How many times have you received an e-mail from a friend and thought, this is just too far-fetched to be true? If it sounds far-fetched, it probably is. You can verify the information by checking some of the excellent fact-checking places on the Web:

- **Snopes.com** -- For every Urban Legend, there is Snopes.com. Not only does Snopes.com bust these works of fiction, they also explain their origins, their history on the Web, while often providing comprehensive source lists explaining the statements.

- **Truthorfiction.com** -- Another "email reality check" this website helps spread truth by busting online rumors, i.e. inspirational warnings, health alerts, virus warnings and funny stories. Truthorfiction.com doesn't just bust the myth, they also cite their stuff. Still think microwaving food in plastic containers will cause cancer? Let truthorfiction.com show you the facts.

In our current hyper-political environment, there are always politicians and pundits making statements that need verification, especially around election time. Use these two sites to fact-check what they are saying:

- **Factcheck.org** -- For facts on more serious matters, namely political ones, Factcheck.org is a great place to start. Sponsored by a non-partisan, non-profit organization, the Annenberg Public Policy Center, those at Factcheck.org claim only to monitor the factual accuracy of a candidate's comments via speeches, press conferences, debates and TV ads.

- **Politifact.com** -- Similar to Factcheck.org, Politifact.com, is a Pulitzer Prize winning project of the *St. Petersburg Times* of Florida. Designed to help find the truth in politics, reporters and researchers examine statements by anyone who speaks up in Washington. They research their statements and then rate accuracy on their “Truth-O-Meter” as True, Mostly True, Half True, Barely True and False. The most ridiculous falsehoods get their lowest rating, “Pants on Fire!”

In politics one can always know more about a candidate or an issue by looking at the sources of their political contributions. These two sites allow you to follow the money:

- **OpenSecrets.org** The Center for Responsive Politics created the site opensecrets.org which follows the money in politics, tracking contributing organizations, lobbyists, PACs and individuals, and who is receiving the money at all levels of government.

- **Follow the Money.org** The organization Money in State Politics maintains this site focusing on money in politics at the state level.