

Area Deaths & Funeral

Rev. Darryl Baker

CASTLEWOOD, VIRGINIA - Rev. Darryl Baker, 72, went to be with the Lord on Wednesday, April 12, 2017 at his home.

He was born in Lebanon, Virginia; son of the late Robert and Thelma Shannon Baker. He graduated from Castlewood High School in 1962. He was a farmer and coal miner. He was a member of Lakeview Union Church. He began his ministry in 1968 and has served as a pastor for more than forty years with his most recent service being at Lakeview Union Church. He volunteered with the Russell County Bread Box, Department of Social Services, Salvation Army, and helped establish the Russell County Sheriff's Chaplain organization, and many church programs.

He is survived by his wife of fifty-three years, Helen Baker; one daughter, Rhonda Baker Smith of Castlewood, Virginia; two sons, Jeff Baker and wife, Michelle of Castlewood, Virginia and John Baker and fiancée, Donna Smith of Abingdon, Virginia; three grandsons, Joseph Baker and fiancée, Kayla Keen, Joshua Smith and wife, Cassandra, and Jacob Baker; four granddaughters, Rebecca Smith, Sarah Wilson, Emily Addington and husband, Evan, and Abby Baker; one great grandson, Jase Robert Frank Smith and one who is expected to arrive on April 25, Jackson Darryl Smith; one sister, Bobbi Jean Baker Rowe and husband, Sonny; a special cousin, Carol Sue Baker Douglas and husband, Ted; several nieces and nephews.

Funeral Services for Rev. Darryl Baker were conducted at 8:00 p.m. Friday, April 14, 2017 in Castlewood Funeral Home Chapel, Castlewood, Virginia with Rev. Cuba Porter, Rev. Roger Carter, and Rev. Darrell Harmon officiating. Committal Services were conducted at 11:00 a.m. Saturday, April 15, 2017 in Temple Hill Memorial Park, Castlewood, Virginia. Family and Friends met at the funeral home and went in procession to the cemetery leaving at 10:30 a.m. Saturday. Pallbearers were Jeff Baker, John Baker, Joe Baker, Josh Smith, Jacob Baker, Sonny Rowe, and the Men of Lakeview Church. Honorary Pallbearers were Rev. Woody Scott, Rev. Darrell Harmon, Rev. Buddy Burke, Rev. Gary Crum, Rev. Larry Smith, Hubert Meade, and Steve Dye.

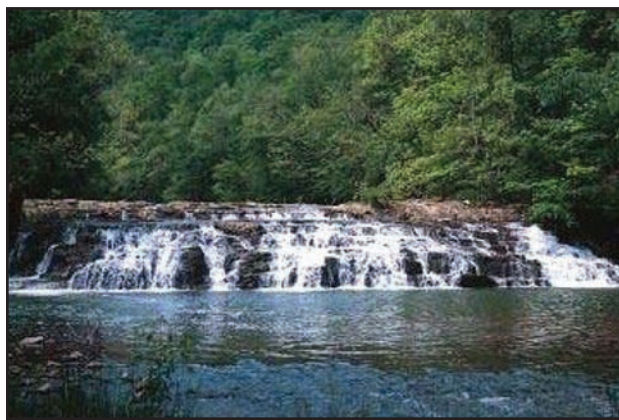
The family received friends from 6:00 p.m. to 8:00 p.m. Friday, April 14, 2017 in Castlewood Funeral Home, Castlewood, Virginia. In lieu of flowers, contributions can be made to Lakeview Church Building Fund, 989 Ridgeway Drive, Castlewood, Virginia 24224 or to Home Nursing Company Hospice, P. O. Box 669, Lebanon, Virginia 24266. The family would like to express special appreciation to our angels of mercy, his sister, Bobbi Baker Rowe and her husband, Sonny and to all the Home Nursing Staff, especially Megan, Mary, and Katie. On line condolences may be sent to the Baker family through our website and a video tribute may be viewed at www.castlewoodfuneralhome.com.

Castlewood Funeral Home served the Baker family.

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.



Hike the Pinnacle State Natural Area Preserve

Sat, Apr 29, 1 pm

Meet at the Pinnacle Parking Lot Led by Virginia Master Naturalist, Carrie Sparks
Sponsored by Russell County Public Library
276-889-8044.

Common Causes Of Seasonal Allergies

Pollen, mold, dust, and animal dander are some of the more common triggers of allergic rhinitis.

Allergy triggers are all around, and the rates of those people affected by various allergies seems to be growing. Worldwide, the rise in prevalence of allergic diseases has continued in the industrialized world for more than 50 years, according to the American Academy of Allergy, Asthma & Immunology. Sensitization to foreign proteins in one's environment is present in up to 40 percent of the world's population, continues AAAAI.

An allergy is defined as an overreaction of the human immune system to a foreign protein (allergen) that is eaten, inhaled, touched, or injected into the body. Allergies can cause such reactions as stuffy or runny noses, itchy eyes, coughing/sneezing, rashes, and hives. More severe reactions can include difficulty breathing, a lowering of blood pressure and asthma attacks.

Millions of visits to physician offices result in a primary diagnosis of allergic rhinitis, or hay fever - one of the most common allergy manifestations. The CDC says 17.6 million Americans were diagnosed with hay fever in the past 12 months. Allergic rhinitis is a common condition that creates symptoms similar to a cold. Unlike a cold, which is caused by a virus, allergic rhinitis is an allergic response to any number of triggers. Usually hay fever can be brought on by any number of allergens and sometimes it can be difficult to narrow down the exact cause. However, here are some of the more common allergens.

· **Pollen:** Of all things that can cause an allergy, those resulting from pollen tend to be the most prolific. Pollen can be released from trees, grasses, weeds, and flowers throughout much of the year. While the main goal of pollen is to fertilize other plants, pollen that is inhaled can cause allergic reactions. It's one of the more difficult allergens to avoid since pollen is virtually everywhere.

· **Dust:** Dust is an accumulation of microscopic particles that become trapped in a home. A large portion of dust is comprised of dust mites. WebMD says about 20 million Americans are allergic to dust mites and their waste. Dust mites feed on skin from pets and humans. They tend to spike in numbers during warmer weather or if indoor temperatures are kept at 75 F or higher. Cleaning using a HEPA filter vacuum can keep dust at a minimum. Air purifiers also may be able to help.

· **Animal dander:** Millions of pet owners have an allergy to their animals, says AAAAI. It's not the fur of the animal that causes the trouble, but usually proteins found in a pet's shed skin, saliva and urine that can cause problems. Keep in mind that there are no truly hypoallergenic breeds, and length of hair or fur will not eliminate allergies. An allergist may be able to suggest a course of treatment.

· **Mold:** Tiny fungi with spores that float through the air, mold is yet another common allergen. The most common allergy-causing molds include Alternaria, Aspergillus, Cladosporium, and Penicillium. Preventing the environment needed for mold to grow can reduce allergic reactions. This primarily means airing out homes to keep them dry.

Allergies can occur all year long and be bothersome. Working with an allergist and avoiding the most common triggers can help people feel more comfortable.

Freshen Up Your Home For The Spring Season

Fresh flowers, new throw pillows and lightweight draperies are some easy ways to transform a home in time for spring's arrival.

After a few months of chilly temperatures, come spring, many homeowners are eager to throw open their windows and doors and breathe new life into their homes. Simple changes made now - even before the weather begins to warm up - can improve interior spaces and brighten the atmosphere of a home.

· **Go plant shopping.** Research from NASA suggests adding at least one plant in your home per 100 square feet is efficient enough to clean air. Fresh foliage also makes a home feel warm and inviting. Watering and misting plants introduces moisture into indoor air, which can make rooms overcome with dry air from heating systems feel comfortable. Just be sure to avoid overwatering plants, which can lead to mold growth.

· **Swap out throw pillows.** Accent pillows on beds and sofas are quick and inexpensive ways to add new bursts of color to rooms. You may be able to make over a room's entire color scheme with new pillows. Invest in pillows that you can switch with each season so your decor will never look tired or dull.

· **Clean existing light fixtures.** Another way to brighten the mood in a home is to periodically clean light fixtures to make sure they are working effectively. Spend time dusting them and cleaning off any accumulated debris. If needed, switch out old lamp shades for newer ones that let more light shine through. If inadequate lighting is a problem no matter how many lamps you have, consult with an electrician about installing more overhead and accent lighting.

· **Give rugs and floors a deep cleaning.** Recirculated air may be full of dust and other microscopic particles that end up blowing throughout your home. Also, it's easy to track in dirt and other materials on your shoes that become imbedded in carpeting. At least once a year, rent or enlist the services of carpet and upholstery cleaners to give floors a thorough cleaning. You may be surprised at how clean and fresh a home looks and smells once rugs and carpets are deep-cleaned. You also can make a dry carpet cleaner using baking soda, corn starch and desired fresh herbs for fragrance. Sprinkle and then vacuum up after a few hours.

· **Color-coordinate bookshelves.** Group all books with similarly colored covers together for an instant and eye-appealing look.

· **Simmer some homemade home deodorizer.** In a large pot, boil water and some scented herbs, such as rosemary, citrus rinds, vanilla, or lavender. The aroma will waft through the home, creating a pleasing scent.

· **Invest in new window treatments.** Lightweight draperies or new blinds or shades can transform the look of a room. Be sure to keep curtains and blinds open during the day to maximize the hours of sunlight.

Homeowners can make some simple changes while they're stuck indoors and reap the benefits when the weather warms up again.



KIDS FISHING DAY

May 20, 2017 9 AM-2 PM

Big Cedar Creek, at the Pinnacles, Russell County. Trout stocked by DGIF, no pre-registration required, no charge, kids ages 15 and under

FREE Food, Drinks & Prizes

For info. Call Linda Couch

276-254-0486

KEEP POSTED...

...READ THE NEWS

The Lebanon News

Published Weekly Since 1880

Entered As periodical Postage Paid At

Lebanon, Virginia 24266

Phone 276-889-2112

U.S.P.S. No. 308-400

SUBSCRIPTION RATES

\$29.00 Per Year - In Russell County

\$34.00 Per Year

per year in Surrounding Counties (including Wise, Dickenson, Tazewell, Buchanan and Washington)

\$39.00 Per Year - Out Of Russell County

All communications addressed to The Lebanon News and Intended for publication must be signed by the author and should be in no later than Monday at 11AM for that week's publication. POSTMASTER: Send address changes to The Lebanon News, P.O. Box 1268, Lebanon, VA 24266

Child Abuse Prevention 5K Run And Walk

April 29, 2017, 10:00 a.m. at the Russell County Government Center, \$25. People can pick up registration forms in the lobby of the agency or they can go to our Facebook page: Russell County, VA Department of Social Services and click the blue ribbon icon, which will take them to the event page and they can download a registration form from there.

Eagle's Landing
INSURANCE SERVICES, INC.
Auto • Home • Life • Health • Business • Farm

Jeffrey D McCracken FICF CLCS
Commercial Lines Coverage Specialist
Agency Owner

934 East Main Street Lebanon, VA 24266
Phone 276-415-9966 • Fax 276-415-9968
email: eagleslandinginsuranceservices@gmail.com



Monuments Benches Granite Markers
Mausoleums Bronze Markers Vases
Bronze Plaques Pictures Laser Etchings

Custom Designed Monuments

Birth & Death Date Engraving Also Available
Online Streaming & Video Taping of Funeral Services

Contact Jamie Combs

Combs Funeral Service

www.combsfuneralservice.com

276-206-7801/276-889-4444

Warranties/No Processing Fees/Competitive Prices