \$65. (931)607-7649.

BRAND NEW SET of 4 B.F. GOODRICH 235/75R15 All Terrain T/A tires, paid \$600, asking \$500/all. Fayetteville area. (931)652-4713.

Books, Movies, & Music

FOUR CROSSWORD PUZZLE Dictionaries, \$1 & \$2 each; Set of 4 books by Janette Oke, The Seasons of the Heart, \$8; The Good and Beautiful God by James Bryan Smith, \$3; The Old Barn Book by Robin Langley Sommer, \$5; Country Living Seasons at Seven Gates Farm by Mary Seehafer Sears, \$5; The Lawless Decade by Paul San, \$3; Paradise by Toni Morrison, \$2; Scarlett by Alexandra Ripley, \$3; Phantom Prey by John Sanford, \$3; Without Remorse by Tom Clancy, \$1. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

APPROXIMATELY 200 DVD's, 7 for \$5. (931)728-1442.

VHS MOVIES, box of 25, \$10; DVDs 4 for \$5. Tullahoma area. (931)307-8117.

SYFY AND FANTASY PAPERBACK COLLECTION, hundreds of books including series collections. Large collection of computer and college books. Call, (931)625-4110.

SAN FRANCISCO MUSIC BOX, \$40. Wizard of Oz music box, \$40. Snoopy telephone, \$75. (931)841-6311.

ONE ITEM SELLING FOR \$1,000 or less advertises in the Exchange for FREE! (excluding animals) or go to www.Exchange931.com to sell your unused DVD's, movies, and books.

10 SETS OF BOOKS, 6-12 volumes each, Biblical and Historical, \$500 or best offer. (931)580-2533.

ENTIRE YEAR of National Geographic Magazines for 1991, \$6; Collecting Rhinestone Colored Jewelry, \$2; Meet Me In the Garden by Pauline Ellis Cramer, \$3; The Coarse Angler in Ireland by Ken Whelan, \$5; Beyond the Limits, The Lessons Learned From A Lifetime's Adventures by Ranulph Fiennes, \$3; The Dash Diet-Younger You by Marla Heller, \$2; Preserving Porches by Renee Kahn, \$3; You Gotta Get Up Again, It's Worth the Fight by Allan C. Oggs, Sr., \$2; The Memory Keeper's Daughter by Kim Edwards, \$2. The Book Shelf, Northgate Mall, Tullahoma. (931)273-8001.

Building Supplies

THREE NEW BATH TUBS for sale, two garden tubs and one steel tub, never installed, \$325 for all. (931)205-8162.

37 SHEETS OF Chipboard for sale, 7/16, \$17.50 per sheet; 12 sheets of 5/8 plywood, \$26.50 per sheet. (931)695-5196.

FREE SHEETROCK. (931)596-3767.

8' OF STAINLESS STEEL FLUE PIPE, 8" inside diameter, with assorted hardware; and five pieces of 6" flue pipe with assorted hardware, \$90 for all or will separate. (931)581-0712.

FREE, FIVE WOODEN BARN POLES (logs), 14' long, 7" diameter, good to use for a pole building, or temporary electrical service, you move. (931)728-2766.

Cars & Trucks

2004 CADILLAC ESCALADE for sale, clean, garage kept, nice paint, wheel covers and tires, 174,000 miles, \$5,500. (931)394-3878.

FOR SALE, 2001 Ford Taurus, needs alternator and coil pack, \$400 or best offer. (931)227-7652.



1962 FORD THUNDERBIRD, less than 57,000 miles, garage kept, very nice! Shown by appointment only, \$18,000. (931)638-1621.

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

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

2000 CHRYSLER SEBRING CONVERTIBLE for sale, 150,000k, extra clean, air, tilt, cruise, power windows, new power top, leather, Michelin tires, \$2,500. (931)703-1130.

WE BUY ALL VEHICLES. All kinds, types, running or not. We can also remove your junk cars. (931)433-5049.

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

2012 CHEVROLET SILVERADO 1500 for sale, 5.3 V-8 engine, 129,000 miles, leather interior, 6" lift, \$21,000. (931)224-9359.

2015 FORD F-150, 4x4 SUPERCREW, 103k miles, 3.5L 365HP, clean, automatic, \$12,000. (931)224-9359.

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

1987 JEEP GRAND WAGONEER, 100,000 miles, good body and transmission, engine needs replacing, needs headliner, front seats recently recovered, no rust, 4WD works, \$2,000. (256)759-1770.

1993 TOYOTA 4X4, \$2,500. 1995 Nissan hardbody, \$2,300. (931)224-0723.

2005 DODGE GRAND CARAVAN for sale, near new tires, runs good, one owner, \$2,500 or best offer. (931)327-2103.

NO ONE BEATS OUR TIRE PRICES

\$35 Oil Change & Tire Rotation

Buy 4 New Tires Get \$35 Off

- New & Used Tires
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- Major & Minor Auto Repair
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- Oil Changes
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1119 N. Main St. Shelbyville, TN 37160 931-639-0100

SAM'S TIRE & AUTO SERVICE

2011 AUDI A8, 121,000 miles, adaptive cruise, well maintained, MSRP, \$93,125. Asking, \$16,375 or best offer. (931)575-1184.

2009 FORD FOCUS, excellent condition, \$3,250 OBO; 1999 Grand Marquis, \$2,450 OBO; 2003 Pontiac Bonneville, excellent condition, \$2,250 OBO. (931)222-9879.

GARRY'S TOWING CASH FOR CARS 256-714-5668

WE PAY TOP DOLLAR for unwanted vehicles in any condition, running or not. We also move portable storage buildings. (256)714-5668.

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Our Goal: make getting a loan as simple as possible

Refer friends and family and earn \$50 when they open a loan with us! **

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TIME IS RUNNING OUT

Don't miss your chance to **WIN \$50!**
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



Share your mmm...emories

The Annual Exchange Holiday Cookbook is coming, and we want your recipe to be included. Your recipe can be printed in a 200-page full-color cookbook that is distributed to over 90,000 people!

So whip up your original recipes and send them in today!



The timer is running out!

SUBMIT YOUR RECIPE TODAY:



DROP OFF

404 South Main Avenue,
Fayetteville, TN 37334



MAIL

P.O. Box 490,
Fayetteville, TN 37334



ONLINE

SouthernAprons.com



RECIPE

FOR: _____
FROM THE KITCHEN OF: _____

INGREDIENTS: _____

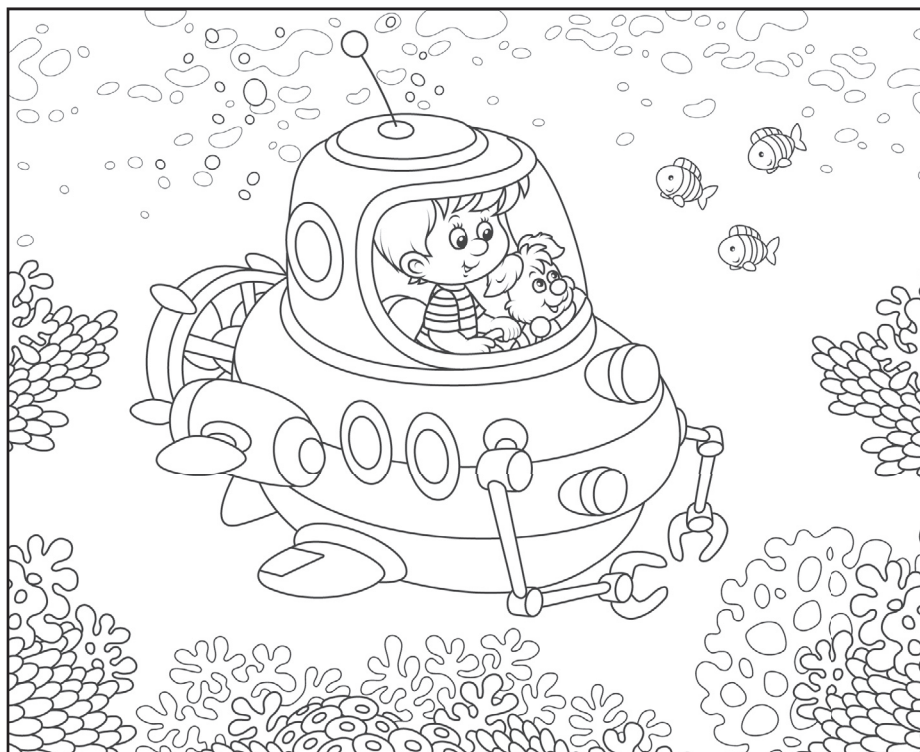
INSTRUCTIONS: _____

Kid's Corner

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

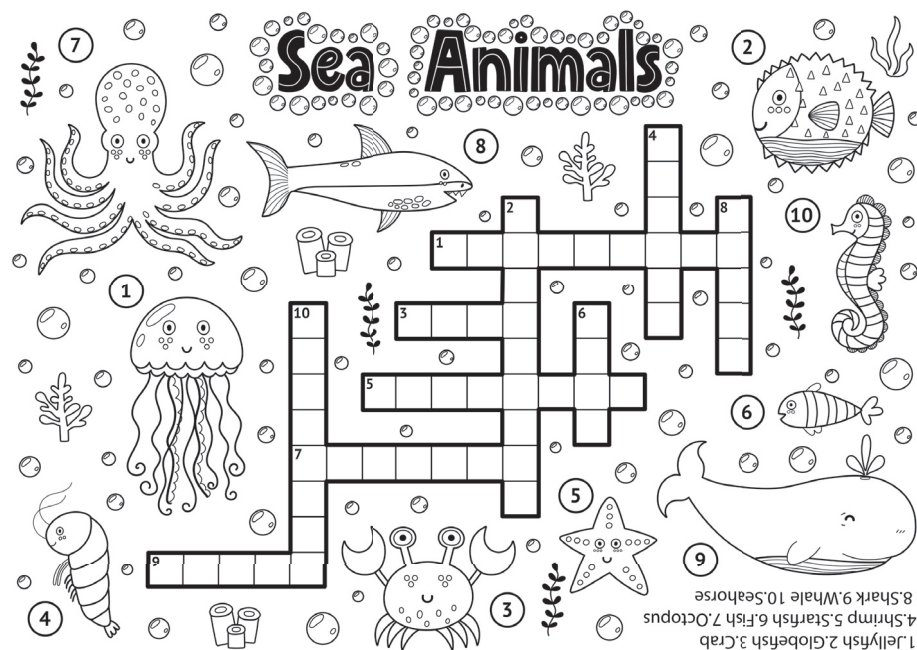
COLORING FUN

Color the submarine adventure! What will they find at the bottom of the ocean?



CROSSWORD FUN

Can you name the animals and complete the crossword?



1 Jellyfish 2 Cllobfish 3 Crab
4 Shrimp 5 Starfish 6 Fish 7 Octopus
8 Shark 9 Whale 10 Seahorse



7.5'Lx7.5'Wx4'T OUTDOOR CHAIN LINK DOG KENNEL, has lattice around the outside, mesh floor and roof, with Igloo dog house, \$150. (931)993-9881.

Real Estate
Bedford County

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

Real Estate
Coffee County

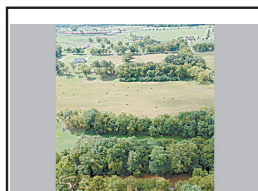
\$\$\$ WE BUY HOUSES \$\$\$ We close in 7-10 days! No commissions, no fees. IntegrityBuyers.com. (931)563-EASY(3279).

Real Estate
Franklin County

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

Real Estate
Lincoln County

WE WILL BUY MOM'S HOUSE! Problem property? We'll buy it! Estate, divorce, inherited property, pending foreclosure, We'll buy it! No realtors 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.



\$175,000 FOR 14.04 ACRES PRIME RIVERFRONT PROPERTY AVAILABLE IN GORGEOUS RIVERBEND FARMS. PERFECT SITE TO BUILD YOUR DREAM OR RETIREMENT HOME OVERLOOKING ELK RIVER. RARE TO FIND WATERFRONT PROPERTY LOCATED JUST 5 MINUTES OUTSIDE OF FAYETTEVILLE AND CONVENIENTLY LOCATED JUST 35 MINUTES FROM HUNTSVILLE, AL. TWO ADJACENT 7 ACRE LOTS BEING SOLD TOGETHER AS ONE. (LOTS 12B, 13A) PROPERTY IS ONE OF HIGHEST POINTS IN RIVERBEND WITH BEAUTIFUL VIEWS FOR EVERY SEASON, ESTABLISHED TREES, PASTURE AND ROLLING TERRACES DOWN TO RIVERFRONT SHORE LINE. RIVERBEND FARMS IS A MUST SEE WITH COBBLESTONE PALATIAL ENTRANCE, TREE LINED ROADS BORDERED BY ROCK WALLS, WOODEN FENCES AND COVERED BRIDGE. ELK RIVER ACCESS FOR FISHING AND CANOEING AND HORSE RIDING TRAILS. HAS ENTRANCE TO RAMBO ROAD. JOHN AND AMY JO RUSSELL. (256)503-0956. ELK RIVER DRIVE, FAYETTEVILLE. (931)993-9779.

Recreational Vehicles

2004 ARTIC CAT 250, looks rough but runs great, doesn't keep battery charged, \$350. (931)450-0321.

2007 KAWASAKI 1600 VULCAN NOMAD MOTORCYCLE, 11k miles, garage kept, excellent condition, \$7,000. (931)409-4525.

2005 CARAVELLE SKI BOAT for sale, 18'7", V-6 Volvo Penta, good shape, nice boat, must sell, \$8,500 or best offer. (931)841-5262.



2014 INDIAN CHIEFTAIN, 13,300 miles, reduced reach handlebars and seat, new rear shock, excellent shape, \$12,200. (772)342-6191.

OLD MOTORCYCLES, SCOOTERS AND ATV'S WANTED. Any make, model or condition, with or without titles, cash paid. Call John, (931)307-9732.

OUTBOARD BOAT MOTOR STABILIZER BAR, excellent condition, \$20. (931)607-8695.



2009 STALLION MOTORCYCLE, beautiful Stallion trike. All the bells and whistles, over \$800 in lights. I have added the following: modulating headlight, battery cables in trunk, custom cover, custom seat covers and dash pad, wind guards, alarm, \$20,200 cash only. (931)205-6235, text only.

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3BD/1BA HOUSE FOR RENT, stove/refrigerator/washer/dryer included, on 3 acres, Flat Creek, TN, \$1,200/month, plus deposit. (615)485-1420; (615)417-9320.

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!

Rentals
Coffee County

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

HOUSE FOR RENT, 2BD, 1BA, CHA, fenced backyard, back patio, nice neighborhood, small dogs only, smoke outside. Manchester. (931)728-0306.

Rentals
Franklin County

APARTMENT FOR RENT, furnished, 1BD, 1BA, private quiet setting, utilities and internet included. References required. Call/text, (865)604-4164.

Rentals
Lincoln County

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
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Zoom Whitening \$299

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FOUNDATION & WATER-PROOFING 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.

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Amazing Designs by Shannon Meyers, Owner-Designer. All Seasons Florist. 313 S. Cannon Blvd., Shelbyville, TN 37160 • 931-685-8050



FAST MOVERS, friendly/affordable/safe transporters. We pack-load-transport-unload. Will set up one room or entire house. Residential/business-all jobs considered. References available. (931)434-1995.

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HOMETOWN PAINTING, PRESSURE WASHING. Attention to detail on every job! 20yrs. experience, satisfaction guaranteed! Stephen Hamlin, (931)205-5753.

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

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I DIG DITCHES, PLUMBING, I dig ditches, water, electrical, drain lines, put in yard sprinklers, do plumbing. Free estimates. Call Gary, (865)617-9263.

Hasty Brothers Plumbing

PLUMBING PROBLEMS? We've got the fix! Backflow Certified. Licensed-Insured. Call/text, (931)619-8010. Aaron Hasty and Trevor Hasty; hasty.bros.plbg@gmail.com. Matthew 22:37-39.

Services Pressure Washing

BEST RATES, SPRING CLEANUP, pressure washing, landscaping, 25 years experience, quality work by Vietnam veteran. Discounts for elderly/disabled. (931)691-5042; (931)691-3068.



HOUSE WASHING. "Soft-Washing" specialist: removing organic growth/dirt from your home siding. Professional equipment, eco-friendly detergents, licensed, insured. Free estimates! (931)422-8586.

PRESSURE WASHING, RESIDENTIAL/COMMERCIAL. Owner Steven Trail. (931)952-2748

Services Sitting



KIDZ COUNTRY DAYCARE-PRE-SCHOOL. Openings for 1 year and up. State licensed. \$80 per week-full-time. Accepting part-time. Taft area. State funding accepted. (931)675-9512.

WANT TO SIT with elderly, first aid, CPR, AED certified, Fayetteville, Winchester, Tullahoma areas, hours/wages negotiable. Call after 5p.m., (931)434-8511.

LOOKING TO SIT WITH AN elderly person three days a week, 15 years experience in the nursing field. References available. Serious callers only. Call/text Jessie, (931)616-9973.

Services Yard & Land

54" ZERO TURN BAD BOY, 725cc, near new, \$2,900. (931)993-5956.



ROBINSON ENVIRONMENTAL LAND CLEARING, forestry mulching, boom mower bushhogging, and skid loader work. Call David, (615)631-0638.

ALFORD BUSHHOGGING AND DOZER SERVICE. Serving Coffee and surrounding counties. Free estimates! (931)312-9291; Danny, (931)575-1410; Davy, (931)434-0641.

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



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DOC'S TOPSOIL AND FILL DIRT, in Tullahoma, Winchester, and Manchester areas, large load, \$400; small truck load, \$200. Topsoil from an old chicken farm. (931)409-1971.

Breece Tree Service Extreme Bushhogging 931-434-1102 BreeceTree.com

GOODE SiteWorks & Grading 931-607-1913

DRIVEWAY/PAD BUILDING. Land clearing and finish grading, Jason Goode. See us on Facebook. Delivery of gravel. (931)607-1913.

KISER'S SERVICES 931-581-2461

KISER'S SERVICES. Underbrush, property clearing, brush clean-up, fence row removal, yard renovation and gravel drive-way repair. Free estimates! (931)581-2461.

DUMP TRUCK, LOADER, BACKHOE SERVICE. Land clearing, building pads, topsoil, fill dirt, gravel haul, debris removal, livestock burial. Roads-driveways built. Gary Charles Damron. (931)937-8709.

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

BROWNS Bushhogging 931-394-2527

7'-15' bushhogs (minimum hours), farms and residential, large or small acreage, reasonable rates. Free estimates. Cell, (931)580-2994; home, (931)394-2527.

LAWNCARE, RESIDENTIAL AND COMMERCIAL MOWING, weed trimming, hedges, mulching, landscaping, tree trimming/removal. Licensed/insured. (931)625-6377.

TIM'S TRACTOR SERVICES, bushhogging, grading rock and dirt, front end loader and dump truck work, lawns fixed, fence rows sprayed, garden tilling. Free estimates. No answer, leave message, (931)581-7406.

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FAITH FENCING AND SERVICES. Locally owned and operated company. Our services include: farm fencing, chain link, privacy, pool, wood, wrought iron, barbed wire, web wire, fence repair, fence removal, hand rails, porch rails, driveway, stump removal, small lot clearing, drainage, small excavator jobs, etc. Free estimates! Cell: (931)307-0590; Office: (931)307-0590.

BLACK TOPSOIL: TILLED, no rocks/roots; also, red fill dirt. Creek gravel. Single axle. Days, (931)703-2283; (931)205-4163; (931)433-1135.

LET US HAUL YOUR TRASH. We accept: #1 & #2 Plastic, Cardboard, Newspaper, Magazines, Books, Monitors, Small Appliances, Office Paper, Commercial & Residential, 24 Hours A Day. DSC Sanitation. Locally owned & operated since 1994. 210 Cedar King Rd., Shelbyville, TN. Tommy & Gail Dollar - 931-684-5635

QUALITY LAWN CARE! Mowing, trimming and hedges, tree trimming and removal, mulching and landscaping. Free estimates. Licensed/insured. (931)625-6377.

BUSHHOGGING & GARDEN TILLING. Will bushhog your overgrown land or till your garden. Free estimates & reasonable rates. (931)807-3045; (931)409-9316.

BUSHHOGGING, BACKHOE AND YARD WORK. Also haul dirt, gravel, and sawdust. Free estimates. Manchester area. Call, (931)596-2330; (931)273-3465.

New Listing 94 Providence Rd., Shelbyville, TN 37160. Great home in a renowned neighborhood! Newly renovated with hardwood throughout most of the house. 4 bed 2 bath combo, master bathroom w double vanities, 1000+ Square feet unfinished 2nd floor, 2 car garage + more! \$289,000. MLS# 2186906. CRAIG & WHEELER REALTY & AUCTION, LLC TN License #14674. Contact Tre Stewart 931-492-0834 931-684-9112 CraigWheeler.com

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Founder (1940-2010)

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Publisher / CEO

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Director of Sales

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Business Dev. Leader

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Fayetteville, TN 37334

Monday thru Friday
8 AM - 5 PM

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Exchange931.com

Exchange is a free circulation publication mailed through the USPS to residents in Lincoln, Coffee, Franklin, Marshall, Bedford and Moore Counties in Tennessee.

Those residing outside Exchange free delivery service area may receive Exchange by subscription at a cost of \$25.00 per year. This covers the cost of postage and handling.

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EMPLOYEE SPOTLIGHT



Katie McNabb
Director of Sales

What is your favorite food?
Close call between bacon and tuna.

Describe your dream vacation.
I am currently dreaming about the Maldives.

Best part of working for Exchange Media Group?
Seeing the change in small businesses from marketing.

Join Our Team

We are always growing and looking for talented people. Apply online at exchange-inc.com/join-us

EVERYTHING MUST GO MOVING SALE, Saturday, September 19, 7a.m.-7p.m., 502 North Elk Avenue, Fayetteville. Furniture; tools; electronics; knickknacks; Budweiser mugs; Jack Daniel items; clothes. Rain or shine.

LARGE YARD/ESTATE SALE, Friday, September 18, Saturday, September 19, 8a.m.-3p.m. and Sunday, September 20, 10a.m.-3p.m. Household clean out from lamps to furniture to yard equipment and tools. Collectibles; vintage and antique pieces including glassware, dishes, china, Tupperware, kitchen utensils; pots and pans; vacuums; linens, towels, bedding items; and adult clothing, 12-16 and shoes, 7-9; bicycles; knickknack items from tabletop to wall hangings and much more. Rain or shine. 206 Lake Circle Drive, Tullahoma, TN 37388.

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

JOHNNY SYLVESTER MASONRY, stone, brick, block, concrete, specializing in stone work and masonry repair. 40 years in business. (931)659-6400.

WANTED, old bush hog off-set disc for parts. (931)227-7352.

MULTI-FAMILY YARD SALE, Friday, September 18, 7a.m.-? and Saturday, September 19, 7a.m.-?. Men's, women's, and plus-size clothes; shoes; furniture; Fall and Christmas decor; bags; and lots more! 197 Executive Court, Manchester, TN 37355.



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* excludes animals

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Exchange

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 SEPTEMBER 17

Bell Buckle Main Street Arts & Crafts Fair
Sept. 17-18 • 9:00AM
Bell Buckle, TN

Friday SEPTEMBER 18

Artist of the Month Brenda Hayes
Sept. 11-30 • 9:00AM
Marshall County Art Guild
107 W Commerce St., Lewisburg
(931) 422-7049
www.marshallcountyleftguild.org

Bell Buckle Farmers Market
Every Friday in Sept. • 3:00PM
Downtown Bell Buckle

Saturday SEPTEMBER 19

2020 Lynchburg Walk to End Alzheimer's • 7:30AM
Wiseman Park, Lynchburg

Swing and Sway Annual Barn Dance • 5:00PM
Wiseman Park
Lynchburg

Hoe Down Show Down Show & Shine • 9:00AM
Bedford County Agriculture Center
2119 Midland Rd., Shelbyville

Wartrace MusicFest • 6:00PM
Main St., Wartrace

Sunday SEPTEMBER 20

PowerUp Muddy Princess
9:00AM
Lewisburg, TN

Friday SEPTEMBER 25

Celebration City Region Car Club: Cruise in on the Square
6:00PM
Historic Shelbyville Square
Jerry Clanton (931) 684-9379

Saturday SEPTEMBER 26

Lewisburg Trump Parade & Rally
11:00AM
Acres Shopping Center, Lewisburg
Facebook@Marshall County TN GOP

One More Time for Sweet Old Bill
8:00PM
2510 Hwy 231 N, Shelbyville

3rd Annual United Way of Bedford County Ducks on the Duck Race
1:30PM
Shelbyville
Ducks can be purchased at:
www.UnitedWayBedford.org

Sunday SEPTEMBER 27

Church Family Reunion and 35th Pastoral Anniversary
10:00AM
2510 Hwy 231 N, Shelbyville



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Lance Carter
Business Development

Exchange Media Group

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at www.Exchange931.com

3BD/1BA HOUSE FOR RENT, stove/refrigerator/washer/dryer included, on 3 acres, Flat Creek, TN, \$1,200/month, plus deposit. (615)485-1420; (615)417-9320.

PLUSH MEDIUM RECLINER, like new with power massage and heater, black leatherette. Cost \$450, asking \$200 firm. (615)308-9685.

FAITH FENCING AND SERVICES. Locally owned and operated company. Our services include: farm fencing, chain link, privacy, pool, wood, wrought iron, barbed wire, web wire, fence repair, fence removal, hand rails, porch rails, driveway, stump removal, small lot clearing, drainage, small excavator jobs, etc. Free estimates! Cell: (931)607-4606; Office: (931)307-0590.

FOR SALE, HANDMADE full-size cherry poster bed, like new condition, \$450; Bradington Young leather recliner, neutral color, lightly used, \$750. (931)433-8114.

FRANKLIN COUNTY REENTRY has an opening for a full-time position to provide assessments of incarcerated individuals in Franklin County Jail. This is a granted position and has approximately one year and five months left on the grant. A minimum bachelor's degree is required. For information, contact Christine Hopkins, (931)247-4419; or, email, chopkins@fcshefford.org.

WEDDING CAKE 3 TIER, faux but looks real with wood slab and Mr. and Mrs. topper. Easy to transport, \$30. (931)581-4385.

2015 FORD F-150, 4x4 SUPERCREW, 103k miles, 3.5L 365HP, clean, automatic, \$12,000. mnorr2288@gmail.com.

MURRAY RIDING LAWN MOWER, 12.5hp, 42" cut, 3 speed transmission, \$475. Rally riding lawn mower, 14.5 hp, 42" cut, straight-drive, \$475. Belvidere. (931)967-7969.

RARE RUSSIAN COLLECTIBLE PLATES, four Russian collectible plates, "The Snow Maiden" collection, hand painted, raised edging, \$50. Winchester. (615)310-0619.

FLOOR COVERING INSTALLER. 10+ years experience. Install carpet, hardwood, LVT, laminate, ceramic tile. (931)616-9260.

TWO SMITH & WESSON SHOTGUNS, model 1000, 12 gauge and 20 gauge in good condition, walnut stock on each, \$400 cash, each. (615)714-3157.



MEDICAL ASSISTANT TRAINING. Winter Classes, January 4 - March 12, 5-9p.m., \$2,000 tuition, \$200 registration. Medical Response Institute, 1155 South College Street, Winchester. (931)240-0005; (931)259-7002.



GRAVITY FLOW WAGON for sale, \$1,800 or best offer. Lewisburg. (931)478-3521.

FLOORING, HARDWOOD, TILE, laminate, carpet. All your flooring needs. (931)409-3910.

LOST & FOUND ADS ARE FREE! Go to www.exchange931.com and set up a FREE account; or call, (931)684-1285 to list your ad in print and online for FREE!



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Owner: Nick Gagnier.
(931)581-8117.

FREE FIREWOOD, Tullahoma area. Call after 4p.m., (931)455-4019.

W.W. HOME IMPROVEMENTS: Sheetrock, roof repair, porches, garages, decks, pressure washing, swing sets, fences, home remodeling. No job too big or small, 20 years experience. (931)273-0044; (931)728-6882.

DOC'S TOPSOIL AND FILL DIRT, in Tullahoma, Winchester, and Manchester areas, large load, \$400; small truck load, \$200. Topsoil from an old chicken farm. (931)409-1971.

2007 KAWASAKI 1600 VULCAN NOMAD MOTORCYCLE, 11k miles, garage kept, excellent condition, \$7,000. (931)409-4525.

2004 CADILLAC ESCALADE for sale, clean, garage kept, nice paint, wheel covers and tires, 174,000 miles, \$5,500. (931)394-3878.

BUNN COFFEE MAKER, includes 2 pots, great for church or small business, \$95. Call, (931)581-1463.

7X64MM AMMO, 32 boxes of Remington 140gr. core-lokt soft point factory ammo, \$16/box or \$500 for all. Not reloads. Lewisburg. (931)359-2800.

WANTED ASE CERTIFIED MECHANIC to come to my home in Winchester and look at my 1986 Chevrolet Sprint. (931)691-6573.

ANTIQUA WARDROBE for sale, \$150. (931)492-4154.

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

 events@exchange-inc.com

This week's events are sponsored by:

Exchange