
AUTISM NEWS NETWORK

By: Kristina Blake

The month of February

Groundhog Day

Groundhog Day is celebrated in the U.S. each year on February 2nd. On this day in mid-winter, the groundhog awakens from a long winter's nap, and goes outside of his den to see if he sees his shadow. This tradition is big, on an otherwise cold and dreary mid-winter's day. According to legend, if the groundhog sees his shadow (a sunny morning), there will be six more weeks of winter. He then returns to his den and goes back to sleep. If however, he does not see his shadow (cloudy days), he plays around outside of his hole for a while. If he does not see his shadow, spring is just around the corner. The Groundhog's Day tradition travelled long ways. It comes from German roots. In the early 1800's, German immigrants to America, brought the tradition of predicting winter weather on February 2. In their native Germany, they used Hedgehogs to predict weather. As they settled in the hills of Pennsylvania, they began the tradition, using the Groundhog to predict the arrival of Spring.

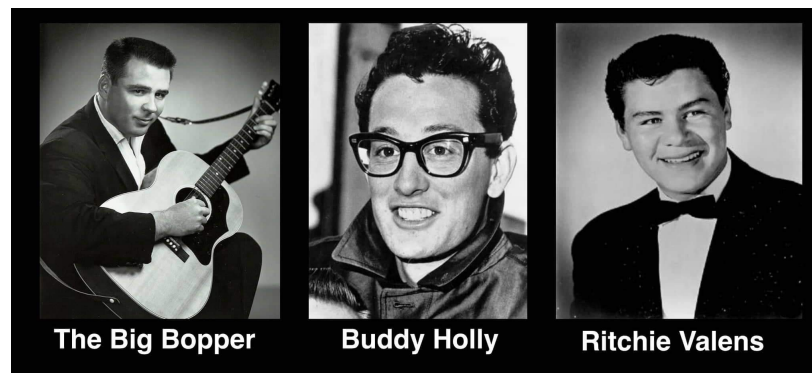
The tradition is based upon Candlemas, the day that is the midpoint between Winter and Spring. Punxsutawney, Pennsylvania is the site of the annual Groundhog event. Our little rodent friend (yes, Groundhogs are classified as rodents) is called Punxsutawney Phil. He has been making this annual winter prediction since 1887. There are a few other "predictors" around the country, but they all pale in comparison to Phil's ability to predict the remainder of winter.



The Day The Music Died

The Day the Music Died Day commemorates the untimely death of singers Buddy Holly, Richie Valens and the Big Bopper. These three Rock singers died in an airplane crash on February 3, 1959. at the height of their popularity. Every generation has their music idols. These three were among the top of the 1950's generation. Those who grew up in the fifties mourned the premature deaths of their music idols.

Memorials and remembrances occurred for years. Today, there are many websites memorializing their deaths, and detailing the events before and after the tragedy. This day is an observance, rather than a holiday. The term "holiday" implies a celebration. The death of these three musicians was nothing short of tragic. So, let's mark this day in recognition of the silencing of the voices of these great singers in their prime.



Thank Your Mailman Day

Thank Your Mailman Day is on February 4th, it's your chance to say thanks to the guy, or gal, who delivers your mail. After all, your mail carrier delivers your mail six days a week. They are a hardy lot. The reliable postal worker is always there doing their job, regardless of the weather. You'll find some mail carriers on walking routes, wearing shorts in all but the coldest of winter days. Did you Know? Pony Express riders were the most famous early American "mailmen". Their motto was "Neither rain, nor snow, nor death of the night, can keep us from our duty".

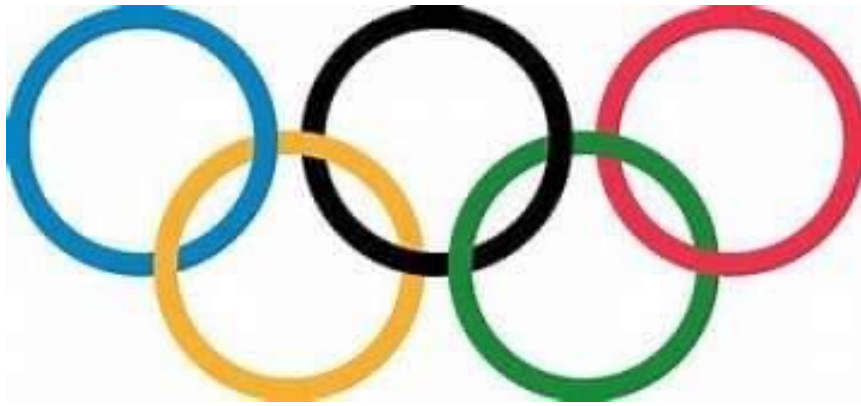
This motto is believed to be taken in part from a motto dating back to ancient times. Among the most popular variation is "Through rain or snow, or sleet or hail, we'll carry the mail. We will not fail". Make it a point to catch your mail carrier on his or her route today. Give him or her a great big smile and a great big "TY". If you happen to visit your local post office, give them a thanks.



Winter Olympics Games

The Next Winter Olympics Location: The XXIV Winter Olympics games will be held in 2022 in Beijing, China, from February 4-20. Once every four years, the world's top athletes meet, to compete in the Winter Olympics. Opening Day ceremonies for the Winter Olympics is a huge, and very special event. The Olympic competitions are held over a two week period.

It concludes with a closing ceremony. Athletes from around the world proudly represent their country. They come to compete with the very best in their sport.



National Weatherman's Day

National Weatherman's Day is held on February 5th, it honors weather men and woman who work hard to accurately predict the often fickle local and national weather. Despite major technological advances and supercomputers, forecasting the weather can still be a tricky, and ever changing business.

Knowing the weather is important in so many ways. It affects how we dress, where we go, and even if we go. Space launches are made or delayed depending upon the weather. And, knowing the weather can save lives. The most obvious example is knowing when and where hurricanes or tornados may hit.

According to the Air Force News, Weatherman's Day "commemorates the birth of John Jeffries, one of America's first weathermen". Jeffries was born on Feb 5, 1744. He kept weather records from 1774 to 1816. If you see a weatherman today, give them your appreciation for a job well done.



Boy Scout Day

Boy Scout Day celebrates the birthday of Scouting in America. On February 8, 1910, Chicago publisher William Dickson Boyce filed incorporation papers in the District of Columbia to create the Boy Scouts of America. Scouting groups across the country celebrate this day. Often a cake will be served at the weekly meeting or on a campout. Scout Sunday, the Sunday nearest the 8th of February, will often be marked with a church service, followed by a pancake breakfast.

Cub Scouts and Boy Scouts offer a tremendously valuable program of life skills and values for millions of boys. It has been popular ever since Lord Baden-Powell founded Boy Scouts in the early 1900s in Great Britain. The top award of Eagle Scout, is an accomplishment that reaps recognition, rewards, and benefits for a young man throughout his life.



Abraham Lincoln Birthday

February 12 is Abraham Lincoln's actual birth date. However, in modern times President Lincoln and all of the U.S. Presidents, are celebrated on President's Day. Every American knows President Abraham Lincoln, the 16th President of the United States. "Honest Abe", as he was commonly known, was born in the wilderness country of Hardin County, Kentucky on February 12, 1809. Abraham Lincoln became president in 1861.

Although he hated war, he was drawn into it as he believed it was the only way to save the nation, after the southern states declared their secession from the Union. In addition to serving as president during the civil war and saving the Union, Lincoln wrote the Emancipation Proclamation that ended slavery in the U.S. forever. He also wrote and gave The Gettysburg Address, memorializing the bloodiest and most important battle of the Civil War. Gettysburg proved to be the turning point of the war. Shortly after the war ended, Abraham Lincoln became the first U.S. President to be assassinated. He was shot and mortally wounded on Good Friday, April 14, 1865 by John Wilkes Booth in Ford's Theatre.



Super Bowl Sunday

Super Bowl LVI will be held at SoFi Stadium in Inglewood, California on Sunday February 13th, Every NFL Football team wants to get to the "Party", The "Big Game", the Super Bowl! And, only one team leaves with the victory and a Super Bowl ring telling the world they are the greatest football team in the world. Millions of people around the world hold or attend the "Big Party" at bars, party houses, and in their living rooms. Super Bowl Sunday is the second biggest snack day of the year. Second only to, you guessed it, New Years Eve. Sit down and tune in to the most watched game of the year. Even casual sports fans take part. After all, watching the great ads and the super Half-time show, are as much a part of the game as the game itself. Many spouses readily admit, they watch the Super bowl just to see the ads



National Donor Day

National Organ Donor Day is on February 14th, it encourages people to sign up to donate their organs. It may save a life. Sure, it is uncomfortable to think of our own death, especially an early one. But, if it was to happen, you could save other lives . You are giving the gift of life to other people. So, please consider seriously signing up to donate you.



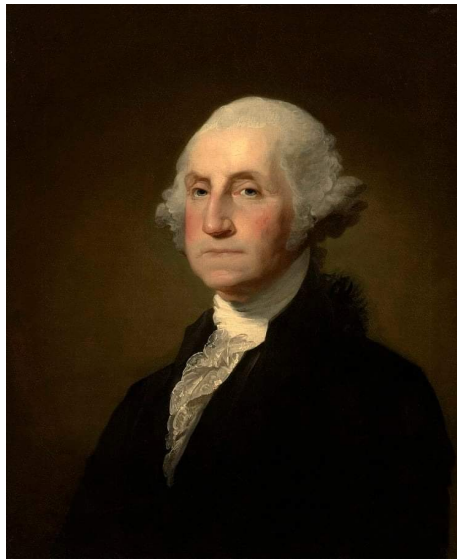
Presidents Day

President's Day is celebrated on Monday February 21st, it's a day set aside to honor all of the U.S. presidents. We often think of two great presidents George Washington and Abraham Lincoln when we celebrate this holiday, as it falls by design between their birthdays. More and more of us, look at this day as a tribute to each and every person who has ever served in the office of the President of the United States of America. It is a national holiday. While Federal employees, the post office, and banks have the day off, most businesses and industry do not recognize it as a paid holiday.



George Washington's Birthday

The "Father of His Country", George Washington was born on February 22, 1732. He became commander in chief of the Continental Army in 1775, and fought a long and arduous war for freedom from British rule. The war was finally over in 1781, when the Continental Army with the help of the French, forced British General Cornwallis to surrender at Yorktown. In 1787, Washington was unanimously elected president by the Constitutional Convention in Philadelphia. He took the oath of office in 1789. He served two terms of office from 1789 until 1797. After the presidency, Washington retired to his home in Mount Vernon, Virginia where he died on December 14, 1799 of a throat infection.



Random Acts of Kindness Day

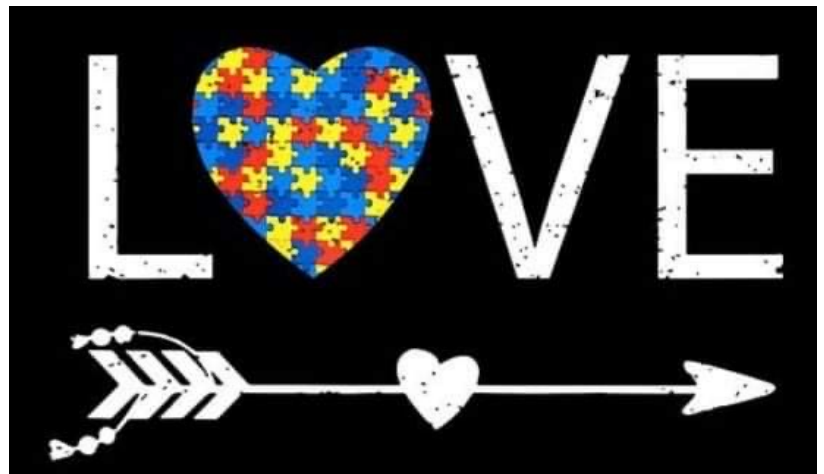
February 17th is random acts of kindness day, but it shouldn't be just known as this day but throughout the year it's important to show kindness everywhere you go. Almost any kind deed will do. And, we highly recommend you perform kind acts on as many people as you can. This is a favorite day of many people and groups. People like the idea of showing a little kindness to others. Its a fun and good thing to do. And, they like being on the receiving end of this day as well. It makes both the giver and the receiver feel good. Schools have used this day as an educational event, and to promote the value of kindness. Organizations have used this day to promote their cause, and for fundraisers.



Valentine's Day

Valentine's Day is a celebration of love and lovers. The traditions of this holiday involves exchanging cards and small gifts, chocolates, flowers, jewelry and romantic dinners are the big hits on this holiday. Take in consideration it can also be a sad day for some that has lost that special someone in their life, or people that are still waiting on that special someone to come into their life. With a disability like autism it can be extremely hard to make friends, especially to find the love of your life. Show extra love to people around you that is hurting.

You can't be everyone's hero. You can't take away everyone's pain, solve all their problems, and make them feel happy with themselves and their lives. All you can do is love them, and that's all you have to do. Just love them in their messiness, their confusion, their grief. See them, hear them, and accept them without judgment. Then let them know it's okay to be right where they are, and if and when they need you, you'll be there.



Please check out our Interviews and Podcast at
<https://www.theautismnewsnetwork.com/>

