
AUTISM NEWS NETWORK

By: Kristina Blake

The month of September



September has three birth flowers: the forget-me-not, the morning glory, and the aster. Forget-me-nots represent love and memories, asters represent love as well, and the morning glory represents unrequited love. The birthstone for the month is the sapphire.



Labor Day

HISTORY OF LABOR DAY

Do you get weekends off work? Lunch breaks? Paid vacation? An eight-hour workday? Social security? If you said “yes” to any of these questions, you can thank labor unions and the U.S. labor movement for it. Years of hard-fought battles (and the ensuing legislation they inspired) resulted in many of the most basic benefits we enjoy at our jobs today. On the first Monday in September, we take the day off to celebrate Labor Day and reflect on the American worker’s contributions to our country.

There are so many different ways to mark the occasion whether in the form of a leisurely barbeque, a relaxing swim in the pool, watching a film at a cinema, or even just relaxing at home with family. Labor Day is on Monday the 6th this year.



9/11

On Tuesday morning, September 11, 2001, members of the Islamic terrorist group al-Qaeda hijacked four airliners as part of a series of coordinated attacks against targets in the United States. The Twin Towers in New York City were hit by one plane each, American Airlines Flight 11 and Flight 175, while American Airlines Flight 77 was crashed into the Pentagon in Washington, D.C. The fourth plane, United Airlines Flight 93, is thought to have been headed for the White House, but passengers overtook the hijackers and the plane crashed into a field in rural Pennsylvania.

More than 3,000 people lost their lives during what the deadliest terror attack on U.S. soil to date. Property and infrastructure damage amounted to over \$10 billion. The attack is thought to have been ordered by Osama bin Laden, who was finally located and killed in Pakistan by U.S. Navy SEAL Team Six in May 2011. The 9/11 Memorial Museum occupies the sites where the Twin Towers once stood.



Grandparents Day

On the first Sunday after Labor Day we celebrate National Grandparents Day. This year the date falls on September 12. Like

Mother's day and Father's day we also have a whole day dedicated to our grandparents. Grandparents and children have a special connection that is proven to both make grandparents live longer, and also make children more emotionally resilient.

Grandparents Day is an opportunity to treasure that connection and spend some quality family time together. Why is it important that we celebrate this holiday? Our grandparents are our family and they won't be around forever. We need to cherish the moments we can with them and create lifelong memories.

Spend time with your grandparents sometimes we forget just how important and special our grandparents are. They have a lot more free time on their hands than we do and we know that even a short visit would make them happy. Have a Family Dinner, family time is hard to come by nowadays but organizing a family dinner with your grandparents and your parents and siblings is a great way to spend time together. Plus we get to have some good old fashioned home cooking! Enjoy a hobby together, your grandma might like to paint or your grandpa might love to do puzzles on Sundays. A bit of company would brighten their day and you'll probably have more fun than you thought you would.

Grandparents lavish their children and grandchildren with an endless supply of love, gifts, and candy which they always seem to have on them. Today the favor is returned as grandparents are honored and receive gratitude for their strength, kindness, nurturing, and wisdom. Every family shares their own history and traditions so, naturally, ways to celebrate this day vary. Whether it is going through photo albums, asking grandma to bake your favorite treat, spending time with your grandparents at the park, fixing the car in the garage with grandpa, we're sure you'll find something to do together! How should I celebrate if my grandparents live too far? Video chatting or calling and expressing love and gratitude will make their day, they always want to hear from you. Sending a card or an arrangement wouldn't hurt as well. Unfortunately, some grandparents have no one to share the day with. Volunteering at an old-age home is a great way to give back and so are community group projects that help the elderly feel included and like they are a part of a family.



Fall

The Autumn equinox signals the beginning of Fall. It is the point where there is exactly 12 hours of daylight and 12 hours of darkness at the equator. If you live anywhere else, however, you will see a little bit more or a little bit less than 12 hours of daylight. The daylight hours are dwindling and will continue to do so until we reach the Winter Solstice, the shortest day of the year and the start of winter. It is also a time to celebrate with a variety of Fall and Harvest Festivals. People enjoy fall festivals as they sense the closure of a great summer season and the coming of a long winter. The fall festivals are the last of the outdoor events until spring. Just getting there is half the fun as you drive through hills and forests ablaze in fall color. So, get out and enjoy them.



A Little Inspiration Sent Your Way

From the Autism News Network

Thought for the Day: "God doesn't require you to succeed. He only requires you to try." - - Mother Teresa

Please check out our Interviews and Podcast at

<https://www.theautismnewsnetwork/>