

OBITUARIES

Alfred Foster Gardener

Alfred Jay Foster, 103, of Conyers, Ga., died Saturday, Jan. 10, 2009. Mr. Foster was born in Blakely Dec. 24, 1905, to the late John Foster Sr. and Ida Hutchins Foster. He was a member of Macedonia Missionary Baptist Church in Savannah, Ga., and a retired gardener, farmer and barber.

He was preceded in death by his wife, Bessie Mae Hollinger Foster; and two children.

Survivors include two sons, Willie Fred Foster of Hollywood, Fla. and Mason Foster and wife Dorothy of Philadelphia, Penn.; one daughter, Delores Foster Amaker and husband Harden of Conyers, Ga.; 13 grandchildren; 34 great-grandchildren; and 39 great-great-grandchildren.

Funeral services were Saturday, Jan. 17, 2009, at Pleasant Grove African Methodist Episcopal Church with Minister Deidre Anderson officiating.

Pallbearers were Bradley Amaker, Eric Slater, Desmond Jackson, Jamall McClain, Joseph Lee and Derrick Foster.

Honorary pallbearers were Willie Fred Foster Sr., Harden Amaker, Mason Foster and Willie Fred Foster Sr.

Murray and Sons Funeral Home was in charge of arrangements.

James Russell Jr. Photographer

James Edward "Jimmy" Russell Jr., 47, of Lawrenceville, Ga., died Monday, Jan. 12, 2009, at his residence.

Mr. Russell was born in Philadelphia, Penn., March 4, 1961, to Lou Frances Russell of Blakely and the late James Edward Russell Sr. He was a member of Cascade United Methodist Church of Atlanta. He was the owner of the photography company, Tillyhawk Productions, Inc.

Survivors, other than his mother, include three aunts, Connie Russell, Rose Russell and Elizabeth Russell, all of Philadelphia, Penn.

Funeral services were Saturday, Jan. 17, 2009, at 1 p.m. at Jerusalem African Methodist Episcopal Church with Rev. Alvetta Butler officiating. Interment followed at St. Maryland Missionary Baptist Church Cemetery.

People's Funeral Home was in charge of arrangements.

Emma McLendon Homemaker

Emma Pearl Stone McLendon, 95, of Edison died Wednesday, Jan. 14, 2009, at Calhoun Nursing Home in Edison.

Mrs. McLendon was born in Chambers County, Ala., Feb. 16, 1913, to the late Elbert K. Stone and Dove Brown Stone. She was a

homemaker and member of Shady Grove Primitive Baptist Church.

She was preceded in death by her husband, Leland E. McLendon; and one daughter, Bobbye Lou McLendon Ditty.

Survivors include one daughter, Phyllis McLendon Smith of Arlington; one son, Marcus McLendon of Louisville, Ga.; five grandchildren, Betty Jo Greer and husband Bob of Albany, Tony Smith and wife Bev of Arlington, Dr. Ann Holland and husband John Barry of Port Arthur, Texas, Keith McLendon and wife Linda and Jan Wasden and husband Ricky, all of Louisville, Ga.; and eight great-grandchildren.

Funeral services were Saturday, Jan. 17, 2009, at 11 a.m. at the chapel of Manry-Jordan-Hodges Funeral Home with Dan Harris, Bill Stone and Mike Newberry officiating. Interment followed at Oak Grove Cemetery in Arlington.

Buddy Wise Retired

Joseph R. "Buddy" Wise, 64, of Blakely died Wednesday, Jan. 14, 2009, at Southeast Alabama Medical Center in Dothan, Ala.

Mr. Wise was born in Elba, Ala., Oct. 24, 1944, to the late Joseph M. Wise and Mary Alice Hughes Wise. He was of the Baptist faith and retired from Mack Electric.

Survivors include his wife, Dale Evans Wise; one daughter, Tonya Gills and husband David of Blakely; one son, Jonathan Wise of Headland, Ala.; one brother, Mark Wise and wife Angie of Thomasville, Ala.; one sister, Mary Jo Bonds of Dothan, Ala.; and three grandchildren, Sabastian Wise and Makayla Wise, both of Dothan, and D.W. Gills of Blakely.

Funeral services were Saturday, Jan. 17, 2009, at 2 p.m. at the chapel of Manry-Jordan-Hodges Funeral Home with Rev. Rick Smith officiating.

Interment followed at Bethel Cemetery.

Pallbearers were Troy Hudson, Harold Hudson, Marlin Evans, Garlin Evans, Dwight Evans and Charles Powell.

Manry-Jordan-Hodges Funeral Home was in charge of arrangements.

Marie Jackson Retired

Marie Louise Marguerite Van Rysselberge Jackson, 67, of Arlington died Saturday, Jan. 17, 2009, at her residence.

Mrs. Jackson was born in Evanston, Ill., May 11, 1941, to the late Jean Francis Van Rysselberge and Marguerite Irene Van Rysselberge Yapple. She was a member of Arlington Baptist Church and retired as Calhoun County Tax Commissioner.

She was preceded in death by one brother, John Pierre Van Rysselberge.

Survivors include her husband, James E. Jackson Jr.; three daughters, Lauri English and husband Mark of Forsyth, Ga., Donna Cook and husband Mike of Leary, and Jenny Payne and husband Bobby of Bishop, Ga.; one son, Steve Jackson and wife Peggy of Arlington; one brother, Charles Henri Van Rysselberge of Charleston, S.C.; and eight grandchildren; Tyler and Ryan English of Forsyth, Ga., Kristin and Clayton Cook of Leary, Robert and Maggy Payne of Bishop, and Madison and Stephen Jackson of Arlington.

Funeral services were Tuesday, Jan. 20, 2009, at 11 a.m. at Arlington Baptist Church with Dr. Gary Hadden officiating. Interment followed at Oak Grove Cemetery.

Pallbearers were Greg Van Rysselberge, Jeff Van Rysselberge, Marc Van Rysselberge, Randy Adams, Ralph Hudgins, Adonis Isler, J.T. Jackson Jr. and Robert Jackson.

Honorary pallbearers were Earl Coston, Wesley Coston, W.A. Isler, Jerry Paul, Jimmy Paul, Ronnie Paul, Brent Potter and Scott Shaw.

Manry-Jordan-Hodges Funeral Home was in charge of arrangements.



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Health Notes

Osteoporosis
by Bob Hall, R.Ph.

Osteoporosis is a disease in which the amount of calcium present in the bones slowly decreases and the bones lose density, becoming thinner and more porous. More than 1.5 million osteoporosis-related fractures occur each year in the United States, and the annual cost to the U.S. health care system is more than \$13.8 billion. These fractures occur about four times more often in women than in men, mostly in older women. One third of American women over the age of 65 will eventually have a spinal fracture, also known as a "vertebral" or "compaction" fracture. Daily exercise and proper nutrition are essential to reduce bone mineral loss. Appropriate hormone replacement therapy is also important. Bone mineral density (BMD) has been found to account for about 60 percent to 80 percent of bone strength. A bone density test is a painless and accurate method of diagnosing osteoporosis.

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