



## Tamara Cantrell

April 8, 1959 - May 30, 2026

Tamara Cantrell passed away peacefully at home on May 30, 2026. Tamara was a native of Wise County, VA, and the daughter of the late Shirley and Darrell Lowery. She was a graduate of Pound High School. She was preceded in death by her parents and her fiancé, James (Jimmy) Church.

Surviving are her son and daughter-in-law, Daniel & Amber Cantrell of Weaverville, NC; son, Christopher (Toe) Cantrell of Pound, VA; grandson, Elijah Cantrell; brother and sister-in-law, Darren & Nicole Lowery, of Hilo, HI; sister and brother-in-law, Angita & John Szelesta, Gretna, VA; uncle, Kenny Mullins (Dee) of Clintwood, VA; nieces and nephews, Stan Crowder (Vanessa), Jason Fleming (Melissa), Darian Carico (Jacob); special great niece, Mia Carico; and cousin Amanda Phillips (Billy).

Tamara loved her family and friends as big as the sun, the moon, and the stars throughout her life on Earth. She will be remembered for her beautiful laugh, her generous spirit, and the way she made others feel welcomed and valued. Tamara never met a stranger; she greeted everyone with genuine kindness and an open heart. She had a deep love for animals, especially her beloved poodle boys, Elliott and Winston, who brought her endless joy and companionship. Even in her passing, Tamara continued to care for others through her selfless decision to be an organ donor. In her memory, she would encourage others to consider giving the gift of life through organ donation.

A special thank you to Stacy and Kelly Sturgill, Kimberly Boggs, Missy Fleming, and Lee and Ashley Beverly. In lieu of flowers, memorials to PAWS

of Southwest Virginia, at PO Box 576, Coeburn, Virginia 24230, or online [pawsofswva.org](http://pawsofswva.org).

Visitation will be held on Friday, June 12 from 5:00 to 7:00 PM at the Mullins Funeral Home Chapel.

# Previous Events

## Visitation

JUN 12. 5:00 PM - 7:00 PM (ET)

Mullins Funeral Home Chapel  
210 Main St.  
Clintwood, VA 24228

# Tribute Wall



“ Mullins Funeral Home and Crematory created a Tribute Video in memory of Tamara Cantrell



Mullins Funeral Home and Crematory - June 08 at 01:59 PM



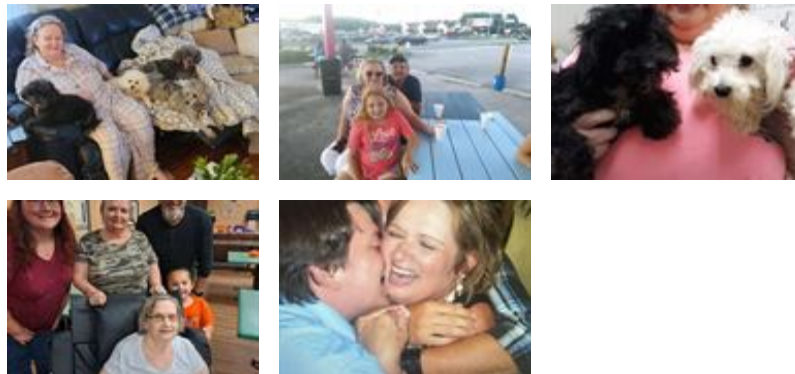
“ Armstrong & Associates, Inc. purchased the Heavenly Heights Bouquet for the family of Tamara Cantrell.



Armstrong & Associates, Inc. - June 11 at 04:32 PM



“ 35 files added to the album Life Tributes



Mullins Funeral Home and Crematory - June 08 at 01:32 PM

BP

“ My Mom (Jean Hensley) and I have many happy and fond memories of Tamara and her parents, as well as Angita and Darren. We are so sorry to hear of her passing and wanted to let you all know you are in our thoughts and prayers! Bridget Hensley Pilkenton

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**Bridget Pilkenton** - June 06 at 11:16 AM

NS

“ Nathan And Melissa Stanley sent a virtual gift in memory of Tamara Cantrell



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**Nathan and Melissa Stanley** - June 03 at 06:35 PM

MB

“ This breaks my heart. We had many updates and downs but she was a treasure to me. I will always love her and the memories we shared. Praying for the family

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**Meggan Balthis** - June 03 at 10:39 AM

EB

“ So sorry to hear of Tamara's passing!  
Emory and Connie Browning

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**Emory&Connie Browning** - June 03 at 10:02 AM

GH

“ Tamara was a wonderful person. She was so kind to our family during my mother-in-law, Janice Hamilton's, illness and passing. We will never forget her kindness and loving care. Love and prayers to her family!!



Glenna Boggs Hamilton - June 02 at 09:12 PM

KM

“ Prayers for her family! I will miss my friend!

Karen Meade - June 02 at 03:03 PM

VS

“ I will miss this beautiful soul. She and I have laughed until our sides hurt, cried until we couldn't cry anymore and cheered each other on over the years. To her family, I'm so sorry, I hope God will give you comfort in the coming days, weeks and months that only He can give.

vickie schroder - June 02 at 11:07 AM

RM

“ Roma Mullins lit a candle in memory of Tamara Cantrell



Roma Mullins - June 02 at 09:37 AM

DW

“ *Don Wallace lit a candle in memory of Tamara Cantrell*



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**Don Wallace** - June 02 at 09:34 AM

SS

“ *Tamara was like a big sister to me, and losing her has been heart shattering. She was bossy, and hard headed, but would give you anything she had. The last time she felt well enough to go out, we went for haircuts. We got soaked by the rain, but shared a lot of laughs. I am so thankful for our friendship. God bless her friends and family.*



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**Stacy Sturgill** - June 01 at 06:40 PM