



# James Thomas Cowgill Jr.

MAR 23, 1970 - FEB 10, 2023



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**J**ames Thomas Cowgill, Jr  
March 23, 1970 - February 10, 2023

Miami, Florida - Born in Fort Lauderdale, FL to James and Lourdes Cowgill. Jim passed away at home after a courageous five year battle with ALS.

Jim grew up in Fort Lauderdale and was a "lifer" (pre-K to 12th) at Pine Crest Preparatory School, where he graduated in 1988. He was honored with membership in Cum Laude for his academic achievements and was an All State goalie for the varsity soccer team.

He became a lifelong Cavalier, graduating from the University of Virginia in 1992. Jim entered the brotherhood of Delta Sigma Phi where he made lifelong friends (YITBOS). At UVA, he met the love of his life Marlene Fayette. They wed in 1993 and enjoyed 29 years of love and laughter. He earned a Master's degree in Public Administration from FAU and later became a Certified Public Accountant and a Certified Managerial Accountant. He was a member of the Institute of Management Accountants. Always pushing himself to continue learning, he completed a graduate certificate in Business Leadership in Independent Schools from Johns Hopkins University.

After occupying positions in alumni relations and business affairs at Pine Crest, he became the Chief Financial Officer. He was recruited for the same position at Ransom Everglades School, where he served until his illness caused him to retire. He became a father to his greatest sources of joy; James III and Ashlyn. Happily becoming a supporter and champion of their various interests and achievements. Jim, his wife, children, and parents were active members of St. Sebastian Catholic Church in Fort Lauderdale until they moved to Miami. Jim volunteered on the parish finance committee, taught Pre-Cana classes, and lent a hand for various fundraisers. His love of soccer was shared with many through his volunteer coaching



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at Holiday Park and as middle school coach at Pine Crest school.

Jim quickly conquered the technology needed for him to communicate using only his eye gaze. He created his blog (Better Living With ALS), became a viral Twitter contributor, took online religious classes through Notre Dame, and helped develop new eye gaze technology.

Jim will be forever known as a terrific husband, father, son, brother (both biologically and fraternally), friend, coworker, boss, coach, and neighbor.

Additionally survived by his parents, Lourdes and Jim Cowgill, sister Lourdes Cowgill Janssen (Herb), aunt and uncle Elena and Jose DelAlamo, sisters and brothers in-laws, nieces, nephews, great nieces and nephews, and friends that were like family.

A Celebration of Life on Friday February 24, 2023 at 4pm. A reception (aka; "happy hour") will follow at the church hall. Jim specifically asked for a joyful celebration and personally planned the details for the Mass and reception before his passing. No black clothing please, UVA clothing and fishing attire encouraged.

In lieu of flowers, donations can be made to Team Gleason, a 501(c)(3) organization, ([teamgleason.org](http://teamgleason.org)) to support those currently living with ALS.




# Events


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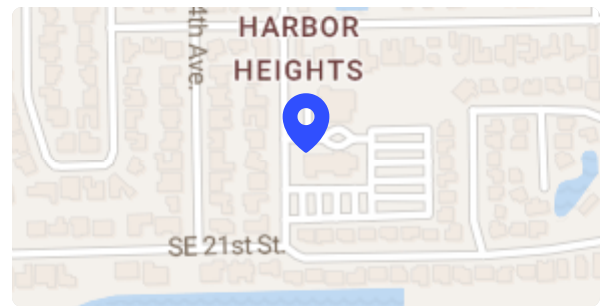
## Celebration of Life Service

 **Friday**, February 24, 2023

 4:00 PM - 10:00 PM ET

 **St. Sebastian Catholic Church**  
2000 SE 25th Ave, (Marietta Drive), Ft. Lauderdale  
FL 33316

 \*\*\*\*Reception to follow in parish center\*\*\*\*





## Tribute Wall

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**Rob Nigro** posted:

Lourdes, I was very sad to hear yesterday from my mother about your brother's death, and his long struggle with ALS. Nowwithstanding what must have been substantial challenges, it sounds like Jim led a very fulfilling, productive, and happy life, and I guess that's about all anyone could really hope to meaningfully achieve. I have fond memories of knowing you, your brother, and your family during my days at Pine Crest; my profound condolences to you all, along with sincere wishes that Jim's spirit remains and comforts all who were lucky enough to know him and share in his life. All best, Rob Nigro

March 5 at 5:11 AM



## **Memories only last if you share them**

Join us in honoring James by contributing to a collection of shared memories.



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