



Benjamin Taylor Cowherd

October 1, 1987 - June 10, 2023

Benjamin Taylor Cowherd, 35, was born October 1, 1987, in Frankfort, Kentucky to Mary Jane and Lee Cowherd. He died June 10, 2023, in Nashville, Tennessee.

After graduating in 2005 from Frankfort High School, Ben's love of music took him to Nashville where he studied commercial music at Belmont University and audio engineering at SAE Institute. In Nashville, Ben found his calling.

As an audio engineer, Ben's job was to make other peoples' music sound good. He worked with young up-and-coming musicians as well as seasoned pros, yet he treated the newest songwriter in town with the same respect as someone in the Rock & Roll Hall of Fame. He was a master of the technology, but he cared about the music and the artist even more.

A big man with an even bigger heart, Ben was fiercely loyal to his friends and family, and he made friends of nearly everyone he met. His sharp wit, insightful commentary, and obvious compassion put people at ease in his presence. Friends have described him as "unapologetically authentic," "unfailingly kind," and "there was only one version of Ben, and he gave it to you every time."

In addition to music, Ben found another passion: professional soccer. He was

one of the earliest supporters of what became the Nashville Soccer Club, who said of Ben:

Ben was the beat of the Backline Supporters Collective, always drumming his heart away with a welcoming smile and spirit that were greater than life. Soccer was his tool to care for and stand up for those in need, and with that he built a community of soccer fans and friends whose backgrounds surpassed borders.

A champion of justice and equality, Ben was involved in progressive political movements and never shied from debate or defense of those causes.

Ben is survived by his parents, his brother Colby, grandmother Betty and numerous aunts, uncles, cousins, and friends.

Visitation will be from 3-6pm Friday, June 16th at LeCompte-Johnson-Taylor Funeral home, 1725 Louisville Rd., Frankfort and a Celebration of Life will be held at 2pm Saturday, June 17th at First Christian Church, 316 Ann St., Frankfort.

In lieu of flowers, the family suggests donations be made to "Kickin It 615" an organization devoted to helping kids through soccer: www.ki615.org

Previous Events

Celebration of Life Visitation

JUN **16**. 3:00 PM - 6:00 PM (ET)

LeCompte-Johnson-Taylor Funeral Home
1725 Louisville Rd.
Frankfort, KY 40601
(502) 223-5858
ljtfuneralhome@gmail.com
<https://ljtfuneralhome.com/>

Celebration of Life

JUN **17**. 2:00 PM (ET)

First Christian Church
316 Ann Street
Frankfort, KY 40601

Tribute Wall



“ *Florist Choice Bouquet was purchased for the family of Benjamin Taylor Cowherd.*



June 16, 2023 at 01:28 PM



“ *Sympathy Gift Vintage Wind Chime - "I Have You In My Heart" was purchased for the family of Benjamin Taylor Cowherd.*



June 13, 2023 at 09:35 PM