Sossoman
Funeral Home & Crematory Center
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Howard Gene Cook "Meathead"

Jan. 6, 1985 - Sept. 16, 2022

Howard Gene Cook “Meathead”, 37, of Morganton, NC passed away on Friday, September 16, 2022. He was born on January 6, 1985 in Burke County to Robert Lee Cook and Rachel Adams Morris. He attended Shining Light Baptist Church. He was a mechanic and loved racecars. Howard had a wonderful personality and loved his close knit family and his kids. His motto was “Duct tape and zip ties will fix anything.”

He was preceded in death by a daughter, Rebecca Cook; son, Robert Cook; nephew, Jason “Bubba” Laws; grandparents, Minnie Sue Moore and Homer Gene Cook, Jessie McKinley Adams and Frances Rich Hall.

In addition to his parents, he is survived by his wife, Amanda Cook; step-mother, Sandra Cook; step-father, Robert Morris; children, Sierra Anthony, Bryson Lefevers, Porsche McPeters and Gracie Cook; sisters, Wendy Carter and Kailee Walsh; brothers, Jason Laws, Roger Cook, Homer Cook and Jack Cook; grandson, Elioth; granddaughter, Bailee Rose; Shelby Cook and Frog Cook, Julie Cook and Destiny Cook; and numerous more nieces and nephews.

The family will receive friends from 2 pm to 3 pm, Thursday, September 22, 2022 at Shining Light Baptist Church. The service will begin at 3 pm in the church with Rev. Danny Castle officiating. Burial will follow at Burke Memorial Park.

Sossoman Funeral Home is assisting the family with the arragnments.

Tribute Wall



I miss you cuz. We all do. You were an awesome cousin with a huge heart. I will never forget you. Until we meet again... Love always CKC

—Carrie Cook