



Gretchen Anne Carow

December 20, 1993 - February 7, 2014

Gretchen Anne Carow, 20 of Ft. Collins died in Grand Junction on February 7, 2014. Gretchen was born on December 2, 1993 in Ft. Collins to Stephen Carow and Diane Gahagan Carow. Gretchen was a great competitor, running cross-country and track at Ft. Collins High School before graduating in 2012. She was most recently attending Colorado Mesa University in Grand Junction where she was a member of the cycling team. She enjoyed volunteering in the emergency room at St. Mary's hospital and tutoring chemistry and physics at Colorado Mesa, but most of all she enjoyed spending time with her family, camping and hiking and snowboarding in the Colorado mountains. Grete was especially known for her warm and generous nature and her smile that lit up a room. We will always cherish the times we spent together and she will be forever in our hearts. Survivors include her parents Stephen and Diane Carow of Ft. Collins; two brothers, Peter Carow of Houston, Texas and Erik Carow of Ft. Collins; grandparents, Dr. Thomas and Mary Gahagan of Naples, Florida, and many aunts, uncles, and cousins throughout the United States. Gretchen was preceded in death by her sister, Kristen Carow. A memorial service will be held, Tuesday, 1 p.m. at Bohlender Funeral Chapel.

Tribute Wall

MG

“ My dear Diane, Steve, Erik and Peter, We are so deeply saddened for the loss of our dear Gretchen. It has been a horrible nightmare for a month now and we just can't believe she is gone. Grete was full of life, love and so much happiness. Grete loved her family and dear Max, her Golden Retriever. We will miss her terribly and are so sad for the emptiness we feel in our family.. You raised a beautiful daughter who brought Joy to all who knew her and loved her. We are so proud of you dear ones. May all the wonderful memories you share bring you peace at this incredibly difficult time. May peace be with our family Love and Blessings Grandma and Grandpa

Mary Gahagan - March 11, 2014 at 12:00 AM

CC

“ You most likely do not remember our name, but Gretchen played soccer with our daughter Hannah in 4th grade. It was our first year in Fort Collins and Gretchen made Hannah feel welcome. We will always appreciate her kind actions and giving nature. You are in our prayers now. Ron, Cindy and Hannah Carrington

Cindy Carrington - February 26, 2014 at 12:00 AM

LM

“ My heartfelt condolences to the family. May your many precious memories and the loving support of God and family help to bring you comfort and peace. Romans 15:33

Linda Martin - February 25, 2014 at 12:00 AM

BM

“ Steve and family, my deepest condolences at your loss. My prayers are with you.

Bob Miller - February 16, 2014 at 12:00 AM

HS

“ *Helen And Jack Stephens formerly of Naples, Fl share our sorrow at the loss of Gretchen.*

Helen /Jack Stephens - February 14, 2014 at 12:00 AM

CA

“ *My prayers and sympathy are with you and your family during this time of sorrow for the loss of Gretchen. May her memory be eternal.*

Connie Austin - February 14, 2014 at 12:00 AM

DD

“ *Diane, I am so,so sorry to hear about Gretchen. My heart goes out to you and your family. Please know that you are in my thoughts and prayers!*

Dr. Mark Darling - February 13, 2014 at 12:00 AM

AS

“ *Steve, Diane, Peter, and Erik, I am deeply saddened by the news of Gretchen. I always enjoyed talking to her about her future plans. She was such an intelligent girl, she could have done anything she wanted. I can't imagine the immense loss you are feeling right now, but I hope you find some comfort in knowing that prayers are being lifted up for your family. By the way, she was one of my favorite patients.*

Abby Schoonover - February 13, 2014 at 12:00 AM

KF

“ There are no words. Your grief unspeakable. Our hearts are so very heavy for you all for your loss. We reach out to you with open hearts and open arms - we only wish we could help ease your pain. Gretchen was a brilliant bright beautiful star here on earth - she touched our lives amongst so many others. We are so very sad and so very sorry - all our love - Tina, Kendall and Julianne Scavo

Ken Scavo Family - February 13, 2014 at 12:00 AM

GD

“ We offer you our deepest sympathy on the loss of Gretchen. She was a kind caring person - we knew her through our Granddaughter Ariana on the cycling team at CMU. Gretchen will be remembered by everyone whose life she touched. Gary and Renata Dittmer Woodbridge, Virginia

Gary Dittmer - February 11, 2014 at 12:00 AM

WM

“ Steve, Diane and family, Our thoughts and prayers are with at this time of your sorrow.

Wayne and Paula McNulty - February 11, 2014 at 12:00 AM

SO

“ Dear Diane, Steve, Peter, Erik and family, We are so sorry to hear about Gretchen. Our thoughts will be with you often. Sincerely,

Sue, Tom, Matt, Greg, Nadine and Jake Oliver - February 11, 2014 at 12:00 AM

MC

“ Steve and family, Words cannot express how sorry we are for your loss. You and your family are in our thoughts and prayers.

Mike and Gloria Coleman - February 11, 2014 at 12:00 AM

GM

“ Diane and Family, I am so sorry for your loss. My thoughts and prayers for comfort and strength are with you.

Glenn Mitchell - February 11, 2014 at 12:00 AM

MM

“ Steve, Diane, Peter, Erik, Tom & Mary, Our thoughts are with all of you. Our hearts are breaking for the loss of Gretchen: beloved daughter, sister, grand-daughter & kind friend to many. Mary Ann & Family

Mary Ann Michels - February 11, 2014 at 12:00 AM

RD

“ Dear Stephen, Diane, Peter, Erik, Tom, Mary and all who were close to and loved Gretchen, we know she was a wonderful loving girl and will be dearly missed. With heartfelt sympathy and love, we are deeply sorry for your loss. Ralph and Sue Dotson

Ralph and Sue Dotson - February 11, 2014 at 12:00 AM

DH

“ We will miss Gretchen and her gentle spirit. I know Erin enjoyed spending time with Gretchen and valued their friendship. She especially enjoyed visiting the Stupa with her. Please know that Erin wanted to attend the memorial service for Gretchen but for several reasons wasn't able to get here from Iowa. We will remember Gretchen as a very kind friend, a dedicated athlete and as an intelligent, giving person.

Debra Hooker - February 11, 2014 at 12:00 AM

DD

“ Steve and Diane, I am so sorry for you loss. I am keeping the Carow family in my thoughts and prayers.

Drew Davis - February 11, 2014 at 12:00 AM

JL

“ DEEPEST condolences. I can't even begin to imagine the depths of your loss, but will be hoping and praying for you and your family.

John Lee - February 11, 2014 at 12:00 AM

SF

“ Words cannot express the sorrow and pain you must be feeling, and our sympathy for your family. Gretchen was a remarkable young lady, and it's clear from reading the entries that she impacted many people in a positive way during her too brief time with us. May the memories of the times you shared bring you a small measure of peace during this time of sorrow...

Schonfeld Family - February 11, 2014 at 12:00 AM

WD

“ I am so sorry for your loss. Please accept my deepest condolences, and know my thoughts are with you and your family.

Wendy D'Erchia - February 11, 2014 at 12:00 AM

MB

“ Steve and family, I am so sorry for your families loss. She was a very talented and beautiful young lady - and I always enjoy hearing about how special she is and the times you spent together. My prayer and thoughts are with you and your family.

Mona Bhowmik - February 11, 2014 at 12:00 AM

KK

“ I am so sorry the loss of your young child and sister. may God Bless your family

kristine kirkwood - February 11, 2014 at 12:00 AM

PM

“ So very sorry to hear of the loss of your precious Gretchen; be sure to take extra special care of yourselves at this difficult time.

Patsi Maroney - February 11, 2014 at 12:00 AM

BF

“ Steve, Diane, Erik, & Family, We are all at a loss of words and heavy with sorrow. Trey shared that Gretchen was one of the first people to extend a hand of friendship when we moved to Colorado. It was a giant step in making Fort Collins and our neighborhood home. We will always remember Gretchen's warmth, intelligence, smile, and love for others. This made her an exceptional young woman, friend and teammate and we celebrate her life in the midst of loss. The Seale Family

Bob & Rosalyn Seale & Family - February 11, 2014 at 12:00 AM

RR

“ Perrie and I are very sorry for your loss. Please let us know if there is anything you need.

Rick Rohlfs - February 11, 2014 at 12:00 AM

JA

“ We are so saddened by the loss of your beloved Gretchen. Our thoughts and prayers are forever with all four of you. Joe, Michelle and the boys.

Joe Ahlbrandt - February 10, 2014 at 12:00 AM

EL

“ Steve and Diane, We are so saddened to hear of the loss of your little girl. You are so proud of her Steve, and spoke often of Gretchen. May your memories, family, and friends comfort you as you grieve. God bless, Efren and Vicki

Efren and Vicki Lucero - February 10, 2014 at 12:00 AM

ME

“ Diane, Steve, Peter and Eric, grandparents I Mary and Tom, Our thoughts and prayers are with you. Even though I never met Grete I feel we know her thru her loving grandparents. They were so proud of her. I'm sure you have so many happy memories to keep her in your hearts forever. Our condolences! MaryAnn and Charlie Eytel

MaryAnn &Charlie Eytel - February 10, 2014 at 12:00 AM

BD

“ This is some of the worst news that I've ever had to receive, Grete. I couldn't believe it when I got the call on Saturday. There was no way someone as strong and talented as you were that could have left this life so soon. Memories of you have flooded my thoughts lately and I couldn't help but laugh at the time that we got in that fight in the sandbox in your backyard over that pink bucket. I know you'll know exactly what I'm talking about. : I also remember busting our butts to sell as many girl scout cookies that we could, setting up lemonade stands on the corner of the cul-de-sac, and running around your house like a bunch of hooligans. You truly were a great friend and I regret our falling out over the years. I only hope that you know how much I admired you for your determination and how could always light up a room. You truly were an amazing person that impacted so many other people. I hope that wherever you are, you're happy. Rest in paradise... I'll miss you, Gretchen.

Brittany Drake - February 10, 2014 at 12:00 AM

RF

“ Tom, Mary and the Carow family, We are so sorry to hear of the loss of your sweet granddaughter/daughter Gretchen. Our hearts ache for you at this difficult time. You are all in our prayers. Bob, Cheri, Travis, Cody, Brittany and Savanna

Romine Family - February 10, 2014 at 12:00 AM

IK

“ We are so sorry for your loss. Gretchen will be greatly missed by all of us. We don't think any words can adequately describe the loss of a son or daughter who is so young. We remember seeing her in our little, "Barbie" Jeep with our son Adam, when she was so tiny, then our meeting last Fall where we shared breakfast with you guys. She had grown into such a beautiful young woman and we were thinking of all the possibilities for her future. We pray that you get all the help you may need to work out some comfort and closure. Please let us know if we can do anything for you and your family.

Ingrid and Paul Kattnig - February 10, 2014 at 12:00 AM

EH

“ Steve and family, My deepest condolences to you and your family. I hope that some of your fond memories will help you and your family as you walk through this time of loss. Elaine

Elaine den Hoed - February 10, 2014 at 12:00 AM

AL

“ Our sincere condolences to you and your family. You are all in our thoughts and prayers. From, Alyssa and family

Alyssa Lemos - February 10, 2014 at 12:00 AM

SM

“ *Carow Family, We were so very sad to hear of Gretchen's passing. You all will be in our thoughts and prayers in the days to come.*

Scott & Suzanne McCarthy - February 10, 2014 at 12:00 AM

DS

“ *I am very sorry to hear about Gretchen. I know, first hand, how proud of her you were Steve. So very sorry!*

David Switzer - February 10, 2014 at 12:00 AM

TO

“ *Steve, Diane, Peter & Erik, Your family is in our thoughts and prayers as you grieve the loss of Gretchen. She was one of the sweetest girls we have ever met. We will always remember her bright smile. We hope wonderful family memories help bring you peace during this difficult time.*

Tia, Tori & Grayson Oblender - February 10, 2014 at 12:00 AM

DP

“ *Prayers for the family.*

Daniel Pace - February 10, 2014 at 12:00 AM

LM

“ *Carow Family, We are truly sorry for your loss. We wish you much strength during these extremely difficult times. Our hearts hurt for you. We are wishing you all the best. Kenny, Lisa, Rachel, Jenna and Sander*

Lisa Malmquist - February 10, 2014 at 12:00 AM

MR

“ We are deeply saddened at the loss of your daughter. You are in our thoughts and prayers. Michael, Jessica, Blanca, and Ignacio Lobato-Roberts

Michael Roberts - February 10, 2014 at 12:00 AM

RR

“ Steve, Diane and Family - I can't even imagine what you all must be going through right now. My heart hurts for you all. My thoughts and prayers are with you during this difficult time. With My Deepest Sympathy, Rhonda

Rhonda Ross - February 10, 2014 at 12:00 AM

JS

“ I'm so sorry for your loss. your family is in my thoughts and prayers. Jamie

Jamie Sheridan - February 10, 2014 at 12:00 AM

DN

“ Steve, Diane, Peter and Erik, We are so sorry and sad to hear about Gretchen. Please know that we are thinking of you and praying for you and your family. Denise, Doug, Mike, Matt and Jenny

Denise and Doug Nagle - February 10, 2014 at 12:00 AM

PK

“ Steve, Diane, Peter, Erik & extended family, Our condolences over the loss of Gretchen. You are in our thoughts & prayers during these difficult days. Pam & Rebecca Kirby

Pam Kirby - February 10, 2014 at 12:00 AM

JF

“ *Carow Family: We are profoundly saddened by the loss of Gretchen. Words can't possible express our sorrow. We are crying and hurting with you... Monica Jonathan*

Jonathan Monica Franco - February 10, 2014 at 12:00 AM

JC

“ *Diane and family: I cannot begin to even come close to imagining what are you going through. It hurts profoundly to hear this news. Please know that my prayers are with you. May GOD bless your family and give you all the strength you need.*

Jorge Christian - February 10, 2014 at 12:00 AM

BH

“ *We would like to send our prayers to the family. We have lived by you for many years and our kids have spent hours and hours days and days playing together. We have lived on a street that housed 23 wonderful children and the memories will be here forever. Gretchen was a wonderful young lady with a Hugh smile a big heart. She will forever live in our family circle. There are no words to feel your sorrow but we hope your family knows how many of us care about you. May god help your hearts heal a little everyday.*

Barbara Harner - February 10, 2014 at 12:00 AM

JL

“ *My heart goes out to you and your family. May you find comfort with your family and friends.*

Josie Linnebur - February 10, 2014 at 12:00 AM

DN

“ *Diane and Family, I am terribly sorry to hear about Gretchen. No words can help this pain. My prayers are with you and your family. With a very heavy heart - Danny*

Danny Nelson - February 10, 2014 at 12:00 AM

ER

“ *Gretchen was a remarkable person--one of the most intelligent, gifted, funny, warm individuals I've ever had the pleasure of knowing. She was selfless, kind and loving. I don't know if she ever knew this but she changed my life. I met her when I was broken, embarrassed, and full of self-doubt. She encouraged me, changed me, and helped me grow as a person. I will forever carry her in my heart and miss her every day. Steve, Diane, I am so sorry for your loss. But you should know that you raised a remarkable girl and she impacted lives at every turn. Although her time on this earth was too short, she made more of a difference than some of us do in 80 years. My thoughts are with you.*

Emily Roberts - February 09, 2014 at 12:00 AM

PH

“ *Our deepest sympathy and love goes to Gretchen's entire family. While I didn't personally know Gretchen, I believe that I got to know her beautiful spirit through all the wonderful things her proud grandmother Mary would relate about her strong character, her remarkable achievements, her desire to help others & her deep love of nature, family & friends. God bless Gretchen & all who knew & loved her.*

Phyllis & Jim Harris - February 09, 2014 at 12:00 AM

MM

“ There are no words for this loss. Please know you are in my thoughts and prayers.

Marsha McKamey - February 09, 2014 at 12:00 AM

DV

“ Steve & Diane, Our hearts and prayers go out to you and your family in this very difficult time. There are no words to ease the pain in your hearts but hopefully knowing you have friends and family thinking about you, praying for you, will provide some comfort. God Bless You, Dennis

Dennis Varnon - February 09, 2014 at 12:00 AM

SI

“ Steve, Diane, Peter & Erik - I so wish I could provide the perfect words to ease your pain in the loss of Gretchen. While I didn't know her personally, I know she made you proud, was well loved and a delight to all. Please accept my sincere sympathies.

Sonja Isakson - February 09, 2014 at 12:00 AM

JM

“ Steve, Diane, Peter, and Erik, My heart breaks knowing that you are in so much pain. Gretchen touched the lives of so many in such a beautiful and positive way. You are in our thoughts and prayers.
Jamie and Keaton Mekelburg

Jamie and Keaton Mekelburg - February 09, 2014 at 12:00 AM

JM

“ Steve, Diane, Peter, and Erik, My heart breaks knowing that you are in so much pain. Gretchen touched the lives of so many in such a beautiful and positive way. You are in our thoughts and prayers.
Jamie and Keaton Mekelburg

Jamie and Keaton Mekelburg - February 09, 2014 at 12:00 AM

HT

“ I was shocked and saddened to hear of Gretchen's passing. She and my daughter Alison were friends on the FAST swim team and also on various club volleyball teams. I always remember Gretchen being up for any competition and she never seemed too stressed about the games. She was one of the few kids who actually seemed to like to play the sport rather than playing only to win and advance. Alison saw Gretchen and her family last spring when they hosted their Rotary student. I remember her commenting when she got home how nice Gretchen and her family were. We will all miss you, Gretchen. I'm thinking of you and your wonderful parents and siblings. Heather Tyler

Heather Tyler - February 09, 2014 at 12:00 AM

VW

“ I do not know your daughter or family, but I caught the fact that she was a CMU student. My daughter remains there after grad. I cannot imagine writing my own daughter's obit. I read your daughter's obit. and was struck with the unfairness, tragedy, sadness and how no parent should have to write their child's obit. Then I finished reading and learned that she was preceded in death by her sister. I cannot imagine the pain that you and your husband and the rest of your family are experiencing. On the hardest of days, and there will be many, wrap your memories around you like a favorite blanket. The children might not be our whole lives, they can/do make our lives whole.

VICKI WITMER - February 09, 2014 at 12:00 AM

ST

“ *The bond you and Grete had cannot be broken. She will always be in your heart. And you will meet again. Diane, and family, I am very sorry for your loss. With deepest sympathy, Stephanie*

Stephanie - February 09, 2014 at 12:00 AM

KR

“ *Our deepest sympathy to Steve, Diane, Erik and Peter. Our hearts ache for you and the rest of your family. Please let us know if we can be of help in any way. Mike, Kathryn, Amy and Austin*

Kathryn Rudd - February 09, 2014 at 12:00 AM

JW

“ *Carow family, I just wanted you all to know how great of a family you guys are. All of you, Gretchen included, are some of the most genuine, fun loving people I know. We are very sorry to hear about your loss. We will certainly keep your family in our prayers.*

Jordan and Brooklyn Wild - February 09, 2014 at 12:00 AM

JM

“ *Steve, Diane, Peter, and Erik, My heart breaks knowing that you are in so much pain. Gretchen touched the lives of so many in such a beautiful and positive way. You are in our thoughts and prayers. Jamie and Keaton Mekelburg*

Jamie and Keaton Mekelburg - February 09, 2014 at 12:00 AM

JM

“ Steve, Diane, Peter, and Erik, My heart breaks knowing that you are in so much pain. Gretchen touched the lives of so many in such a beautiful and positive way. You are in our thoughts and prayers.
Jamie and Keaton Mekelburg

Jamie and Keaton Mekelburg - February 09, 2014 at 12:00 AM

RB

“ We are so sorry to hear of Gretchen's passing, and our thoughts are with you and your family. Rick, Kris and Nic Blas

Rick and Kris Blas - February 09, 2014 at 12:00 AM

RL

“ Steve, Diane, Peter, & Erik: Our thoughts and best wishes are with you and your family. There are just no words for this. Our hearts are broken with this loss. Gretchen will always be remembered.

Ron & Debbie Lazzarini - February 09, 2014 at 12:00 AM

KB

“ Gretchen will be greatly missed. I will always remember how easily she could crack a joke and make everyone laugh. I'll always remember her with a great big smile lighting up her face. I send my thoughts and prayers to her family while they remember her, and I hope she has found peace.

Kelly Binns - February 09, 2014 at 12:00 AM

KA

“ I have nothing but happy memories of Gretchen. She was one of the greatest friends I've ever had. I still have the best friends key chain we bought on our trip to Durango. It meant so much I brought it to college. I'll always cherish the times we had together. I'll always be your mushu.

Kayla - February 09, 2014 at 12:00 AM