



Sandra Lou Sadler Freeze

January 4, 1945 - January 31, 2021

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Preceded in death by her father, John Sadler; her mother, Lulu Key Sadler; her brothers, Bill, Joe, Don, and Ray; and her sister, Jane Sadler Crimm.

Survived by her stepsons, Jimmie and Jeff Freeze; nieces and nephews, Debra Sadler, Joe Sadler, Joe Hotzel, Jay Voorhees, Bill Sadler, Stephen Sadler, Ray Sadler, Tasha Berman, Johnny Sadler, Candy Rumfelt, Terry Sadler, Sydney Walker, Jim Sadler, Donnie Sadler, many, many great-nieces and nephews, and her former husband, Jim Freeze.

Sandra (and her sister Jane and brother Ray) were residents at Tennessee Preparatory School, and she was a graduate of Cohn High School in West Nashville. Sandra moved to the Washington D.C. area to be close to her brother and sister and became an employee of the Chesapeake and Potomac Telephone Company, becoming one of the first women to serve in a technical capacity in that company. Sandra also sang in a musical group that played throughout the region, and she was an active softball player for many years. In the 1980's Sandra returned to the Nashville area and worked in both telecommunications and the chemical industries until her retirement. Sandra lived for many years with her sister Jane and their friend Mitzi Crafton, known affectionately by their families as "The Golden Girls." Sandra and Jane would eventually move to Smyrna and enjoyed working in their yard and visiting with their neighbors. Upon Jane's death, Sandra moved to Murfreesboro.

Her nephew Jay noted that Sandra “was a big personality, never lacking in opinions, stubborn as can be, but always willing to give you the shirt off her back if you were in need.” Sandra was a dedicated sports fan, supporting the Washington Redskins, the Tennessee Titans, and the University of Tennessee Vols.

A memorial service for family and close friends will be scheduled at a later date.

In lieu of flowers, financial donations in memory of Sandra’s life should be made to the City Road Chapel United Methodist Church Help Fund by visiting <https://onrealm.org/CityRoadChapel/-/give/memorial> or sending a donation to the church at 701 Gallatin Pike S., Madison, TN 37115.

Tribute Wall



“ *Sandra Lou Sadler Freeze*

October 14, 2022 at 08:02 PM

JF

Sandy left me with many wonderful memories. She was a kind and caring woman. Rest in peace my dear sister-in-law.

*With love,
Joanie*

Joanie Freeze - April 17, 2025 at 05:19 PM

DS

“ *She had her own way of doing things. She was crazy about dogs (maybe to a fault). She loved her family and was proud of us all. She will indeed be missed.*



Debbie Sadler - February 01, 2021 at 08:32 PM

DC

Sandy was a heck of a good first baseman. Many good memories of playing ball with her on the LaPlata Reds softball team back in the day. She was so much fun! I'll never forget Sandy! Rest In Peace in the sweet arms of our Lord and Savior. ❤️🙏

Donna Crossman - January 20, 2022 at 11:31 PM

TD

So sorry to hear Sandy has passed. I had the pleasure to work with her a few years at the plastics company in Nashville. She was a bright light and a wonderful person.

Tom Drye

Tom Drye - June 21, 2024 at 08:27 PM