Sample Code for Menu Interface ( with Buttons )

<http://www.onjava.com/pub/a/onjava/excerpt/swing_14/index1.html>

How to Use Buttons, Check Boxes, and Radio Buttons

<https://docs.oracle.com/javase/tutorial/uiswing/components/button.html>

How to Write an Action Listener

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Menu Item Action Listener Test

<http://www.herongyang.com/Swing/JMenuBar-Menu-Item-Action-Listener-Test.html>

Swing: User Interfaces in Java

<http://javamex.com/tutorials/swing/>

JAVA SWING GUI TUTORIAL

<http://www.cs.nyu.edu/~yap/classes/visual/03s/lect/l7/#linkSection-4>

Example Java Code For Building a Simple GUI Application

<http://java.about.com/od/creatinguserinterfaces/ss/Example-Java-Code-For-Building-A-Simple-Gui-Application.htm>

Java: Creating Basic Gui

<http://www.abbeyworkshop.com/howto/java/basicGui/>