

The Foothills View

A Community Newsweekly



Vol. 7 Number 44, July 16, 1981

Second Class Postage Paid In Boiling Springs, N. C. 29017

\$6.00 Per Year

Farming The Way Of Yesteryear



Gardner-Webb Receives Gifts Totaling \$2,085,053.43

BOILING SPRINGS, N.C.—During the fiscal year, July 1, 1980, to June 30, 1981, Gardner-Webb College received gifts totaling \$2,085,053.43. Included in this amount is \$602,137.96 received from the Baptist State Convention of North Carolina; \$82,330.10 from alumni, and \$393,048.19 from friends.

Vice-President for Development Bob Shepherd attributes this year's success to the many volunteers who participated in various aspects of the College's programs. "Alumni, the Board of Trustees, the Board of Advisors, the Ministerial Board of Associates, along with many others were all a part of the total effort. Also, the attractive new programs designed by the faculty were a part of the effort.

Dr. Craven Williams became president of Gardner-Webb College in August 1976, at which time annual gifts to the College totalled \$759,254. Shepherd said, "An increase in gift income of 175% is noteworthy. We have made significant progress as a College operating independent of government funds. A program for the hearing impaired, the Greater Opportunities for Adult Learners (GOAL), and the Broyhill Academy for the Study of Independent Concepts (B/SIC) and indicative of the kinds of things we have been able to do because of the generous support we have received," Shepherd added.

Walker To Speak At GWC Commencement August 8

BOILING SPRINGS, N.C.—Arthur L. Walker, Jr., Th.D., executive director-treasurer of the Education Commission of the Southern Baptist Convention, will be a guest speaker for Gardner-Webb College on August 8.

The Franklin, Tennessee resident will speak during the 10 a.m. summer school commencement exercise at Boiling Springs Baptist Church.

Walker has served pastorates in Indiana, Kentucky, and Louisiana and has served as interim pastor in 35 churches. He is a member of Immanuel Baptist Church in Nashville, Tennessee.

He is editor of "The Southern Baptist Educator" and in 1964 and 1965 edited the "Alabama Baptist Historian." His articles have appeared in numerous historical, theological and denominational publications. He has also contributed to the curriculum materials for the Uniform Lessons Series of the Baptist Sunday School Board.

Walker serves as editorial consultant to several organizations and churches. He contributed to the "Encyclopedia of Southern Baptist III, IV;" and is the editor of "Educating for Christian Missions," published by Broadman Press.

From 1976-78, Walker was a Church History professor at Boyce Bible School of the Southern Baptist Theological Seminary. He worked with the Howard College Extension Division at Samford University and was a professor with the Department of Religion and Philosophy and an administrator at Samford University.

In the late 1970's, Walker served as vice-president for student affairs at the Southern Baptist Theological Seminary.

A 1980 commencement speaker for the Baptist Theological Seminary in Rushikon, Switzerland, Walker is active in the Baptist World Alliance.

He received a B.S. from Samford University; a B.D. from Southern Baptist Theological Seminary, and a Th.D. from the New Orleans Baptist Theological Seminary. He has done additional study at Indiana University and the University of Alabama.

If You're Tired of Putting Your Money Where Your Mouth Is . . . Dr. Hutchens Has Some Ideas

CHAPEL HILL...If you're tired of putting your money where your mouth is, Dr. Luther H. Hutchens Jr. has some ideas for taking the bite out of high dental bills. Hutchens, chairman of periodontics at the University of North Carolina School of Dentistry, says a lot of people think that dental problems are inevitable and "that just because granddaddy lost his teeth, they'll lose theirs one day too.

"In fact, though, 85 to 90 percent of gum disease and tooth loss could be prevented with regular dental care."

But don't go out and spend a lot of money on mouth washes and gadgets like water picks, he advises. Except for individuals with extensive bridge work and orthodontic bands, they are almost worthless.

Instead, buy a new, soft-bristled brush for your teeth and make flossing a part of your daily routine. Use your mashed down, stiff-bristled brush for polishing shoes or throw the antique out.

Periodontal disease, Hutchens explains, results from an undisturbed orgy of bacteria in the spaces between gums and teeth. Over many years, microscopic wastes break down the bone and connective tissue that hold teeth firmly in place.

Brushing helps prevent the build-up of plaque—a kind of bacterial squatter community—on the surface of the teeth, while flossing takes care of the nooks and crannies.

"Periodontal disease is a chronic process, an infection, that the average person wouldn't know about unless it's picked up early," the scientist says. "And often, by the time it's hurting you, it's too late to begin effective therapy."

In 1979, the Dental Manpower Study for North Carolina showed that tooth decay seems to be declining in the state, but periodontal disease has increased to epidemic proportions, particularly among non-whites. The report labeled it "a massive public health problem."

The Dental Foundation of North Carolina, the N.C. Dental Society and the UNC School of Dentistry are involved in a 10-year campaign to increase awareness of the problem.

Contrary to popular opinion, Hutchens says, research has shown that it's not critical to brush one's teeth three times a day.

"The average person probably spends only about 30 seconds at a time brushing," he says. "It's much more important to clean teeth thoroughly with brush and floss at least once a day."

He suggests that people clean their teeth at home while doing something else like watching the late news on television before going to bed. That way a person can do a good job without feeling like he is making a career out of it.

"If we could come up with a mouthwash that would kill the bacteria, then that would be the ideal way of taking care of teeth and gums," he says. "But right now we don't have any safe product like that, and mechanical removal is the only way."

Mouthwash can make a mouth taste fresher temporarily, but it has no therapeutic value, and Hutchens doubts whether anyone in his department uses it personally or recommends it to patients. Bad breath invariably results from smoking, poor oral hygiene, gum disease or systemic illness.

Likewise, water picks with their pulsating jets of water may make a person's mouth feel better briefly, but do not remove dental plaque.

"We only recommend them for patients who have orthodontic devices or extensive bridge work to dislodge trapped food particles," he says.

Toothpastes containing fluorides are good for children because the fluoride ion becomes a protective part of

the enamel as their teeth develop. Since adult teeth already have formed, however, fluoride won't make much difference.

"It really isn't necessary to use toothpaste at all, especially not along string of it on the brush," he adds. "A thorough cleaning with a dry brush is better than a big mouthful of suds."

Abrasive toothpastes actually can cut little notches in teeth, and brushing toward the gums with a stiff bristled brush will wear away gum tissue, exposing the sensitive roots.

Hutchens says regular visits to the dentist for teeth cleaning are very important, although there are no hard and fast rules about how often cleaning should be done. That depends on how healthy the teeth are and how advanced periodontal disease may be.

Dentists need to be more concerned with the supporting structures of teeth rather than just looking at what's wrong with the tops of them, the scientist says.

There's no point in putting an extensive crown on a tooth that has poor support and may have to be removed within a few years.

"After all," Hutchens says, "a house is no better than its foundation."