Sandra McElroy – 1958-2013

Sandra McElroy, longtime owner of Grass Roots Natural Foods in South Lake Tahoe, died Oct. 19. She was 54.

Born Nov. 11, 1958, to Jack and Carole Spraggins, she and her four sisters grew up in Houston. Gail, Becky, Sandra, Lenny and Kitten sang professionally as “The Spraggin Sisters” for many years in the Houston area. Sandra also did modeling and acting jobs during that time.



Sandra McElroy

In 1989 she moved to Lake Tahoe where she met Jon McElroy. They married in 1990.

Sandra and Jon worked together for almost 25 years running Grass Roots Natural Foods. Sandra always appreciated everyone who worked for her, and saw them more as friends than employees.

She loved hiking in the mountains, swimming in the lake and doing yoga on the beach. She loved to travel, especially anywhere tropical. She loved the hula and took many classes at Lake Tahoe Community College.

Sandra loved to express her creative side. She was a talented artist, enjoying painting, drawing, photography, writing stories and screen plays, playing her drums and sewing.

She had a strong love for her family, and even with them miles apart, she never lost contact with any of them.

Sandra’s smile and cute dimples would light up any room she entered. She enjoyed life and tried to live it as fully as she could.

Words cannot express how much she will be missed by all who knew her.