

Volume 6, Issue 1

OFFICIAL NEWSLETTER FOR THE VILLAGES OF NORTHPOINTE HOA

**JANUARY 2015** 

# 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 carbohydratesthat 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 vogurt 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.



### **IMPORTANT NUMBERS**

Villages of Northpointe Security Director	
Andy Elmore hit0	
Waste Management (garbage - paid through MUD :	
0 0 0 1 0	
Centerpoint Energy (street lights – get 6 digit # off la	
Tomball Post Office	
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 Districtwu	vw.tomballisd.net
Canyon Pointe Elementary	
NorthPointe Intermediate	
Willow Wood Junior High	
Tomball High School	
Tomball Memorial High School	
TAX ENTITIES:	
Tomball ISD Tax Office	281-357-3100
www.tomballisd.net and follow the link to th	
ωωω.ιοπιοαιιικα.πει απα μοιιοώ την τίπκ το τη	i im 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
W	ww.powertochoose.corg
MANAGEMENT	
Chaparral Management (Villages HOA Issues	s)281-537-0957
Please direct all questions, comments, a	
landscape along NorthPointe Blvd. to:	

#### **WEBSITE**

### www.villagesofnorthpointecai.com

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

### **NEWSLETTER INFO**

#### **EDITOR**

Jessica Rushing	281-320-0051
	vnpcompasseditor@gmail.com

#### **PUBLISHER**

Peel, Inc. ...... www.PEELinc.com, 512-263-9181 Advertising...... advertising@PEELinc.com



# TEXAS A&M

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.

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.



### Cy-Fair Hospital now has SEVEN locations to serve your Emergency and Urgent Care needs.

Cypress Fairbanks Medical Center Hospital now offers an online check-in service at CyFairERandUrgentCare.com for all seven locations where you can reserve your time online and comfortably wait at home. It's quick, easy and you'll be seen by a healthcare professional within 15 minutes of your scheduled time.

#### **EMERGENCY CARE** URGENT CARE

- 10655 Steepletop Drive (EM. 1960 near Jones Road) ER 281.897.3150
- 27126 Highway 290 at Mueschke Road 281,949,3800
- 7015 Barker Cypress at F.M. 529 281,949,3600
- 8470 Hwy. 6 North at West Road 281,949,3799
- 9110 Barker Cypress at West Road 281.517.9900

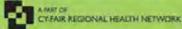
& Imaging

[290]

- 14044 Spring Cypress at Grant Road 281.949.3703
- 9138 West Road at Beltway 8 281,949,3737

# Cypress Fairbanks Medical Center Hospital

ring Cypress No



CyFairERandUrgentCare.com

# TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco





### 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 34 oz. cream chicken soup
- 1 6 ¾ oz. can chicken
- 1 ½ cup water
- 1 Tbs. steak sauce
- 2 tsp. Worchestshire 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.



### SEND US YOUR

Event

Pictures!!

Do you have a picture of an event that you would like to run in this newsletter? Send it to us and we will publish it in the next issue.

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

Pictures will appear in color online at www.PEELinc.com.



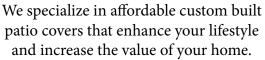
### **Affordable Shade Patio Covers**

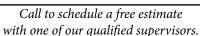


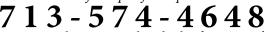
Windstorm Certification Provided for Inland I, II, III



We pull City Permits and help with **HOA Approvals** 







Visit our website to view hundreds of pictures of our work and see homes similar to your design.





Custom Designed Aluminum Insulated Patio Covers

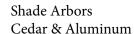
Patio Covers

Patio Cover

Structural &

Screen Rooms

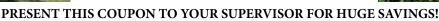
**Decorative Concrete** 



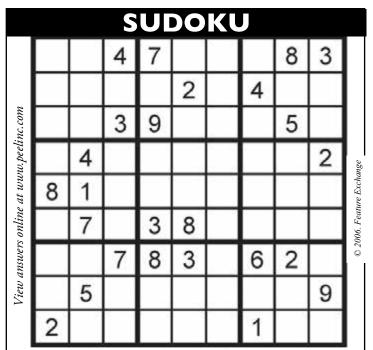










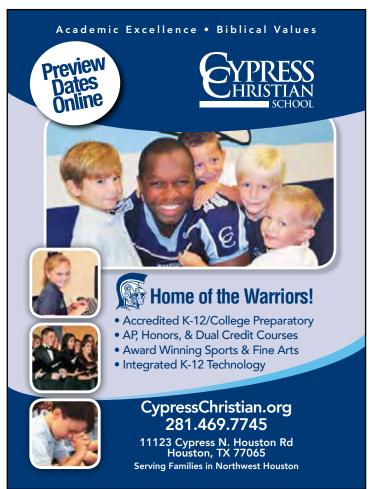


The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.

At no time will any source be allowed to use The Villages of NorthPointe Compass contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the Villages of NorthPointe Compass is exclusively for the private use of the Villages of NorthPointe HOA and Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

- \* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.
- \*Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.
- \* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.











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.

0

Now is a good time to discuss your real estate needs...

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.