A step up on stair machine: Treadmill burns most calories

By Debra Halle

Although buff and buffing off, many of you may daily exercise at the health club, by the treadmill. Researchers say it burned more calories than five other exercise machines studied, the key is to work out harder. The biggest difference was between the treadmill and the stationary bikes, with the treadmill burning more than 14 percent more calories than the others. The benefits of long-term mentoring are documented locally, nationwide.

No discipline for Marge Schott

By Andy Hall

The crowd surges forward, pressing too close; bagging for autographs, window-shopping for you. The moment you must take a photo and ask you to sign their books, their sports, their stories, so startled are you, you don't know what to do. Perhaps this is what it's like to be a rock star.

The benefits of long-term mentoring are documented locally, nationwide.

McFarland teacher to stand trial

5. Male students testify to seduction

By Brenda Ingersoll

A McFarland High School gym teacher remains employed as teachers, although the school district is still accepting the trial.

The most emotionally wrenching thing, said a 14-year-old, who said, "I was really upset when I saw my teacher." The student said he was upset because the teacher had contacted him.

The benefits of long-term mentoring are documented locally, nationwide.

INDEX

Wisconsin State Journal

That's some scooter bootie

Fifth-graders win $5,000 savings bonds for robot design

Deforest — Twenty thousand dollars in U.S. Savings Bonds will be divided among four area elementary school students whose science project recently placed second at a national competition.

The competition attracted more than 75 students from across North America. Students had to write a 10-page research paper, which is a common breed of writing in middle school.

A Deforest School District student from La Crosse, who won $5,000, won first place in the project for the fastest scooter.

The benefits of long-term mentoring are documented locally, nationwide.

Mayor opposes Milfin party

One-time activist says tradition has ended

By Joseph LaDue

Wisconsin State Journal

WEDNESDAY — Excellence its price: Madison's

SUNDAY — Achievement gap: What can be
done? Madison's

MONDAY — Surviving in society: How can Madison's

TUESDAY — Citizens: Students' civic knowl­
dedge assessed.

The benefits of long-term mentoring are documented locally, nationwide.

Paul Soglin was arrested for disorderly con­

The benefits of long-term mentoring are documented locally, nationwide.

Paul Soglin was arrested for disorderly con­
Hope

Continued from Page 1A

and a test for learning to children. It is one way that the community attempts to halt the widening of the achievement gap and poor.

The study being led by United Way of Dane County and led by timekeeper Leslie Ann Howard and 100 Black Men of Madison to begin in March marks a broad effort to find out what's working well in Madison, including the achievement levels of students, particularly African Americans.

"It needs to be done," said Ken Baldwin and the group did go about this. It is a community attempt to halt the widening of the achievement gap and poor.

As he spoke, a racially diverse group gathered at the Education Department of the Madison School District. The group of teachers, parents, students, and community members met to discuss the efforts to find out what's working well in Madison.

The group heard from a variety of speakers, including representatives from the Madison City School District, the University of Wisconsin-Madison, and the Madison School District.

"We need to do more," said Ken Baldwin, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

"We're not talking about throwing more money at the problem," said Baldwin, "but about making informed decisions about the ways to improve our schools."

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

"We need to do more," said Ken Baldwin, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

"We need to do more," said Ken Baldwin, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.

The group also discussed the need for more money at the problem, "so let's get started." The group agreed and began to work on ways to improve the achievement levels of students, particularly African Americans.