Story 1 — Write: 2-line main headline with each line counting 20-26
After the winter holidays, the school cafeteria will offer dinner three times a week — Mondays, Tuesdays and Thursdays — for students and staff. The meals, served from 5:30 to 6 p.m., will be free.
The district received a grant from the Texas Education Agency to fund the dinner program.
“We have a lot of students and teachers who are still at the school at 5:30,” Principal Cynthia Toddy said. “Some are here for athletics, some for tutoring. Either way, they can get a healthy, hot dinner for free.”
Students also can return to school for the free dinner. The grant is a pilot program and will fund the dinners through the end of the school year.
“More than 70 percent of our students live below the poverty line, and that's how we qualified for the grant,” Toddy said. “I suspect some of those students don't get a hot dinner every night.”

Story 2 — Write: 3-line headline with each line counting 10-17
The Heart Hospital will offer free heart screenings for students and staff next Thursday after school. Those who sign up for the screening will get an electrocardiogram (ECG), a non-invasive procedure that can detect a multitude of heart conditions.
“The ECG will show cardiac arrhythmias, which can be very dangerous,” school nurse Michelle Tedder said. “The test will take five minutes. It's definitely worth it.”
Tedder said a typical physical would not show this type of condition.
“Most doctors don't have this technology in their office, and this procedure isn't a requirement for an athlete's school physical,” she said.
This is the second year the hospital has done the screening at the high school. Last year, only students were screened.
“The doctors found an abnormality in two students last year,” Tedder said. “Neither were life-threatening if corrected now.”

Story 3 — Write: 1-line headline counting 25-32
Over the winter holidays, the girls' varsity soccer team will host a soccer camp for middle school students. The three-day camp costs $50 and goes from 9 a.m. to noon Jan. 2-4.
The camp is a fundraiser for the team.
“The camp will focus on the fundamentals — dribbling, passing, shooting and conditioning,” soccer coach Jamison Ray said. “We want to get these kids ready for their middle school soccer tryouts set for mid-January.”
Varsity goalie Rochelle Brown said she will work with any goalies who sign up for the camp.
“The keeper position has a very specific and unique skill set,” she said. “We will work on mobility, speed, covering the angles, reading opponents and diving.”
Students who are interested can sign up for the camp through the school's website.
Story 4 — Write: 1-line main headline counting 18-24 and a 2-line secondary headline with each line counting 16-24

A car. That’s the typical desire of teens on their 16th birthday. But not for junior Andy Papa. For his 16th birthday, he wanted just one thing — a bee hive.

“I became obsessed with bees after watching ‘Bee Movie’ when I was 5 years old,” Andy said. “I begged and begged my parents for my own hive. But they said not until I was 16.”

Andy turned 16 last month, and his birthday wish came true. “My parents thought I would outgrow my fascination for bees,” he said. “But I never did, and I don’t think I ever will.”

Andy is now the proud owner of 20,000 bees that live in a hive in his backyard. “Every day after school I suit up and hang out with my bees,” he said. “Since it’s a new hive, I have to make sure it has an adequate food supply and that the queen is adapting.”

Several of his friends have visited his hive. “I want to educate people about bees,” he said.

Story 5 — Write: 1-line main headline counting 10-18 and a 1-line secondary headline counting 25-32

When sophomore Kristin Campo was 7 years old, her dad took her to her first rock concert — Bruce Springsteen. And while she enjoyed watching and hearing “The Boss,” it was the saxophone player, Clarence Clemons, who caught her eye and ear.

So Kristin’s dad bought her a saxophone, and Kristin’s love affair with the horn began — private lessons, honors band, an all-girl rock band.

“Music, the saxophone specifically, is what makes me smile,” she said.

And now Kristin wants to share that smile. She and her band, Girl Thang, will play a benefit show in the school auditorium Saturday night. Tickets are $10 each for the 7 p.m. show, and all proceeds will go to Horns Up, a non-profit organization that provides instruments, specifically horns, for underprivileged children in Central Texas.

“I know I am lucky,” she said. “My parents can afford to buy me multiple instruments and pay for private lessons and more, but a lot of parents can’t do that for their kids. I want to help them.”

Kristin and her bandmates hope to raise $2,000 for Horns Up. “That would mean about 10 kids would get new instruments,” she said.

Story 6 — Write: 2-line headline with each line counting 20-27

The scheduling committee, comprised of parents, teachers and students, recommended a one-hour later start time for the high school next year. If accepted by the superintendent and school board, school would start at 9 a.m. and end at 4:30 p.m.

“Our committee looked at some pretty convincing data that showed a later school start time will improve students’ overall sleep cycles and academics,” committee chair and parent Patty Graff said.

Sleep studies show that an average teenager needs about nine hours of sleep per night, Graff said. Since melatonin, the hormone that signals the brain to sleep, is not released until about 11 p.m. for teenagers, teens are only getting about seven hours of sleep per night, even if they go to bed earlier, she continued.

“That’s a pretty compelling reason to move the start of school back,” she said.

Junior Ahmed Sulia said he believes the school board may accept the proposal. “Everyone on our committee, all 12 members, voted for the later start time,” Sulia said. “The research supports our proposal.”

Sophomore Suzanne Jett said she would love for school to start later. “I hate getting up so early in the morning,” she said. “I can’t imagine any student upset with this change.”