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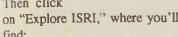
Web Wonders

Let your mouse do the walking!

mation about recycling? Need facts nity organizations. and figures for a school project? Trying to locate recycling publications or audio-visuals?

Just let your mouse do the walk-

Log on to www.isri.org, the awardwinning web site of the Institute of Scrap Recycling Industries. Then click



· Information on recycling materi- the world around us. als and processes and the environrecycling.

ers, videos, and other materials on a day-and it's free. Check it out! a wide range of recycling topics

(NAPSA)-Looking for infor- suitable for children and commu-

• Links to sites offering children, teachers, scout leaders, college students, civic groups, and parents information and activity suggestions on recycling, conservation,

and environmental issues.

· Phoenix: Voice of the Scrap Recycling Industries, ISRI's public education periodical that highlights vital re-

cycling topics and how they affect

 Useful information and contacts mental and economic benefits of for observing Earth Day and America Recycles Day. Best of • ISRI's catalog of pamphlets, post- all, you can access the site 24 hours



This season: There is nothing like a dress

(NAPSA)-This season, dresses voile embroidered dress in a soft gether.

Here are some suggestions on cool favorites:

ers all over, thin spaghetti straps zip-front sweater. and a criss-cross top.

dian print halter dresses in sun-denim dress, an essential this kissed colors and a stretchy cotton/ spring. Casual yet still flirty, denim spandex epitomize hippie chic.

a stylish comeback and offers a solo for a more feminine feel. classic, feminine alternative for straps and an empire waist.

· One way to get double the Other dress details that star with a fitted, cotton-rib cardigan apron dresses. with tiny buttons.

this season. If you have a cotton dress.

are not only for dressing up. It's all pink and light stem green, throw a about the way you put them to- cotton sweater over your shoulders for a finished look.

· Need a stylish, casual outfit and comfortable Spring dress styles but want to stay comfortable and that are sure to become fashion casual? Try an ankle-length, ripstop dress with empire waist in · For holiday dressing or to turn neutral shades like khaki and olany warm weather day into a spe- ive. This military-inspired dress cial occasion, choose a light-col- has a chest pocket and looks great ored, long rayon dress with flow- when teamed up with a hooded,

 A nice alternative to traditional · For casual weekend days, In- denim skirts and dungarees is the dresses can be worn with a T-shirt · The peasant dress also makes underneath for a sporty look or

· Relaxed dresses are well suited holiday dressing. This Spring's for school wear or even weekends; peasant dresses feature delicate try teaming them up with chunky sandals or comfy sneakers.

compliments is to buy a short cot- this season include embroidery, ton shift with bottom embroidery ribbons, puckered necklines, anklein vibrant red or rich navy and pair length hems, and chest pockets on

This fashion season, more • Pink is the "must-have" color women will be dressing up in a

Workshop about self esteem conducted by Belle's mom

Staff Reporter

Approximately 20 students attended a workshop on building self esteem March 22. The workshop, "Relationships 103": Learning to Love from Within" was not a typical one because it was facilitated by Regina Lynn Stingley, not a Bennett student, but the mother of

Ronda Stingley. Ronda Stingley is a senior broadcast journalism major from Milwaukee, Wis. She served as host of the program. Regina Lynn Stingley is a computer lab man- you do." ager at an alternative high school

where she regularly facilitates selfesteem workshops for other computer lab managers to use with the

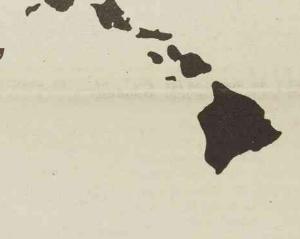
hesitate to accept her daughter's invitation to offer this workshop for Bennett Belles. "It is important for women to begin within themselves before they can deal with their sisters," Regina Lynn Stingley said. "Self esteem is a sense of value and self worth, be-

Ronda Stingley told the partici-

BY RUNGANO NYAJEKA for at-risk teens in Milwaukee pants that they have self esteem. "One's self esteem directly correlates with the level of one's self confidence," Ronda Stingley said.

> During the workshop Regina Regina Stingley said she didn't Lynn Stingley demonstrated how to establish high self esteem through several activities. She initiated a Secret Sister activity -each student randomly drew a name out of a can. Students were instructed to keep the person's name drawn a secret. They will be expected to perform random acts of ginning with you and extends to all kindness for their secret sister the rest of the year.

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