



## 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, Jimmy Cantrell.

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).

Services are to be held at a later date.