Part B.

For the toggle switch.

<http://www.w3schools.com/howto/tryit.asp?filename=tryhow_css_switch>

This site you can customize a slider.

<http://danielstern.ca/range.css/#/>

Background image how to pane across the entire screen.

<https://css-tricks.com/perfect-full-page-background-image/>

Part A

For how to create a thread that return a value using the interface Callable instead of Runnable

<http://stackoverflow.com/questions/2300433/need-help-returning-object-in-thread-run-method>

Scrollbar automatically scroll to the bottom of it’s contents

<http://stackoverflow.com/questions/2483572/making-a-jscrollpane-automatically-scroll-all-the-way-down>