



Mr Henry Roy Spruill

October 23, 1967 - March 2, 2026

Mr. Henry R. Spruill was called to his heavenly home on Monday, March 2, 2026, in Newport News, VA. He was born on October 23, 1967, to the late Plummer Sr and Ruby Spruill in Newport News, VA.

Henry was known and called "Pound" by family and friends. He was educated in Newport News Public School

System. Henry loved to spend time with his family and was the light of the party. Some of his favorite words were "get out of my face" "I've been put out of better places," and "I love my nieces to pieces. He was no stranger to anyone.

Henry was a Bricklayer and Painter for many years. He was preceded in death by his parents, Plummer Sr., and Ruby Spruill. Brothers, Elton, Darron, Ronnie, Gregory Millard, Plummer Jr. Sisters, Jean Spruill, Cynthia Spruill-Herbin, Shirley Nunnally. Nephew Carl Spruill and niece Felicia Moyley.

Henry memories will be cherished by his daughters; Tiffany Cox, Michelle Cox, Anita Cox, Sisters; Mary(James) Spruill, Shelia Spruill, Deborah Lewis, Brother Troy(Ethel) Spruill, and a host of nieces and nephews, great nieces and great nephews, aunts, uncles, and Special Brothers D.C. DOGS.

Previous Events

Celebration of Life for Mr. Henry R. Spruill

MAR **28**. 12:00 PM - 1:00 PM (ET)

Restoration and Faith Kingdom Builders
2114 Wickham Ave
Newport News, VA 23607

Tribute Wall



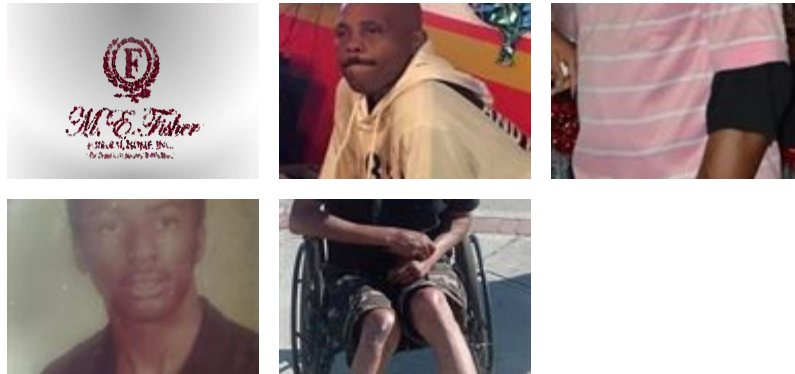
“ M.E. Fisher Funeral Home, Inc. created a Tribute Video in memory of Mr Henry Roy Spruill



M.E. Fisher Funeral Home, Inc. - March 27 at 01:09 PM



“ 31 files added to the album Life Tributes



M.E. Fisher Funeral Home, Inc. - March 26 at 04:09 PM

SH

“ shanta lit a candle in memory of Henry Spruill



shanta - March 20 at 06:13 AM

DD

“ I’m so sorry for your loss. Please know that you and your family are in my thoughts and prayers during this difficult time. May God surround you with His comfort and peace.



“The Lord is close to the brokenhearted and saves those who are crushed in spirit.” — Psalm 34:18

Donald Dupree - March 16 at 01:16 PM

CS

“ My most sincere prayers and heartfelt condolences to the family. I was so used to seeing Pound by Food Tiger he always called me Red I was never a problem to make sure he was good it was a great person and funny I always called him Pound Puppy what's the name my mama gave him and I know she was hollering that when he came through the gate Pound, my mama (Barbara) and Miss Jean was something else together may he rest in peace no more pain you would never be forgotten love you always Pound Puppy 🙏❤️

Carla Safewright - March 13 at 12:05 PM

LY

Pound was my buddy I will travel all the way back downtown or food tiger was to feed all of them you always just asking what you got today buddy 🤔 last time I seen them was about 2 months ago first thing you tell me give me a couple dollars buddy give me a cold one I said pound I said I go by your cold soda and he' would start laughing and tell me I forgot who I was talking to he say if it ain't about Jesus she don't want to to hear it and I was like you got that right last time I seen pound he told me next time I come down and bring a piece of fried chicken good dude funny naturally funny they you never find another him I keep the family in prayer I will miss you a certainly feel a lot of spaces in this world more than you probably ever know you kept some everywhere you went alive that's what people will always know you for you're hilarious character.

Lynna - March 26 at 09:34 PM

AN

“ To a long lasting friendship a person that I will never forget he will always be in my memory rest in peace and I will always have you in my heart (Niecy)

Angela - March 11 at 11:24 AM

JF

“ JOHNELL E. FOX lit a candle in memory of Henry Spruill



JOHNELL E. FOX - March 11 at 09:18 AM

PP

“ Pound will surely be missed, way beyond words can express. Whenever I rode down Jefferson, I would look for him. I would make a U-turn in a heartbeat to go love on Pound. He was really like an uncle/big brother and blood couldn't make me love him any greater. Once I had to let some folks know, "that's family.....he's good" and we acted up lol. Please hug daddy, aka Uncle Richard. I'll be praying for his family.

Precious P - March 07 at 09:06 PM

SH

Truly Miss
Pound

shirleyholley - March 13 at 09:52 AM

MT

“ Rest in Paradise. Going to miss seeing you in the neighborhood. 🙏🙏🙏



Millie Taylor - March 06 at 05:22 AM

MT

“ Millie Taylor lit a candle in memory of Henry Spruill



Millie Taylor - March 05 at 06:04 PM

CS

“ Because He Lives, you can face tomorrow knowing he is just away. Knowing the Spruill Family over 60 plus years and Pound letting me know he was the last child born on Thirty-First Street before. moving and was so glad to let it be known, smiling the entire time, he will be truly missed. May Our Lord and Savior comfort you at this difficult time. With our Deepest Condolences, Christine Robertson Stegall and Family

Christine Robertson Stegall - March 05 at 05:37 PM

JW

“ I'm so so sorry to hear of Henry (pound) passing we were friends for years such a funny person to to know,my condolences to his family



Jacqueline Walker - March 05 at 11:28 AM