

Zachary Thomas Sumsion

April 30, 1979 ~ September 16, 2020

Zachary Thomas Sumsion died September 16, 2020 in Salt Lake City, Utah after a long battle with mental illness. He was a beloved father, husband, son, brother, friend and caregiver.

Zach was born April 30, 1979 to Ron and Susan Sumsion in Provo, Utah. Zach had an idyllic childhood growing up in rural Utah as a middle child in a family of five kids. He graduated from Delta High School in 1997.

He later served an LDS mission in Los Angeles. Going from a small town to the big city of LA gave him a broader view of the world.

Zach graduated from Utah Valley University and he later earned a Master's degree in Instructional Design. Zach loved his work and found a fulfilling career in Human Resources within the health care industry. This life-changing calling allowed him to connect with people that he loved. Zach found great joy in training and helping others succeed.

Zach met the love of his life, Ali Tate in the summer of 2003 and by the following summer they were married. Through the ups and downs of marriage he was unfailingly kind and supportive. Together they had two beautiful boys, Franky and Drew. He was a very engaged father whose every choice was motivated by his deep love for his family.

Music was an integral part of Zach's life. He loved discovering new music and artists and always made time for live music. Zach was also a talented musician and song writer. He played in several bands in college and continued to play throughout his life. He introduced his boys to music early on and encouraged them in their music lessons. One of his greatest joys was jamming with his kids in the basement of their home. Zach had a competitive spirit and loved participating in the annual Sumsion "Feliz Navi-pong" tournament which he would want to remind everyone he won several times. He was analytical to a fault and had a spreadsheet for everything from his past and current health stats to features of his dream guitar. He was an avid fan of the Utah Jazz and the University of Utah Utes.

Zach spent a lot of time learning and thinking about philosophical ideas. He processed his world through writing in various capacities. His poetry, song lyrics and letters written throughout the years are now treasured mementos.

Zach was an introvert masquerading as an extrovert and he could easily engage anyone. He was so damn funny. In the words of his best friend Alex, his quick wit and sharp sense of humor consisted of layers of intellect and a unique perspective that was the catalyst for both interesting conversation and banter. His one liners will be shared for years to come.

Zach's untimely and tragic passing leaves an unimaginable hole in our hearts. People who suffer from depression are warriors who fight an invisible battle every single day and Zach was one of the bravest. We honor his

consistently valiant fight against his illness.

Although we can’t hug Zach we can be inspired by our love for him to hug our people, make the call, and reach out. Life is short, hugs should be long. Make it awkward. We love you Sumsh.

Zach is survived by his wife Ali Tate Sumsion; two sons, Franky Tate Sumsion and Drew Tate Sumsion of Salt Lake City, Utah; parents, Ron and Susan Sumsion, Oak City, Utah; siblings, Jeffrey and Nicole Hansen, Draper, Utah; Jed and Joanne Sumsion, Oak City, Utah; Rob and Jill Memmott, Pleasant Grove, Utah; Andrew and Joanna Sumsion, Delta, Utah; Ali’s Parents, Rod and Keri Tate, Murray, Utah; Ali’s siblings Mitch and Alicia Tate, Murray, Utah; Mattie and Justin Hiner, Corpus Christi, Texas; Marshall Tate, Murray, Utah; and many loving aunts, uncles, cousins, nieces and nephews. He was preceded in death by his grandparents, Randall and Pam Sumsion and Clyde and Dixie Thomas; Ali’s grandparents, Lawrence and Leanne Garfield; and Robert Tate.