# APRIL 2021 Na

## **National Autism Awareness Month**

AUTISM

#### **SINGLE-DAY EVENTS**

- » April Fool's Day (Apr. 1)
- » National Burrito Day (Apr. 1)
- » Good Friday (Apr. 2)
- » Hans Christian Andersen's Birthday (Apr. 2)
- » National Peanut Butter and Jelly Day (Apr. 2)
- » Earl Lloyd's Birthday (April 3)
- » Easter (Apr. 4)
- » March Madness Championship Game (Apr. 5)
- » Booker T. Washington's Birthday (Apr. 5)
- » World Health Day (Apr. 7)
- » Buddha's Birthday (Apr. 8)
- » Joseph Pulitzer's Birthday (Apr. 10)
- » Thomas Jefferson's Birthday (Apr. 13)
- » National Library Workers Day (Apr. 14)
- » National Pecan Day (Apr. 14)
- » RMS Titanic Collides with Iceberg (Apr. 14)
- » Tax Day (Apr. 15)
- » Boston Marathon (Apr. 19)
- » Earth Day (Apr. 22)
- » Administrative Professionals Day (Apr. 21)
- » Shakespeare's Birthday (Recognized) (Apr. 23)
- » Birthday of the Library of Congress (Apr. 24)
- » Ella Fitzgerald's Birthday (Apr. 25)
- » August Wilson's Birthday (Apr. 27)
- » Duke Ellington's Birthday (Apr. 29)

## MONTHLONG EVENTS

- » Arab American Heritage Month
- » National Autism Awareness Month
- » National Child Abuse Prevention Month
- » National Grilled Cheese Month
- » National Jazz Appreciation Month
- » National Kite Month
- » National Poetry Month
- National Soy Foods Month
- » National Volunteer Appreciation Month
- » National Youth Sports Safety Month
- » School Library Month
- Stress Awareness Month

### WEEKLONG/MULTI-DAY EVENTS

» World Immunization Week (Apr. 24-30)

## **APRIL** 2021

#### WHAT

#### National Autism Awareness Month

Autism refers to a range of complex neurodevelopment disorders characterized by challenges with social skills,

repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. In 2013, the American Psychiatric Association merged four previously distinct



diagnoses into a singular, umbrella diagnosis of "autism spectrum disorder (ASD)," which include autistic disorder, childhood disintegrative disorder, pervasive developmental disorder-not otherwise specified (PDD-NOS) and Asperger syndrome. It's estimated that 1 in 68 children has ASD individual personalities and needs. For more information, visit www. autismspeaks.org.



### WHAT

National Grilled Cheese Month Grilled cheese sandwiches have been satisfying stomachs for nearly a century. First appearing on the food scene in the 1920s, the sandwich

was prepared open-faced and topped with shredded American cheese. During the Great Depression, it grew in popularity due to the affordability of pre-sliced bread and processed cheese. Often paired with a bowl of piping-hot tomato soup, grilled cheese sandwiches have remained a popular childhood fixture.

#### **IDEA** National Soy Foods Month

Sure, when you think of soy you may think of a gelatinous block of tofu, but soy is far more than that! Loaded with plant-based proteins, soy foods can be easily



swapped into differing entrée items and snacks. There are soybased milks and yogurts and you're familiar with tofu. But you can add cooked edamame to salads or stir fries, soynuts could be sprinkled onto salads and a soy-rich veggie burger could be served as a meatless alternative.

## FACT

Stress Awareness Month The cumulative effects of stress can take a serious toll—and life during a pandemic can certainly



be stressful! While acute stress (momentary or short-term anxiety) is a normal bodily reaction, chronic stress (a constant or near-constant state of anxiety over a prolonged period) can wreak the same havoc to the body and its systems as a virus. When you experience stress, your body releases adrenaline and cortisol, which puts your brain in a frenzy and diverts oxygen to your muscles instead of your lungs. Your body also experiences tension and an increase in heart rate. Manage your stressors through exercise, therapy, mindfulness and other ways.

#### WHAT National Burrito Day (Apr. 1)

National Burrito Dav is celebrated on the first Thursday of April. The burrito as we know it today originally came on the scene in a Los

Angeles restaurant in the 1930s. In Mexico, burritos are small donkeys! Mexican folk tales around the origin of the word burrito in reference to food include the story of a street vendor who transported tacos on his "burrito," and another vendor who sold them to low income children at a state-run school that he called his "burritos." Burritos can also be served "wet" covered in sauce or deep-fried as "chimichangas." No matter how you like them, there's no denying their popularity!

#### WHO

#### Hans Christian Andersen's Birthday (Apr. 2)

The author of classic tales such as The Little Mermaid and The Emperor's New Clothes grew up in Denmark in the 1800s, attending boarding schools for the privileged, upper classes. Since the Andersen family was not wealthy, it has long been rumored that Hans was an illegitimate member of the Danish royal family-gossip that has never been substantiated. Though more well-known in his time for his novels and traveloques, his children's stories (which also include Thumbelina



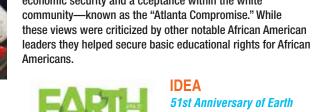
and The Ugly Duckling) became English-language classics and would eventually come to influence future generations of children's authors, including A.A. Milne and Beatrix Potter.

### WHO

#### Booker T. Washington's Birthday (Apr. 5)

In the late 19th and early 20th centuries, Booker T. Washington became one of the most prominent African American leaders of the time-after rising up from being born into slavery. During his notable career. Washington advised presidents and became a fierce advocate for education. But during this post-Civil War time, Washington did not believe in desegregation. He believed, instead, that his fellow African Americans should cultivate skills that would lead to their economic security and a cceptance within the white





#### **IDEA** 51st Anniversary of Earth Day (Apr. 21)

Marking the birth of the modern environmental movement in 1970 to raise

public consciousness of industrial air and water pollution, Earth Day is held annually to promote ongoing environmental awareness and calls for the protection of our planet. The 2021 theme is "Restore Our Earth." Be a part of the celebration by planting a tree, picking up roadside trash or using recyclable or biodegradable containers for snacks and lunches. For more ideas visit earthday.org.



