



Dr. John Taylor
.....Civil rights activist

Rev. Taylor

To Receive

Honorary Degree

Dr. John Randolph Taylor, moderator of the 195th General Assembly of the Presbyterian Church, USA, will be honored with a Doctorate of Human Letters degree from Johnson C. Smith University in celebration of the school's Founder's Day and its 117th anniversary.

The granting of the degree will coincide with the inauguration ceremonies of JCSU's 11th president, Dr. Robert L. Albright, at 2 p.m. Sunday, April 8, at the University Church on campus.

"The university community is pleased to honor a person whose life is devoted to the concern of others, his deep commitment to humanity, outstanding service in the field of civil rights and his exemplary performance," remarked Johnson C. Smith University President Robert L. Albright. "Our institution is honored to bring into the university family one of the nation's most distinguished citizens."

Dr. Taylor is pastor of Myers Park Presbyterian Church in Charlotte, N.C. Last summer, he served as chairman of the Reunion Committee of the Presbyterian Church, USA, that worked with representatives of the United Presbyterian Church, USA, in bringing together the two bodies that were geographically split over 100 years ago. Dr. Taylor was elected Moderator of the 195th General Assembly of the combined Presbyterian Church, USA.

Reverend Taylor received his B.A. degree at Davidson College (where he was student body president); a B.D. degree from Union Theological Seminary (where he also served as student body president) and a Ph.D. from the University of Aberdeen (Scotland).

He is active in Charlotte as chairman of the Charlotte-Mecklenburg Community Relations Committee; commissioner of the Housing Authority; former chairman of the Charlotte Area Clergy Association; and member of the Social Planning Council; Board of Presbyterian Family Life Center; Board of Family Support Center; Board of the Charlotte-Mecklenburg Urban League and Planning Committee of the Mecklenburg Presbytery.

Dr. Taylor has long been active in civil rights in Washington, DC, and Atlanta before coming to Charlotte. He continues to serve on the North Carolina Advisory Committee to the U.S. Commission on Civil Rights. Other state activities include being a member of the Advisory Council of the Governor's Office of Citizen Affairs and on the executive board of the North Carolina Council of Churches and the Commission on Christian Unity.

"Are Your Children Developing Unhealthy Lifestyles?"

You are never too old to get on a path to a healthier lifestyle, and you are never too young either.

Heart disease, high blood pressure, obesity, and stress are usually thought of as adult problems. However, there is increasing evidence that these health problems develop

their roots in early childhood when lifetime health habits are formed.

Studies show that a third of our country's school children already face a high risk of premature heart disease. They may have excessive body fat, increased blood cholesterol levels, high blood pres-

sure and inadequate physical activity and exercise habits. In addition, many are smokers and show unhealthy reactions to stress.

Autopsies on preschool children have shown fatty deposits in their hearts' blood vessels. These are thought to be the beginnings of atherosclerosis,

the disease of fat-clogged arteries that causes half of the heart disease deaths in this country.

Almost 30 percent of the American high school students are 20 percent or more over their ideal weight and on their way to a lifetime of obesity. Four out of five children

who are fat at age six will be fat as adults unless something is done to change their unhealthy lifestyle habits.

It's up to parents to help children improve their health habits. Encourage your children to participate in regular physical activity that improves their car-

diovascular fitness (to strengthen their heart and lungs). Some good exercises are bicycling, jogging, swimming, brisk walking, jumping rope and dancing. Serve well-balanced meals with lots of fresh fruits, vegetables, low-fat dairy products and lean meats, chicken and fish.

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