



Physician's assistant Tyler Gilley has joined the practice of Pinnacle Orthopaedics at 3085 Sparta Highway. He is available for all types of joint and bone care from young to old and can be reached at 815-2663.



The building at 224 East Main Street that was formerly Tiara's & Tadpoles has been sold. According to county records, the deal was finalized Tuesday.

Business Pulse

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Tyler grew up playing basketball at Eastside before becoming a baseball player for the Pioneers in high school. He's a 2009 WCHS graduate.

Tyler earned his undergraduate degree from MTSU and earned accreditation as a physician's assistant at Lincoln Memorial. He has done orthopedic training near Fort Lauderdale, Fla., and London, England.

"In London, I saw a cab with an advertisement on the side that said 'See Nashville,'" said Tyler, 26, who has bought a house here and says he wants to stay in Warren County long term.

As far as treatments, Tyler will evaluate the problem and start with solutions such as anti-inflammatories, a brace, injections, and physical therapy. If surgery is required as a last-case scenario, that's where Dr. Jeff Peterson takes over.

"We try all the conservative measures first," said Tyler. "If it gets to the surgical point, it goes to Dr. Peterson."

With Tyler on staff to

work alongside nurse practitioner Hailey Taylor, patients can be seen quickly.

"We know if someone is in pain and they give us a call, they want to be seen that day," said Tyler. "With me working here, we're able to see some walk-ins and some same-day appointments. We want people to know they don't have to drive out of town for their orthopedic needs."

For more information on Pinnacle Orthopaedics, call 815-BONE. The office is located at 3085 Sparta Highway.

TAX RETURNS AND HOME REMODELING

It won't be long before folks start to get tax return money from the IRS. That means hard-working taxpayers will suddenly have cash in their pocket, sometimes thousands of dollars, and it can be so much fun to spend.

It's also a popular time to turn to home renovation projects and Tony Pounds fully realizes this. That's why he and his wife, Angie, want to get the word out



Tony Pounds has started Avail Renovations Group (ARG) for all your home renovation needs. He has been doing construction-related work for over 25 years and can be reached at (931) 668-1274.

about their recently opened business called Avail Renovations Group.

ARG specializes in bathroom and kitchen remodeling, but can tackle most any home-related project.

"Pretty much anything that can be done to a house, we can do it," said Tony. "One thing some older residents like to do is change out a tub to a walk-in shower. We can do tile

work, vanities, sinks, cabinets, countertops and any type of plumbing and electrical work. We can also do painting and all our work is guaranteed. No job is too small."

Tony got his start in the construction business in 1992 when he began framing houses. From there he worked as an electrician. When the residential housing market crashed and

new home construction came to a screeching halt, Tony opened a home remodeling business with his dad in 2005. He's been doing home remodeling ever since.

Tony uses computer software to produce his estimates, which he says is a service his customers really appreciate. The software breaks down every expense associated with the remodel

ing project so the customer can easily understand where their money is going.

"Instead of someone coming in and taking a look around and saying, 'I'll do it for \$3,000' this takes all the guesswork out," said Tony. "A customer might see the price of their countertop is way too expensive and they can afford the project if they just change to a less expensive countertop. Everybody loves getting a very detailed, itemized estimate."

Tony said he likes to have everything for a project ordered and on hand before he starts. That prevents what can be lengthy delays when your kitchen or bathroom is unfinished.

"We never want to leave people in a bind," said Tony.

To reach Avail Renovations Group, the phone number is (931) 668-1274.

THAT'S ALL FOLKS

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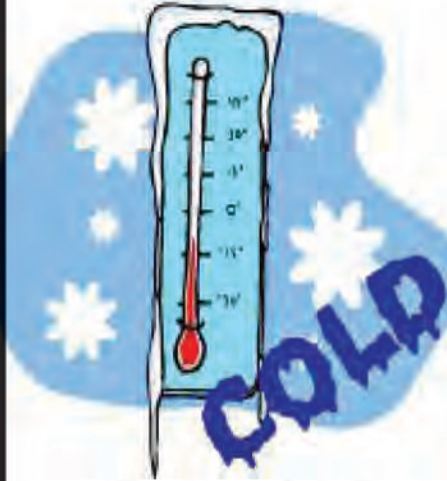
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EMERGENCY OR AUXILIARY HEAT IS THE MOST EXPENSIVE TYPE OF HEAT!

SO WHAT CAN YOU DO?

According to energy experts, the best thing homeowners can do is to tighten up the house - insulate, caulk, and close up all the drafts. Those folks who performed those energy saving measures last winter, are seeing lower energy costs this winter.

The month of January could be a record breaker in energy costs for Middle Tennessee residents. With the temperature in single digits for so many days, you may have had emergency heat as the primary means of keeping warm. Prepare now for higher energy costs so you are not surprised when January's bill arrives.

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