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# AUTISM NEWS NETWORK

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By: Kristina Blake

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## **The month of October**

### **Columbus Day**

Columbus Day is celebrated on the second Monday in the United States, the traditional day is October 12th, the day that Columbus arrived. This year it will be held on Monday October, the 11th.

### **History of Columbus Day**

Christopher Columbus is sometimes credited with discovering America. Of course there were already people living in the Americas for thousands of years. Today we call them Native Americans as Leif Ericsson of the Vikings had already visited. However, it was Columbus journey and discovery that led to the European colonization of the Americans. The Portuguess, Spanish, Frence, English, and Dutch all sent more explorers and settlers following Columbus return telling about the riches of this new land.

Columbus first landed in the Americas on October 12, 1492 and the anniversary of the day has been celebrated in the new world ever since. The 300 and 400 year anniversaries in 1792 and 1892 were big events in the United States, but it wasn't until 1937 that the day was made an official federal holiday.



## **Breast Cancer Awareness**

October is National Breast Cancer Awareness Month

Every October, the nation observes National Breast Cancer Awareness Month. Breast cancer is a disease that affects both men and women and is among the most common cancers.

According to the National Breast Cancer Foundation, 1 in 8 women will develop invasive breast cancer in her lifetime. Next year, new breast cancer diagnoses are expected to number more than 200,000 for women and more than 2,000 for men.

What can I do to improve my chances of staying breast cancer free? There are many steps you and your loved ones can take to improve your chances of staying healthy:

Conduct monthly self-exams. In addition to medical screenings, the National Breast Cancer Foundation and many medical professionals recommend a monthly self-exam. Quit smoking. According to the National Cancer Institute (NCI), smoking is a significant risk factor for breast and many other types of cancer. Non-smokers are at lower risk than smokers regardless of your age or how long you have been a smoker. Exercise more. Regular exercise and a healthy diet can also lower your risk factors.

Breast cancer is a life-threatening illness, but it can also be treatable with early detection and other preventative measures. If any symptoms do present themselves there's no need to panic. Pain or a lump in a breast can be perfectly harmless. The pain can be a sign of a cyst or the lump can be benign. It's always better to be sure, So don't be ignorant, during breast cancer awareness month go for a medical checkup, it might save your life.

Join the South Carolina 35 mile Breast Cancer Challenge here

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FIGHT AGAINST  
*Breast Cancer*

## **Halloween**

The history of halloween is said to have its roots in an ancient Celtic celebration in Ireland and Scotland called Samhain.

Samhain marked the end of summer. People at the time were frightened of evil spirits. They would dress up in costumes and make noise in the streets in order to make the spirits go away.

When the Catholic Church came to the Celtic land, it brought with it the celebration of All Saints Day on November 1st. This day was also called All Hallows Day and the night before was called All Hallows Eve. Many of the traditions from the two holidays became merged together. Over time, All Hollows Eve was shortened to Halloween and additional traditions like trick-or-treating and carving Jack-o-lanterns became a part of the holiday.

People around the world celebrate this day. It is sometimes thought of as more of a kid's holiday, but many adults enjoy it as well.

## What do people do to celebrate?

The main tradition of Halloween is to dress up in a costume. People dress up in all sorts of costumes. Some people like scary costumes such as ghosts, witches, or skeletons, but a lot of people dress up in fun costumes like superheroes, movie stars, or cartoon characters. Children celebrate the day by going trick-or-treating at night. They go from door to door saying "Trick or treat". The person at the door usually gives them some candy. Other Halloween activities include costume parties, parades, bonfires, haunted houses, and carving jack-o-lanterns from pumpkins.



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