

WAYS TO PREVENT IDENTITY THEFT

Don't carry social security cards, Pin #, blank checks, Medicare card or keys in your wallet. Make photocopies of EVERY card in your wallet (both front & back)

IF YOUR WALLET IS MISSING FOLLOW THESE STEPS:

Call credit card companies and request an account number change. Do not cancel your card. If your account is closed it will inconvenience you and hurt your credit score.

File a Report with the Police.

Get a copy of the report and send copies to your bank and credit card companies.

Alert Your Bank

Change Pin #'s , cancel ATM cards and get a new checking account number if your checkbook is missing.

Contact Your DMV

Replace your driver's license and ask that a stolen/lost warning be placed in your file.

Put a Fraud Alert or Security Freeze

On your file at the three major credit bureaus. experian.com; equifax.com; and transunion.com . Alerts are free, but freezes are more secure and free to people over 65.

Private Medical Insurers

Should be asked for new cards with new account numbers to prevent fraud. Call Medicare and your auto insurer in case someone tries to make an accident claim from your policy.

Check Credit Reports

After your wallet is lost 2 weeks, go to creditreport.com to get a free report. That is usually time enough for thieves to open credit in your name. Recheck credit report in 2-3 months.



The Forum

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TENNIS TIPS



By USPTA/PTR Master Professional
Fernando Velasco



“THE BACKHAND 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 Backhand 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 Overhead from the Baseline”

The Forum

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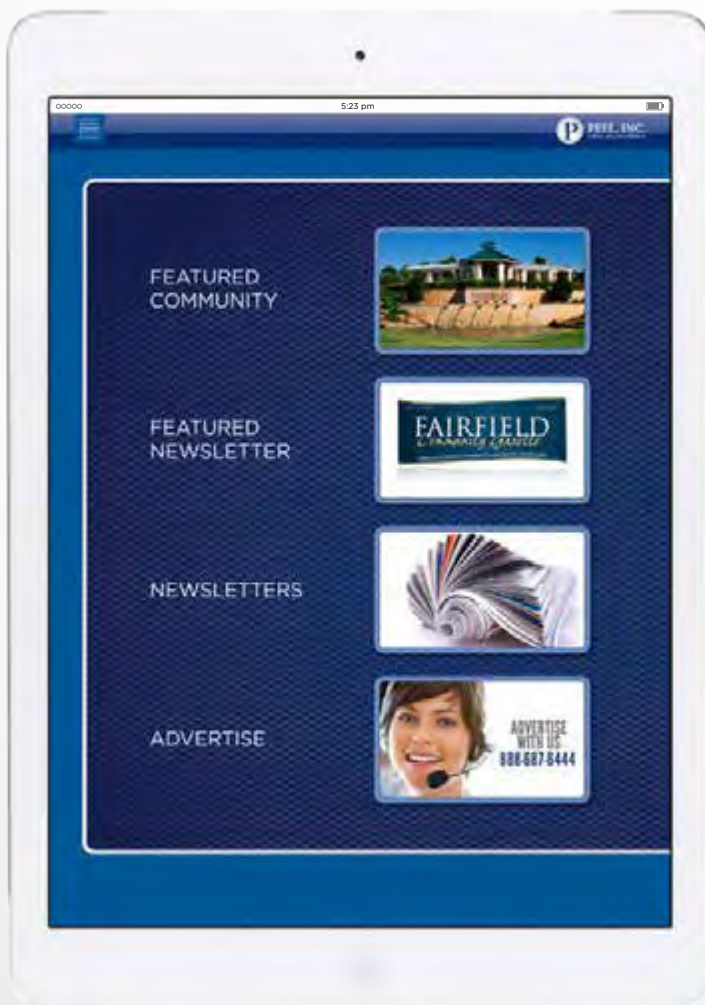


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