



10 POWERHOUSE FOODS

THAT WILL HELP YOU BURN FAT IN THE NEW YEAR

Marissa Balch - CPT, Nutrition Coach - Texas Fit Chicks Boot Camp

1. Oatmeal - Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. Eggs - A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. Salmon - High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. Nuts - Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. Grapefruit & Berries - These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. Avocado - It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. Leafy Greens - Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. Cinnamon - Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. Green Tea - Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. Beans & Legumes - Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.



THE COMPASS

IMPORTANT NUMBERS

Villages of Northpointe Security Director
Andy Elmore hit02@scbglobal.net
Waste Management (*garbage – paid through MUD #281*)
..... 281-376-8802
Centerpoint Energy (*street lights – get 6 digit # off lamp post*)
..... 713-207-2222
Tomball Post Office 281-516-0513
Harris County MUD #281 (water and recycling) 281-376-8802
Harris County Constable Precinct #4
24-hour Dispatch 281-376-3472
Villages of Northpointe Patrol Officer
Deputy Miller 281-370-9106

SCHOOLS

Tomball Independent School District www.tomballisd.net
Canyon Pointe Elementary 281-357-3122
NorthPointe Intermediate 281-357-3020
Willow Wood Junior High 281-357-3030
Tomball High School 281-357-3220
Tomball Memorial High School 281-357-3230

TAX ENTITIES:

Tomball ISD Tax Office 281-357-3100
www.tomballisd.net and follow the link to the Tax Office

MUD #281 & NorthPointe WCID 713-462-8906
..... www.wheelerassoc.com
Harris County Appraisal District 713-957-7800
..... www.hcad.org
Electric Company Choices 866-7974839
..... www.powertochoose.org

MANAGEMENT

Chaparral Management (*Villages HOA Issues*) 281-537-0957
Please direct all questions, comments, and concerns about the
landscape along NorthPointe Blvd. to:
TEAKWOOD LANDSCAPING 281-720-0022
<http://www.teakwoodlandscaping.com>
marisa@teakwoodlandscaping.com

WEBSITE

www.villagesofnorthpointecai.com

Contact Brian at bfornear@mail.com to request information
postings on the website.

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Fruit flies can become a problem at any time of year because they are attracted to ripe or fermenting fruit. Fruit flies can be brought into the home from ripe fruits or vegetables picked from the garden or items purchased at the grocery store.

Adults are small (about 1/8 of an inch) and usually have red eyes. The front portion of the body is tan while the back portion is dark brown or black. If given the opportunity, females can lay up to 500 eggs. Larvae feed near the surface of fermenting foods or other organic matter.

Prevention is the best way to deal with fruit flies. Do not purchase over ripened fruit or vegetables. Fruit and vegetables should be eaten in a timely manner or stored in the refrigerator. If storage in the refrigerator is not an option because you are ripening the item, place it in a paper bag and use a clothespin or chip clip to close the bag. All recyclables should be rinsed thoroughly before placing them into the recycling bin. The recycling bin and garbage can should be cleaned out on a regular basis to eliminate any spilled material.

FRUIT FLYS

To eliminate a fruit fly infestation, all sources must be located and eliminated. Insecticides will not help if sources are not eliminated. While searching and eliminating breeding sources, a trap can be constructed to capture adult flies. Create a paper funnel by rolling notebook paper and place the funnel into a jar that contains a small amount of apple cider vinegar in the bottom.

For more information or help with identification, contact Wizzie Brown, Texas A&M AgriLife Extension Service Program Specialist at 512.854.9600.



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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



STEP 1



STEP 2



STEP 3

The Modern Game: The Forehand Return Serve Drop Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may already be playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute “The Return Serve Drop Shot.” This shot is used when an opponent is expecting a deep service return and the player “surprises” the opponent with a short angle drop shot. It can be used in both singles and doubles play.

In the illustrations, Fernando Velasco, Director of Tennis and teacher at of the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Velasco is presently ranked #1 in Singles and Doubles in the USTA Men’s 70 Division in Texas, and #13 in Singles

and #8 and #10 in Doubles in the US.

Step 1: The Back Swing: When Fernando sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, and his eyes are focused on the incoming ball.

Step 2: The Point of Contact: The success of the drop shot is to “cup” under the ball with the strings. The grip is relaxed and ready to push the ball forward and under the ball as he makes contact with it. His left shoulder is almost opening and his weight is moving through the shot.

Step 3: The Follow Through: In order to get maximum underspin, Fernando is keeping the right hand extended as long as possible. His weight is going forward. The left hand is left leaning forward for better balance.

As the shot goes over the net, and it was successful, Fernando will run towards the net, expecting his opponent to either lift the ball short, or try to drop shot his drop shot.

Look in the next Newsletter for: “The Backhand Return Drop Shot”

Recipe *of the* Month

Chicken Enchilada Soup

Sauté in large pan:

- 1 small onion, chopped 1 clove garlic, crushed
- 2 Tbs. vegetable oil

Add & simmer 1 hour:

- 1 - 4 oz. can chopped chilis, undrained
- 1 - 14 ½ oz. can beef broth
- 1 - 14 ½ oz. can chicken broth
- 1 - 10 ¾ oz. cream chicken soup
- 1 - 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worcestershire sauce
- 1 tsp. cumin
- 1 tsp. chili powder
- 1/8 tsp. pepper



Then add and simmer for 10 more minutes:

- 3 cups shredded cheese
- paprika
- 6 corn tortillas, cut in 1/2" strips

Serve with tortilla chips.

Submit your recipes to info@peelinc.com.



Jacquie Kendrick

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Email the picture to vnpcompasseditor@gmail.com. Be sure to include the text that you would like to have as the caption.

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There is no better time to say

“Thank You”

for your continued support and to wish you and your family a New Year filled with health, happiness and prosperity.



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2014 was the best year for real estate since 2007. Rising employment caused buyer demand to soar. Excess inventory was absorbed in the market and we experienced double-digit declines in inventory. Most areas in Houston are now considered to be a Sellers' Market. If you have considered moving, please contact me for an update on current market values. *2015 may be your year to make a move.*