

Kathleen Cantrell Fowler

June 29, 1943 ~ June 13, 2024

Kathleen Cantrell was born on June 29, 1943, in Salt Lake City, to Lucius Milton Cantrell and Thora Ila Hokinson. During her childhood, Kathy's family moved frequently due to her father’s military career. After her father's passing, she gained another father, Bob Columbus, and spent her teenage years in Corpus Christi. Kathy was the middle child, with an older sister, Barbara, and a younger sister, Claudia. As the middle sister, she was the glue that held the trio together, known for her protective and tenacious nature, yet always laid back and quick to forgive.

Kathy married Frederick Fowler in 1970 in Elko, Nevada. Their family settled down in Salt Lake City. Together, they had two children, Jeff and Freddie, and an honorary son, Troy. Kathy was an incredible mother, always supportive and loving. Freddie recalls a time when she caught him piercing his own ear and, rather than judging, showed him the correct way to do it, emphasizing her patient, nurturing and non-judgmental nature.

Kathy moved her family to her dream home in Sandy, Utah to be closer to her sister, Claudia, and to give her sons a larger space in which to call home. Her husband, Frederick, passed away in 1997.

Kathy worked as an insurance agent for Ed D Smith & Sons for several years, where she was known for her dedication and expertise. She balanced her professional life with her role as a loving mother and active church member.

A devout member of The Church of Jesus Christ of Latter-day Saints, Kathy served for years on the compassionate service committee, preparing meals for families who had recently lost loved ones. She also dedicated decades of her life to working in the Jordan River Temple, embodying the values of service and faith.

Kathy loved to laugh and had a wide range of interests, including gardening, and watching films with her family - especially comedies, mysteries, documentaries, and Hallmark films. Kathy was also an avid reader of the scriptures and various spy novels. She enjoyed swimming, sitting in the spa, hiking, and of course attending plays and musicals. She was also a devoted Jazz basketball fan.

In her later years, Kathy's younger sister Claudia moved in with her. The two, affectionately known in the neighborhood as the "Glam Sisters," loved to travel together, frequently flying to San Diego and Hawaii and taking cruises to Alaska and the Caribbean. Their bond was a testament to the strength of sisterly love and companionship.

Kathy remained close with her children throughout her life. She cherished Sunday morning breakfasts with Freddie and even took up a job at the Sandy Costco so she could spend more time with her son Jeff. Kathy also became like a second mother to Claudia’s son, Scott, and an honorary grandmother to his children, Gwen and Theo.

Family gatherings were a highlight for Kathy. Every holiday, she would gather the family at her house where she would prepare elaborate meals, and would show her love by ensuring everyone had a favorite dish. Also, her

thoughtful gifts to them demonstrated how well she observed and recognized her family’s needs and wants. Her family knew they were remembered, wanted, and special to her.

Kathy’s health began to rapidly decline after Claudia’s passing in January 2024. Jeff believed that this was due to her kind heart - she’d stayed strong and healthy to take care of her little sister. Kathy spent her last months in and out of hospitals and health care facilities and passed away surrounded by loved ones in Murray, UT, on Thursday, June 13, 2024.

Kathy is survived by her father, Bob Columbus; sister, Barbara Bigler; sons Jeffery and Fred; nephews and nieces, Scott, Darlene, Karyn, Shanna Joe, and Missy; and grandchildren, Gwendolyn, and Theodore. She is preceded in death by her husband, Fred Fowler, and her sister Claudia Silver.

A viewing will be held on Friday, June 21, 2024, at Larkin Sunset Gardens in Sandy from 6 PM to 8 PM. Funeral services will take place at the Crescent 16th Ward Building at 275 East 10600 South in Sandy on Saturday, June 22, 2024, with a viewing from 10 AM to 10:45 AM, followed by the funeral service in the chapel at 11 AM.