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**BY YUSRA HASSAN
HIRAM JOHNSON HIGH SCHOOL**

It's the start of a new year! Let us know what your goals and plans are by simply filling out this short form. We wish you all the best of luck and thanks so much for parti
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BY ARIANNE MCCULLOUGH
C.K. MCCLATCHY HIGH SCHOOL

The election of 2020 has come to pass, as we waited in suspense and anticipation, Biden has been the pronounced winner. News everywhere said that this election would be the one to decide people's lives, but who would be the most affected by this outcome? As the results came in, the Black community was named out in unbelievable numbers, the Black community.

In 1965, you're waiting anxiously for the 15th amendment to be ratified and when there was an announcement in all the newspapers saying that Black people now have the right to vote in elections. Of course there was a positive result for the Black community, but that didn't last long. They finally had the ability to change, so what did they do? The Black community took advantage of a human right they fought for every year that they went out and voted knowing the outcome would only amount to nominal gains.

When the first biracial president was selected in 2008 there was a matter of pride and honor. We hoped that he would be the catalyst of change in America, which was systematically made to oppress Black people. Obama talked of all the things he would do for the Black community. When the time came in 2008, 96% of Black women and 95% of Black men went out to vote, carrying the weight of making the right choice and being unable to the promises he campaigned on. Black people drove Obama's historic win.

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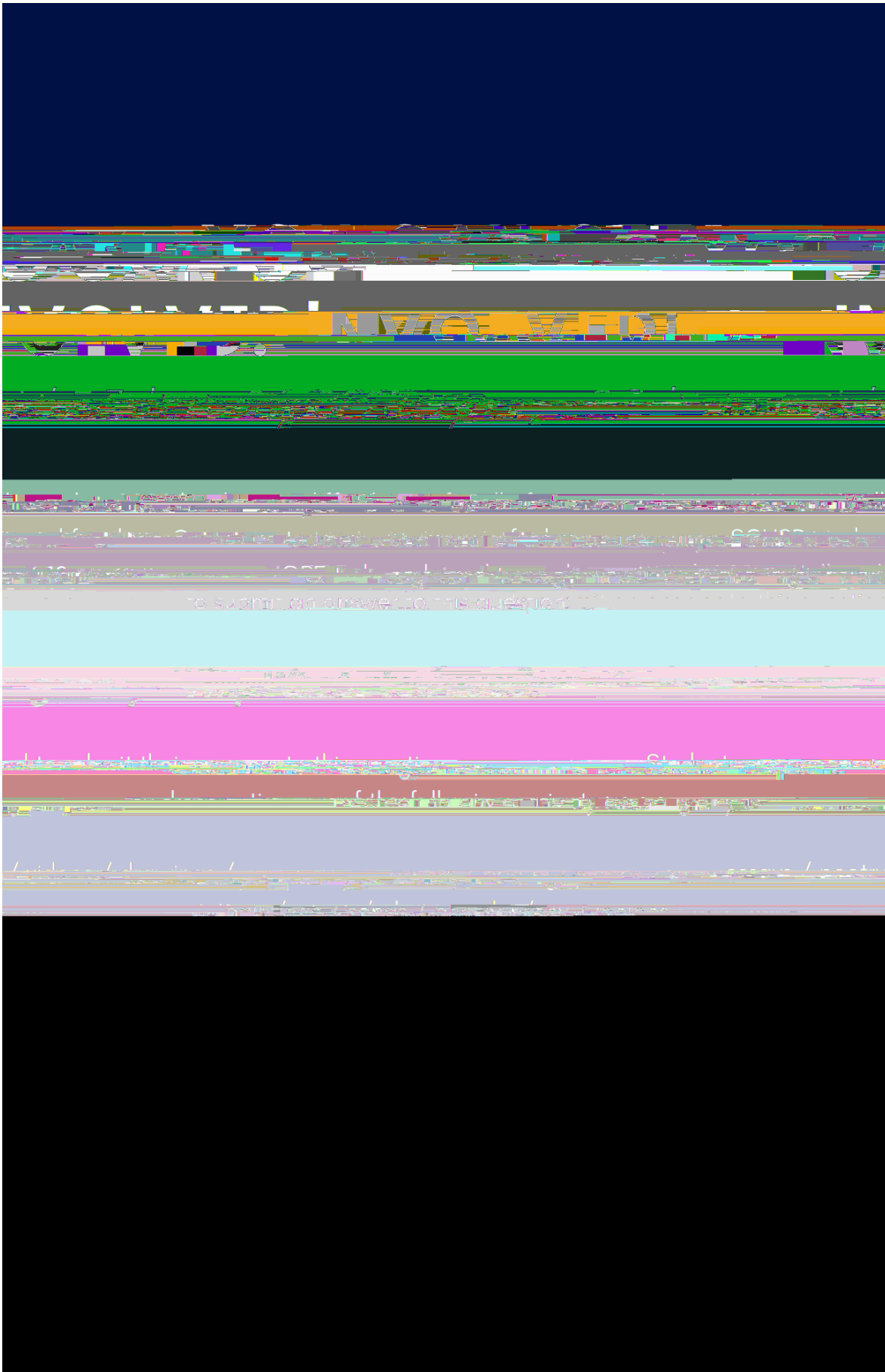
BY ARIANNE MCCULLOUGH
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As the 2020 election has ended we see a familiar face in Joe Biden. Black voters mattered. Finally Trump is begrudgingly leaving office. There has been an intermission, for now, of the continuous attacks that Trump created and the damage it had on Black people's mental health. Albeit he is the effect and not the cause, with the murders of George Floyd, Breonna Taylor, and the shooting of Jacob Blake, Black people have been protesting and holding a national movement that has spread across the world causing







**BY ABBY MORIOKA
WEST CAMPUS HIGH SCHOOL**

We understand how stressful and overwhelming finals can be, especially given the circumstances. Here are some tips to help you stay calm and relaxed:

- Get lots of sleep
- Exercise, taking a 10-minute walk relieves stress and resets the mind
- Make time for fun and activities you enjoy
- Write about your feelings
- Take a hot bath or shower
- Create a study schedule
- Stay connected with friends
- Eat healthy and hearty meals
- (Try to) relax your breathing
- Check out these animal live cameras during study breaks:

<https://zoo.sandiegozoo.org/cameras/penguin-camera>

<https://zoo.sandiegozoo.org/cameras/koala-camera>

<https://www.sdzsafaripark.org/elephant-camera>

<https://explore.org/livestreams/warrior-canine-connection/service-puppy-camera> *<https://explore.org/livestreams/cats/spcala-cat-porch>*

SUNRISE MOVEMENT

BY MADDIE COLE
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- **The Lorax**- based on the Dr.Seuss book, great for all ages.
- **Arctic Tale**- a kid-friendly story on climate change's effect on the Arctic.
- **Wall-E**- this Disney-Pixar classic explores a future in which climate change isn't handled.
- **Ice Age**- meltdown



SUNRISE MOVEMENT

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(Continued)

- **Snowpiercer**- A post-apocalyptic thriller for teens and adults that takes on the theme of climate change and the politics surrounding it.

Know teens and pre-teens that want to join the fight?

Join me at Sacramento Sunrise! The Sunrise movement is a national organization pushing for climate action and a Green New deal. We're always looking for young people with any level of availability.

For more information visit our website:


<https://sites.google.com/view/sacsunrise/home>

or our Instagram @sunrise_vs_tsac



MENTAL HEALTH RESOURCES

**BY SIERRA JACOBS ABBY MORIOKA
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Every month, the SAC will continue to name Teachers of the Month. We're looking for teachers who have gone **a ove and eyond** to make your learning experience as enjoyable as possible.

Know a teacher who deserves it?

Let us know why here: <https://tinyurl.com/noinate-teacher-jan>

What would you like to see in future editions of the SAC Exclusive?

Let us know here: <https://tinyurl.com/SAC-ideas>

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