

Web Wonders Let your mouse do the walking!

(NAPSA)-Looking for information about recycling? Need facts and figures for a school project? Trying to locate recycling publications or audio-visuals? Just let your mouse do the walking.

Log on to www.isri.org, the award-winning web site of the Institute of Scrap Recycling Industries. Then click on "Explore ISRI," where you'll find:

- Information on recycling materials and processes and the environmental and economic benefits of recycling.
- ISRI's catalog of pamphlets, posters, videos, and other materials on a wide range of recycling topics



suitable for children and community organizations.

- 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 the world around us.

- Useful information and contacts for observing Earth Day and America Recycles Day. Best of all, you can access the site 24 hours a day-and it's free. Check it out!

This season: There is nothing like a dress

(NAPSA)-This season, dresses are not only for dressing up. It's all about the way you put them together.

Here are some suggestions on cool and comfortable Spring dress styles that are sure to become fashion favorites:

- For holiday dressing or to turn any warm weather day into a special occasion, choose a light-colored, long rayon dress with flowers all over, thin spaghetti straps and a criss-cross top.

- For casual weekend days, Indian print halter dresses in sun-kissed colors and a stretchy cotton/spandex epitomize hippie chic.

- The peasant dress also makes a stylish comeback and offers a classic, feminine alternative for holiday dressing. This Spring's peasant dresses feature delicate straps and an empire waist.

- One way to get double the compliments is to buy a short cotton shift with bottom embroidery in vibrant red or rich navy and pair with a fitted, cotton-rib cardigan with tiny buttons.

- Pink is the "must-have" color this season. If you have a cotton

voile embroidered dress in a soft pink and light stem green, throw a cotton sweater over your shoulders for a finished look.

- Need a stylish, casual outfit but want to stay comfortable and casual? Try an ankle-length, rip-stop dress with empire waist in neutral shades like khaki and olive. This military-inspired dress has a chest pocket and looks great when teamed up with a hooded, zip-front sweater.

- A nice alternative to traditional denim skirts and dungarees is the denim dress, an essential this spring. Casual yet still flirty, denim dresses can be worn with a T-shirt underneath for a sporty look or solo for a more feminine feel.

- Relaxed dresses are well suited for school wear or even weekends; try teaming them up with chunky sandals or comfy sneakers.

Other dress details that stand out this season include embroidery, ribbons, puckered necklines, ankle-length hems, and chest pockets on apron dresses.

This fashion season, more women will be dressing up in a dress.

Workshop about self esteem conducted by Belle's mom

BY RUNGANO NYAJEKA
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 manager at an alternative high school

for at-risk teens in Milwaukee where she regularly facilitates self-esteem workshops for other computer lab managers to use with the students.

Regina Stingley said she didn't 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, beginning with you and extends to all you do."

Ronda Stingley told the partici-

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 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 kindness for their secret sister the rest of the year.

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