



# James H. Cook III

MAR 26, 1986 - MAR 14, 2010



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## **James H. Cook III**

MAR 26, 1986 - MAR 14, 2010

**J**ames H. Cook III, 23 year old son of Jim Cook, Jr. of Fredericksburg and Leslie Chai Cook of Mineral, died Sunday, March 14, 2010.

Jimmy attended Courtland High School where he played football, wrestled, and was a member of the cheerleading squad.

In addition to his parents, and his sister Heather, he is survived by his paternal grandparents, James Sr., and Arlene Cook; his maternal grandparents, Bud and Helen Chai; his uncles, Steve and Kenny Cook, Buddy Chai, Pat McGandy; his aunts, Julie McGandy, Becky Cook and Amy Cook; his cousins, Tommy, Thomas, Brittany, Megan and Reece.

A memorial service celebrating Jimmy's life will be held at 11:00am Friday, March 19, 2010 at Found and Sons Funeral Chapel – Cremation Service, 10719 Courthouse Rd., Fredericksburg.

In lieu of flowers, the family has requested donations be made in his name to the American Foundation for Suicide Prevention at [www.afsp.org](http://www.afsp.org) or send to 120 Wall Street, 22nd floor, New York, NY 10005.



# Events


**James H. Cook III**

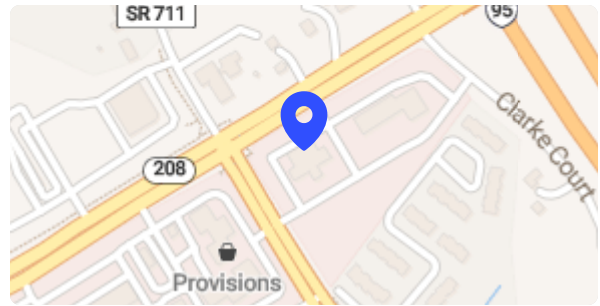
MAR 26, 1986 - MAR 14, 2010

## Service

 **Friday**, March 19, 2010

 11:00 AM ET

 **Found and Sons Funeral Chapel of Fredericksburg**  
10719 Courthouse Road, Fredericksburg VA  
22407





# Tribute Wall

**James H. Cook III**

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**Found And Sons Funeral Chapels - Cremation Service** shared a **Tribute Video**.

March 13 at 8:00 PM



**Aunty Julie** sent a virtual gift in honor of James.

March 14 at 10:35 PM



**Julie Mcgandy** lit a candle in honor of James.

March 15 at 11:05 AM



**Julie Mcgandy** lit a candle in honor of James.

November 16 at 1:53 PM



**Julie Mcgandy** posted:

Hi Jimmy, I just want you to know how much we miss you. There is not a day that goes by without a thought of you. I have been going through all the pictures I have of you from when you were a baby to the last I time I saw you last year. I showed them to your Mom when she was here a couple of weeks ago. It just brought tears. I love you.Aunty Julie

June 30 at 2:20 PM



**Samantha Lanciotti** lit a candle in honor of James.

Candle lit by

April 28 at 5:12 AM





# Tribute Wall

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**Kim Freeland-Gamboa** lit a candle in honor of James.

Candle lit by

April 21 at 3:31 PM



**Nancy Tompkins** posted:

Hi Jimmy, I just want to thank you for being such a special part of our lives. I have loved you ever since you were a little boy. I wish that we had lived closer so that we would have had more time with you, but every moment was a beautiful gift. I will never forget you and Heather running around the range at Camp Pendleton, the time that we all went to Disneyland and you and Sherri were holding hands and laughing most of the day, the times that you, your mom and Heather came to Camp Perry to just hang out with us, our trips to Vegas, you holding me in your arms while I wept over a lost friend when you were only 12 years old, watching Van Helsing with you and the other times that we spent hanging around your house, when you took me for a ride in your fancy race car and scared me to death, when we went to Cedar Point and you and Sherri were the only two brave enough to ride the craziest of roller coasters, your deep gorgeous voice, your beautiful smile and your kindness shown to others. You have blessed all of our lives sweet boy. I will always love you and miss you! Aunt Nancy

April 21 at 2:12 PM



**Julie McGandy** posted:

Jimmy, Today would be your 24th Birthday. Your life was full of loving deeds. You were forever thoughtful of our special needs. You thought nothing of going to Washington to help be with Grandma while Grandpa was in the hospital for several months. You left your friends and your job to be there with them on two occasions, when we could no longer stay. It was a tremendous relief to me to have you there for Grandma and Grandpa I know they loved you being there. I wish you peace and Happy Birthday. I will forever miss you my Jimmy. Today and tomorrow, my whole life through, I will always love you and cherish you. Aloha Nui Loa.Aunty Julie

March 26 at 4:58 PM



**Julie McGandy** lit a candle in honor of James.

Candle lit by

March 26 at 4:38 PM





## Tribute Wall

**James H. Cook III**

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EW

**Edward Walker** lit a candle in honor of James.

Candle lit by

March 19 at 10:34 AM



CD

**Crystal Diaz** posted:

Jimmy I hope you have found peace. I'll always remember our times working together at Texas Steakhouse. You were always so funny and a great co-worker. You will be missed!

March 19 at 9:40 AM

SS

**Scott Sutton** posted:

Jimmy You were always there for me from the day we first met. You were such an AMAZING MAN and the BEST FRIEND anyone could ask for you would do almost anything to get people to smile and laugh and even threaten to beat up people if I needed you to. You were more than just a friend you were a brother to me and my family. We all LOVE YOU Jimmy and You will be missed. I will never forget the kind of man you were and how much you did for me you were such a blessing in anyones life you touched. Your memory will live on in every life that you touched, every person you helped, every crazy thing you did. I will honor your memory by helping those I can like you would and I know you will be missed but we will all see each other again.

March 19 at 8:55 AM

MG

**Megan Goldman** posted:

I went from fourth grade to high school with Jimmy and whenever we ran into each other our "chats" turned into one hour conversations. I am so sorry for the loss of such a young, promising individual. God has people on this earth masquerading as angels and Jimmy was one of them. I will miss him and remember him always. I am so sorry for your loss and send my deepest sympathies. Thinking of you'll. Megan Goldman

March 17 at 8:46 AM

CL

**Christina Lopez** posted:

Miss you so much sweetheart. Hope that you have peace now where you're at.xoxo Christina.

March 16 at 2:51 AM



## Media

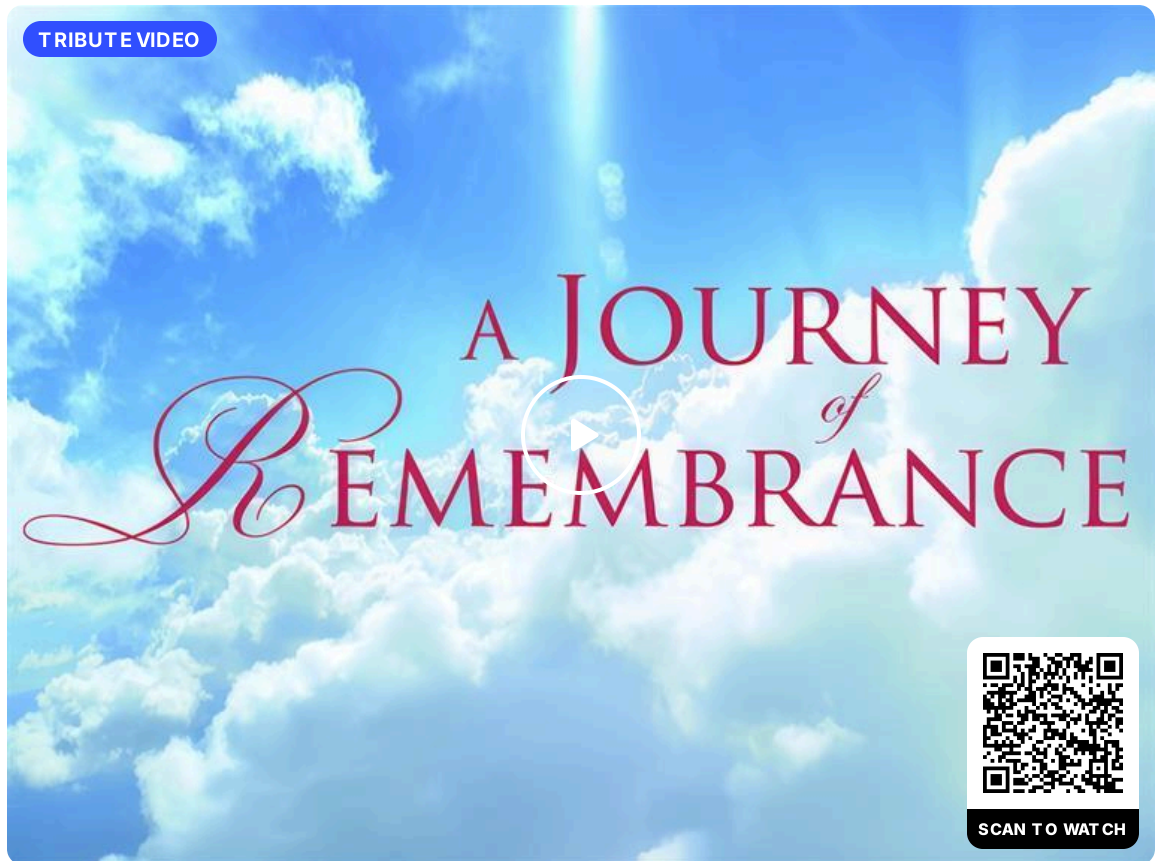
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Found And Sons Funeral Chapels - Cremation Service shared a Tribute Video.

March 13 at 8:00 PM





# Memories only last if you share them

Join us in honoring James by contributing to a collection of shared memories.



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