

APRIL 2021

National Autism Awareness Month

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)

AUTISM

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 soy-based 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 Day 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 travelogues, 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 acceptance within the white community—known as the “Atlanta Compromise.” While these views were criticized by other notable African American leaders they helped secure basic educational rights for African Americans.



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.

