

SITE REVIEWS

HEALTH

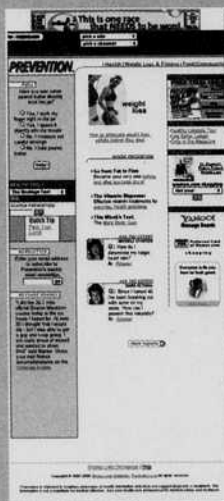
Just Move justmove.org

Who knows about your cardiac health better than the American Heart Association? This is their fitness site, which provides informative and reliable resources for maintaining or acquiring essential physical health. Take a body composition test (if you're brave), find out how to make physical activity a way a life, or read up on how to improve your fitness routine. *NDiana*
Content: **B+** Usability: **A-**

Editors Pick

Healthy Ideas healthyideas.com

An extension of *Prevention* magazine, the site is jam-packed with easily digestible health tips for women. Choose from a smorgasbord of quizzes, advice columns and factoids about weight loss, fitness, sexual health, skin care and nutrition. The focus is definitely on weight loss, with some puzzling tips like: "a dark green table cloth helps reduce your appetite." Also includes inspiring stories by female doctors on how they've managed to maintain healthy lifestyles in this crazy modern job-family-soccer-mom world. *CDavenport*
Content: **A** Usability: **A**



MAGAZINES

Cyber Age Adventures cyberageadventures.com

This site is loaded with fantastic superhero stories: fiction and nonfiction. One of my favorite stops is the hero of the month. (A recent hero was Maj. Stephen Simons, a U.S. fighter pilot.)

It's also interesting to note that the web site actually has a monthly publication of 200+ pages that is available for public consumption. A fantastic way to spend some time. *JWorkman*
Content: **B** Usability: **B**

The Independent Mind independentmind.com

Independent Mind is an online magazine that includes music, art, writing and comics. I-Mind's goal is to present readers with art they might not be exposed to otherwise—art created outside the bounds of formal industry like the major record labels or syndicated newspaper comics. You can't beat the indie flavor of this monthly mag. Submissions are encouraged and you can leave your comments about each piece. *WMarinaccio*
Content: **B-** Usability: **A-**

MUSIC

Acid Planet acidplanet.com

Trying to become an MC? Or at least a better one? Check out Acidplanet's site, where you can get free loops (sound files) from other record labels and cool tips and tricks for modifying and improving your digital music skills. This site is mainly for people who are interested in writing music on the computer (i.e. electronica) and maybe even getting their work known. You can create artist profiles for yourself and even make a personal playlist. Get all the skills, info and free stuff from any genre, from Caribbean to country. *YTabi*
Content: **A** Usability: **A-**



Internet Radio List internetradiolist.com

Missing Napster? Try this online radio list with a blend of music styles in one place. Internet Radio List categorizes music simply and also includes news, sports and talk radio stations. (A bonus includes a link to a resource on how to build your own Internet radio station.) The site includes live radio stations, pre-recorded music and Internet-only stations. Perfect when you're trying to find a little salsa to spice up your fiesta. *MSpilberg*
Usability: **B+** Content: **C**

SHOPPING

Tickles tickles.com

Tickle your fancy for pop culture at tickles.com. It's the one-stop shopping for cool metal lunchboxes or that dashboard bouncing hula girl you've always wanted. Can't find that rubber chicken you so desperately desire? Look no further—this site has all the funky playthings you need to be the hippest student on campus. *EFeick*
Content: **B** Usability: **B+**

Flooz flooz.com

The next time you realize that you forgot to send a gift to someone, visit Flooz.com. Flooz is online currency that you can use to send gift certificates to anyone with an email address. Flooz gift certificates can be used to purchase merchandise at over 60 online retailers including Barnesandnoble.com, TowerRecords.com, EasternMountainSports.com and Outpost.com. Flooz can email the certificate along with an electronic greeting card. You can even set up special occasion reminders so you will never forget a birthday or special occasion. *LJungman*
Content: **B+** Usability: **A**

FOR FUN

Wacky Uses wackyuses.com

Did you know that you can use Coca-Cola to clean your toilet bowl? Or deodorize your shoes with Tidy Cat? Or polish furniture with Spam? Creator Joey Green, former contributing editor of the *National Lampoon*, guides us on a virtual trip to the benchmark products of capitalism. The site posts "Wacky Uses of the Week" and odd, historical trivia on such beloved items as Aunt Jemima and Tang, the first orange drink on the moon. *JLegaspi*
Content: **B+** Usability: **B+**

College Humor collegehumor.com

Collegehumor.com's mantra reads: "Fully dedicated to grinding your academic efforts to a halt." Filled with off-the-wall, bawdy humor, the site is a frat boy's comedy feast. Site news is posted daily, and the archive is divided in formats: movies, sounds, texts, etc. Hilarious, inventive entries abound, including, "mullet hunting," write-in jokes, the procrastination creed, phone pranks and film-bites of accident-prone skate boarders. In short, stuff that make up the college legend. You've been warned. *JLegaspi*
Content: **B** Usability: **B**