



Ms. Sandra Lavern Howard

September 4, 1958 - May 15, 2026

Sandra L. Howard was born on September 4, 1958, in Lexington, to the late Ross W. Cowan and Alberta Cowan. She was educated at Lafayette High School as a member of the Class of 1976.

Sandra was affectionately known by family and friends as “Sandy.” She was a devoted member of Historic Pleasant Green Missionary Baptist Church. In addition to her parents, she was preceded in death by her sisters, Terry “Peaches” Cowan, Connie Cowan, and Doris Jean “Abby” Cowan.

She leaves to cherish her memory two sons, Laron T. Cowan (Nena Bowie) and LaRoss T. Howard (Tempress McCleod). She also leaves the father of her children, Ronald Howard; Nine grandchildren: Kiorie Howard, Malaysia Howard, Lamharii Howard, Tyirr Howard, Traemharr King, Kauree Stigall, Kariynn Stigall, Zhuri Smith and Byron Smith ; one brother, Ros’selle Cowan (Pastor Ragina Cowan); and one sister, Sadelia Cowan.

She also leaves a special cousin, Walter Williams; two special nieces, Kimbley Watkins and Pecola Cowan; and a special great-niece, Antyana Cowan, along with a host of other nieces, nephews, cousins, and friends, including her GE friends and the Southend neighborhood community.

Sandy will be deeply missed by all who knew and loved her.

Cemetery Details

Evergreen Memory Gardens

Paris, KY

Upcoming Events

Visitation

MAY 22. 11:00 AM - 1:00 PM (ET)

Historic Pleasant Green Missionary Baptist Church
540 W Maxwell St
Lexington, KY 40508-2548
(859) 254-7387

Funeral Service

MAY 22. 1:00 PM (ET)

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540 W Maxwell St
Lexington, KY 40508-2548
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Tribute Wall

JB

“ To Sandy's fear family. She was a dear friend I worked w the last years at GE. She was a joy to work with. We always talked of family, and she loved her sons and grandkids. She was a special sweet friend and I send prayers to her family and friends especially on the days ahead.

Jenny Boone - Yesterday at 05:00 PM

CW

“ I love you so much Aunt Sandy, Give Granny Connie a kiss for me and. Aunt Abby and my paw paw.

Love Char and Wheatboyz But I am also going to look into that assistance for you and I'll make sure I get you out any information.

Charisse wheat - Yesterday at 12:59 PM

MB

“ Sending Prayer's to the family Mr.&Mrs Kurt Bailey



Mr.& Mrs.Kurt Bailey - May 18 at 11:39 PM

KW

Aunt Sandy,this just doesn't seem real, I will forever love and miss you, and I will stay close to LaRon and LaRoss . Until we meet again.

Kim Watkins - Yesterday at 08:14 PM