

Colson Center: Reinventing the Sabbath

BY JOHN STONES-TREET & DR. TIMOTHY D. PADGETT
KENTUCKY TODAY

A recent article by science writer Elizabeth Svoboda at the Wall Street Journal argued that an occasional 24-hour break is good for mind and body. As she wrote:

These micro-retreats have proven so energizing that I now take a few each year—and science suggests such hiatuses, despite their brief duration, can renew enthusiasm and relieve mental exhaustion in potent ways. They’re a welcome temporary escape from a chaotic and overclocked world.

This is not about getting away from reality, she explained, but about getting into a better head space. Because modern work involves jumping from one task to another without time to properly focus, a regular break is a simple, constructive way to improve life.

Christians and Jews might think, “Congrats! You’ve invented the Sabbath!” Thousands of years ago, before anyone had done studies on rest and brain activity, Moses told God’s people to take off one day in ev-

ery seven. In fact, secular takes on life practices and rituals often reflect truths the Bible has always proclaimed.

Svoboda learned to prize rest and time away as a mom with small kids. But everyone needs rest. This is especially difficult for Americans, who can have trouble taking vacation, at least compared to our European counterparts. We might blame our bosses, but even when given the chance, Americans aren’t good at rest.

As Jay Dixit wrote in an article a few years ago, “We’re Doing Downtime Wrong,” the habit of scrolling or streaming to “relax” still requires the brain to focus, even if on irrelevant things. By contrast, Dixit noted, studies suggest that the “imagination network” of the brain is as essential as the “task-positive” network.

That’s why Archimedes’ Eureka moment came to him when he was sitting in the bath, and why Newton formulated the law of gravity when he saw an apple fall in an orchard. The epiphanies that seem to bubble up from nowhere when your mind is wandering are actually products of the imagination network.

Though the average working American still works a roughly 40-hour work week, there is far less shut-off time. Our phones function more like our computers, keeping us tethered to work at all hours. In other words, the rhythm of constant activity in our culture—even while lying on the couch or sitting on a beach—is not the rest we read about in Scripture.

In his book 24/6: A Prescription for a Happier, Healthier Life, physician Matthew Sleeth noted that the only one of the Ten Commandments to begin with the word “remember” is the one about the Sabbath. As Sleeth put it, “It’s almost as if God knew we would forget.” If we do remember, we often think of the Sabbath as a burden instead of a gift. But as Jesus said, man was not made for the Sabbath; the Sabbath was made for man.

And that is because God is for us, not against us. Remember the Sabbath, not to follow a rule but to receive one of God’s gift to His creation. In doing so, we remember our frailty, and we can be refreshed by hearing His voice and better following His calling for our lives.

Greensburg-Green County
A proud past — A promising future

Way Back When

BY CAROL DIAL
SPECIAL TO THE R-H

August 21, 1996
Politicians visit area - Green County was visited recently by Kentucky Governor Paul Patton who spoke to county residents at a county Courthouse meeting. US Senator Mitch McConnell addressed members of the Greensburg Lion’s Club at a dinner meeting.

New 4-H Agent - Richard Bowling was appointed the new County 4-H Agent. Bowling transferred from Weakley County, Tennessee.

Steak sandwiches benefit DES - Over \$1,900 was raised by the sale of steak sandwiches to benefit the local DES.

Bale celebrates birthday - Lily Jones Bale celebrated her 97th birthday.

August 21, 1986
Child dies in fire - One-year-old Janice Renee Parnell, child of Don and Vickie Parnell, died in a fire that destroyed the Parnell home. The parents and two other

children survived.

Frank appointed clerk - John Frank was appointed Circuit Court Clerk of Green County after the resignation of Ruhel Judd.

Summersville, Ann V. Puckett - Mr. Vester Scott was struck by lightning last week. He is slowly recovering.

No rabies here - Although rabies cases statewide have increased, the local health department reports there have been no cases in Green County.

August 26, 1976
Family cabin reconstructed - The 1840 log cabin of Reuben Wooldridge, the great, great grandfather of Doug Ford, has been moved from its Gabe location to the grounds of the Skyline Drive-In.

Anniversary - Mr. and Mrs. Pleas Judd will celebrate their 22nd wedding anniversary August 28.

Donansburg, Dolye Webb - Miss Wanda Coffey and Mr. David Hodges attended the State Fair Sunday.

Showing at the Skyline - “The Omen” stars Gregory Peck

and Lee Remick. “The Great Texas Dynamite Chase”, features Claudia Jennings and Johnny Crawford.

August 25, 1966
Lawn of the Week - The lawn of the Frank Cantrell home was named the Lawn of the Week. The home, built in 1823 and owned for many years by the Hobson family, was once known as Cedar Grove. The grounds and rose garden are tended by Tobe Miller.

Archery Club holds shoot - The Green River Archery Club held a shoot at the archery range behind the Green Jersey.

Train jumps track - An L & N train jumped the track August 12 between Whitewood and Hurds Crossing. The engine, three cars and the caboose were stranded until equipment could be brought to reopen the track.

Anniversary celebration - Roy Clark and Alvia Perkins Clark celebrated their Golden Wedding Anniversary August 10 at Boulder, Colorado with family members.

Blaine Tucker



Green County Public Library Genealogy

Laura Johnson

Born September 17, 1882, Blaine Tucker grew up in a large, close knit farm family in the Thurlow section of Green County. The son of Daniel P. Tucker and Lou B. Wheat Tucker, his early years were shaped by both hardship and the strength of family.

His mother died in November 1891, shortly after the birth of her youngest child, Louise, who was taken in by Lou’s sister, Georgia Ann Whet Tucker and her husband, Capt. E. F. Tucker. Blaine and the remaining children were raised by their father with the help of Daniel’s sister, Mary.

By the late 1890s, Blaine was already working. In 1899, J. W. Price hired him to herd turkeys for \$2.50 per month. The 1900 census lists him at age 17 in his father’s home, alongside brothers Curtis, James, Luther, Elmore, and George, all contributing their part to the work of a farm family.

On September 20, 1902, Blaine married Lelie Etta Handy, daughter of Albert Dempsy Handy and Melinda Chaudoin Handy. The young couple happily settled into farming life.

By 1910, Blaine was listed as a farmer “working on own account” and he and Lelie had two young children, Benjamin Frank (born 1903) and Lou Ella Gertrude (born 1906). Their third child, Eugene Allen, arrived in

1913.

Throughout the early decades of the 20th century, the Tuckers’ experience was like that of many Green County families: hard work, faith, raising children, and staying connected to kin. His brothers, Curtis and James, who had moved to Oklahoma but returned home often enough to keep family ties strong. Blaine himself remained rooted, farming in the Thurlow community.

Blaine worked steadily and owned modest property. His 1942 WWII draft card describes him as 5’5”, 115 pounds, with blue eyes and gray hair, a small, wiry farmer who had spent a lifetime outdoors.

In early 1966, while suffering a heart attack outside in the snow, neighbors came to Blaine’s aid, getting him into the house and calling for help. A heartfelt “Card of Thanks” from the family to them and medical staff who helped was printed in the paper.

Later that year, Blaine and Lelie celebrated their 64th wedding anniversary with their children, grandchildren, and other loved ones.

On February 29, 1968, Blaine passed away at age 85. Le-

lie lived until 1982, reaching the age of 96. Today, Blaine and Lelie rest in Neagle Cemetery near Mt. Lebanon Methodist Church where they were longtime members.

Blaine Tucker built a life of devotion to his wife and his children. As a testament to their love for him, this memorial appeared in the local paper six months after his death: “Dear Dad, it is so lonely since you went away. We miss those pretty blue eyes, your sweet smile and the wave of your frail little hand. You would always say “Come back,” as a little tear would trickle out of your eye, as I would go to leave. Oh, how our hearts break and long to see you and tell you how much we loved you. So many lonely tears we shed on lonely days, deep into the silent night. We loved you so much but God loved you best, so he called one day, Dear Dad, to come up on high to place you in his bouquet of flowers. That beautiful star I saw in the sky one night must have been you, Dad. God was calling you home to rest forever. Some sweet day, Dad, we’ll meet you, never to part again. Sadly and deeply missed by wife, Lelie Tucker, and children.”

The Ten Commandments

Thou shalt have no other gods before me.
Thou shalt not make unto thee any graven image.
Thou shalt not take the name of the Lord thy God in vain.
Remember the Sabbath day to keep it holy.
Honor thy father and thy mother.
Thou shalt not kill. Thou shalt not commit adultery.
Thou shalt not steal.
Thou shalt not bear false witness against thy neighbour.
Thou shalt not covet.
(Exodus 20:3-17)



Blaine and Lelie Tucker proudly stand among one of the many tobacco crops raised on their farm.

PUBLIC NOTICE

The Green County Conservation District is currently offering two new programs. Free cedar posts are offered through the Green River Basin Stream Protection and Grazing Improvement Program. Applications will be received through October 31, 2026, at the Conservation office. The Tree Rebate Program offers 50% rebate (maximum \$100 rebate) to Green County residents for trees purchased now through October 31, 2026. Bring your receipt to the Conservation office.

PUBLIC NOTICE

The Green County Board of Education is proposing a general fund tax levy of 53.0 cents on real property and 55.1 cents on personal property.

The General Fund tax levied in fiscal year 2026 was 54.2 cents on real property and 55.1 cents on personal property and produced revenue of \$3,342,099.10.

The proposed General Fund tax rate of 53.0 cents on real property and 55.1 cents on personal property is expected to produce \$3,450,908.35. Of this amount, \$446,173.18 is from new and personal property. The compensating tax for 2027 is 50.6 cents on real property and 55.1 cents on personal property and is expected to produce \$3,313,432.19.

The proposed rate is expected to generate more revenue than received in the preceding year. The general areas to which revenue of \$108,809.25 above 2026 revenue is to be allocated are as follows: Cost of collections, \$2,175.19; building fund, \$22,882; instruction, \$71,189; transportation, \$6,281.53; and maintenance of plant, \$6,281.53.

This information is published pursuant to KRS 160.470. The proposed tax rate is not subject to recall under KRS 132.017.

The General Assembly has required publication of this advertisement and information contained herein.