



Hsu Research Lab – Top Row (From left): Chris Welsh, Amy Welsh, Ingrid Stedham, Owen Stedham, Eric Gibbons, Samer Merchant, Dori Huang, Edward Hsu. Middle Row: Osama Abdullah, A David Gomez, Brian Watson. Bottom Row: Debbie Hsu, Gwennie Hsu.

June 18, 2011

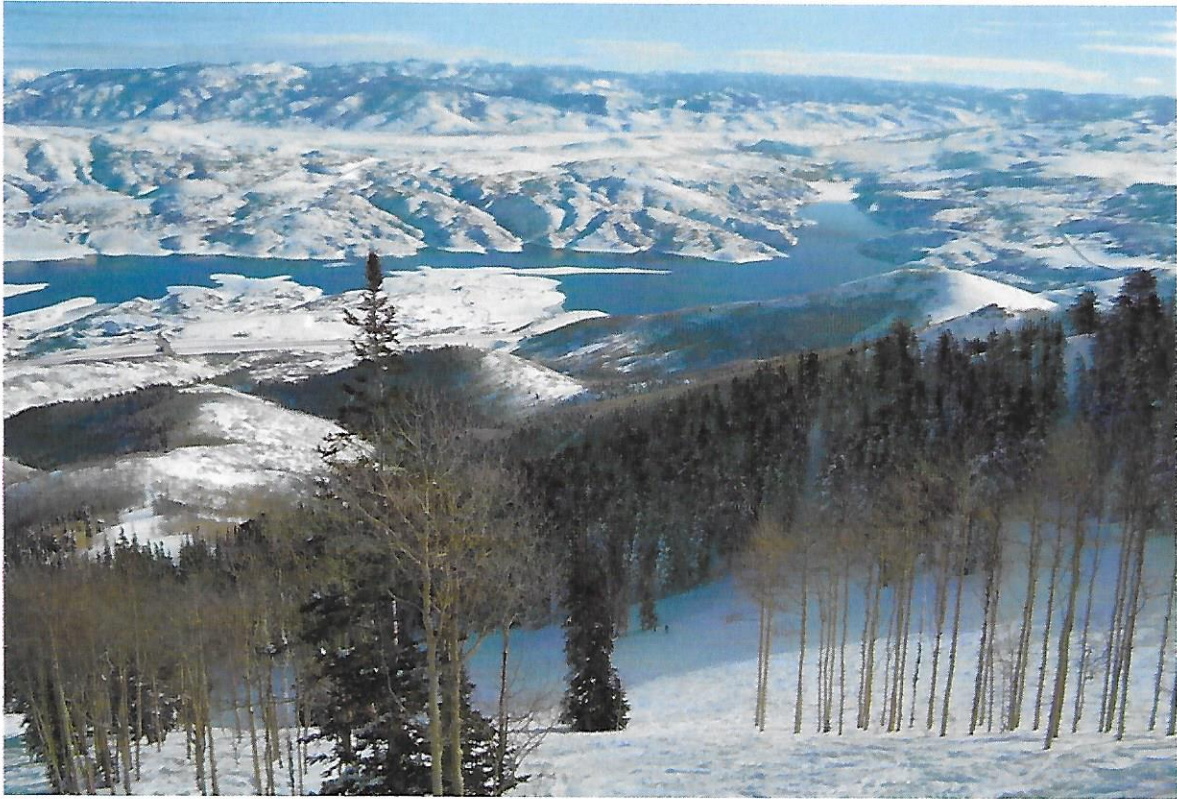
## *Preface*

In the short time he was with us, Owen deeply impacted many people at the University. After hearing the news of his passing, the laboratory received numerous messages from students, faculty and staff members expressing heartfelt loss. Many contained anecdotes, and descriptions, which highlighted Owen's tremendous personal qualities. As homage to his memory we have compiled some of these notes in this book. We hope that anyone reading this remembers, or becomes more acquainted with, a gentle, brilliant man from Reno, Nevada, that was once part of this laboratory.

After being accepted into the Bioengineering PhD program in the University of Utah, Owen Laurence Stedham moved to Salt Lake City from his birthplace, Reno, with his wife Ingrid, and Indi his dog. He became part of the Hsu Research Lab in the summer of 2010. Having a background in mechanical engineering we was an unlikely sight in an imaging laboratory, but his skills and willingness to learn were perfect for research in imaging-based cardiac mechanics. Owen excelled both in his class work as well as research projects. He had an A average in his classes, and made significant progress in implementing computer-based techniques to analyze deformation, and other relevant tasks. As time passed, his family also grew: First, by acquiring a new pet, Sophie, then by the arrival of his baby boy, Collin. By then, the Stedham family was fully engrained in Salt Lake City's thriving community. Unfortunately, a relapse of brain cancer put a terrible spin in this young family, which

moved back to Reno. After a year of fighting, Owen passed in June of 2012. He will be greatly missed by all of us who were lucky enough to have met and work with him.

- *Edward Hsu, Ph. D.*  
*Advisor*



Deer Valley, Utah

To Owen: The Bold Steed

You're as fun as fun can be,  
and bold as a mighty steed.

You're as sharp as sharp would be,  
yet gentle as a flowing creek.

Your hopes were always high,  
with Collin and Ingrid on your side.

What couldn't you do,  
without the pain you endured.

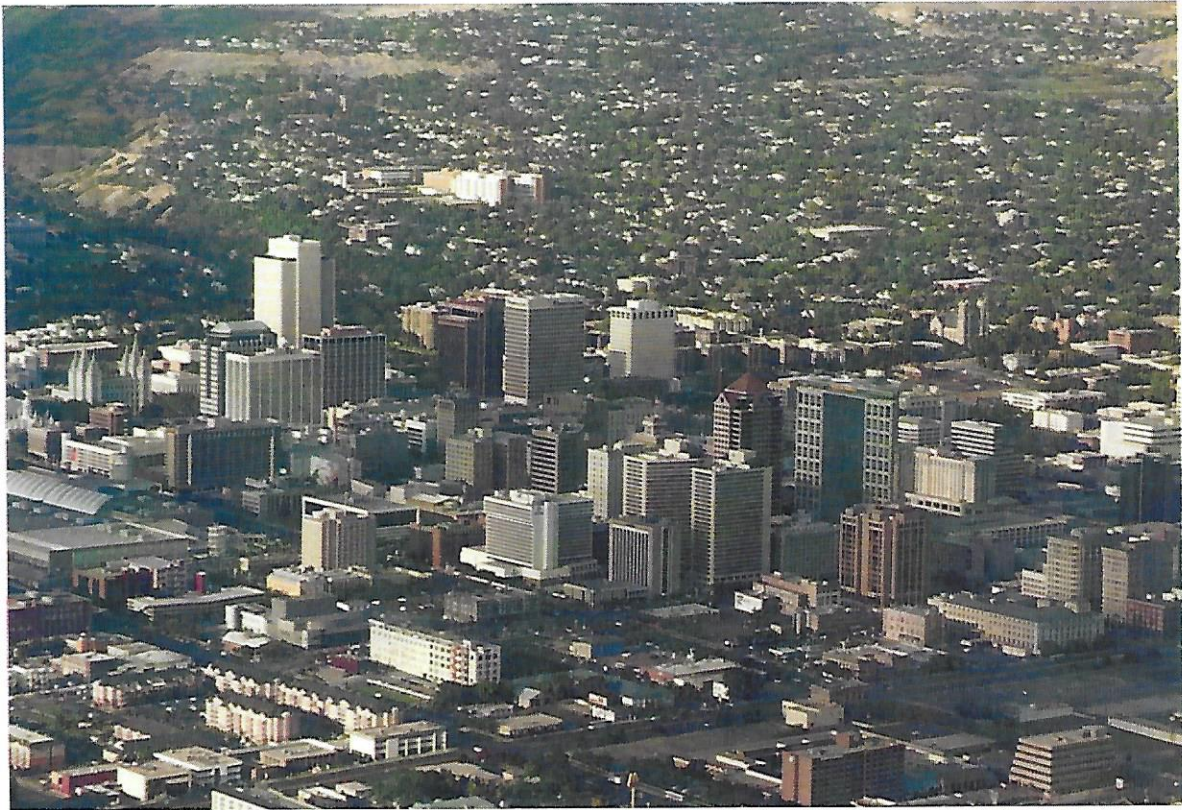
Now it's time to rest in peace...  
in an early morning breeze.

Feel no sorrow and woe;  
thy son will carry through.

Rest in peace bud.

Your friend. *Osama.*

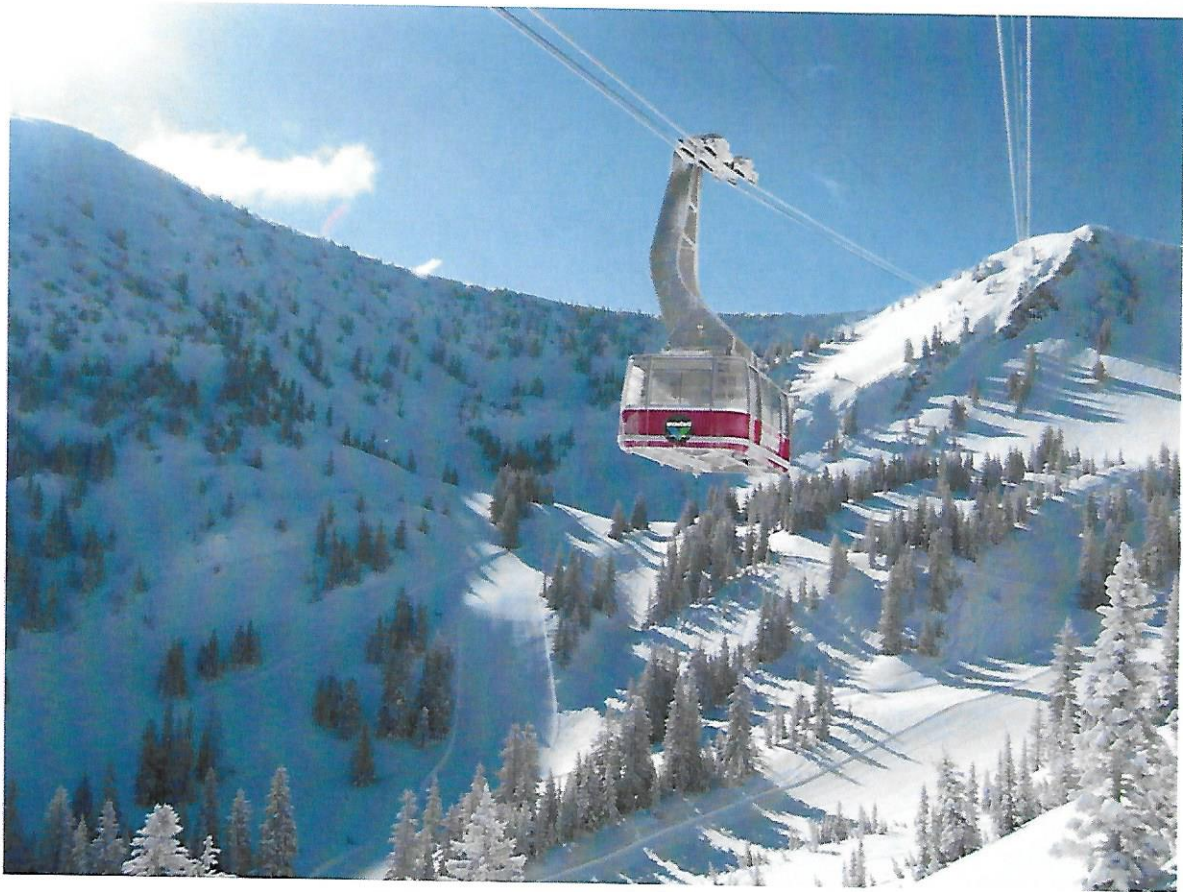
PS. I will never forget when I mowed my first lawn with you!



Salt Lake City, UT.

Owen was a genuinely nice person. He was always ready with a smile, and was friendly to everyone he met. I worked down the hall from Owen, and he always went out of his way to say good morning. He was excited to be a father, and often talked about how much he loved his family. He will be missed and remembered.

- *Kimie Adamson*  
*Accountant*



Tram at Snowbird, UT



The first time I had really met Owen was during the quasi-annual Hsu Research Group's High Uintahs "Retreat." I drove from Park City to Mirror Lake with Owen and Ingrid. As we were pulling out of town Owen put the Arcade Fire album and I realized he was all right. As I spent the next year getting to know Owen I have been very fortunate to become his friends and better understand him. He was a terrific person and will be sorely missed.

Owen was very good natured. I have a tendency to harass and tease people. It isn't my best trait. Owen always took it with stride and would play along. Most of this occurred over Google chat. I would always harass him about Reno's idiosyncrasies (which is ironic considering that I am from suburban Utah). One time I dug up a news article about a shooting at an IHOP in Nevada.

12:53 PM

**me:** what's wrong with your state?

:)

12:54 PM

I guess that would be a :-(  
when i think about it...

**Owen:** yeah

IHOP makes me mad too

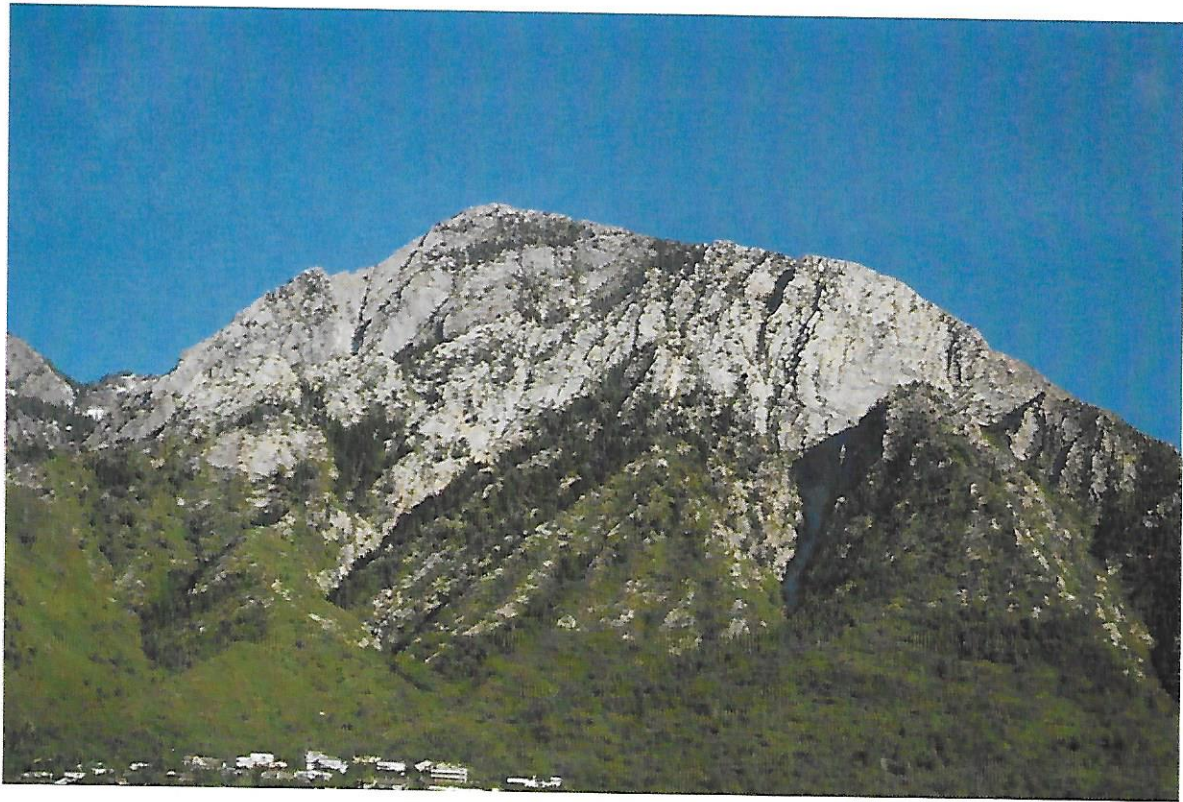
Owen and I both shared a love for the outdoors and the mountains. I won't forget the time I went skiing with him at Snowbird where he smoked everyone in the group. He was one of the best skiers that I have ever been with. However, despite the fact that it was a good snow day and I was slowing him down, he

was very patient to wait and watch me struggle on the catwalks and traverses that characterize Snowbird.

Owen was a fun person to be around. As part of my morning ritual I would go to the other office where the coffee machine was and heat up some hot chocolate and shoot the breeze. He always seemed genuinely interested (or did a very good job acting) in what I had to ramble about and I always enjoyed hearing his anecdotes.

After I moved to California Owen and I continued to chat online on occasion. Nearly a year ago he told me that he started to have seizures again. At the time I didn't really understand the implications. Now as I think about my short time that knew Owen, I think about what a terrific person he was. I have been very fortunate to know him and am saddened by his passing.

- *Eric Gibbons*  
*Lab mate*



Mount Olympus.

Owen was just a man; he worked long hours, he enjoyed his free time, and he dreamed, and he loved.

In long hours, though, he gained understanding of complex mechanisms. Then, he created new things: machines and systems, all the way from ideas to physical, palpable devices. Computers abode by his bidding, and everything in his house had a touch of the simple, unquestionable brilliance that bears his name. His work lies carefully organized, crafted with care and logic. Not an ordinary man, Owen was a capable engineer, and using wisdom he modified the environment surrounding him.

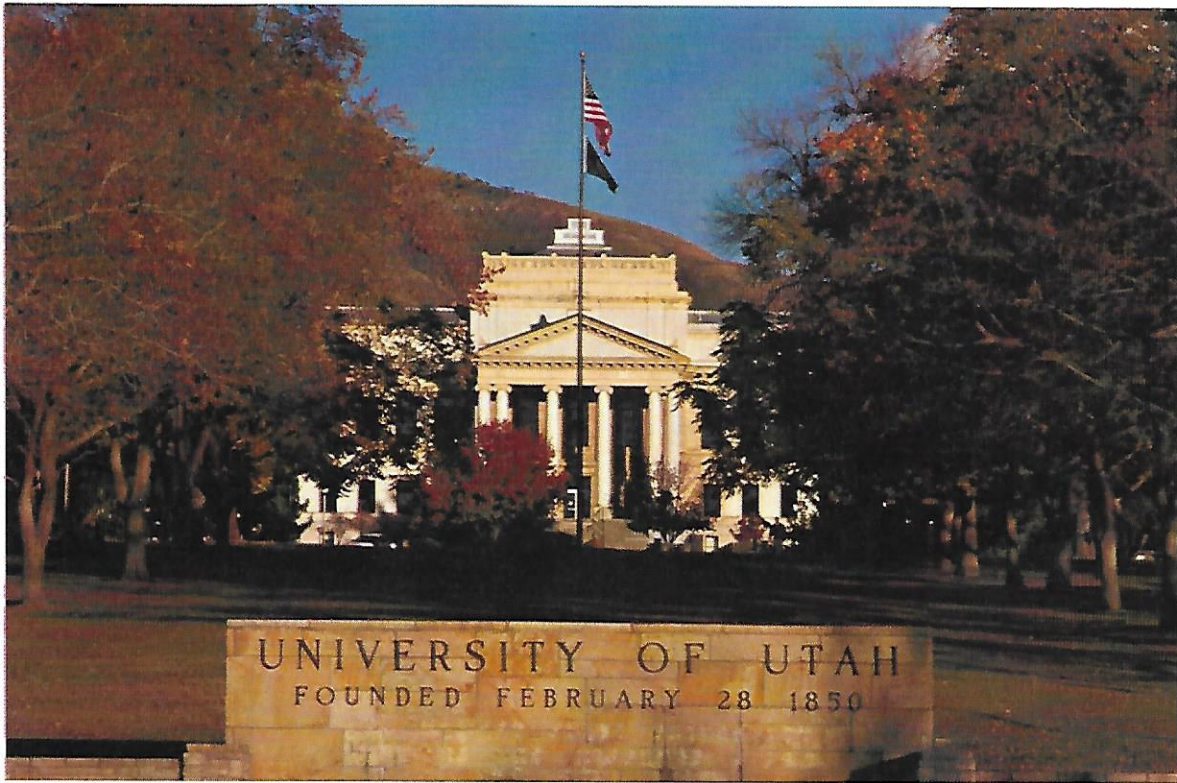
I knew very little about friendship until I met him. Few teach by example, but if you add a genuine interest for other people, then there was no choice other than being part of his long list of friends. He took the initiative, was funny in a goofy sort of way, and always remembered your name. Yes, smiles were part of his life even in a hospital bed. There were too many of them when we were friends; too many pills, and too many white cloths. Yet, in many of those blurry feverish days a friendly smile, and the certainty we will make fun of it at the end. Not an ordinary friend, but Owen was an all-weather, all-terrain sort of a friend.

There was passion and perseverance about him. He loved his family with a constant intensity that did not diminish after personal frustration, or a bad day at work. Owen was happier when everybody was happy, and behind the scenes he saw to it, because

he knew his family's likes and dislikes. Though gifted with serenity, he found pleasure in the thrills of nature; whenever he could, he would pick to go up a tough hike, or ski down a steep ridge.

Though he was just a man, he was a man among men—Very few as capable, as loving, and determinate as he was. His energy lives on, as does part of his knowledge and legacy.

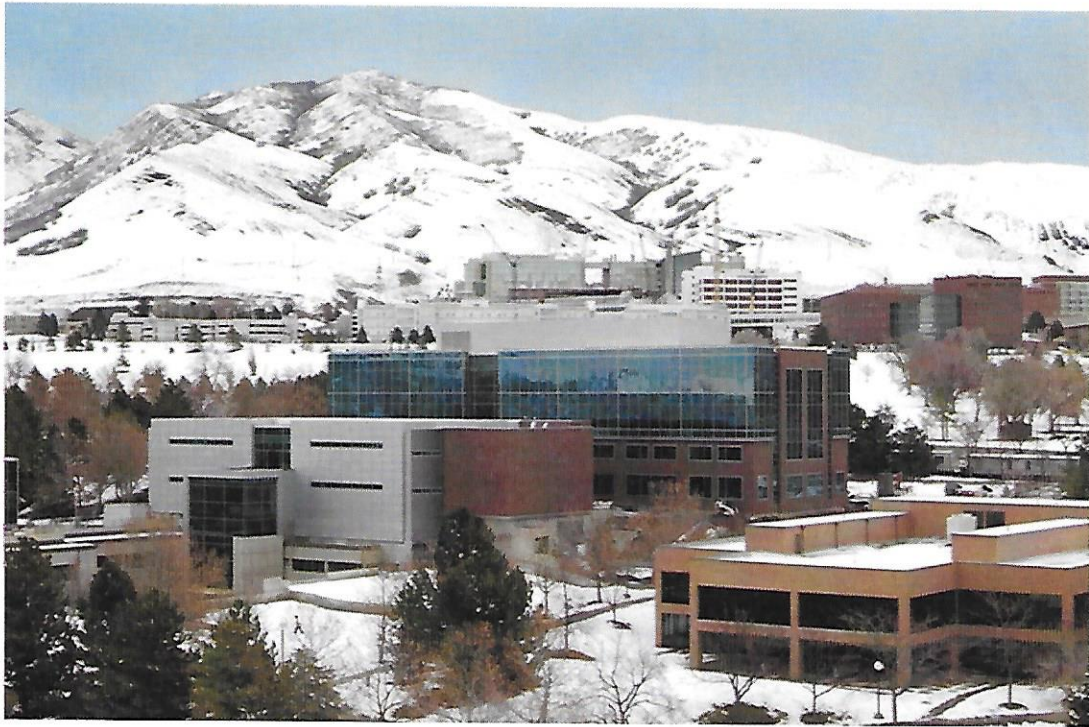
- *A David Gomez*  
*Lab Mate*



Univeristy of Utah

I met him while I taught my first class at the U, Cellular Physiology for Engineers in the Fall 2011. Owen was an outstanding and compassionate student. I don't want to give too much information, but just to say that he was among a select few students who inspired me to try harder and do better through kindness and a supportive attitude. I never knew what he was going through on a personal level, I always saw him in class (never missed) with a smile and eager to participate. With his passing I will continue to keep him in my thoughts when I am faced with challenging times and have his compassion motivate me to be productive in research and educating others.

- *Holly Holman, Ph.D.*  
*Professor*



Warnock Engineering Building



Someone once said that it's in the work and deeds of men that their souls be manifest. Owen, a dear friend, peer and colleague, he will surely be missed but his soul is manifest in the work he has done, in the lives he touched and family that he left behind who loves him most dearly. My first impression of Owen was that of a child getting his favorite toy, a big smile, glowing eyes as happy as a lark a very warm heart. I had a unique opportunity to get to know him better when we shared a room during a conference in Park City. We talked about life, school and how he had struggled with cancer before. I understood Owen's strength, courage and resilience and that has inspired me to become better. When Owen and Ingrid gave me the opportunity to take care of their dogs, during the fall break of 2010, little did they realize that they had opened their home to me when I felt I had nowhere to go for the break, I will always remember this. He showed perseverance in his work and his fight against cancer. He always bounced back.

He has been a beacon of courage, strength and kindness to all of us. He was always ready to help. I remember clearly how he helped me to ski, in situations where I needed advice, he was always there. I value his friendship dearly. He mentions in his biography found on a blog online how perfect his life was after he got married, he says he was the most lucky unlucky person. Rest assured, as he retires to his eternal abode in the skies, he looks down upon us smiling his

big smile, in full ski attire skiing down amongst the clouds. He loved his family and continues to watch over them.

In his own words (on his survival):

"Statistics are NOT for you and me. They are for people who don't know anything and doctors. Everyone is their own statistic.

Thank you and good luck to you." - Owen

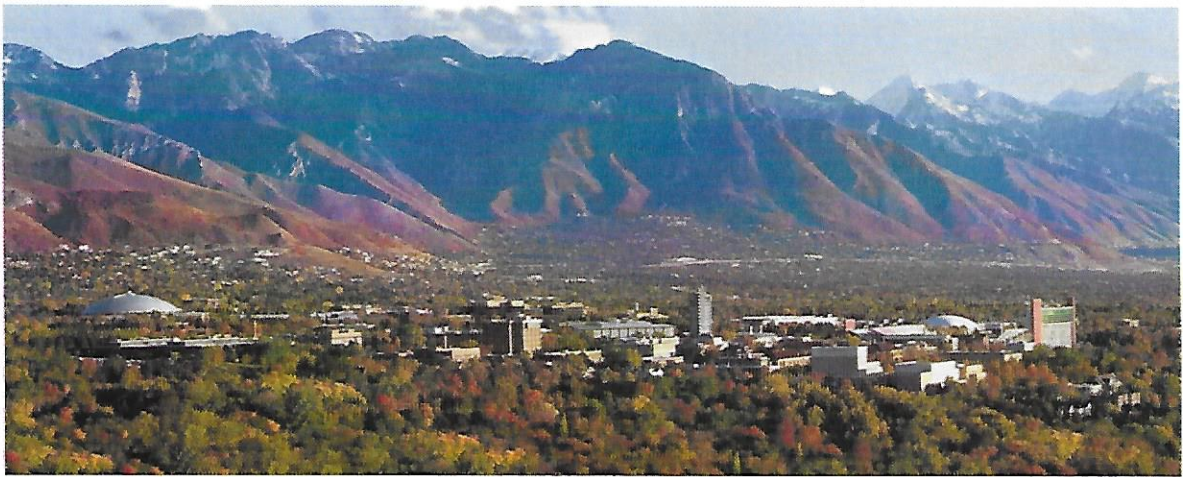
- *Samer Merchant*  
*Lab Mate*



Warnock Engineering Building

We were neighbors of Owen and Ingrid, while they were living in Cottonwood Heights. My husband and I would take them dinners and help them as much as we could. I work at the Huntsman Cancer Institute, and I drove Owen to work every morning and took him home every night after work. While in the car, he would listen to his iPod and sing with the music he was listening to. Owen was so amazing, sweet and very kind. His life was very short and he will be missed by all.

- *Judy Nelson*  
*University Health Care*



University of Utah

Beginning your PhD is one of the most memorable moments in your life. I'll never forget the overwhelming feeling of moving to a new city, entering the highest level of academia, and most importantly the people I met along the way. Owen was one of these individuals. While I only knew Owen a little over a year and a half, his kindness and humor created a peaceful environment for all who were in his company. I remember going to watch our friend, and fellow student, Dave Gomez play in a band at a local coffee shop. Owen and Ingrid, who was pregnant at the time with Collin, were both in attendance. It was one of those evenings that felt like a blur of music, conversation, and laughter. One of those evenings that will be remembered as good times. Owen's memory and example reminds us why we strive to help others. He is a rare individual whom I will miss.

- *Smitty Oakes*  
*Fellow Graduate Student*



Warnock Engineering Building

Owen was accepted in the Ph.D. program in Bioengineering March 22, 2010. As part of his graduate program he was paid as a graduate student, and that is how I met Owen as I handle the pay for graduate students. Right after Owen arrived in Salt Lake he came to see me to be hired, my first impression was WOW this person is so nice. Owen has to be one of my all time favorite graduate students. He was always friendly and happy and it seemed like he had a great rapport with Dr. Hsu and his lab buddies. Owen loved his research and all of us on the Bioengineering staff enjoyed his friendship.

- *Liz Porter*  
*Administrative Officer*





Sorenson Molecular Biotechnology Building

I worked with Owen on a couple of purchases related to his research while employed with Bioengineering. Without question, Owen is one of the most kind and gentle people I have ever encountered. Although I didn't know him well, he made a lasting impression on me and those he worked with at the university. Owen will be missed but not forgotten. My sincerest condolences to his wife, young son and family.

- *Michael Smith*  
*Purchasing Department*



Wasatch Mountains

It was my privilege to meet Owen when he was admitted to the Fall 2010 Bioengineering Graduate Class for the University of Utah. Owen was very courteous and always appreciated any help you could give him with the program. My sincere sympathy and prayers go to his family and friends. God Bless You.

- *Karen Terry*  
*Academic Advisor*



Rice-Eccles Stadium

When Owen first came to Utah, I hung out with him and Ingrid a bit. Mostly in common was soccer for us. The world cup was on coming and of course it was all about Germany. We were rooting for Germany. They actually didn't do very well they took third. Of course most any other country would be proud of that.

Since the games were in South Africa, they played a local instrument which is a really loud horn. In the stadium it was so loud with them that the players were getting headaches from them. They could not hear their coaches. Owen had a Vuvuzela, with which we would go outside after the games and blow. He joked about how you could hear it a mile away. The neighbors were not as excited, which made it all the more fun.

Later he had family come, I believe it was a relative from Europe. We went a Real Salt Lake game for the fun of it. Although they didn't allow Vuvuzelas, he still joked and prodded at security to try and let us bring one in (we didn't win that fight). We played a little bit of soccer too at the time.

Besides being athletic with soccer, Owen liked to hike. We took the rest of his family at the time, his two dogs, and went hiking multiple times. It was fun, but the problem was that he was too fast and I would get winded. It's amazing how athletic he was.

Thinking more of family, Ingrid was very excited after moving to Utah and saw it as an opportunity to increase the size of her family

(more than the two dogs at least). They decided to have Colin. Colin I would have to say was a turning point in his life. He seemed to have more focus and was more interested in getting things done. He loved his family so much.

I'm going to miss Owen. He was a loving, athletic, hardworking, fun guy. Although he didn't have a world cup under his belt he was very athletic. A little raunch like a Vuvuzela or hiking with his dogs really showed his passion. In terms of his family, I would say that he was number one. In the game of life, he was definitely a winner.

- *Brian Watson*  
*Lab Mate*



Snowbird, Utah



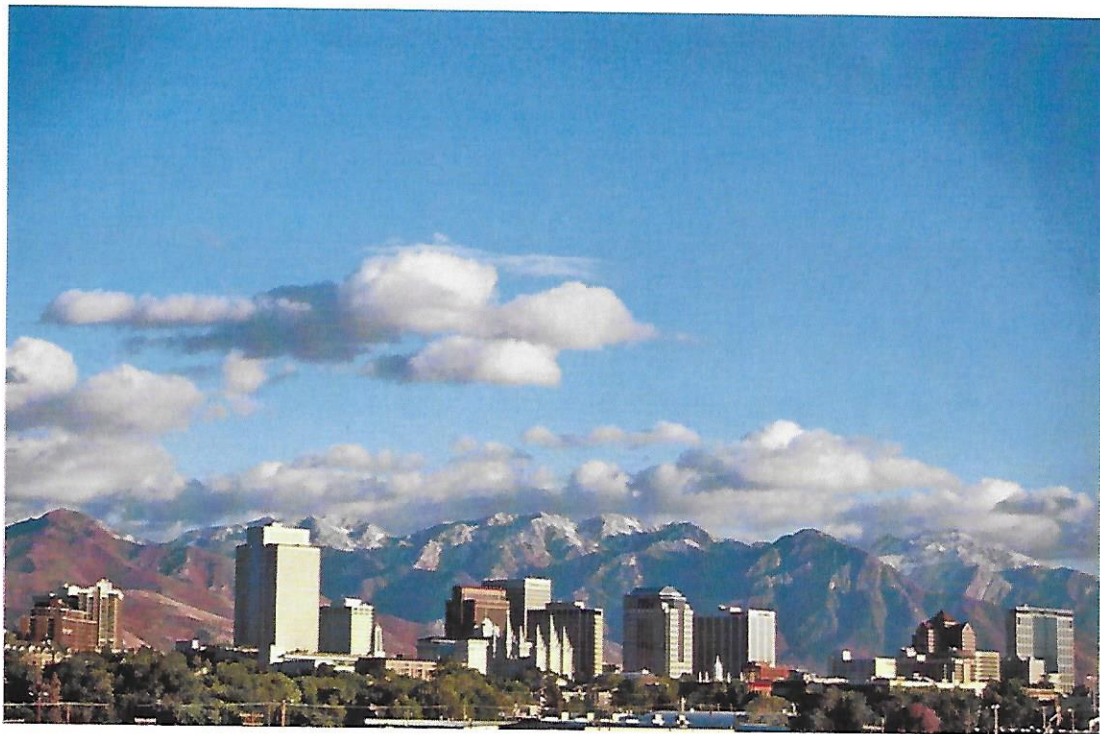
It's rare to remember the first time that you meet someone. Owen was one of those people that leaves an impression on you. I was sitting at my desk in the Warnock building in our Grad Student office by myself. I remember Owen walking in and enthusiastically introducing himself. I thought to myself, "Is this kid for real?" He was. Owen was the most genuine person I've met up to this point in my life. He rarely complained about anything going on in his life, but was more interested in what was happening to me or offering me some trail mix in class.

I was moved to another office across the hall. Having somewhat of an introverted nature, Owen would chew me out if I didn't come over to talk to him regularly. We would talk about what was going on in life and generally shoot the breeze. Owen was very perceptive. I had a couple of negative life events during our time together. He was able to tell that something was wrong simply because I showed up later than I usually would. Because of who Owen was, he was the person I went to when these events happened, to talk them out. My brother was diagnosed with cancer in December 2010. This was the first time that Owen told me that he had battled brain cancer. Even though fighting cancer is a huge life experience, he hadn't mentioned it to me before. That's the way he was. He assured me that my brother would be ok. Even when his cancer returned and was undergoing his own treatment, he would ask me regularly about my brother's treatment.

One of my most memorable experiences with Owen was skiing at Snowbird. I'm from Utah and have been skiing since I was 8-years old. I consider myself a strong skier. After only one run with Owen, my legs were shot. I couldn't keep up with him. Even so, he patiently waited for me. I have never worked so hard skiing. I had a hard time walking for a couple of weeks. After that day, Owen would send me links to buy fat skis like the ones he had.

Owen will be sorely missed. His spirit and his memory will live on forever. I look forward to the day when I pass to the other side and am greeted by his smiling face. One is not lost that is well remembered.

- *Chris Welsh*  
*Lab Mate*

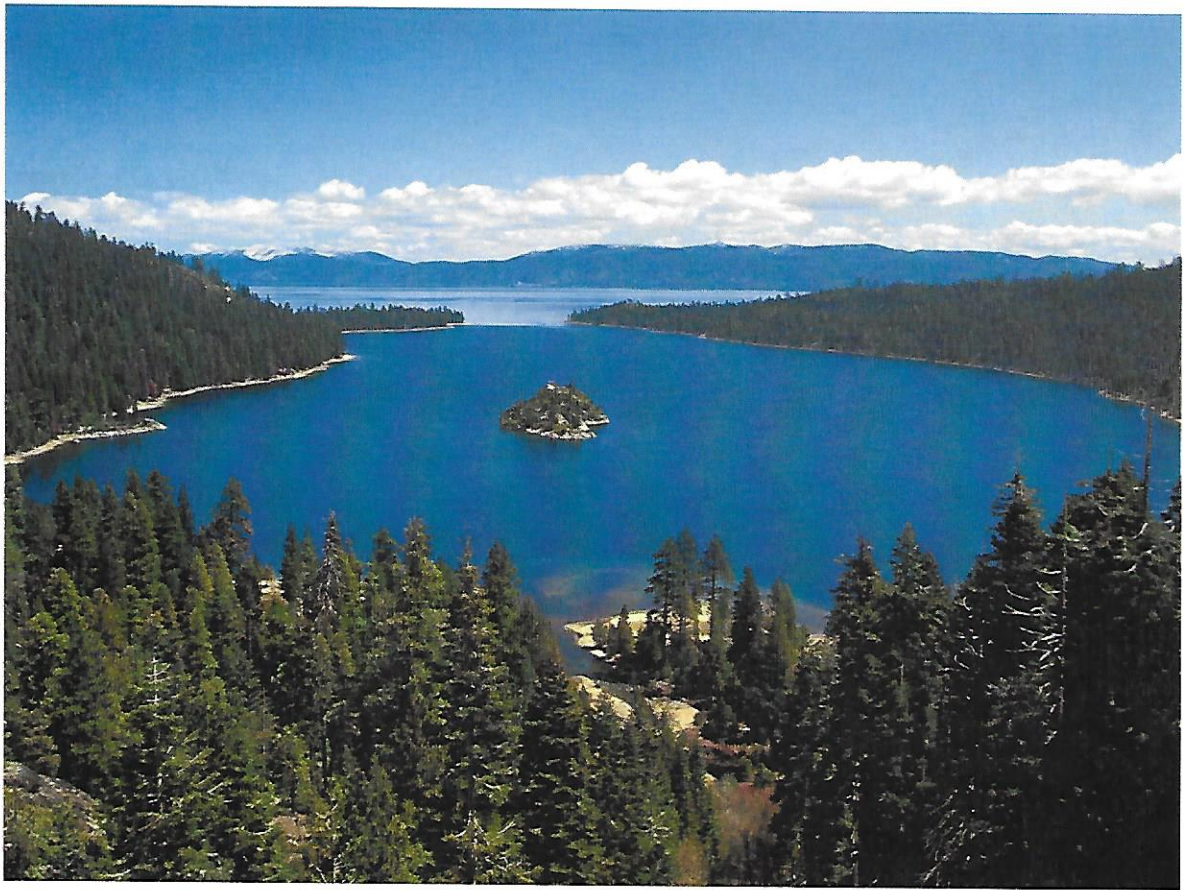


Salt Lake City, UT

Owen,

You were my first exposure to a research lab and I will remember you as the beginning of a great part of my life. You showed me what it means to do trial and error, what it means to fail but try again, what it means to succeed. Your heart was never judgmental when things went wrong; your will was strong when things got tough. I will not forget what you have done, I will not forget what we did forget. Thank you for showing me the first light down my long path in academia. Thank you for being a smiling face in the lab. Thank you for being you.

- *Shawn Whitney*  
*Lab Mate*



Lake Tahoe

To Owens Family: He is the one of the most friendly Americans that I have met in the US. He taught me how to ski and many vocabulary words. We will always be lab mates.

- *Yen-Yun Yu*  
*Lab Mate*