# THE RIVER REVIEW

June 2018

Volume 12, Issue 6



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# Homeowners Corner Indoor Plants—Do They Actually Purify the Air?

Article by Steve Asbell

Houseplants can improve your life in many ways (more on that later), but if you're expecting that peace lily on your desk to rid your home of toxins, you're in for a surprise.

A 1989 NASA study attempted to find new ways to clean the air in space stations. Despite some pretty neat findings, it never claimed houseplants are great at removing chemicals from your home's air — although countless articles have since cited the study as proof of that point.

And the headline "Houseplants Remove Toxins" does sound a lot more exciting than the report's actual statement:

"Low-light-requiring houseplants, along with activated carbon plant filters, have demonstrated the potential for improving indoor air quality by removing trace organic pollutants from the air in energy-efficient buildings."

And if you thought that was a buzzkill, the paper's summary continues to disappoint:

"Activated carbon filters containing fans have the capacity for rapidly filtering large volumes of polluted air and should be considered an integral part of any plan using houseplants for solving indoor air pollution problems."

In other words, even if your dracaena had the potential to remove trace toxins from your energy-efficient home, you'd still need to recreate NASA's complicated system, which blows air through the activated carbon in the plant's root zone.

Furthermore, if you see a list of the best plants for removing toxins, it's nothing more than a list of the plants used in the study.

## SO CAN HOUSEPLANTS PURIFY MY AIR OR NOT?

In theory, yes. But if you're thinking of making your own botanical air filtration system, you've got a lot of work to do.

As an EPA reviewer explained in 1992, "To achieve the same pollutant removal rate reached in the NASA chamber study," you would need "680 plants in a typical house."

You'd be better off buying an actual air filtration system or, at the very least, vacuuming more often.

Yes, it's true that some plants in the NASA list were more effective at removing benzene, trichloroethylene and/or formaldehyde than others, but the amount is so negligible that neither the American Lung Association nor the EPA recommends using houseplants to improve your air.

Taking it a step further, both organizations warn that houseplants can worsen your air quality, introducing bacteria that grows in damp potting mix or pesticides used by the nursery.

Don't let that discourage you from indoor gardening, though. If you're that worried about your air quality, you'd never step outside in the first place.

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### **IMPORTANT NUMBERS**

EMERGENCY NUMBERS	
EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	
SCHOOLS	
Leander ISD	
Cedar Park High School	512-570-1200
Vandegrift High School	512-570-2300
Four Points Middle School	512-570-3700
River Place Elementary	
·	
UTILITIES	
River Place MUD	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	
Time Warner Cable	
Customer Service	512-485-5555
Repairs	
IESI (Trash)	
TLST (Trash)	
OTHER NUMBERS	
River Place Postal Office	512-345-9739
<b>NEWSLETTER PUBLISHER</b>	
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#### **ARTICLE INFO**

The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the River Review please email it to *riverreview@peelinc.com*. The deadline is the 15th of the month prior to the issue.

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In any case, here's how to keep your houseplants squeaky clean:

- Dust those leaves! While you're at it, dust the house.
- Keep potting mix in its place with an ornamental mulch of river rocks or gravel.
  - Avoid using pesticides whenever possible.
  - Place saucers under each plant to catch excess potting mix.
- To prevent mold, water plants only when the top half inch of the potting mix is dry.
  - Remove any diseased, yellowed, damaged or fallen leaves.

#### **GROW HOUSEPLANTS FOR HAPPINESS**

True story: I once grew over a hundred plants in my tiny apartment, and I can attest that there was nothing clean about the experience — at all.

Dust filled the air, tree frogs and lizards leaped out of the foliage, and some plants even had stinky fertilizers in the potting mix. Those plants may not have made my air any cleaner, but cultivating a rainforest in the comfort of my home definitely made me a happier person.

Houseplants are a lot more exciting than you'd think. I was actually excited to wake up every morning, because each day brought the promise of a fresh new leaf, a different flower to admire or another

thick orchid root to mist with water.

Helping these living plants grow and thrive gave me a sense of purpose and a connection to the natural world. They also made me sneeze, but only because I spilled potting mix on the floor fairly often.

The only reason you need to grow a houseplant is to be happy. There are, of course, studies suggesting that living with plants improve your concentration, calmness and productivity, but there's no point in proving what we already know.

Nobody would bother growing houseplants if they didn't make us happy.





## **First Time Homebuyers**

We want to help you prepare for the decisions, occasional disappointments and ultimate delight you'll likely experience over the coming weeks and months. Hopefully, you'll be one of the lucky ones who quickly finds a home you love (and can afford), and the seller accepts your first offer. You move in with no broken dishes, and your new neighbors bring you a casserole. But for other first-time buyers....

**BUYING A HOME**-Probably the biggest investment of your life – can feel like a roller coaster ride packed with excitement and anxiety. It's not always easy, but the ride can be a whole lot smoother when you understand the process, know what to ask and have the right tools and people on your side.

**START LOOKING**-Doing some "window shopping" helps you figure out what you really need and want, and it gives you a feel for different types of homes for sale. Browse online and hit a few open houses to learn about your market, see what's available and determine what you can afford. Plus, you'll begin to understand comps and get a chance to talk with different real estate agents.

**GET SERIOUS-**When you're ready, assemble your dream team. Interview real estate agents, choose a lender, and if you're buying on your own, pick a friend to be a sounding board. As you search and make decisions, a friend who knows you well can help narrow down what's right for you.

**YOUR TEAM**-Can help determine how much to spend. Consider your down payment and get your paperwork together (bank statements, credit card debt, W2). This will speed the preapproval process and help you determine if you qualify for any home loan programs. Once you're pre-approved, you can move faster when you find a home you love. Of course, you don't have to spend to your max – it's smart to stay in your financial comfort zone.

**FIND YOUR HOME**-Now you're ready to get serious about your search, and when you find a home you love, make an offer. It's easy to feel discouraged if you don't get that first home, but in today's competitive markets, you may repeat this step many times.

The first offer helps you understand how things work – the back and forth of negotiations, ways to win over a seller, and more.

**STAY OPTIMISTIC**-When the buying roller coaster hits a low point, flexibility can help. Consider re-evaluating your wish list or price range, and be ready to deal with contingencies. Once you're prepared to make an offer, it's smart to pay for an inspection and get an appraisal. Some buyers forego the inspection as a negotiating tactic, but it may not be wise in the long run. And if the home's appraised value falls short of your offer price, you might need to have cash on hand to fill that gap.

THE DEAL-As the deal comes together, be ready for lots of paperwork, and even more at closing. Use your agent or lender as a resource – that's why you chose them. If there's something in the contract you don't understand, ask. You're completing a major transaction, and being comfortable with the details is essential – there are no dumb questions. Once the deal is sealed, share the good news, select your insurance and make your moving plans. Because now, you're a...HOMEOWNER!





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#### **In And Around River Place**

#### Another City of Austin Fee-Clean Community Service

Starting with the May utility bill, the COA is charging River Place residents with another 'service" charge: \$8.95 for "Clean Community Service." The City representative we spoke to explained it as taking care of any special efforts needed to clean things up, such a dead squirrels or trash, etc. in the streets. When asked if we were to call the City about a dead squirrel in the street, would someone come and get it, she said, "They should."

We hope they soon run out of miscellaneous service charges to add to our COA utility bills. That, with the Drainage Service charge, is enough.

#### Good Voter Turnout

Limited District Wins Out: While this comes as old news to many residents, River Place voters chose to keep the limited district rather than turn things over to the City of Austin. Though 30% resident turnout to vote may not sound incredible, for this type of election it is considered very good if not excellent. The limited district (LD) option, with the associated funding tax rate, was overwhelmingly selected by River Place voters, to the tune of 758 for and only 12 against.

The LD was already in operation since December 2017 when River Place was annexed by the City of Austin. The vote was

whether or not to make it permanent or turn its responsibilities over to the City. It was established to take care of our parks and trails and our refuse and trash collection, along with a few other associated duties.

Obviously River Place residents felt that the LD would do a better job at this than the City. There was also the matter of an accumulated reserve in the amount of \$950,000 that would go to the City if the LD dissolved. Scott Crosby, an LD board member and president of the River Place HOA, said, "Thanks to all of those who did vote." Residents should not see a change in these services and, based on numerous estimates, our costs should not increase significantly over time.

#### Watering Schedule

Everyone Keeps Asking: We keep hearing questions about watering-guess it's just that time of year. Here is the official word:

#### Water Restrictions

Austin Water is currently in Conservation Stage Water Restrictions. Find your watering day(s) based on your address.

#### **CONSERVATION STAGE RESTRICTIONS**

• You may water only on your assigned day(s) and times. o Residential

(Continued on Page 8)









I would love to take the time to understand your unique needs and help you through the process of buying or selling your home. I can analyze your property value and answer any questions you have along the way!

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- Hose-end Sprinklers two days per week midnight to 10 a.m. and/or 7 p.m. to midnight
- Automatic Irrigation one day per week midnight to 10 a.m. and/or 7 p.m. to midnight (Residential customers may also water a second day with a hose-end sprinkler)
  - o Commercial / Multi-family / Public Schools
- Hose-end Sprinklers or Automatic Irrigation one day per week - midnight to 10 a.m. and/or 7 p.m. to midnight
  - Wasting water is prohibited
- Washing vehicles at home is permitted with an auto shut-off hose or bucket
  - Charity car washes may only be held at a commercial carwash
  - Fountains must recirculate water
- · Restaurants may not serve water unless requested by a customer
- Patio misters at commercial properties (including restaurants and bars) may only operate between 4 p.m. and midnight
- Commercial power/pressure washing equipment must meet efficiency requirements

#### **EXEMPTIONS**

The following are allowed at any time on any day of the week:

- Watering with drip irrigation, a hand-held hose or a refillable
- Watering trees with a Treegator®, soaker hose or automatic

tree bubbler

- Watering vegetable gardens with a soaker hose
- Pressure washing sidewalk/driveway/deck/patio/paved areas/ home siding/fence

#### **Snake Avoidance Training**

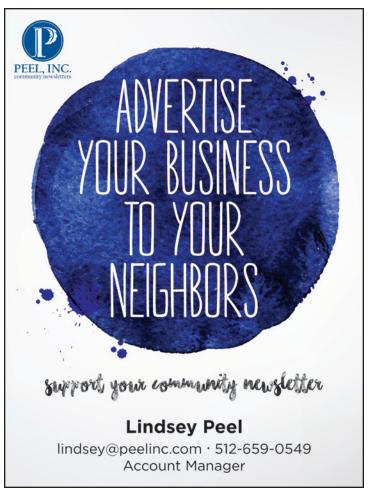
Right for Your Pets?: Brenda Langford posted a testimonial on Nextdoor that Winter Kennels, http://winterkennels.com/ services/ training possibly saved their dog's life. Here's what they say about it:

#### We Train in Snake Avoidance

Curiosity killed the cat as the saying goes. It also kills dogs that are curious about snakes. Dogs have no natural fear of snakes, so when a dog encounters one his first instinct is to get close and smell it. He wants to investigate, which is why so many dogs are bitten on the head, chest and face. Even after being bitten, most dogs don't consider a snake to be a bad thing. They are not "snake-proofed."

The pain comes so much later it is not connected to the snakebite at all. Sometimes referred to as "snake-proofing," or "snake-breaking," Harlen Winter has been doing snake avoidance training for over three decades. It only takes a short time to make your dog aware that snakes are BAD, and that can save your dog's life and possibly your own. Take the time to protect BOTH of

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you and call Winter Kennels today at 512.263.2416 to schedule a snake avoidance session.

Give them a call if you are concerned that your pet might be in danger.

#### Support for 620 Corridor Updates Solicited

Joe Binns of River Place asked that we all support the proposed 620 improvements. His post on Nextdoor:

#### Please support and fund RM 620 North Improvements

Four Points News April 25 edition has a must read article about RM 620 north from Mansfield Dam to HWY 183 not being funded by CAMPO and TXDOT. Below is the e-mail I've sent to our elected representatives.

I recommend you also contact them with your support. Elected Officials: Steve.Adler@austintexas.gov; Jimmy.Flannigan@austintexas.gov; 'alisonalter@austintexas.gov'; 'ann.kitchen@austintexas.gov'; 'mayorpowell@cedarparktexas.gov'; 'sarah.eckhardt@traviscountytx.gov'; 'gerald.daugherty@traviscountytx.gov'; 'jeffrey.travillion@traviscounty.gov'; 'clong@wilco.org' Please insure that CAMPO prioritizes improvement of RM 620 into a divided 6-lane highway north of Mansfield Dam to Hwy 183.

It is my understanding that the northern part of RM 620 is not on the list of the next round of CAMPO projects. Right now other projects are being funded that don't have the congestion of 620 north. Recently River Place was annexed into the city of Austin and we are highly impacted by the congestion on 620 North. This section is a multi-jurisdictional area including City of Austin, Travis County, Cedar Park and Williamson County.

Each of these entities needs to contribute to partner with TXDOT and CAMPO to fund this project. RM620 North was cited in the CAMPO regional study as the number one road having major traffic problems in both Travis and Williamson counties by respondents in 2015. If RM620 North improvements do not get done then RM620 will continue to be in a "failing state" based on TXDOT level of service measures.

As our representatives I request your full backing to do whatever is necessary to prioritize improvement of RM 620 into a divided 6-lane highway north of Mansfield Dam to Hwy 183 and to complete this project at the earliest possible time. Joe Binns. 4023 Love Bird Ln. Austin, Tx 78730

#### Free SAT/ACT Practice \$AT Tests

Krysta Aguilar of River Place again reminds us of free ACT/SAT practice tests: For High school Juniors: Free practice ACT/SAT tests will be given all year long at the Northwest Hills College Tutors Learning Center! The exam mimics the setting and timing of the actual tests, and families will have a chance to meet with one of our experts to go over the scores in detail. Reserve your spot now: Online: http://goo.gl/forms/3e2cmzOkAF Call: 512-372-8385 Email: austintx@collegetutors.com

**Next sessions:** Thursday, June 7, 12 pm; Wednesday, June 13, 2 pm.

Address: 3908a Far West Blvd. Austin, TX

# River Place Feature Location: Zoës Kitchen

There are quite a few good eating places in River Place now and Zoës Kitchen just adds some great variety to the selection. Located along 2222 just west of Black Walnut Café, it too faces inward from 2222. The best way to get there from River Place is to turn west onto Bonaventure Dr. from River Place Blvd. (about a quarter mile from the 2222 entrance.) Driving in front of the office buildings, at the first stop sign, turn right. Then, just past the little school you will see Zoës on the left.

While their food is described as Mediterranean, they offer a very wide variety including starters like several hummus choices and French baked Feta, soups and salads, sandwiches, kabobs, dinners, pitas, desserts and more.

Their Family Dinners listing for example offers meals like Moroccan Chicken, Baked Ravioli, Mediterranean Chicken and Baked Falafel. They all sound delicious. We tried the Greek Chicken Pita and it was quite fresh and tasty! On another occasion, we had a carryout Mediterranean Trio Salad with chicken which came out quickly and was delicious. There is something for everyone, believe me!

Zoës offers catering: just contact them for a quote to get started. They also offer delivery through their delivery partners like Grubhub and Doordash. Of special interest to those of us with pets is that this location has a good sized outdoor area with umbrellas for shading. We ate outside with our small dog and were quite comfortable and graciously welcomed.

There are plenty of parking spaces conveniently located just outside the restaurant. Upon arrival, just grab the menus you need, choose your items and place your orders indoors at the register/counter. Your selections are then brought to your table-you do not have to go get it when it's ready. That's nice.

Their food is made fresh by well-trained team members. They say, "At Zoës Kitchen, we love life and deliver goodness – through our food and our team members. We always strive to put people first, making sure our guests and our team members have the best experience. We embrace the Mediterranean way of life – we work hard, but have fun while doing it!" It sure seems that way!



## **Heads Up...From Around the City**

## Kristen Dark, Travis County Sheriff's Office SCAMMERS ARE CALLING AGAIN!!

A number of phone scams have been victimizing residents of Travis County. The caller claims to be with the Travis County Sheriff's Office (TCSO) and uses the name of one of our deputies.

The scammer aggressively claims the resident has failed to do any number of things, ranging from jury duty to paying taxes and tells the resident he/she owes a fine that must be paid immediately in order to avoid being arrested.

There is a common element in all of the phone scams. The caller seeks immediate payment via gift card or money pack. TCSO will never seek payment for anything via wire transfer, gift cards or money packs.

If you receive a suspicious phone call from someone demanding payment, do not hesitate to contact us at (512) 854-9770 to verify the validity of that call before giving anyone money.

## Social Media Administrator, Travis County, TX Agency BURN BAN REINSTATED

#TravCo Burn Ban has been reinstated in spite of recent rain due to dry hot weather in the forecast. Be watchful and stay safe Travis County!

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## Balcones Canyonlands Preserve, Travis County, TX Agency BCP HIKES AND VOLUNTEER OPPORTUNITIES

Want to know more about the plants that are native to Central Texas? On Saturday, May 26, a 3 hour guided hike was conducted with Travis County biologist Travis Clark. They talked about the basics of plant identification and the benefits of landscaping with native plants. Find out more and sign up here: https://www.meetup.com/bcpfriends/events/250081533/

On Thursday, May 17th, an activity took place with BCP staff to help cut down invasive plants! This helps restore the native vegetation that wildlife depends on and slows the spread of destructive invasives. Everyone met at the Travis County BCP field office (aka Nootsie) and drove together to the project site off 2222.

Find out more and sign up here: http://signup.com/go/NbKfcYr Also, keep an eye on https://www.meetup.com/bcpfriends/ for upcoming hikes, including a bat hike in June. Please email Johanna Arendt at johanna.arendt@traviscountytx.gov with any questions.

# Communications & Public Relations Office, City of Austin Agency BUDGET TALKS COMING TO YOU SOON

Austin City Council Members, City Manager Spencer Cronk, and the City's Deputy Chief Financial Officer Ed Van Eenoo are coming soon to your area as part of a series of Budget Talks. At these events, you'll learn more about the Budget, and most importantly, share which priorities for City services are most important to you.

The City's current budget is \$3.9 billion and pays for services ranging from public safety and mobility to parks and recreation and animal services. Because we rely on your City tax dollars and utility bills to fund the services we provide, we need to know how you want us to prioritize those services.

More information will be coming here soon. You can find out more now and tell us your priorities online at www.austintexas. gov/budget. If you're feeling social, share your thoughts using #ATXBudget on Facebook, Instagram, and Twitter! Call 3-1-1 to request interpretation services 48hrs before the event. To request sign language interpretation, call 512-972-9848.

## Social Media Administrator, Travis County, TX Agency FROM OUR PARTNERS AT CAPITAL METRO

We hope this reaches you in time: On June 3, 2018, Capital Metro is planning Cap Remap, the most sweeping changes in its history! The Austin area is getting bigger, so Capital Metro is getting better by creating a simpler bus system that is more frequent, more reliable, and better connected.

Want to find out how Cap Remap will impact your neighborhood? Schedule a Capital Metro speaker to table or present at your upcoming meeting or event: Lonny.stern@capmetro.org / 512.389.7509

Learn more: https://capmetro.org/remap

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## **Diet, Health & Wellness**

ACETYL L-CARNITINE & ALPHA-LIPOIC ACID (LA/ALC)

From an exerpt by Ben Ong

I first became interested in this dietary supplement mixture when I read a doctor's statement: 'If I was limited to taking only one or two food supplements, they would be L-Carnitine and Alpha-Lipoic Acid.' Advertised primarily for brain health, this combination is widely available at stores like Walmart or even mail order outlets like Swanson's. It is relatively inexpensive and normally comes in capsule form.

In a recent landmark study, old lab rats taking a mixture of these supplements regained so much of their youth and vigor they 'got up to do the Macarena,' according to study director Bruce Ames. Interest in LA/ALC has been increasing since researchers at the Linus Pauling Institute at Oregon State University found that activity, energy and cognition could be improved by adding the compounds to the diet. Lead researcher Tory Hagen says that after just a month, older rats on the supplement were about twice as active as older rats not supplemented, whose activity was minimal.

Supplementation with LA/ALC has also been shown to improve both spatial and temporal memory. Pictures of the brain cells of supplemented old rats show less decay. Apparently, compounds such as LA/ALC can either mask or reverse metabolic problems caused by cellular aging and the natural oxidative process.

Researchers recommend LA/ALC to prevent Parkinson's disease: Researchers in China are also climbing on the LA/ALC bandwagon. The Journal of Cellular and Molecular Medicine reported a study to evaluate the preventative effects of LA/ALC on the mitochondria in a human cellular model of Parkinson's disease. The researchers found a 4 week pretreatment with LA/ALC effectively protected various human neuroblastoma cells against rotenone-induced mitochondrial dysfunction and oxidative damage.

When combined, LA and ALC worked at 100 to 1000 fold lower concentrations than they each did individually. They also found that the pre-treatment with LA/ALC increased mitochondrial biogenesis and decreased production of reactive oxygen species. They reported that LA/ALC might be an effective and safe prevention strategy for Parkinson's disease.

While harmful side effects have not been reported, as always, we strongly recommend you discuss vitamins, supplements and herbs you are considering adding to your diet with your doctor and health professionals. We certainly like the idea of natural dietary supplements, especially when they have been shown through research to have demonstrated positive results. We all want to stay healthy and, when possible, avoid those nasty diseases that plague us as we grow older. These might just help!

## River Place (Maybe Not So) Clever Quips of the Month



Kale Tip: If you stir coconut oil into your kale, it makes it easier to scrape it into the trash.

More oftener than not, I use words irregardless of their correctivity.

Husband: Honey, it's muggy outside. Wife: If I go outside and all our mugs

are in the yard, I'm leaving you. Husband: Sips coffee from a bowl. What did the farmer say when he couldn't find his tractor? Where's my tractor?

What's blue and smells like red paint? Blue paint.

Think the guy that coined the term "one hit wonder" ever came up with any other popular phrases?

My therapist told me that a great way to release your anger is to write letters to people you hate and then burn them. I did that but I am wondering, do I keep the letters?

I don't need Google. My wife knows everything.

We keep a potato masher in the drawer because sometimes it's fun to not be able to open that drawer.

People say I'm condescending. (That means I talk down to people.) You know you're a bad driver when Siri says: "In 400 feet, stop and let me out."

When I congratulated my boss on his new Porsche, he gave me a friendly smile and told me, "Well if you're willing to work really hard and can get your employees to work hard, maybe next year I'll get another one."

Let's be friends till we're old and senile. Then let's be new friends. Friends forever.

You can't go back and change the beginning, but you can start where you are and change the ending.





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# Tennis Tip of the Month: A Family of Volleys

When we think about playing aggressive and coming to the net, we think about the most prestigious grand slam grass tournament, Wimbledon. Watching this tournament, we see many types of volleys, which make this stroke unique. The forehand, backhand and overhead are primarily the same stroke with a few variations. The volley though, is executed in a variety of ways which is why I like to call them "a family of volleys."

Each type of volley should be identified and practiced separately if one wishes to become proficient at approaching and playing nthe net. Let's preface the various volleys by the split step where, just as the opponent is hitting the ball, we pull up with knees bent and racquet held in front, prepared to move in any direction.

#### **Tennis Tips:**

The half-volley is hit when the opponent gets their shot back quickly, requiring you to execute a deep knee bend and, with little to no backswing and a forward "shoveling" of the ball, contacting it right after it comes off the court surface, following through to direct it back deep into the opponent's court. Keep moving forward to position yourself aggressively at the net.

Next we have the **mid-court volley** right at the shoelaces, sometimes even called the 'shoelace volley.' Here we bend and reach forward with little backswing and slice under and through the ball, lifting it with follow though that places it deep into the opponent's court. Again, since you are at mid-court, you should keep moving forward to the net, positioning yourself for the next shot.

Hopefully that next shot is the **power volley**, hit between shoulder and head height, right after the split step. While some might recommend to step across with the opposite foot, there is often little time so do what feels comfortable. The important thing is to take the racquet back slightly, keeping the arm straight, and then swinging/pushing forward and through the ball, contacting it out front and placing it sharply away from the opponent(s). By moving forward, your weight alone will provide adequate power.

If you find yourself in a less aggressive position or your opponent hits a low, hard ball, use the **placed volley** to direct your shot back deep or into the open court. Here, using a little backswing, slice through the ball with accuracy in mind, feeling confident you will have another chance if this stroke doesn't get the job done.

Hopefully that last stroke will be the **preset angle volley** because your opponent has hit a weak shot and you are so close to the net that you simply "angle" the ball off so it's impossible to retrieve. Holding the racquet head next to your face, you simply turn the racquet head so the ball is deflected sharply to the right or left. A swing is hardly necessary. This is similar to the 'drop volley' shot but we need to make sure the opponent(s) are well out of position if we just drop it.

A "fundamental" through all the family of volleys is to keep moving forward to gain a better position to hit the next shot. Whether that next shot will require finesse or power is something you judge right after your split step and seeing how the opponent's shot is coming at you.

Practice each of these volleys and you will be amazed at how the family of volleys will improve your game, especially in doubles where aggressive play is highly beneficial. You may be surprised also at how your aggressive play puts opponents on the defensive, causing them to go for those impossible shots!

If you have a question on these techniques, feel free to call or text me. Walter: 512-497-9971

"Champions keep playing until they get it right." – Billie Jean King

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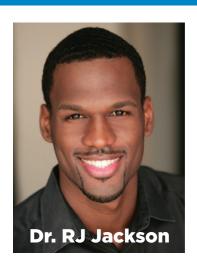
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