



## NEWS AND NOTES

### All The Information That You Want To Read, Plus Free E-mail Newsletters And A Free Book

(NAPSA)—Read all about it! Besides keeping up with the daily news in newspapers, many busy people find it easier to read more stories on subjects they are especially interested in by subscribing to an online newsletter. If you're short on time, but want to stay current on topics of interest to you, check out the free e-mail newsletters offered by the Blue Dolphin Group of Wayland, MA.

Blue Dolphin's free newsletters are delivered to you online and provide information about six topic areas including money, health, business, travel, food and decorating. The information included in these newsletters comes from respected sources such as *Time*, *Money*, *Family Circle*, *PC Magazine* and over 250 other magazines.

Upon signing up at the site, members are asked to select the topic areas that interest them. For example, the Blue Dolphin Food Update offers members topic areas such as "Quick and Light Recipes," "Desserts," and "Family Cooking." Once topic areas are selected, Blue Dolphin's proprietary software creates an electronic newsletter with information about the topics that the member has selected. Every newsletter is customized to the member's interests, so no two newsletters are alike.

Another newsletter, the Blue Dolphin Business Update, includes topic areas such as, "Strategic Planning," "Personal Productivity" and "Leveraging the Internet." For example, an excerpt from *Entrepreneur* might show how taking big risks can pay off in profits.



**An online newsletter helps people focus on news that is important to them.**

The Blue Dolphin Money Update includes topic areas such as "Blue Chips," "Retirement," "Mutual Funds" and "Investment Basics." For example, a recent excerpt from *Fortune* magazine focused on "Inside Information for the Economic Slowdown."

The Blue Dolphin Health Update focuses on varying health topics and features new developments and research. An example of a recent health tip is a story that advises people to take a nap when studying so they can better absorb the information they are learning.

By reading the site's excerpts, subscribers can make informed choices about which magazines they want to subscribe to and get good prices on the magazines.

For more information, go to [www.bluedolphin.com](http://www.bluedolphin.com). When you sign up you'll also get the free book "*Secrets to Health, Wealth and Happiness*."