



Loraine Kay Cowdell

June 16, 1958 - October 19, 2022

Loraine Kay Cowdell was born June 16, 1958, in Salt Lake City, Utah to Keith Everard Cowdell and Kittie Laurece Litster Cowdell. She passed away October 19, 2022, in St. George, Utah. She left this life peacefully and exactly as she came into it, free and breezy. She was 64 glorious years young. Her 37-year struggle with Diabetes is finally over. We applaud her approach to life and to death as well.

She was raised in Granger, Utah and went to Granger High School. She was part of the cheerleading team and graduated in 1976.

She attended Dixie College when she wasn't sleeping or recovering from last night's party. While attending college she worked at the Short Stop convenience store. One evening, two young men came in and asked her if she wanted to go to a party. She asked where the party was, and they gave her an address. She exclaimed, "That's my house!"

She had certifications for aerobic instruction, education in dental work making crowns and implants and later in life, she took her insurance exam and became an Agent.

She lived in Des Moines, Iowa, Salt Lake City, Utah, Springdale, Utah and St. George, Utah. One of her deepest desires was to move permanently to the British Virgin Islands.

Early on, she was an aerobics instructor and was featured in Life Magazine. She worked in the food industry for years in some of the premier restaurants of Utah, including manager at The Aire at Snowbird and La Caille. She worked making crowns and implants for teeth for a time and later in life, she worked and retired in the insurance industry. Her favorite job was raising her wonderful son Taylor, and spending time with her beautiful grandchildren, family and friends.

She loved water, especially tropical water. She enjoyed both water and snow skiing. Animals of all kinds brought her joy, but her beloved dogs Charlie and Becca and her cat, Mama Kitty, were her lifelong support. She danced every chance she got, especially in the

rain and to all kinds of music. She loved her family the very most.

She is survived by her only child, Taylor K. Cowdell, two grandchildren Revada Taylyn and Spade Thavin. Mother; Laurece Cowdell, and siblings; Judy L. Fisher (Frank), Kim L. Cowdell (Julie), Mark P. Cowdell (Holly).

She is preceded in death by her father, Keith E. Cowdell, her brother, Kraig J. Cowdell and her grandparents Everard Cowdell and Stella Draper Cowdell, Harold (Ham) Litster and Edna Wilcoxson Litster.

The family would like to thank EVERYONE who has contributed their memories of Loraine and offered kind thoughts and prayers on behalf of all the family.

A celebration of life will be held Sunday, October 30th at 2:00 p.m. in the Tonaquint Park Gazebo. Loraine loved Halloween; it would be fun if any guests would like to dress up in a simple costume.

Some of her ashes will be scattered in her favorite places by family and friends. The remaining ashes will be laid to rest at the Tonaquint Cemetery under her memorial headstone.

Family and friends are invited to share tributes online. Arrangements and memorial tree planting by Serenity Funeral Home of Southern Utah, 435-986-9100.

Previous Events

Celebration of Life

OCT **30**. 2:00 PM (MT)

Tonaquint Park Gazebo
1851 S Dixie Drive
St. George, UT 84770

Tribute Wall

GP

“ So many years ago, but fresh in my memory, swinging Loraine, dancing, and throwing her up on my shoulders. Cheerleading partners and friends. Rest now in peace. Gary Palmer, Westerly RI



Gary Palmer - November 05, 2022 at 09:53 PM



Gary - Thank you for sharing that picture and your memories. She loved that time in her life. Thanks for being part of it.

Judy Fisher - February 12, 2023 at 05:42 PM

“ I'd like to share a few childhood memories of Loraine.

I remember when I was quite young and my friend Becky, a girl I played with sometimes, told me that Loraine was really funny. So I decided I wanted to be friends with her. So I went over to her house and asked if she could play. Her sister Judy answered the door, she was really nice, and she let me in and went and got Loraine.

So Loraine and I became friends. We played for hours on her trampoline. We rode her mini bike; she was driving and I was sitting on the back and we drove through this tall hedge (not on purpose) that was bordering their yard.

She had a peach tree that grew in her back yard. She said when she was little she ate a peach and planted the seed in a place between pavers in their patio. It grew and when she showed it to her Dad he moved it to a better place. It grew some big peaches.

She had this giant playhouse that had a second floor with a built-in ladder leading up to it. It had a hole at the top of the ladder and you could put a piece of wood down to cover it when you got up there. We slept out many times in that playhouse. One time we put a sleeping bag down it and somehow held it around the sides of that hole and jumped into it. We ripped that sleeping bag up. It was fun though. We spent many hours doing this.

We also spent many hours on the second floor of that playhouse drawing pictures and laughing. We would get paper and draw a picture, then on another piece of paper which was blocked so we couldn't see it, we would try to draw it again without looking at our hand, we were just looking at the picture we were trying to draw. We laughed and laughed because the pictures we were drawing without looking turned out so funny.

Loraine was also very strong. Stronger than most kids. She told me about all the pull ups she could do in her elementary school class. She could do more than any kid, even the boys. She quit not because she couldn't do more, because she could have, but because she felt a little self conscious about it.

I ate dinner and sat many times in their family prayers. They kneeled in a circle and held hands. Her mom kept their house so clean and spotless. They took me to church with them many times. I remembered her dogs, Heidi and Poco.

Loraine loved Heidi so much. I can remember her feeding her an onion once. One of the pictures posted of her with her dog looks a bit like Heidi did.

Loraine was so fun to be around. She had a way of making things funner by her nature. To her family, I'm so sorry for your loss. I'm know you will miss her. I'm sure heaven became happier with her presence.

With love, Peggy Kimball Paynter

NI

“ One of the most beautiful souls I've ever known. Singing and dancing for you Rainy.

Niki - October 26, 2022 at 01:37 PM

JF

“ Attached are photo's of our dear Loraine
ENJOY!!!
<https://photos.app.goo.gl/DpVaPoB8sHynysBw7>

Judy Fisher - October 25, 2022 at 10:08 PM

TY

“ Tycia lit a candle in memory of Loraine Kay Cowdell



Tycia - October 25, 2022 at 09:12 AM

SC

“ I worked with Loraine in Springdale. Boy was she fun to be around. Always loved a good time and so beautiful!!!! I am so sorry Laurice and family. You are loved!
Shelley Dennett Cox

Shelley Cox - October 25, 2022 at 12:37 AM