



Herbert I. Sauer

Herbert I. Sauer, age 100, of Columbia passed away Tuesday, September 14 at Lenoir. He had been a resident of Columbia for 48 years.

Services will be at 3 p.m. Saturday, October 23, at Lenoir Chapel with the Rev. Sally Robinson and the Rev. Melvin West conducting. Visitation will be at the Chapel, following the services.

Herb was born June 13, 1910 on the family farm in West Alexandria, Ohio, the son of Irvin and Lucy (Pontius) Sauer. At the age of five he suffered a devastating injury when a faulty windmill fell on him and broke his left leg in multiple places. Herb spent months in the hospital, and often recalled his father bringing him home on a stretcher in the baggage car of a trolley.

Herb was valedictorian of his high school class and won special awards for math and social studies. After graduating Phi Beta Kappa with Distinction in Philosophy from Ohio State, Herb pursued a career in public health, including travels throughout the U.S. with the Tuberculosis Program of the U.S. Public Health Service. He served in the U.S. Army from 1942-43. Subsequently Herb conducted pioneering research in geographic differences in the cause of death, with the U.S. Department of Health, Education and Welfare, and later, The University of Missouri at Columbia. He was proud to have been able to work in 46 of the contiguous 48 states. During his working career he pursued graduate studies at several universities, including Stanford, and received a Master of Public Health degree from The University of Missouri.

Herb was a forerunner in understanding the role of diet and exercise as risk factors for heart disease, and as a result changed his own habits in the early 1960's. He avoided red meat consumption, increased fish intake, and reduced saturated fats in his diet. He daily rode a bicycle to work in order to get more exercise--up a steep hill along a small highway, a basic single speed balloon tire bike. His photo was in the local newspaper, because in those days this was an odd sight, to see a grown man riding a bike! Even after nominal retirement, he and his staff continued his research and publication, well into his 80s.

Some of his many publications are readily available on the Internet, some dating as far back as 1938!

On September 13, 1946, he married E. Doris Johnson in Euclid, Ohio. Together they raised their two children, Charles and Lucy. Doris, a dedicated public health nurse and instructor, passed away February 21, 1996. His older brother, Ray, stayed on the family farm until his death at age 89, and his "baby" brother, Hugh, continues to live not far from that farm approaching the age of 95. In addition to Hugh, Herb is survived by Charles and his wife Caroline, Herb's granddaughter Elizabeth and great-granddaughter April Rose, of Austin, Texas, his daughter Lucy and granddaughter Hannah, Hannah's father, Pratt, of Little Rock, Arkansas, nephew Tim and nieces Victoria and Kathy.

The family is particularly grateful for decades of friendship and guidance from Mel and Barbara West, for the caring support of the staff at Lenoir Woods, and loving friendship from his caretakers at Home Instead.

Most recently, Herb was a member of New Horizons United Methodist Church. Previously, he and Doris were members of Community United Methodist Church.

Herb and Doris pursued a shared passion for their church, for peace efforts and for humanitarian causes, both domestic and worldwide. Their accomplishments range from helping establish the Columbia Visiting Nurses Association to funding housing projects in rural Nicaragua. In lieu of flowers, memorial contributions may be made to the PET project (<http://GiftofMobility.org>) and/or Rainbow Network (<http://RainbowNetwork.org>).