



# Colby Day Spradlin

April 18, 1983 - June 7, 2018

Colby Spradlin

1983 - 2018

It is with a broken heart that I share the news of Colby Day Spradlin leaving this world way too soon on June 7th, 2018.

Colby was a loving and an adoring husband, son, brother, grandson, nephew, cousin, uncle, and above all else, a friend. He was an extraordinary man with a staggering amount of love to give to all. Colby was also a quiet man with complex emotions and deep thoughts. He touched the lives of hundreds of people who will never forget the joy he brought them.

Attempting to pack everything that Colby was into a small number of words is impossible. However, four things irrefutably defined him as the remarkable man he was.

1. Music — He loved to play, discover, and share its beauty. It was an integral part of Colby's life from childhood to adulthood and affected him in so many positive ways. In fact, it meant so much to him, that his only tattoo was of a single musical bar note.

2. The Utah Jazz — Don't mistake this love as a mere pastime during the NBA season. No. His passion was a year-round devotion and commitment. He lived and breathed Utah Jazz!

3. Animals — There were many dogs, cats, birds, and even pigs and ducks, who had the honor of gaining Colby's attention and be on the receiving end of his love. The last of whom were our two kitty cats, Cosmo and Chloe. They loved their daddy.

4. People — Colby was extremely proud of his family and friends. Because he was so quiet, reserved and self-contained, I don't think people realize just how much and how highly he thought of them. If there is nothing else you take from this, please know that he

cared about you.

Just like all of us, Colby had his demons. I debated internally with myself about whether or not to share what comes next, but feel it is necessary for me to keep the promise I made to him and myself as I vowed never to let his death be in vain.

In addition to his neurological difficulties, Colby also suffered from crippling anxiety and depression. Tragically, this ultimately led him to take his own life. I cannot claim that everything was perfect in his life. In reality, he was facing some overwhelming changes and challenges in his life. But, without the fear and darkness surrounding his mind, I know he would still be with us.

If there is anything to be learned from this painful trial, it is the fact that life is always worth living. There is still another song to hear, another game to watch, another kitty cat to love, and another chance to say "I love you."

If you know someone who is struggling to hold on to life, please do everything you can to encourage them to get help. If you are fighting the battle yourself, do the same. It doesn't matter who, how, or why...reach out!

As you help yourself and others through their hopelessness, the pain of the Colby-shaped hole in your heart will begin to subside. We cannot do for others what they must do for themselves, but we can always show them love and encouragement.

Not surprisingly at all, Colby did not want anything conventional associated with his passing. Unfortunately for him though, he forgot who he married! Please join me on Saturday, July 14th, 2018 at 10 am to celebrate his life. We will meet at Mt. Timpanogos Park\* located at the mouth of Provo Canyon.

I will miss Colby every day of my life. He was my best friend. He was my husband. I will love and remember him always and forever.

With Love,  
Amy Spradlin

# Comments

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“ 2 files added to the tribute wall



Hellkat Annie - July 14, 2018 at 04:38 PM

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“ 4 files added to the tribute wall



Stephenie Spradlin - July 09, 2018 at 08:59 AM

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“ 3 files added to the tribute wall

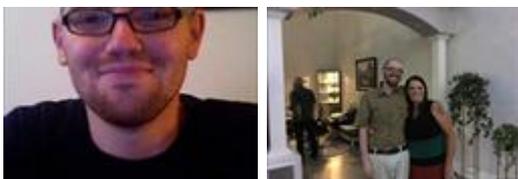


Stephenie Spradlin - July 09, 2018 at 08:51 AM

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“ 2 files added to the tribute wall



Stephenie Spradlin - July 09, 2018 at 08:47 AM



“ A favorite memory I have of Colby is back in August of 2013 we twisted his arm a little bit and got him to go with all of us on a family reunion. We flew to Virginia and stayed at Colonial Williamsburg visiting Busch Gardens, Water Country USA and of course saw much of Colonial Williamsburg. Busch Gardens was his favorite where he rode every wild ride he could find and rode them multiple times. We had to drag him away every night. He also loved the water park where he got me to do some pretty crazy things. Wow it was a great adventure. I am missing him.

**Phil Schow** - July 08, 2018 at 05:15 PM

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“ I remember when Colby brought Cosmo to my house when he was just a few days old. Cosmo was the runt of the litter and his mother had abandoned him under the bushes where Colby found him. Colby fed him with a doll baby bottle, cradled him in his hand, and gently loved him.  
On another occasion Colby took Cosmo to the vet where he first saw Chloe. Colby begged Amy to save Chloe from being put to sleep. Finally Amy acquiesced and Chloe became part of the family. Colby always had a soft spot in his heart for animals.

**Dianne K Schow** - July 08, 2018 at 04:45 PM

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“ Thank you Sara for sharing these pictures with me! I will treasure them.

**Amy Spradlin** - July 05, 2018 at 11:27 AM

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“ 1 file added to the album New Album Name



**Sara Stackhouse** - June 26, 2018 at 03:07 PM

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“ 1 file added to the album New Album Name



Sara Stackhouse - June 26, 2018 at 03:05 PM

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Sara Stackhouse - June 26, 2018 at 03:05 PM

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Sara Stackhouse - June 26, 2018 at 03:04 PM

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Sara Stackhouse - June 26, 2018 at 03:04 PM

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Sara Stackhouse - June 26, 2018 at 03:03 PM

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Sara Stackhouse - June 26, 2018 at 03:01 PM

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Sara Stackhouse - June 26, 2018 at 03:00 PM

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“ 1 file added to the album New Album Name



Sara Stackhouse - June 26, 2018 at 02:03 PM

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“ A piece of you has been left behind in all of us, you will surely be missed. I haven't seen Colby in a long time, his family was like family to me, Diane, Chelsea, Pat and Colby. Colby and I spent a lot of time together writing music, camping and hanging out and philosophizing. A blessing to all of us.

**kip** - June 21, 2018 at 09:17 PM



“ What a beautiful tribute to your husband and to you as well. To take the time to reach out to others as you have was a generous gift. Colby must have found having you as a partner a tremendous boost. Again, thank you for the message. I trust he is at peace.

**anne** - June 25, 2018 at 06:40 PM

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“ SALLY K. purchased a sympathy card for the family of Colby Day Spradlin.



**SALLY K.** - June 20, 2018 at 07:30 PM

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“ Thank you for sharing this with all of us Amy. You are in all our thoughts. Colby was my Jazz friend on twitter and I met him once at a game. He loved the Jazz and was so knowledgeable about basketball in general. I wish I would have known how much pain he was in. Jazz nation will never be the same without you. You will always be in our hearts! Love Sinnie

**Sinaed** - June 19, 2018 at 08:59 PM

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“ During a very difficult time in our lives, Colby was our son's Cub Scouts leader. Our son has autism and things were rough. Colby and Amy were the only other adults besides us during that time who I could trust to love, understand, and handle our son. In true Colby fashion, he accepted him as he was and expected nothing in return. While I have many good memories of Colby, that was the year that I really saw Colby for the compassionate, non-judgmental person that he was. Love you, Colby.

**Melanie Hall** - June 19, 2018 at 08:13 PM

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“ Vicki Udy lit a candle in memory of Colby Day Spradlin



**Vicki udy** - June 19, 2018 at 08:00 PM

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“ 10 files added to the tribute wall



**Amy Spradlin** - June 19, 2018 at 07:08 PM

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“ Amy Spradlin is following this tribute.

**Amy Spradlin** - June 19, 2018 at 07:04 PM



“ Beautiful tribute to a beautiful person from a beautiful person! We will miss the yearly Thanksgiving visits, the yearly Christmas get togethers and our annual Christmas tree ornament gifts. They have always been a treasure to us but now more than ever! We love you!! Aunt Steph and Uncle Marty!

**Stephenie** - June 19, 2018 at 07:52 PM