



Virtual News and Views!

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ASSISTING PEOPLE VIRTUALLY. . .



COMPUTER CARE!

Defragging your computer is an important task to your computer's performance. Every time you run a program, files are taken from your hard drive and loaded into memory, then placed back on your hard drive. However the computer does not put them back where it found them in the first place and files and applications on your computer's hard disk are not always stored together as one unit. It finds the first available space and places them there.

"Just like maintenance on your vehicle...your computer requires important maintenance for high performance."

If it doesn't fit in that space the file is divided into smaller units or fragmented and saved in multiple places and are often scattered around the hard drive. After a while you have file fragments scattered all over the hard drive. This means that your computer has to search longer and work harder to gather all of the small units to perform the commands you give it. ...  ...


ARTICLE MARKETING AND BLOGS

Article Marketing and blogs are one of the hottest ways to market your knowledge and expertise without a lot of effort other than writing the material. One popular Article Marketing resource is ezines. There are many different ezine sites out there to post your article and start getting recognition for your work or advertising your business.





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10 TIPS FOR A POWERFUL LIFE!

These are really very powerful, Implement whenever you can.

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for a least 10 minutes each day.
3. Record your late night shows and get more sleep.
4. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
5. Dream more while you are awake.
6. Life isn't fair, but it's still good.
7. Life is too short to waste time hating anyone.
8. Don't take yourself so seriously. No one else does.
9. Try to make at least three people smile each day.
10. Eat breakfast like a king, lunch like a prince and dinner like a college kid. ...  ...


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WHAT IS A VIRTUAL ASSISTANT?

The key word is "Virtual", which means or implies the use of technology. A virtual office is one that is outside a traditional office environment, but can still add support to your business needs. In other words Virtual Assistant's supply administrative skills via the phone, internet or fax.

Virtual Assistant or otherwise known as a **VA**, are entrepreneurs who are in business to help businesses with overflow so that they can attend to their necessary activities to operate their own business.

Why spend the time on tasks or projects that you can outsource. Statistically speaking, your time is better spent on what you do best...so let us help you achieve that. Whether you require something simple as a letter typed, or something more complicated as a PowerPoint presentation, I can help you achieve the goal you are looking for. ...  ...

DIMPLE ART - IMAGINATION IS ENDLESS!



Figure 1: Custom designed to really look like you. And we can put you in any situation or outfit you like. Remember a special occasion...live your dream...or give them as a perfect gift. We also design business logo caricatures for a unique way to promote your business.

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IEWS AND NEWS

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This site offers a unique service that gives you all the information you will need to start, maintain and track a highly effective Internet newsletter (E-Zine) advertising campaign.

- Most of the sites give you a total overview of publication times.
- Ad rates.
- Ad dead lines.
- Number of subscribers and everything else you need to know to advertise in a great number of Internet newsletters.
- Autoresponders are used so that people receiving emails will have a chance to opt out.

Blogs are simply websites where people are writing articles, which are displayed in reverse chronological order. Many blogs provide information on a particular subject while others use it for more personal use. It is like having an interactive conversation with people from all over the world and walks of life. This tool is a fantastic way to promote your business on your own website or stand alone. I certainly did not know what a blog was until a year or so ago. I just simply never had a reason to. But I certainly have come to realize the importance this can be to the business we are in. ...  ...