If any of these links to websites do NOT work, please send me email and let me know. THANKS.

Hylda

Just click on the links to get to the website.

**New Sites**

Mesothelioma

http://www.mesotheliomahelp.org/

http://www.mesothelioma.net/

http://www.mesotheliomagroup.com/prognosis/

American Childhood Cancer

http://www.acco.org/

**GENETICS HOME REFERENCE**

Genetics Home Reference - Your guide to understanding genetic conditions

**Nursing Home abuse**

http--nursinghomeabusenumber.com-

Find the best things to do nearby

**LOOK at** these sites. They are very good to Check *BEFORE* you send an email. ALWAYS take a few seconds to verify the truth of any chain email.

**A List of Internet Hoaxes and Myths**

http://urbanlegends.about.com/science/urbanlegends/library/blxatoz.htm

http://www.pcbargainhunter.com/articles/computer-virus-list.html

Symantec Anti Virus Research Center at

http://www.symantec.com/avcenter/index.html

McAfee Associates Virus Hoax List at

http://vil.mcafee.com/hoax.asp?

Department of Energy Computer Incident Advisory Capability at

http://ciac.llnl.gov/ciac/CIACHoaxes.html

Debunking online and

**LOOK at** these sites. They are very good to Check *BEFORE* you send an email. ALWAYS take a few seconds to verify the truth of any chain email.

- http://www.winxpn\ews.com/rd/rd.cfm?id=050531TI-Snopes
- http://www.winxpn\ews.com/rd/rd.cfm?id=050531TI-Scambusters
- http://www.winxpn\ews.com/rd/rd.cfm?id=050531TI-Fact\_Check (political content)
- http://www.winxpn\ews.com/rd/rd.cfm?id=050531TI-Chain (chain letters)
Internet safety for Young Students.....

http://www.tripbuzz.com/

Internet safety for Young Students.....

http://www.inloox.com/support/inloox-now!-
support/computer-safety-
resources/computer-safety-
methods/
http://homesecurity.net/internet-
safety-for-young-students/
Make a Difference for Kids
(http://www.makeadifferenceforkids.org/)
Virtual Predators: The Importance of Teaching Internet Safety
(http://www.qualityansweringservice.com/resources/virtual-
predators-importance-teaching-internet-safety)
Facebook for Parents
(http://facebookforparents.org/)
Be Smart, Be Safe!
(http://www.edmondschools.net/cheyenne/MediaCenter/InternetSafety.aspx)
Stop Cyberbullying
(http://www.stopcyberbullying.org/)
http://yourlocalsecurity.com/home-security-crime-prevention-
safety-center

Villages Web Sites
Click Here for Villages Web

email hoaxes:
http://www.kumite.com/myths/
Urban Legends Reference Pages at
http://www.snopes2.com/index.html
Datafellows Hoax Warnings at

Reference Information
This is a nice reference site......all kinds of information here.
http://www.refdesk.com/
Intelligence Resource
WWW.fas.org/irp
Universe-space science
WWW.windows.umich.edu
Research it
WWW.iTools.com/research-it

Britannica Online
WWW.eb.com/
Britannica Internet Guide
WWW.ebig.com
CIA World Fact Book
WWW.odci.gov/cia/publications/factbook/index.html
National Geographic
WWW.nationalgeographic.com
Better Business Bureau
WWW.bbbonline.org
Internal Revenue Service
WWW.irs.ustreas.gov
The Library of Congress

A List of Internet Hoaxes and Myths
http://urbanlegends.about.com/science/urbanlegends/library/blxatoz.htm
http://www.pcbargainhunter.com/articles/computer-virus-list.html
Symantec Anti Virus Research Center at
http://www.symantec.com/avcenter/index.html
McAfee Associates Virus Hoax List at
http://vil.mcafee.com/hoax.asp?

Department of Energy
Computer Incident Advisory Capability at
http://ciac.llnl.gov/ciac/CIACHoaxes.html
Debunking online and email hoaxes:
http://www.kumite.com/myths/
Urban Legends Reference Pages at
http://www.snopes2.com/index.html
Datafellows Hoax Warnings at

Reference Information
This is a nice reference site......all kinds of information here.
http://www.refdesk.com/
Intelligence Resource
WWW.fas.org/irp
Universe-space science
WWW.windows.umich.edu

http://www.intel.com/
Sites

Want a 100 years of music on one website?

COOL site!!!

http://www.tropicalglen.com/

Food and Recipes

Plan meals or look up recipes:

http://www.birdseye.com/flash/html

FOOD NETWORK

http://foodtv.com

Avoid Food Poisoning

http://vm.cfsan.fda.gov/list.html

Recipes

A list of informative blogs covering types of chefs, restaurateurs, celebrity chefs, and overall sites that any current or former chef would find useful.

http://culinaryprograms.net/sites-for-chefs/

Clean up your Email

When you need to STRIP all the >'s from email....go here

http://www.draac.com/stripper.html

When you need to find zip code and put an address in "mailable" form

http://www.cedar.buffalo.edu/adserv.html

Read this about why NOT

WWW.loc.gov

How To Evaluate Information Sources at

http://www.vuw.ac.nz/~agsmith/evaln/evaln.htm

Research it

WWW.iTools.com/research-it

Britannica Online

WWW.eb.com/

Britannica Internet Guide

WWW.ebig.com

CIA World Fact Book

WWW.odci.gov/cia/publications/factbook/index.html

National Geographic

WWW.nationalgeographic.com

Better Business Bureau

WWW.bbbonline.org

Internal Revenue Service

WWW.irs.ustreas.gov

The Library of Congress

WWW.loc.gov

How To Evaluate Information Sources at

http://www.vuw.ac.nz/~agsmith/evaln/evaln.htm

Food and Recipes

Plan meals or look up recipes:

http://www.birdseye.com/flash/html

FOOD NETWORK

http://foodtv.com

Avoid Food Poisoning

http://vm.cfsan.fda.gov/list.html

Recipes

http://www.topsecretrecipes.com/recipes.htm

http://www.allrecipes.com

http://www.soupsong.com

http://www.cafecresote.com

http://www.baking911.com

http://www.recipeplace.com

http://recipes.alastra.com/

http://www.recipesource.com/

http://www.recipeplace.com
to let all those addresses stay on the top of your forwarded emails.


Senior Sites

Elderly health care
WWW.wellweb.com/

Medicare
WWW.seniorlaw.com/

Health & Finances
WWW.thirdage.com

Computer Training
WWW.seniornet.org

OVER 60
http://www.go60.com

Retired
http://www.retire.net

RESOURCE DIRECTORY for OLDER PEOPLE
http://www.aoa.dhhs.gov/aoa/resource.html

Senior Newspaper:
http://www.seniorlivingnewspaper.com

Veterans:
http://www.va.gov

SENIOR DISCOUNTS
http://www.seniordiscounts.com/

Interesting things for SENIORS
http://www.senior.com
http://www.seniors.gov/

MEDICARE SITE
http://www.medicare.gov/

STATE AND FEDERAL

http://recipes.alastra.com/
http://www.recipesource.com/
http://eat.epicurious.com/
http://www.recipeland.com/
http://www.copykat.com/
http://www.my-meals.com/
http://www.vegetarianrecipe.com/default.asp
http://www.wwrecipes.com/
http://www.cooksrecipes.com/
EagleBrand Best Loved Desserts

Medical Sites

Columbia Education
http://cpmcnet.columbia.edu/texts/

Urologic Diseases

Your Guide to Health Fraud
http://www.quackwatch.com/

Mayo Health
WWW.mayohistory.org
American Medical
WWW.americanmedical.org
Pub Med

Drug Index
<table>
<thead>
<tr>
<th><strong>BENEFITS</strong></th>
<th><strong>Medical search</strong></th>
<th><strong>FREQUENTLY ASKED QUESTIONS OF THE FEDERAL GOVERNMENT</strong></th>
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<tr>
<td><strong>FEDERAL CONSUMER INFORMATION CENTER</strong></td>
<td><strong>Drug Index</strong></td>
<td><strong><a href="http://www.pueblo.gsa.gov/">http://www.pueblo.gsa.gov/</a></strong></td>
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<td><a href="http://www.pueblo.gsa.gov/">http://www.pueblo.gsa.gov/</a></td>
<td><a href="http://WWW.rxlist.com">WWW.rxlist.com</a></td>
<td><strong>Check out all kinds of rebates</strong></td>
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<tr>
<td><strong>Check out all kinds of rebates</strong></td>
<td><strong>LAB TESTS Online</strong></td>
<td><a href="http://www.rebateplace.com/">http://www.rebateplace.com/</a></td>
</tr>
<tr>
<td><strong>Check on recalls</strong></td>
<td><a href="http://drkoop.com/">Dr Koop Site</a></td>
<td><a href="http://www.fda.gov/opacom/7alerts.html">http://www.fda.gov/opacom/7alerts.html</a></td>
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<td><a href="http://www.fda.gov/opacom/7alerts.html">http://www.fda.gov/opacom/7alerts.html</a></td>
<td><strong>Major Medical Sites on the Internet</strong></td>
<td><strong>Check out a Stock Quote</strong></td>
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<td><a href="http://finance.lycos.com/">http://finance.lycos.com/</a></td>
<td><strong>Maps and Travel</strong></td>
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<tr>
<td><strong>Best Scenic Drives</strong></td>
<td><a href="http://WWW.byways.org">WWW.byways.org</a></td>
<td><a href="http://www.cheaptrips.com">http://www.cheaptrips.com</a></td>
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<td><a href="http://WWW.byways.org">WWW.byways.org</a></td>
<td><strong>Speedtraps</strong></td>
<td><strong>Medical search</strong></td>
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<td><a href="http://WWW.nashville.net/speedtrap">WWW.nashville.net/speedtrap</a></td>
<td><a href="http://www.execpc.com/~stjos/medspec.html">http://www.execpc.com/~stjos/medspec.html</a></td>
<td><a href="http://WWW.medscape.com">WWW.medscape.com</a></td>
</tr>
<tr>
<td><strong>Disney’s Animal Park</strong></td>
<td><strong>Medical Specialty Sites</strong></td>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
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<tr>
<td><strong>TRAVEL</strong></td>
<td><strong>Best Medical Resources on the Web</strong></td>
<td><strong>TRAVEL</strong></td>
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<tr>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Your Guide to Reliable Health Information</strong></td>
<td><strong>Maps and Travel</strong></td>
</tr>
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<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Medical Specialty Sites</strong></td>
<td><strong>Maps and Travel</strong></td>
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<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Medical Sites</strong></td>
<td><strong>Maps and Travel</strong></td>
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<tr>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Hospitals and Medical Centers</strong></td>
<td><strong>Maps and Travel</strong></td>
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<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Cancer Site</strong></td>
<td><strong>Maps and Travel</strong></td>
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<tr>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>All kinds of dental information</strong></td>
<td><strong>Maps and Travel</strong></td>
</tr>
<tr>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>Limited Income......free drugs</strong></td>
<td><strong>Maps and Travel</strong></td>
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<tr>
<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>FREE DRUGS</strong></td>
<td><strong>Maps and Travel</strong></td>
</tr>
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<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>FREEDOM</strong></td>
<td><strong>Maps and Travel</strong></td>
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<td><a href="http://www.mapquest.com/">http://www.mapquest.com/</a></td>
<td><strong>National Health ORG</strong></td>
<td><strong>Maps and Travel</strong></td>
</tr>
</tbody>
</table>
The following sites deal mostly with keeping the Internet safe for kids........ if you EVER have a need for that, check these out.

http://homesecurity.net/internet-safety-for-young-students/

Make a Difference for Kids (http://www.makeadifferenceforkids.org/)

Virtual Predators: The Importance of Teaching Internet Safety (http://www.qualityansweringservice.com/resources/virtual-predators-importance-teaching-internet-safety)
Shopping Sites

Catalogs
http://catalogs.google.com/

Unclaimed Baggage:
http://www.unclaimedbaggage.com

Rather Be Shopping Site
http://www.rather-be-shopping.com/

More Sites
http://www.iqvc.com/
http://www.shoponline123.com/
http://www.coolshopping.com
http://www.netmarket.com
http://www.shoppingbookmarks.com

Security Information

LATEST ABOUT DEFENSE AND SECURITY
http://www.janes.com

IDENTITY THEFT:
PRIVACY/RIGHTS
http://www.consumer.gov/idtheft
http://www.privacyrights.org

Email Abuse:
http://www.emailabuse.org

Spammers:
http://www.suespammers.org

EMERGENCY and Facebook for Parents
(http://facebookforparents.org/)
Be Smart, Be Safe!
(http://www.edmondschools.net/cheyenne/MediaCenter/InternetSafety.aspx)
Stop Cyberbullying
(http://www.stopcyberbullying.org/)

COME SEE US AGAIN SOON!
<table>
<thead>
<tr>
<th>HURRICANE Report Sites</th>
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<tr>
<td><a href="http://www.emergency.com/">http://www.emergency.com/</a></td>
<td></td>
</tr>
<tr>
<td>Computer Safety &amp; Security Guide</td>
<td></td>
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</table>