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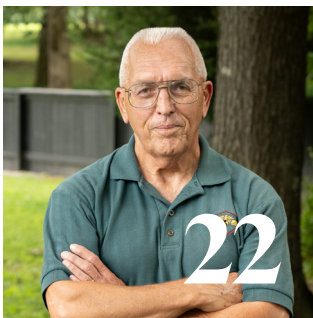
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LETTER FROM THE EDITOR

# Sprouting from soil, served at supper

Farm-to-table plants seeds generation after generation.

**O**UR FOOD nourishes us, from the soil beneath our feet to the table where we gather with family and friends. The hot sun beams from the sky into the field of sprouting seeds. Farmers rise early, tending to their crops with the same care and dedication that their families have shown for generations. The connection between the land and our plates is a story of hard work, love, and survival — a story growing more vital as we seek healthier, more intentional ways to nourish our bodies.

The beauty of farm-to-table lies in its simplicity. Cooks transform fresh, seasonal ingredients into meals that are delicious and rich in nutrients, just like nature intended. Each dish tells a story of the farmer who harvested the tomatoes, the hands that crafted the cheese, and the cook

who brought it all together like magic. When we eat farm-to-table, we're not just enjoying a meal; we're participating in a movement that values relationships over transactions.

When we focus on farm-to-table, it also reconnects us with the seasons, reminding us that food is more than a commodity — it's a gift from the earth that should be savored. There's a certain joy in eating what's in season, knowing that the flavors are at their peak and that you're supporting local farms that are the backbone of our communities. The people in this issue bring us closer to nature, yes ... but also closer to each other. This issue of Good News is a return to our roots — a celebration of the land, and a recognition of the hands that toil to bring us the freshest, most nourishing foods. **GN**

**Wesley Bryant,**  
EDITOR-IN-CHIEF

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# A LIFE OF HARD WORK, HUMOR, AND BLESSINGS

Farm work in the Tullahoma heat brings unexpected joys for Trudy and Lewis Guthrie.

By Jeriah Brumfield // Photography by Brooke Snyder





**T**RUDY AND Lewis Guthrie, drawn to the tranquility and challenges of farm life, found a fulfilling new chapter on a farm here in Tullahoma. They remarkably transitioned from urban living in Marietta, Georgia, to stewarding their beloved farmland just over a decade ago. The tech lovers at heart continue freelancing in the software industry but devote their hearts and most of their time to Journey Farm Pasture

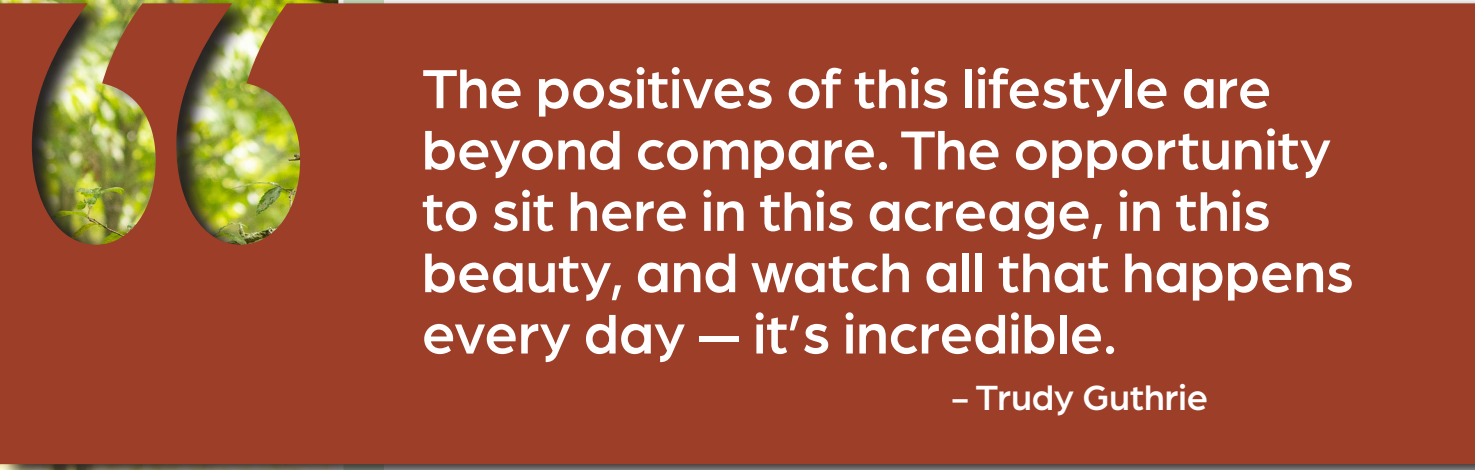
Beef. The couple handles the daily tasks of life on the farm and remains optimistic about the lifestyle that lies ahead.

“The positives of this lifestyle are beyond compare,” Trudy reflected. “The opportunity to sit here in this acreage, in this beauty, and watch all that happens every day — it’s incredible.”

Venturing into the world of farming has been an eye-opening experience for the couple in many ways. Trudy shared


that the economics and costs of running the business have grown. Despite being grass farmers and not utilizing feed, the expenses for inputs like fertilizer and minerals have significantly increased. Additionally, the couple had no prior agricultural experience, so they relied on webinars and advice from organizations like the Soil Conservation District to learn the ropes.

Trudy’s charisma and humor capture the true beauty of everyday farm life.



The positives of this lifestyle are beyond compare. The opportunity to sit here in this acreage, in this beauty, and watch all that happens every day — it's incredible.

— Trudy Guthrie



they pursued the cattle-rearing industry in 2014. And they quickly learned the realities and rewards of sustainable agriculture.

Journey Farm's success is largely due to the grass farming practices, which have led the couple to techniques that enhance the environment rather than deplete it.

"We are grass farmers — that's what we do. If we don't have grass, we don't have anything," Trudy explained.

Their rotational grazing and adaptive multi-paddock grazing techniques have turned their farm from a pile of broom sage into a thriving ecosystem.

"Our cows don't even know what grain is. They trust us to give them fresh grass every day. They have us very well trained," she said.

Building healthy soil and rotational grazing practices has not only revitalized their pastures but also earned them recognition, such as the Rotary Club's 2023 Farmer of the Year award.

Journey Farm Pasture Beef has an open-door policy. The couple wholeheartedly believes that transparency leads to stronger community connections. They welcome visitors to see their process and understand the importance of knowing where their meat comes from.

Growing fresh, locally sourced ingredients attracts customers from across the country, including Texas. For some, their grass-fed beef is more than just another healthy choice. It's a source of nourishment.

"One of our customers has a grandson with Crohn's disease, and he loves and has no reaction to our beef. It's amazing," Trudy shared.

Trudy and Lewis find their life on the farm keeps them active and engaged with the community. They're deeply committed to the agricultural community, supporting youth programs and generously sharing their knowledge with anyone eager to learn. Lewis and Trudy hope to inspire others, especially younger generations, to pursue sustainable farming and to appreciate the value of knowing where their food comes from.

Trudy encourages everyone to recognize and honor the sacrifices farmers make to nourish our communities.

"They are doing all they can do, and people may need to be more appreciative and respectful because they have no idea how much work is involved."

At Journey Farm Pasture Beef, hard work and harmony connect, and every day brings new lessons and blessings.

"We are so beyond grateful for the opportunity. It's a lifestyle that everybody should have the opportunity to enjoy." GN

*If you would like to continue following the couple on their farming journey, you can follow their Facebook page, Journey Farm Pasture Beef. Trudy also invites you to sign up for her Fabulous Farm Friends email newsletters. Email [JourneyFarm@icloud.com](mailto:JourneyFarm@icloud.com) to receive newsletters and updates.*

"In the 100-degree heat of June in Tennessee, we're suited up in boots and long sleeves because of red bugs and ticks. But then you walk into a field and see a tiny Chihuahua-sized baby deer scamper across because you startled it. How many people see that? It's truly miraculous."

After settling into a rental in 2014, they dedicated themselves to turning their developing farm into a thriving oasis. Despite the lack of infrastructure, fencing, and water,



Angela  
Miller

# *A Flourishing Flower Farmer*





## Angela Miller's flowers are in full bloom this summer.

By Jeriah Brumfield // Photography by Brooke Snyder

**A**NGELA MILLER'S eyes sparkled upon her first encounter with a feverfew two years ago. A world of local blooms she had never heard of unfolded before her like a secret garden. This passion grew from a single, unexpected seed. Now, her own precious canvas stretches before her. Visiting her flower farm, Country Club Flower Patch, is like stepping into a bright, living painting filled with the colors and scents of nature's finest flora.

"I've always been drawn to flowers and flower bouquets," Miller began, recalling when her love for planting took a more defined shape. "But when I saw a flower in a modern florist who buys from flower farmers, I hooked right on to it, and I had to find out what it was. I

thought it was so cute and pretty. When I googled it and figured out what kind of flower it was, I learned that it's one of the most common for flower farmers to grow. It's called feverfew. So, by learning about that flower, I learned about all these other flowers that people can grow on small flower farms or in their backyards. That's really what got me started."

Miller's discovery of feverfew kick-started her journey into flower farming. With endless curiosity, she began learning about different flowers and how to grow them. However, this new adventure came with some learning curves. Thankfully, with the help of technology, Miller navigated them with ease.

"The biggest challenge," she reflected, "[was] learning about the different ways

you grow certain types of flowers. Except there's such a bountiful amount of free information online to learn everything. So, I think if I were trying to figure things out by myself, I would have made a lot more mistakes than I have. But there's so much information from creators on Instagram, YouTube, and flower farming blogs. I feel like those helped me avoid what would have been a lot of pitfalls."

One of Miller's most shocking discoveries was the reality of the flower industry. She learned that farmers often cultivated these florets under poor and unethical working conditions and with the heavy use of chemicals. The environmental impact of importing these flowers is significant. Understanding this made her more determined to grow flowers locally and sustainably.



“There’s a pretty large environmental impact with imported flowers that I never really thought about,” she said.

Miller’s flower farm operates from mid-March through late October, offering a stunning array of blooms. Sunflowers reach for the sun; zinnias unfurl their petals; and dahlias, her current pride and joy, prepare for their grand fall display. Her journey into flower farming has been as much about personal growth as it has been about growing flowers.

“At least seven or eight varieties I currently grow are flowers I had never heard of two years ago. It’s been so fun to learn about and grow new varieties.”

Beyond the beauty they bring, Miller believes flowers play a significant role in mental and emotional well-being. During the COVID-19 pandemic, so many people turned to gardening for solace. Watching something grow from seed to bloom brings many people immense joy. Flowers can also help celebrate joyous occasions and offer comfort in times of grief.

Miller is always eager to share tips with aspiring flower farmers.

She said, “Learning about soil health and choosing proper varieties for cutting is very important, as is the harvest stage and how to care for plants. One thing that a lot of flower farmers have to do is pinch or top plants or remove the top part of the plant so that it can branch and create more stems.”

Miller also shared advice for those already bitten by the gardening bug.





“At least seven or eight varieties I currently grow are flowers I had never heard of two years ago. It’s been so fun to learn about and grow new varieties.”

– Angela Miller

“I would encourage them to learn how to grow hardy annuals, particularly what Lisa Mason Ziegler describes in her book as “cool flowers.” It’s a total game changer. It’s a way of growing that I had never heard about until two years ago when I started learning about these flowers.”

For Miller, flower farming is her unique contribution to the community and the environment. Locally grown flowers are especially rare and provide vital resources

like supporting pollinators, conserving soil, and bringing pure joy to people’s lives.

This past spring, she custom-made pink and purple bouquets for a dance recital, which she found to be an exciting project. Her ultimate dream is to bridge the gap between farm-to-table and farm-to-soul, providing locally grown flora that beautifies homes and uplifts spirits.

“Like” Country Club Flower Patch’s Facebook page or follow her on Ins-

tagram @countryclub\_flowerpatch to stay updated on her amazing journey. Purchase a bouquet on her website for a sensory experience unlike any other. Discover the joy of locally grown flowers, support sustainable floristry, and bring a touch of nature’s beauty into your life. **GN**

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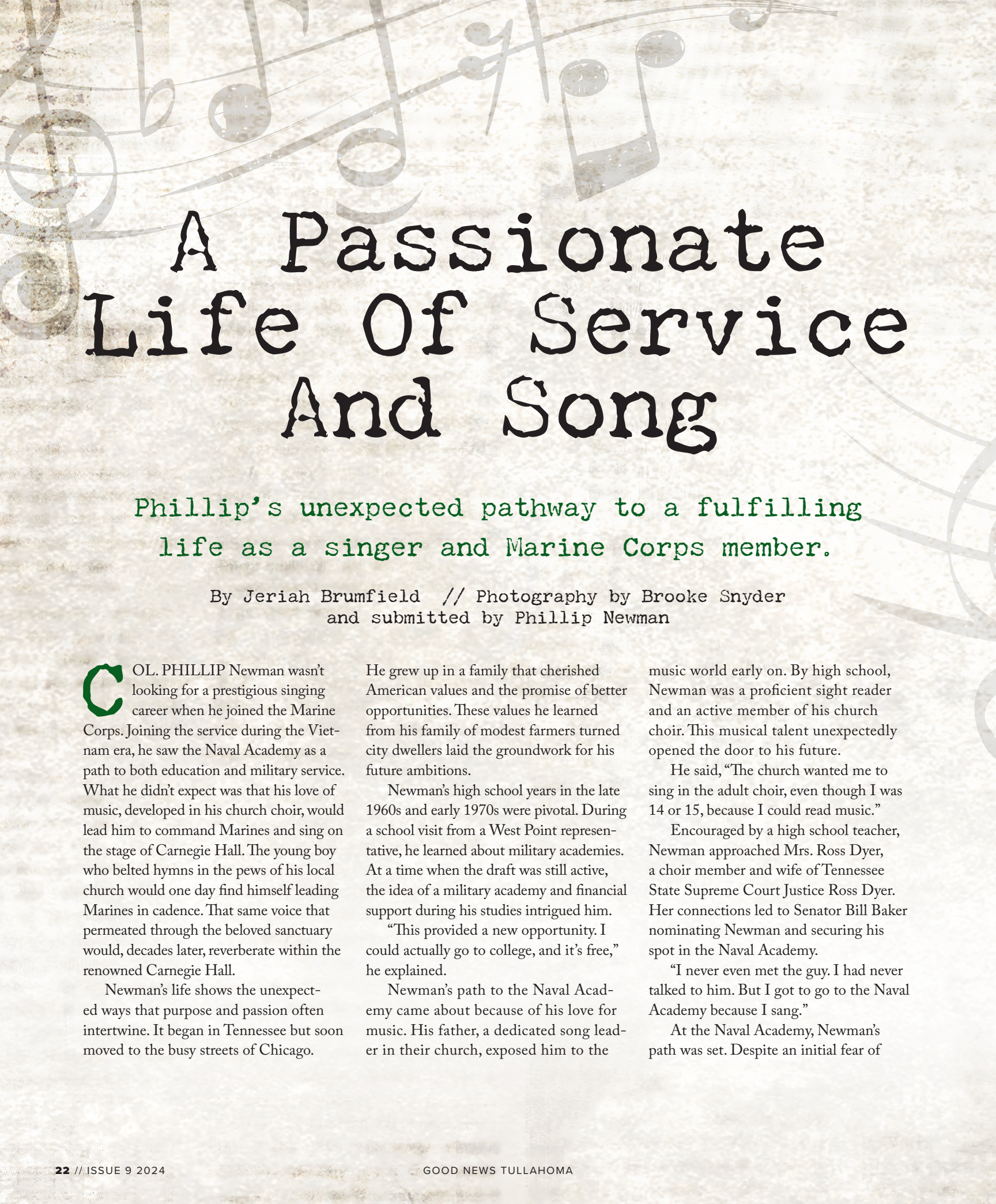
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# A Passionate Life Of Service And Song

Phillip's unexpected pathway to a fulfilling  
life as a singer and Marine Corps member.

By Jeriah Brumfield // Photography by Brooke Snyder  
and submitted by Phillip Newman

**C**OL. PHILLIP Newman wasn't looking for a prestigious singing career when he joined the Marine Corps. Joining the service during the Vietnam era, he saw the Naval Academy as a path to both education and military service. What he didn't expect was that his love of music, developed in his church choir, would lead him to command Marines and sing on the stage of Carnegie Hall. The young boy who belted hymns in the pews of his local church would one day find himself leading Marines in cadence. That same voice that permeated through the beloved sanctuary would, decades later, reverberate within the renowned Carnegie Hall.

Newman's life shows the unexpected ways that purpose and passion often intertwine. It began in Tennessee but soon moved to the busy streets of Chicago.

He grew up in a family that cherished American values and the promise of better opportunities. These values he learned from his family of modest farmers turned city dwellers laid the groundwork for his future ambitions.

Newman's high school years in the late 1960s and early 1970s were pivotal. During a school visit from a West Point representative, he learned about military academies. At a time when the draft was still active, the idea of a military academy and financial support during his studies intrigued him.

"This provided a new opportunity. I could actually go to college, and it's free," he explained.

Newman's path to the Naval Academy came about because of his love for music. His father, a dedicated song leader in their church, exposed him to the

music world early on. By high school, Newman was a proficient sight reader and an active member of his church choir. This musical talent unexpectedly opened the door to his future.

He said, "The church wanted me to sing in the adult choir, even though I was 14 or 15, because I could read music."

Encouraged by a high school teacher, Newman approached Mrs. Ross Dyer, a choir member and wife of Tennessee State Supreme Court Justice Ross Dyer. Her connections led to Senator Bill Baker nominating Newman and securing his spot in the Naval Academy.

"I never even met the guy. I had never talked to him. But I got to go to the Naval Academy because I sang."

At the Naval Academy, Newman's path was set. Despite an initial fear of



Squadron as commanding officer of ▲  
MALS-16, an aviation squadron of  
980 Marines in Tustin, CA



▲ The commander of the Navy training command (left) and wife, Deb, (right) pin on silver oak leaves for promotion to the Lt. Col. in June 1994



▶ 230th Marine Corps Ball celebration in Okinawa, Japan in 2005 with wife, Deb Newman



▲ Singing "Jerusalem" from the Mount of Olives overlooking the city of Jerusalem, Israel in 2010



▶ 1976 U.S. Naval Academy graduation picture - the "N" means the football team he was on beat Army (the score was 30-6)



Presentation of Mozart's Requiem ▶  
at Carnegie Hall in New York in 2024

boats, he gravitated toward the Marine Corps, attracted to its clear-cut values and disciplined lifestyle. His 30-year career in the Marine Corps came with significant achievements, including commanding three units — a rare accomplishment. Newman led a school for enlisted Marines, an officer training school, and a logistics squadron responsible for maintaining 180 helicopters and 900 Marines.

Newman's service inevitably had its challenges. One of his most notable deployments was in response to the 2004 Southeast Asia tsunami. As the logistics officer, he coordinated the delivery of essential supplies and medical aid, revealing the practical impact of military training in real-world crises.

While excelling in his military career, his passion for music continued. During his four-year assignment in Japan, he participated in an international choir that united American, Japanese, Korean, and Filipino citizens.

When Newman retired in November 2006, he was only 52. He found new ways to serve, leveraging his extensive education in math and engineering. Teaching at Dyersburg State Community College was his new calling. Newman found a natural fit to guide young students, gleaned from his military experience. He frequently intertwined values like hard work and continuous learning into his teachings, which resonated with his students.

"I told them, 'Everything you do in life is a test. So don't worry about tests. Always do your best. Work your hardest. If you don't make it, that's fine, but your goal is always to be the best you can, whatever that means for you,'" he explained.

Music remains an important part of Newman's life. His church and community connections in Athens, Georgia,

where he once commanded a supply school, led to a pivotal moment in his life. An invitation to join a prestigious choir introduced him to classical music. Fast forward to 2023, when he received an invitation from the same choir conductor to perform at Carnegie Hall.

Preparing for the performance was not a small task. Newman dedicated over a year to rigorous practice, which led to a breathtaking rendition of Mozart's Requiem. This performance also required him to learn Latin. Performing at Carnegie Hall was a massive undertaking yet a remarkable milestone in his life.

"I hadn't sung it in 26 years. After 100 hours of practice, I almost had it memorized," he explained.

Newman's love for music continues here in Tullahoma. He promotes Southern gospel music, organizes concerts, and shares his passion for singing with his church and community. As a substi-

tute teacher, he inspires a new generation with stories from his military career and performances.

Newman's philosophy on life and career is to find what you love, work hard, and continually educate yourself. One of his favorite hymns is "It Is Well with My Soul," a powerful message of faith during hardship. The song speaks to Newman's own story of embracing life's unpredictable adventures.

Of all his accomplishments, Newman's wife, Deborah, a former Navy Corpsman, and three children are among his favorites. All of his children have degrees and are positively contributing to their communities.

From commanding troops in Southeast Asia to delivering a mesmerizing Mozart's Requiem, Newman's adventurous escapades inspire us to live bravely with a melody in our hearts and to embrace the opportunities that come our way. GN



# GREEK CLASSICS AND HOMETOWN FAVORITES

**Gondola Restaurant: A Tullahoma tradition serving flavor and family since 1973**

**GONDOLA RESTAURANT** is a family-owned and -operated restaurant serving delicious food and small-town charm. Each time you enter, you are greeted by a chorus of smiles as you are led to your table. The restaurant offers an extensive menu of items — a blend of traditional home-cooked favorites and robust Greek-inspired dishes, sure to please everyone.

Pizza is always a crowd-pleaser, and Gondola proudly serves fresh, hand-tossed pizzas with a variety of toppings. The “House Specialty” is a blend of melty cheese, onions, green peppers, Italian sausage, beef, pepperoni, and mushrooms. It is cooked to perfection with a beautiful cheese pull and a crispy, chewy crust. The balance of salty cheese, savory meats, and fresh vegetables is a symphony of flavors in every bite.

My daughter opted for a simple pepperoni calzone. The bubbly crust encapsulating melty cheese and spicy pepperoni led to a bite so perfectly ooey-gooney and greasy that she had to use a fork and knife

to indulge herself. The side of marinara was perfect for dipping and getting a flawless bite every time. We highly recommend the pizza and calzone options for your next family night out!

As Gondola is known for traditional Greek dishes as well, my husband opted for the gyro plate and Greek salad. I will be the first to admit that while I love vegetables, salad is low on my list of go-to dishes, but the Greek salad was incredible. The crisp vegetables, salty Kalamata olives, and herby dressing was superb in every way — but good as it was, the gyro was the star! With its fluffy, warm pita bread, grilled seasoned strips of beef and lamb, and a drizzle of creamy, tangy tzatziki sauce, the gyro transported our taste buds to another world!

Although we quickly realized our eyes were far bigger than our stomachs and were already laden down with multiple go-go boxes, we just had to order dessert. Our server showed us the various cakes that are special ordered but was sure to tell us that Miss Connie herself made the most



## GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Tullahoma. This month Tabitha Buckner visited Gondola Restaurant.

## Gondola Restaurant

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amazing strawberry cake, and they had some slices left — sold! All three of us shared the enormous slice of strawberry cake, and it was the perfect way to end our meal. The cake was light, not overly sweet, and incredibly decadent and luxurious. Be sure to save some room for dessert! Next time I visit, I have my eye on a slice of the traditional baklava, but I was out of room on this trip.

The attentive staff, fresh, house-made food, and a history of local excellence have solidified Gondola Restaurant as one of our go-to locations for a family night out. With so many options on the menu, we can go back again and again, continually trying original new options and discovering new family favorites along the way. GN



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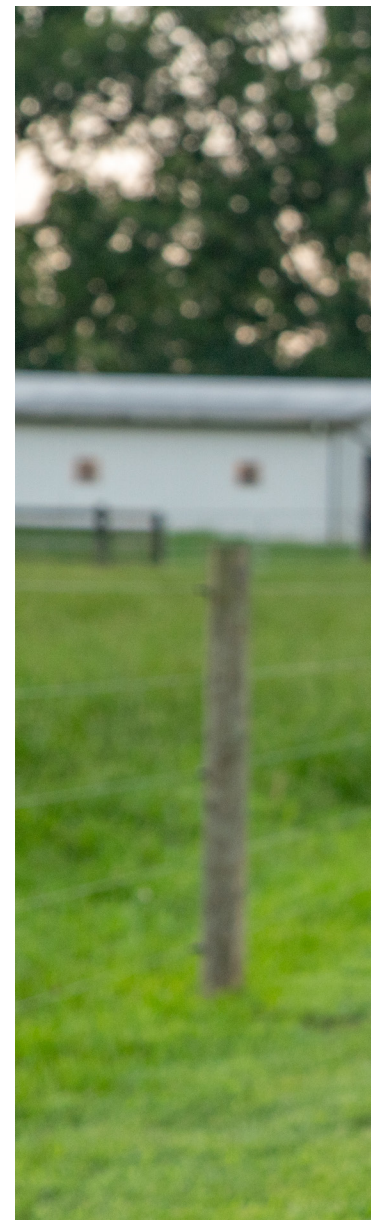
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Angus Farms



# Quality Meets Community

Farmington Angus Farms brings quality beef and local products to the community.

By Jeriah Brumfield  
Photography by Ashleigh Newnes

**F**OR OVER 35 years, the Bills family has been a cornerstone of the community, not only raising top-quality Angus cattle but also creating a deep connection between farm and table. Their journey begins in 1985 with Margaret and Stephen Bills, affectionately known as “Doc,” who began raising cattle with a foundation on creating sustainable practices and providing wholesome beef to their neighbors. Their passion for agriculture was clear in everything they did, from maintaining their land to nurturing their prized Angus herd, focusing on top-of-the-line genetics.

Today, the legacy continues with Collin Bills and his wife, Kristin Bills. Growing up watching his father raise cattle, Collin developed a deep appreciation for the art himself.

Kristin, with her warm personality and knack for connecting with people, and Collin, with his entrepreneurial mind, shared the vision of selling beef and creating a space that celebrated local bounty.

This vision materialized in the form of the Farmington Local Market — a charming brick-and-mortar store that opened its doors near the farm on 790 Kings Lane in Tullahoma. The farm has always been committed to sustainable practices and providing healthy, delicious beef to the community.

“We were part of the local market for half a year. My dad and I have full-time jobs. My wife has a full-time job as a mom, and trying to do that on a weekly basis was tough. So, the idea of having a brick-and-mortar store was something




**COLLIN AND KRISTIN BILLS**



◀ Kristin, Collin, Margaret, Steve, Cora, Cooper, and Caroline Bills at the pond at Farmington Angus Farms







that I had seen in another state and wanted to do more of that with our farm. COVID really pushed us in that direction,” Collin explained.

As you step through the entrance, you’ll feel Mikki’s warm embrace. Mikki is a dedicated team member who exudes the store’s friendly and knowledgeable atmosphere. But the Farmington Local Market is not just another butcher shop. It’s a one-stop shop for locally sourced goods.

“We wanted to be more accessible. But for local customers, knowing where their food comes from, is a — has huge value,” Collin emphasized. “So much of the beef that we eat in our grocery store is from international sources, or it’s a mixed product with both national sources and international sources.”

Customers can find everything from pork and chicken to milk, garden products, and even prepared goods from local artisans. Local honey glistens next to jars of homemade jams, and the air permeates with the sweet creamery scent of locally produced cheese.

“From our store, we wanted to supply people with beef that they know is grown here locally and treated fairly. That’s been a huge part of what we do and why we do it.”

**COLLIN BILLS**

He continued, “For my wife, there has been such a desire to not just have our beef at the store but have a store that supplies more accessibility for any number of other local markets. It has things that people have made. It has things that people have cooked. We just supply a space for it to be sold. I think the store is a great place to see any number of local products.”

The Bills family maintains a strong relationship with the county extension program, constantly seeking ways to improve their sustainable farming practices. Practicing rotational grazing ensures healthy pastures and top-notch soil quality, while their focus on erosion prevention protects the land for generations to come.

Respect for the land and animals is evident at every step of the process. Farmington Angus cattle are free to roam on lush pastures, enjoying a diet of fresh grasses and natural supplements. This not only translates to a healthier animal but also delivers a richer, more flavorful beef experience for the customer.

“You have no idea where your beef comes from, or how it was treated, or what went into it to get it to your table. From our store, we wanted to supply people with beef that they know is grown here locally and treated fairly. That’s been a huge part of what we do and why we do it.”

Ever since opening the store, Collin and his family have enjoyed experimenting with cooking various types of meats, with Texas favorites being among their top choices.

“Since I’ve opened the store, I’ve cooked things like a brisket. I never grew up eating brisket. I’m not from Texas, but brisket is really good to eat if you know how to cook it. There’s some really good roasts to be had, too.”

Farmington Local Market is a unique place for those seeking a delicious meal and a connection to the land and the people who nourish them. So, the next time you’re in Tullahoma, take a trip to Farmington Local Market and experience the taste of true farm-to-table goodness. **GN**

Visit [www.farmingtonangus.com/about-us](http://www.farmingtonangus.com/about-us) for more information.



◀ Locals gathered to enjoy a farm-fresh meal prepared by Chris Dickey

## Promise Manor and The Silos are for making promises and memories alike.

By Jeriah Brumfield  
Photography by Rachel Key

**A**S YOU enter Promise Manor's 16-acre grounds, history takes place right before your eyes. The grand Greek Revival house, which Kayla and Dennis White lovingly restored, reflects memories of the Green, Evans, and Hudgens families who once called it home. The charming brick exterior, built in 1858, carries the weight of time, representing the generations that have passed through these doors. To the community, it's a historic Lynchburg gem, and for the Whites, it's a vessel for their faith.

Named after the promise that they believe God bestowed upon their family, Promise Manor signifies service, new beginnings, joyful celebrations, and the opportunity for families to create long-lasting memories. The future is full of endless possibilities, and Promise Manor is ready to embrace them all.

Walk through the double doors, and the interior looks like something out of a story-

# Where faith sprouts and community blooms



**KAYLA AND DENNIS WHITE**

book. Gleaming hardwood floors reflect the warm radiance of antique chandeliers, while framed portraits adorn the walls. Every detail, from the restored fireplaces to the plush velvet armchairs, carries a special link to the past.

The White family's beliefs and values guide every aspect of their business, whether they're choosing partners who share their values or creating a warm, inviting space for guests to connect. Couples host wedding ceremonies where the officiant, a close friend of the couple, shares a message of love and commitment. Companies hold corporate retreats and engage in team-building exercises that encourage reflection and setting common goals.

Each year, the farm-to-table dinners honor local farmers and share their bounty. Last year's event was particularly special because the farmers served all the vegetables that they grew on their farms.

"All the food that fed 80 people was grown on our farm," Kayla shared. "We also source our meat and cheeses locally. We collaborate with the entire community to make this dinner happen, but more importantly, to bring awareness of how important farming is."

The atmosphere is intimate during annual farm-to-table events. It's a chance for guests to slow down, connect with their community, and appreciate the hard work that goes into putting food on their tables.

Guests from all walks of life share memories from moments passed. Kayla serves locally sourced dishes full of seasonal flavors, proudly honoring the farmers who nurtured these ingredients. It's a meal and a celebration — a celebration of the land, the farmers, and the generations who have passed down the knowledge and traditions that sustain us.

The White family has encountered their fair share of challenges and moments of doubt, but their faith has always guided them.

Kayla shared details about this year's event.

"We are honoring a farmer who actually just recently passed," she began. "It's going to feel really different because he was adored in our community, and his wife's going to be there, and his daughters are going to be there, and that's what really matters. They created a legacy. They created a footprint in this world."

Their Save the Farm initiative raises awareness about the value of local farmers — the backbone of our food system. Through the line of hats and apparel, they spread awareness



"We live in a county that's fortunate to have a huge industry locally that brings people from all over the world."

**KAYLA WHITE**

Promise Manor ▶



through encouraging phrases and uplifting farmers' spirits. Many farmers consider these hats their cherished "Sunday hats," worn with their best outfits.

Another aspect of their Save the Farm initiatives is their Little Pollinators event during the summer. Led by Kayla's grandfather and passionate local beekeeper, Mr. Billy Allen, these classes aim to educate the next generation about the vital role bees play in our ecosystem.

Drive down the winding lane, past well-tended gardens bursting with gorgeous flowers, and you'll find The Silos at Promise Manor — not your typical Airbnbs. These silos, the ones the White family envisioned on their vision boards for years on end, now represent their faith in God. The Silos represent their mission to make Him known through their service to the community and are also extensions of the Save the Farm initiative.



Billy Allen, Kayla's Papa and 4th generation Moore County Farmer ▶

“We knew when we purchased that land that we would build two silos,” Kayla shared. “We had no idea what it meant. We just knew God told us to write it and to continue writing it.”

People from all over the world travel to the area to experience the comfort and charm Middle Tennessee brings. Many of them choose to stay at The Silos at Promise Manor because of its unique experience.

“We live in a county that’s fortunate to have a huge industry locally that brings people from all over the world,” Kayla said.

The charming rustic interior gives guests a glimpse into farm life. Step outside, and the natural beauty of lush green grass and farmland immediately embraces you. Visitors often greet the friendly chickens and gather freshly laid eggs be-

fore they head back home. As a delightful bonus, the family invites guests to visit their farm and handpick beautiful cut flowers to bring a touch of Tennessee back home with them.

This year, they’re collaborating with Always Endure — a local nonprofit providing a weekend getaway for a family facing a medical crisis — at The Silos.

“Being able to serve without any expectation in return is truly what Promise Manor and The Silos is all about,” Kayla said.

Experience faith, family, and farm-fresh experiences at Promise Manor and The Silos. Join the White family on their mission to celebrate local farmers and create a space for connection. **GN**

*Visit [www.promisemanor.com](http://www.promisemanor.com) for more information.*

# Seeds of beauty through adversity

Petros Pisinis turns hardship into hope for the community of Tullahoma.

By *Jeriah Brumfield*

Photography by *Brooke Snyder*

**P**LEASANT CHILDHOOD memories of Cyprus cling to Petros Pisinis' memory. He spent his childhood among farm animals and citrus trees — a life fully intertwined with the land.

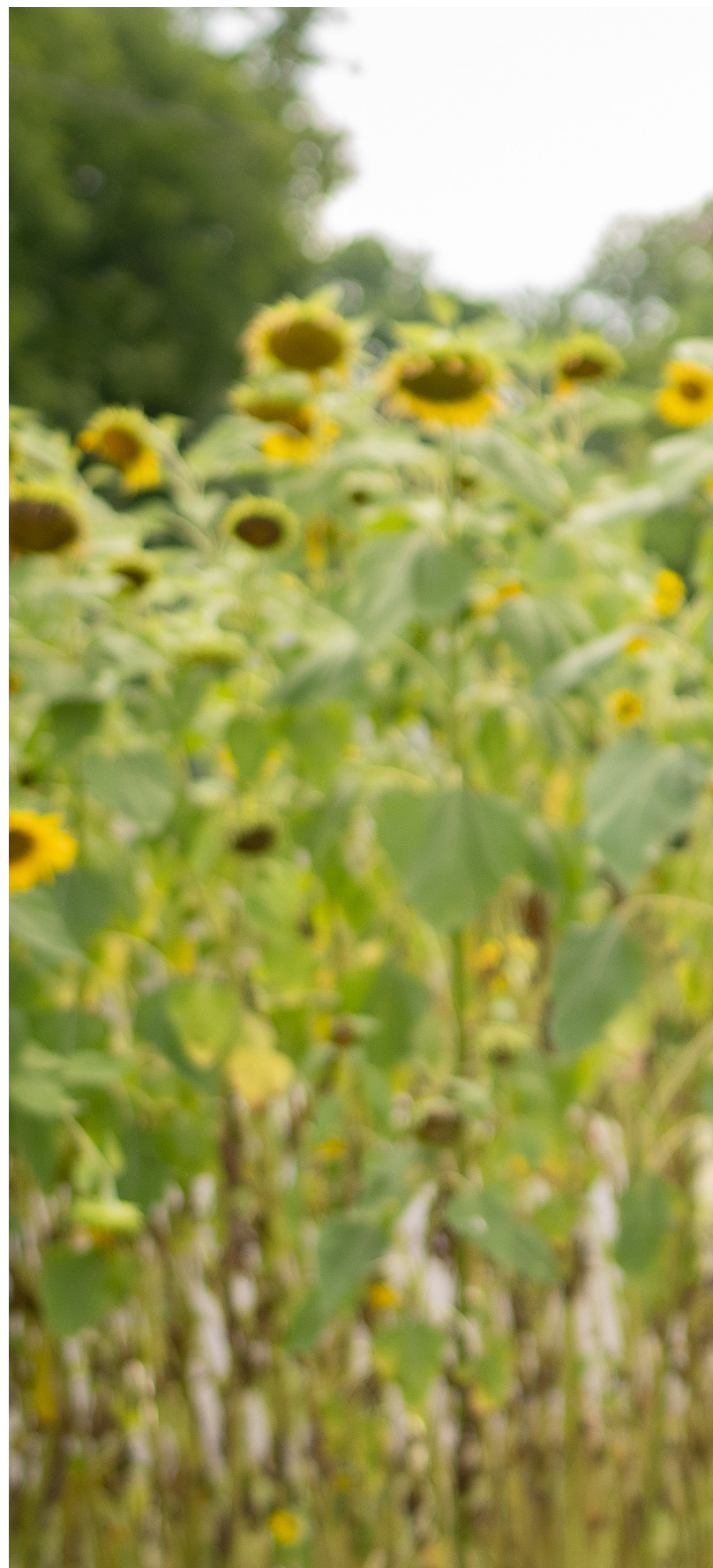
“I grew up around animals, tractors, cultivating the soil, and planting vegetables, orange trees, mandarin trees, grapefruit trees, lemon trees, and more,” he recalled. But the flow of his life abruptly shifted in July 1974 by the Turkish invasion, forcing his family to flee from their home and become refugees. This drastic change left Pisinis longing for his farming roots.

Upon arriving in the United States, Pisinis found a sense of home in the restaurant business — a career where he could combine his culinary skills with his love for farming. Starting with little to his name, Pisinis worked tirelessly, eventually leasing and then purchasing a restaurant here in Tullahoma. Over the years, he expanded the menu to include various Italian, Greek, and French dishes, drawing from his culinary experiences in Cyprus.

Despite his success in the restaurant business, Pisinis never lost his passion for farming. He began buying properties and planting sunflowers, a hobby that quickly grew into a larger community project. Inspired by his mother, who always planted a few sunflowers in their garden, Pisinis enjoyed transforming empty lots into bright sunflower fields.

“When you have the right equipment and attachments, it's easy,” Pisinis said. Over the years, his sunflower fields expanded, and his children joined in, selling sunflowers around town.

They would pick up sunflowers, put them in buckets with water, and go around town selling them. They even saved money and donated some to local churches.



PETROS PISINOS



“We raised our kids in the restaurant, and they came out very disciplined, very hardworking, and knowing how to handle money and their budget.”

**PETROS PISINOS**

▲ Angelica Arevalo, Petros Pisinis, and Isabella Pisinis

Last year and this year, he organized successful give-aways on West Monroe Street, combining his 13 properties into seven and sharing his gorgeous blooms with the community. Currently, the area consists of a commercial building, six apartments, a mobile home, and some vacant commercial and residential spaces. He primarily uses the area to grow beautiful sunflowers, creating a gorgeous and vibrant environment for everyone to enjoy.

Pisinis’ love for sunflowers has become a way to give back to his community. His philosophy is: “Planting





something beautiful is better than grass.” This passion project has gained local attention, and many residents have volunteered their properties for sunflower planting.

Despite many setbacks, Pisinis remains determined. With community support, he plans to expand his sunflower fields, hoping to turn Tullahoma into a “sunflower city.”

His connection to Cyprus remains strong. He named his children after his grandparents, Eleni and Petros, and shared memories of their kindness and generosity with his children.

One cherished memory is of his grandparents taking him to Jerusalem, riding a boat to the middle of the Jordan River, and baptizing him. It was a special moment that still impacts Pisinis today.

Pisinis attributes a great deal of his accomplishments to the incredible opportunities his grandfather provided him with.

Pisinis is also the proud owner of Nicholas Family Restaurant. His journey to becoming the owner is nothing short of inspiring.

Following high school, Pisinis enlisted in the U.S. Army’s Special Forces branch and later attended a three-year culinary program at a prestigious hotel and catering institute, focusing on international cuisine.

Nicholas, the former owner of Nicholas Family Restaurant, encouraged Pisinis to lease the restaurant, leading Pisinis to take his journey in an exciting new direction despite his limited finances. Recognizing Pisinis’ exceptional culinary skills and strong work ethic, Nicholas offered him a job to save up for the lease.

In 1988, Pisinis seized the opportunity and began leasing the building. In 1996, after many successful years of operation, he eventually purchased the restaurant.

After joining Nicholas Family Restaurant, Pisinis realized the menu mainly featured Italian food and pizza, with just a few French and Greek dishes. Over the years, he has expanded the menu to include more Greek specialties, an array of delicious steaks, and tasty French dishes with his desired aesthetic touch.

Pisinis supports the farm-to-table movement in various ways. He and his family distribute at the restaurant, while local farmers supply them with fresh produce like tomatoes, green peppers, and cucumbers for their delicious recipes. His wife, Isabella,



▲ Isabella, Petros, Eleni, and Petros Pisinis

supports local farmers markets, bringing in the freshest, locally sourced ingredients for their dishes.

Isabella and their children, Eleni and Petros, have all contributed to their thriving family business.

“We raised our kids in the restaurant, and they came out very disciplined, very hardworking, and knowing how to handle money and their budget,” he explained.

Pisinis is particularly proud that his children never had to ask for money, earning their own through tips and work at the restaurant.

“I never gave my kids a penny. It seemed that they were very happy when working. They made their money at the restaurant from elementary to high school. They even saved a lot of money when preparing for college. I am so proud of my family,” he said.

Both Eleni and Petros are proud alums of Ivy League schools. Eleni recently graduated from the University of Pennsylvania and works at a New York law firm. Following in his father’s footsteps, Petros attends Cornell University in New York, studying business and hotel management.

As Pisinis prepares for the future, he holds dear the important lessons he learned in the past.

“My life was extremely tough, but I always try to make the best of it,” he said. “When things go wrong, instead of giving up or getting discouraged, get determined and stubborn and refuse to give up.” GN

# 2024 40 under 40 award winners - Aug. 22



Photography by Ashleigh Newnes

The Tullahoma Area Chamber of Commerce's 40 Under 40 award ceremony was held at Lakewood Golf & Country Club on Aug. 22.



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1. Emily and Bryant Swann 2. 2024 40 Under 40 Award Winners 3. Laura and Nick Knight  
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# The Coffee Pot - Aug. 30



Photography by Ashleigh Newnes

On Aug. 30, 2024, Tullahoma High School hosted the intense Coffee Pot football game against Coffee County High School. Despite storm clouds looming, the rain held off. Tullahoma didn't secure the win in this close game.



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[www.tullahoma.petfinder.com](http://www.tullahoma.petfinder.com)

## **United Way of Hwy 55**

Supporting various local causes and collaborating with other nonprofits.

(931) 455-5678  
[www.highway55unitedway.com](http://www.highway55unitedway.com)

## **Good Samaritan Of Tullahoma Tennessee Inc.**

Providing a way for churches of all denominations, local businesses, and citizens to work together to have a centralized location to provide assistance to those in need or in crisis situations.

(931) 455-7353  
[www.goodsamaritanoftullahoma.org](http://www.goodsamaritanoftullahoma.org)

## **Highland Rim Habitat for Humanity**

Serving alongside community members and businesses to build affordable homes for eligible families.

(931) 393-2383  
[www.hrhfh.org](http://www.hrhfh.org)

## **Coffee County Imagination Library**

Mailing free books to children from birth to age 5, fostering a love for reading. Affiliated with Dolly Parton's Imagination Library.

[imaginationlibrarycoffeeco@gmail.com](mailto:imaginationlibrarycoffeeco@gmail.com)  
Facebook: *Imagination Library of Coffee County, Tennessee*

## **Tullahoma Sunrise Rotary Club**

Engaging in community service projects and supporting global initiatives.

(931) 455-0027  
Facebook: *Tullahoma Sunrise Rotary Club*

## **Tullahoma Fine Arts Center**

Promoting arts and culture, offering classes, exhibitions, and performances.

(931) 455-1234  
[www.tullahomaart.org](http://www.tullahomaart.org)

## **Tullahoma Noon Rotary Club**

Engaging in community service projects and supporting global initiatives.

(931) 461-5314  
Facebook: *Tullahoma Noon Rotary Club*

## **The Literacy Council**

Supporting literacy initiatives in the community and encouraging reading programs.

(931) 273-8001

## **Tullahoma Band Program**

Supporting the high school band through fundraising and volunteer efforts.

(931) 454-2629  
[www.tullahomabands.org](http://www.tullahomabands.org)



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exchange

## **Tullahoma Kiwanis Club** Improving lives and communities through service.

<https://tullahomakiwanis.org/>  
Facebook: TullahomaKiwanis

## **Partners for Healing** Providing free primary health care to low-income individuals who are working but uninsured.

(931) 455-5014  
[www.partnersforhealing.org](http://www.partnersforhealing.org)

## **Eli Grow Legacy Foundation** Raising funds to construct an athletic training complex in Tullahoma that promotes athletic development and preparation for high school and college levels of play. Funds from Legacy Creamery go toward this foundation.

(931) 273-0010  
[www.eligrowfoundation.org](http://www.eligrowfoundation.org)

## **Tullahoma Bridges Out of Poverty Inc.** Helping individuals and communities work together to research the causes of poverty and to enter into dialogue about solutions to lower the poverty rate.

(931) 307-3381  
[www.tullahomabridges.org](http://www.tullahomabridges.org)

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**SOUTHERN TENNESSEE**  
REGIONAL HEALTH SYSTEM

# CHEERS FOR THE GIRLS



BREAST CANCER AWARENESS EVENT

**THURSDAY, OCTOBER 3, 2024**

10:00 AM - Breakfast Served

10:15 AM - Speakers Begin

**Location:**

**Honeysuckle at Twin Creeks**

Register Here:



To attend the free Cheers for the Girls event you must register online at [SouthernTnWinchester.com/event/133](https://SouthernTnWinchester.com/event/133)

A breast cancer survivor may be sponsored so that they can be recognized during the medallion ceremony during the event. Breast cancer survivor medallions, along with Cheers for the Girls t-shirts, are available to purchase at Treasures located at 1307 Dinah Shore Blvd. in Winchester. The t-shirts and medallions are each \$25. The proceeds from the sales of the shirts and medallions benefit the Multi-County Cancer Support Network.



Carolyn Payne will be the guest speaker at the event and will share her inspiring story. Born and raised in Franklin County, Carolyn wants to help others by encouraging self-exams, knowing their family history, and keeping up with yearly check-ups and mammograms. In May 2023, during a self-exam, she discovered a mass that led to a diagnosis of Stage 2 PR-positive, HER2-negative breast cancer. After undergoing numerous rounds of chemotherapy, immunotherapy, a double mastectomy/reconstruction in February 2024, and implant surgery in July 2024, she is now proudly cancer-free. Carolyn has been married to the love of her life, James, for 27 years, they have two wonderful children, Devin and Meagan, and three beautiful grandchildren, Anna, Rylie, and Maverick. Although Carolyn worked in the healthcare field for many years before becoming a small business owner, she now enjoys the most important and fulfilling job of her life, being a full-time homemaker and Nana!

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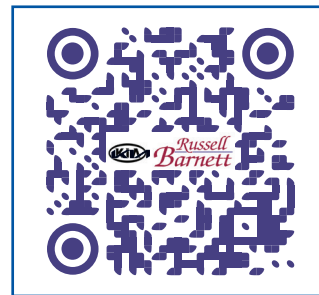


*"Don't judge each day by the harvest you reap but by the seeds that you plant."*

*~ Robert Lewis Stevenson*



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