

Area Deaths & Funerals

John Calvin "J.C." Barnhart

Mr. John Calvin "J.C." Barnhart, age 72, of Honaker, Virginia, passed away Wednesday (April 4, 2018) following an extended illness. Born March 29, 2018 in Honaker, Virginia, he was a son of the late James and Elmar Honaker Barnhart. A lifelong resident of the area, he was of the Baptist faith. A retired coal miner, he had formerly been employed by Island Creek Coal Company for over twenty years and was a member of the UMWA Local 1509. Having a love for the outdoors, he enjoyed fishing, hunting, gardening, and woodworking. He was

a loving husband, father, grandfather, and brother.

In addition to his parents, he was preceded in death by his father-in-law and mother-in-law, Aubrey and Virginia Fuller Perkins, and one brother-in-law, Jim Tiller.

Survivors include his wife of forty-nine years, Barbara Perkins Barnhart of the home; two daughters, Jennifer Barnhart Dye and husband, Roger, and Angela "Barney" Barnhart all of Honaker; two grandsons, Jonathan Hunter Dye and Dawson Ryan Dye; one sister, Fayrene Tiller of Abingdon; sisters-in-law and brothers-in-law, Nina and Steve Miller of Swords Creek and Connie and Randall Middleton of Honaker; nieces, nephews, cousins, and a host of friends also survive.

The family would like to extend a special thank you to Dr. Kevin Wess, the Staff of C-Health, Abingdon Ambulance Service, Toby and Della Proffitt, Home Nursing Company, Samantha Lane, and Mary Artrip

Funeral services were conducted at 7:00 PM Friday in the Honaker Funeral Home Chapel, Honaker, Virginia with Rev. Edward Tiller and Rev. Jeff Kinder officiating. Graveside services were conducted at 2:00 PM Saturday at Ketrion Memorial Gardens in Lebanon, Virginia. Those wishing to attend the service are asked to assemble at the funeral home by 1:30 PM to go in procession.

Pallbearers were Chris Barnhart, Dave Barnhart, Travis Miller, Christopher Monk, Toby Proffitt, and Randall Middleton.

Honorary pallbearers were Bill Barnhart, Steve Miller, Jerry Honaker, Clayton Barton, Danny Boyd, David Gildart, Houston Miller, Danny Crutchfield, Jimmy Street, and Terry Chambers.

The family received friends at the Honaker Funeral Home from 5 - 7PM Friday.

Online condolences may be made at www.honakerfuneralhome.net.



Anna Marie Brown Adams Little

CASTLEWOOD, VIRGINIA- Anna Marie Brown Adams Little, 90, died Friday, at Johnston Memorial Hospital, Abingdon, Virginia.

She was born in Wise County, Virginia; daughter of the late Lonnie and Lura Powers Brown. She was preceded in death by first husband, Robert Jone Adams; one son, Curtis W. Adams; and second husband, James Houston Little; three sisters, Lois Patrick, Thelma Poole, and Wilma Browning; and one granddaughter, Christina Michelle Phillips.

She is survived by one son, Robert E. Adams of Abingdon, Virginia; three daughters, Linda Adams Roe and husband, Donald of Bristol, Virginia, Gay Nell Adams Rose and husband, Bernard of Lebanon, Virginia and Cathy Adams White of Lebanon, Virginia; ; one sister, Bernice Rynes of Bristol, Virginia; special caregiver, Debbie Herndon and son, Matthew; special granddaughter and Caregiver, Janet Tignor; seven grandchildren; sixteen great grandchildren and several nieces and nephews.

Funeral Services for Anna Marie Brown Adams Little were conducted at Monday, April 9, 2018 at 7:00 p.m. in Castlewood Funeral Home Chapel, Castlewood, Virginia with Rev. Rick Gibson and Rev. Jim Stanley officiating. Committal Services and Interment were Tuesday, April 10, 2018 in Temple Hill Memorial Park, Castlewood, Virginia. Family and Friends met at the funeral home and go in procession to the cemetery leaving at 10:30 a.m. Pallbearers were Mike Farmer, David Farmer, Wesley Adams, Evan Adams, Logan Adams, and David Helton; Honorary Pallbearer was Paul Gibson.

The family received friends from 5:00 p.m. to 7:00 p.m., Monday, April 9, 2018 in Castlewood Funeral Home Chapel, Castlewood, Virginia. On line condolences may be sent to the Little family through our website.

Castlewood Funeral Home served the Little family.

In Memory Of Mabel Combs February 27, 1914-April 5, 2017

Mom, it has been a year now and we know you cannot hear us, but we want to keep our memories of you close to our hearts. It's hard to find the words to give tribute to you. As you were told many times, we could not have asked for a better mom. This past year has been very different around the house without you. There are times we cry thinking of you and dad (Dec. 16, 2004), missing the warmth of your presence, love, care, and prayers. There have also been memories that have brought laughter, such as playing ball on the farm and going places together as a family.



You were always there to give a smile, encouragement, a lending hand, love, and joy to us and others. We will always treasure the sacrifices you made, your honesty, wisdom and guidance. During your 103 years, you knew what was most important, keeping the Lord first and living right. We want to be a reflection of the values you taught us and the guidance you gave us. We look forward to being together again in Heaven.

You have been missed but not forgotten. Our loss is Heaven's gain. **We Thank God He gave us you as our mom.**

**Sadly missed,
Children of Mabel Combs**

Did You Know?

The word "prom" is short for "promenade dance," an annual formal dance held for high school students, typically those in their junior and senior years. While the term "prom" might not be used across the globe, schools in many countries host similar dances for high school-aged students on the cusp of moving on to college. In the United Kingdom, proms did not become popular until very recently. Prior to the 21st century, secondary school students in the UK might have attended formal dances at the onset of summer to celebrate the end of a school term, while students old enough to be finishing secondary school might have attended a "Leavers Ball" to commemorate that milestone in their life. But a 2012 report in the Daily Telegraph noted that more than 85 percent of secondary schools in Britain now host school proms, which range from relatively informal gatherings to more extravagant affairs. In South Africa, students may attend a Matric Dance, which commemorates their final year matriculating in their high schools. German high school students celebrate their graduations rather informally, and such celebrations may even include some lighthearted mocking of their teachers.

What Happened To "Global Warming"?

Once a term that dominated newspaper headlines and environmental discourse, "global warming" is now heard far less frequently. Many may assume global warming has been rebranded as "climate change," but the two are not one and the same. According to the National Oceanic and Atmospheric Administration, global warming refers exclusively to the Earth's rising surface temperature, while climate change includes global warming but also its side effects. Such side effects include the melting of the world's glaciers and the growing frequency of drought and heavier rainstorms. Global warming is also used most often to refer to warming caused by humans, while climate change is a term used when discussing environmental changes that are human-caused or natural.

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Russell County Diabetes Today Coalition Support Groups

Please join us for a diabetes support group session where you can exchange information, feelings and ideas. Groups offer open discussion, question and answer sessions, and other activities.

Check It Out! Monthly Meeting Schedule: Second Monday at 6 PM at the Community Center behind the Town Hall. For more information, please call 276-873-4700.

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Exercise With Yard Work

If you think that the only way to exercise and burn calories involves gym equipment, think again. Yard work can be just as challenging as a thorough aerobics workout at a nearby fitness club. To reap the greatest benefits, gardeners should use as little motorized machinery as possible. Manual tools will get you moving and can burn a substantial amount of calories. Try to vary positions and alternate which hands you use to reduce strain and get an even workout. Fitness experts say that gardening can improve strength, increase endurance and assist with flexibility. According to a report in the UK publication The Telegraph, clearing a pond or weeding can burn some 300 calories in an hour. Forty-five minutes worth of gardening can burn as many calories as 30 minutes of aerobics.

**DEADLINE
11 AM
MONDAYS**



You are invited!
EMPOWER
COACHING FOR LEADERS
BGAV

**Life Coach Training
Guest Speaker
Ken Kessler
Saturday, April 14th, 9am-2pm**

Green Valley Baptist Church
695 Green Valley Road
Lebanon, Va. 24266

The cost of the training class is \$25.00. Register by calling the church office @ 889-0257

Ken presently serves as Director for the Empower Coaching Network at the Baptist General Convention of Virginia in Richmond, Virginia. A native of Louisiana, Ken moved to North Carolina as a teenager. He earned a Bachelor of Arts degree from Gardner-Webb University in 1978 and his Master of Divinity degree from Southeastern Seminary in Wake Forest, NC, in 1981. He has served on the BGAV staff and lived in Richmond area for 10 years.

Ken is known best as the husband of Teresa Vaughn of Greenville, SC, and the father of three sons, Kevin, Bryan, and Jacob.

We also invite you to attend our regular Sunday School & Worship Services
Ken Kessler will be the guest speaker on Sunday, April 15th @ 11:00 am
Everyone welcome and invite a friend!

