



Adams and Jefferson died exactly 50 years after independence

Death date of July 4, 1826 a remarkable American coincidence

BY TOM EMERY
For the Sentinel

Few dates in American history have been so profound.

On July 4, 1826, as the nation celebrated the 50th anniversary of its independence, both John Adams and Thomas Jefferson died. The loss of two of the first three presidents, as well as two of its founding fathers, is one of the most remarkable coincidences in the history of the nation.

The two men are inextricably linked to the Revolution. Both were among the 56 signers of the Declaration of Independence, and Adams and Jefferson were on the Continental Congress' Committee of Five to compose the document.

Both debated who should take the lead, and Adams finally persuaded Jefferson, claiming that a Virginian "ought to appear at the head of this business." Adams also assessed himself as "obnoxious, suspected and unpopular," while adding that Jefferson "can write 10 times better than I can." Jefferson then drafted the document.

Despite their mutual efforts for independence, Adams and Jefferson later became political rivals. The short-tempered, prickly Adams clashed with Jefferson's laid-back approach, and Adams' Federalist devotion was also at odds with Jefferson, who believed the states should have more power.

The two former friends met in the 1796 Presidential election, which became a mud-slinging affair of polarizing political views, largely on foreign affairs. The outcome, however, was razor-thin, as Adams edged Jefferson in electoral votes, 71-68.

As was custom in the day, the loser became the Vice-President, and Jefferson soon opposed Adams on a host of issues. Among them was the controversial Alien and Sedition Act of 1798, which induced Jefferson to forego Washington in favor of his Monticello home.

They again squared off in the 1800 Presidential election, and this time, Federalism vs. states' rights was the dominant theme. The rematch was even more bitter than the 1796 campaign, and is considered one of the dirtiest elections in American history. Jefferson tied Aaron Burr with 73 electoral votes, while Adams, with 65,

went down in defeat.

Adams, stung by the loss, proceeded to reel off a succession of "midnight appointments" of Federalists to judicial offices and in his last hours in office, designed to leave his mark against Jefferson. He then slipped out of town early in the morning of the inauguration, choosing not to welcome the incoming President, as is tradition.

The relationship remained frigid for many years until intervention by a mutual friend, Benjamin Rush, a Philadelphia doctor who had also signed the Declaration. Though Adams was noncommittal to Rush's efforts, he took the initiative, and on Jan. 1, 1812, wrote a note with well-wishes to Jefferson. On Jan. 21, Jefferson responded in kind, recalling when "we were fellow laborers in the same cause" of independence and extending "my sincere esteem for you... I salute you with unchanged affections and respect."

Thus renewed a friendship of decades past, and Adams and Jefferson continued to send respectful, thoughtful letters to each other, a source of great mutual satisfaction.

Jefferson, who suffered from rheumatism and an enlarged prostate, was forced to decline an offer to attend the 50th anniversary celebrations that July 4 in Washington. By July 2, he was barely lucid, and he died at Monticello around 12:50 on the Fourth.

At his Quincy, Mass. home, Adams had also declined an invitation to a 50th anniversary extravaganza in Boston due to poor health. Early on July 4, he lost consciousness. He recovered slightly near mid-day, and according to most accounts, his final words were some form of the words "Thomas Jefferson still survives."

The irony is that Jefferson had just died, though modern researchers cite no proof that Adams made such an utterance. He died around 6 p.m. that evening.

Incredibly, Adams and Jefferson were not the only early Presidents to die on July 4. Five years later in 1831, James Monroe passed away at age 73, marking the third of the first five chief executives to die on the date of the nation's birth.

One President, Calvin Coolidge, was born on the Fourth of July holiday in 1872, though most historians rate him among the weakest of chief executives, unlike Adams and Jefferson.

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LETTERS TO THE EDITOR

All about money

To the City of Cottage Grove — enough is too much; it's all about raising money. I hope we are not the only ones who are upset about our water and sewer charges, with everything they tack on.

We budget our money; how about you (the city's leaders) do the same?

I was told once by a paid city employee about a grant; what happened to that money? He said it was put in the right pocket, then used in the left pocket, and now it needs to be put back in the right pocket. I said it should have stayed in the right pocket; I was told that isn't how things work.

This is all about raising more money to put in the left pocket.

The City should sell the Army, golf course, the Industrial Park south of the City, North Regional Park by the sewer plant and anything else they

bought on our behalf that we did not vote on.

I may be wrong, but the way I figure it, if our money was used for what it is meant, for our water sewer and everything they attach to our bills, we would have it like (the year) 2000.

All we want is for the City to spend the taxpayers' money more frugally. It is our money; we should have a say.

BD Zuvich
Cottage Grove

Chess table error

When I saw the notice in the July 1 Sentinel (on page 10A) that there will be a ribbon-cutting dedication in Bohemia Park on July 19 to officially unveil new chess tables there, I decided to drive over to the park to take an early look at them, because I've been playing chess since I was a kid and

I've enjoyed playing outdoors at similar tables in several different cities.

Unfortunately, of the three tables that have been built there, two of them are set up wrong.

The very first rule that beginners learn about chess is to set down the board so that there is a white square in each player's right corner. Why didn't the workers who installed those chess tables talk to somebody who plays the game before they poured concrete to set up the tables wrong by 90 degrees?

No serious chess player will play on those two tables the way they are right now, and it will be a little embarrassing to the City of Cottage Grove as long as this silly error exists. Fortunately, there is still time to correct this faux pas before the dedication ceremony later this month.

Roger Kahane
Cottage Grove

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Getting enough zinc on a plant-centered diet

BY JOEL FUHRMAN, MD
For the Sentinel

Zinc is a mineral essential for immune function, growth, wound healing, reproduction, protein structure, neurotransmitter release in the brain and insulin secretion, and it supports hundreds of chemical reactions.

Zinc-rich foods include beef, oysters, crab, veal, lamb, pumpkin and sesame seeds, pine nuts, peanuts, soybeans, cashews,

wild rice, oats and mushrooms. However, zinc-rich plant foods also contain substances that inhibit zinc absorption, phytate in particular. It is important to note, however that phytate has beneficial health effects despite its tendency to lower zinc absorption. Phytate is a storage form of phosphorus and minerals in plant seeds. Originally viewed as an "anti-nutrient," eventually beneficial actions of phytate were discovered, such as antioxidant and anti-cancer

effects. The presence of phytate also reduces glycemic effects of the foods it is present in, and may bind toxic metals, reducing our absorption of these harmful substances. Preliminary research has also suggested that phytate could help to prevent kidney stones and vascular calcification. Grains, beans, seeds and nuts are the foods highest in phytate. In addition to phytate, a number of other factors reduce zinc absorption, including older age, iron, calcium, protein quality, protein intake and folic acid.

Zinc status in vegetarians and vegans: A 2013 review of 34 studies concluded that zinc status is lower in vegetarians than omnivores; in particular in females and vegans. Zinc requirements for those on a completely plant-based diet are estimated to be about 50 percent higher than the standard recommendations of 12 mg/day for females, 16.5 mg/day for males. Therefore, in addition to eating natural foods containing zinc it is reasonable to take extra supplemental zinc to assure adequacy on a vegan or near-vegan diet.

Zinc may protect against

depression. Zinc is a crucial nutrient for the brain; as mentioned above, zinc is needed for neurotransmitter release. Zinc may also act to reduce oxidative stress in the brain. Low zinc levels could potentially lead to a tendency toward anxiety and depression. I have observed some female vegans, in my medical practice, who developed depression and anxiety which resolved after supplementing with additional zinc. Some people may have higher requirements. In scientific studies, blood zinc concentrations are consistently lower in depressed vs. control subjects. Furthermore, the severity of depression was found to increase with the magnitude of the zinc deficiency. Because of these findings, zinc supplementation is being investigated as an adjunct treatment for depression, with promising results. The association between low zinc and depression appears to be stronger in women compared to men.

Zinc and the prostate: Normal prostate cells contain very high levels of zinc, higher than any other body tissue. However, if prostate cells become cancer-

ous, they lose their ability to accumulate zinc. There is evidence that zinc has anti-cancer effects in the prostate, however, the relationship between zinc and prostate cancer risk is somewhat unclear. Some studies have reported increased risk, some have reported decreased risk and others found no relationship at all.

One study, which placed mice on one of three different diets—zinc-deficient, normal, and supplemented, suggested that optimal levels of zinc are protective, but deficiency or excess promotes prostate tumor growth.

This is apparently valid in humans too. The VITAL study followed over 35,000 men for 3.5 years, who completed a questionnaire asking about their supplement use over the previous 10 years. Men who had been supplementing with 15 mg or more zinc per day had a 66 percent decrease in the risk of advanced prostate cancer compared to men who didn't supplement. There was no association between zinc supplements and overall prostate cancer—except in men who ate more veg-

etables. Importantly, the authors found that men who both supplemented 15 mg or more of zinc per day and had a higher intake of vegetables did have a reduced risk of overall prostate cancer. However, men taking the same amount of supplemental zinc with a lower intake of vegetables did not reduce their risk. Another study found that long-term (10 or more years) supplementation with zinc was associated with a 53 percent reduction in breast cancer risk. This research suggests supplementing with zinc most likely is of significant benefit, especially in those that eat a healthful vegan or near-vegan diet.

Dr. Fuhrman is a #1 New York Times best-selling author and a family physician specializing in lifestyle and nutritional medicine. Visit his informative website at DrFuhrman.com. Submit your questions and comments about this column directly to newsquestions@drfuhrman.com. The full reference list for this article can be found at DrFuhrman.com.

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Personal attacks and name calling in response to letters are uncalled for and unnecessary.

If you would like to submit an opinion piece, Another View must be no longer than 600 words.

To avoid transcription errors, the Sentinel would prefer editorial and news content be sent electronically via email or electronic media. Hand written submissions will be accepted, but we may need to call to verify spelling, which could delay the publishing of the submission.