



**Houston Area
Urban League**

*Empowering Communities
Changing Lives*

1301 Texas Avenue
Houston, Texas 77002

Tel 713 393 8700
Fax 281 768 7907
www.haul.org

5320 Griggs
Houston, Texas 77021

Tel 281 220 6012
Fax 713 641 3321

A United Way Agency
Affiliated With The
National Urban League

June 2010

Executive Committee

Barbara L. Seymour
Chair

Genora Boykins
1st Vice Chair

Suewan Johnson
2nd Vice Chair

Jamie Greenheck
3rd Vice Chair

Phil Dyson
Secretary

Morris Clark
Treasurer

Judson W. Robinson III
President & CEO

Members

Ron Acosta
Terry K. Anderson
Juan Alonso
Joni Baird
Deidre Boone
Joseph L. Boyd
D'Anderia Dunham
Phil Dyson
Licia Green Ellis
Gordon E. Goodman
Jamie J. Greenheck
Debra G. Hatter
Wayne C. Haynes
Argentina M. James
Karen M. Jenkins
Shannon Lassiter
Wea Lee
Sherman L. Lewis
Fulkra J. Mason
Margaret C. Montana
Dawn H. Moses
Michael N. Pearson
Nathaniel J. Raggette
Ingrid Robinson
Donna Rolland
Stephanie K. Rudd
Ed Smith
Rhonda Smith
Tony Speller
Tiffany Thomas
William Traylor
Michelle Trevino-Aguilar
Pamela Ulmer
Laurie Vignaud
Cary P. Yates

One of the great challenges that we face today is encouraging people, young and old to have the required discipline to prepare for the future. As families pursue the quality core components of life such as good health, education, employment, affordable and comfortable housing, it's fair to say none are achieved without hard work and discipline.

But, just as our parents tried to discipline us when we were young, we now must discipline ourselves to be wise and do our part to ensure our own health, education, job, and home. The sooner we begin demonstrating healthy habits in each of these core areas the better our eventual outcomes. You can't buy your first home until you learn how to save and budget. You can't lose weight until you are willing to exercise and eat right. You can't get a job unless you are educated about your field of endeavor to get through the interview. I think you get my drift. We try to encourage and teach the lessons of success here at the Urban League in our Health, Education, Workforce Development and Housing Departments. Our goals and mission are clear and our staff is committed to delivering excellent service to our clients.

If we are serious about empowering ourselves and becoming the masters of our destiny, we only have to look at historical data about our environment. It will require discipline to stay the course to reach your goals. Let's just talk about health. We already know that diabetes is a huge problem in our country. There are 24 million people diagnosed with diabetes in this country and more than 50 million that are considered pre diabetic. We also know that obesity is a huge problem in America and especially in the African American and Latino communities. Obesity leads to diabetes and diabetes leads to a whole host of other long term and often fatal illnesses. We know that African American and Latinos are twice as likely to be diagnosed with type 2 diabetes and we know that with the right combination of exercise and diet we could eliminate this terrible disease. We can change our future. If in fact we took the initiative to exercise more and eat right, our personal health care cost would go down, our personal wealth would go up and our quality of life would increase. But what does this take? It takes initiative and discipline. The Urban League is here to partner with you to empower our communities.

Become Empowered Today!

Judson W. Robinson III
President & CEO

Life Members

Quentin Mease, Chairman
Emeritus (*Deceased)
Dan Arnold, Board Member Emeritus
Gerald Hines, Board Member Emeritus
John S. Chase
Dr. Gerson David
Edwina Higgins
Andrew L. Jefferson, Jr.
Attorney A.M. Wickliff, Sr.

ALPHA KAPPA ALPHA SORORITY, INC.
ALPHA KAPPA OMEGA CHAPTER
FIRST ORGANIZATIONAL LIFETIME MEMBER