Shannon Mills Fredrickson O\Neal

August 24, 1952 ~ November 1, 2017

Shannon Mills Fredrickson O'Neal died Wednesday, November 1, 2017 from complications related to Alzheimer's and dementia. Shannon was born on August 24, 1952 in Roosevelt, UT to Clair and Faye Mills. Shannon graduated from Skyline High School. After high school, Shannon worked in several industries, including work with a phone company, as a real estate professional, a sales person and as a graphic design artist. Shannon also owned her own cattle ranch and loved spending time doing chores on the ranch and taking care of her animals.

Shannon married Lynn Deal and the two of them had one son together, James \"Tommy\" Thomas . The two later divorced. Later in her life, Shannon married Newell Fredrickson. Shannon and Newell had one daughter, Shayane. Shannon and Newell eventually divorced.

Shannon had many hobbies and enjoyed traveling. Shannon loved to dance and enjoyed spinning wool and sewing. She also loved to celebrate the holidays with her friends and family, with Christmas time being her favorite.

Over the last twelve years, Shannon enjoyed spending time with her boyfriend and companion, Willie T. Southern. Shannon and Willie like to travel together, visit family and friends and garden together.

Shannon is survived by her son and daughter, Tommy and Shayane, two sisters, Sondra Frommelt and Sharma Brannan. Shannon is preceded in death by her parents Clair and Faye Mills.

At her request, no funeral services will be held.