

SURF 'N STUFF 'N TIPS

Chronic Pain Help

Most of us are blessed with good health. Unfortunately, some people suffer from pain every day.

If you or someone you know suffers from chronic pain, there's an organization that can help. It's called **The National Pain Foundation**.

Learn traditional and alternative methods to treat pain from arthritis, fibromyalgia and other conditions.

TO VISIT THIS SITE, GO HERE:

<http://www.painconnection.org/>



A Natural Wonder

The Grand Canyon is one of the seven Natural Wonders of the World. Pictures cannot describe the feeling of awe that comes over you when viewing it in person. Nonetheless, the National Geographic is known for incredible pictures. And its nicely designed site captures the Canyon.

You'll find an interactive map, desktop wallpaper and a kid's area.

TO VISIT THIS SITE, GO HERE:

<http://www.nationalgeographic.com/grandcanyon/>

Addicting Quiz

If you've got some time to kill, try this site. Be careful, though, because you may end up killing a lot more time than you intended.

The quiz consists of a bunch of pictures. You have to figure out what the pictures represent. After you guess correctly, you are rewarded with a quotation from someone famous.

The quotations are as entertaining as the quiz itself.

TO VISIT THIS SITE, GO HERE:

<http://blog.outer-court.com/quiz/>

Tired of the Old Pictures on Your Desktop?

This site has over 2,000 pictures of flowers that can be used as your desktop background or screen saver.

You'll find varieties of roses, desert plants and other flowers. There are pictures of garden creatures too--hummingbirds, bees, butterflies and even cockroaches (Yuck!).

TO VISIT THIS SITE, GO HERE:

<http://www.flowers.vg/>

A Picture a Day

I love looking to the heavens at night, viewing the stars and planets. Telescopes and high-powered binoculars are great for getting a better view. But what you see through a hobbyist's telescope pales in comparison to what you can view through pictures.

The Astronomy Picture of the Day (APOD), presents a different celestial picture each day. Included with the picture is an explanation, written in easy-to-understand language.

TO VISIT THIS SITE, GO HERE:

<http://antwrp.gsfc.nasa.gov/apod/astropix.html>