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# AUTISM NEWS NETWORK

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By:Kristina Blake

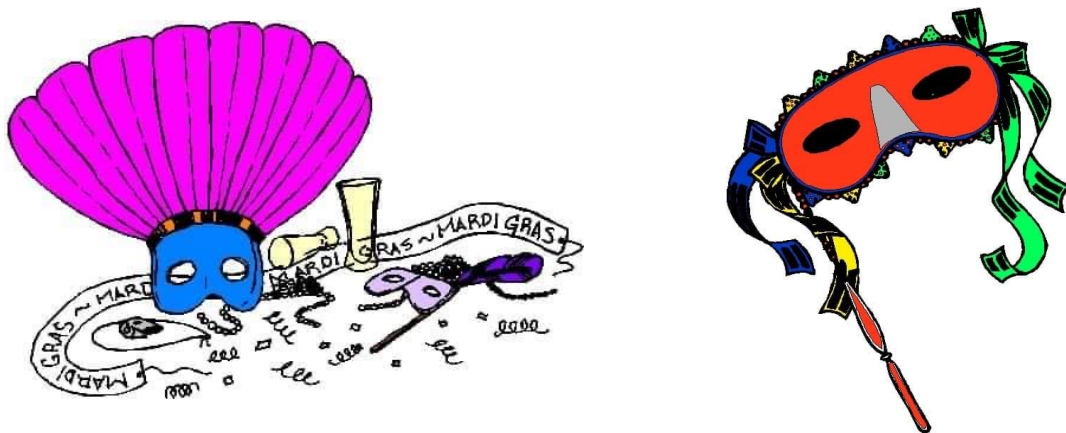
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## **The month of March**

March 1st. It's time to party it up, and ....eat!! Fat Tuesday is the day before Ash Wednesday. It is also known as Mardi Gras Day or Shrove Day. It is a day when people eat all they want of everything and anything they want as the following day is Ash Wednesday, the beginning of a long fasting period for Christians. In addition to fasting, Christians also give up something special that they enjoy. So, Fat Tuesday is a celebration and the opportunity to enjoy that favorite food or snack that you give up for the long Lenten season. Nowhere on the planet is Fat Tuesday celebrated more than on Bourbon Street in New Orleans. The day is celebrated with festivities and parades and of course much food and drink. While in New Orleans, a big tradition is in wearing Mardi Gras beads and giving them to others. And tradition requires that if a guy gives a girl some beads, she has to do something for him...this can be just loads of fun...

Did You Know? On Bourbon street in New Orleans, store owners coat poles and columns with Vaseline to keep wild and rowdy revelers from climbing them (and perhaps falling).

In addition to being called Mardi Gras Day and Fat Tuesday, it is also called Fastnacht Day. Pennsylvania Dutch country, and other areas with large German populations, refer to it as Fastnacht Day.



## **World Compliment Day**

Date When Celebrated : March 1 but it's also very important throughout the year. According to Hans Poortvliet of the Netherlands who created this day, World Compliment Day addresses the basic human need for recognition and appreciation. This is a non-commercial day that simply makes people happy and feel good about themselves.

Benefits of giving honest and sincere compliments goes to both the giver and receiver of the compliment. Participating in this special day is simple and easy. As you meet people today, think about them and who they are. Give them a compliment that is positive, honest and sincere. Do it with a smile. Then, watch the smile appear on their face. Compliments can be oral or written. They should be given face to face, in person. The benefits of compliments are many: It simply makes people happy, It increases self-esteem and self-worth, Given on the job, it increases productivity, It increases pride and It creates mutual well-being. Compliments given come back in numerous ways. Your goal for today: Compliment at least three people. However, we challenge you to do more. You'll be glad you did!



## **Peace Corps Day**

Date When Celebrated : This holiday is always held on March 1

On this day in 1961, U.S. President John F. Kennedy issued Executive Order establishing the Peace Corps. Then, on September 21, 1961, the U.S. Congress approved the Peace Corps Act. Peace Corps Day commemorates the creation of this very important U.S. government run program, The Peace Corps is a volunteer program. It was established to send an "army" of civilian volunteers to underdeveloped countries, assisting in a wide variety of ways. The official mission of the Peace Corps is to provide social and economic development abroad through technical assistance, while promoting mutual understanding between Americans and populations served. Volunteers are American citizens, often college graduates straight out of school. The volunteers undergo 3 months of training, followed by a two year service assignment in practically any area of the world where they are needed. Volunteers can request and extension of their assignment. Use Peace Corp Day to recognize the importance of the Peace Corps program, and to show appreciation to the many volunteers. Did You Know? Over 235,000 Americans have joined the Peace Corps and served in over 140 countries.

Today's Quote: "I prefer peace. But if it must come, let it come in my time so my children can live in peace." - - Thomas Paine



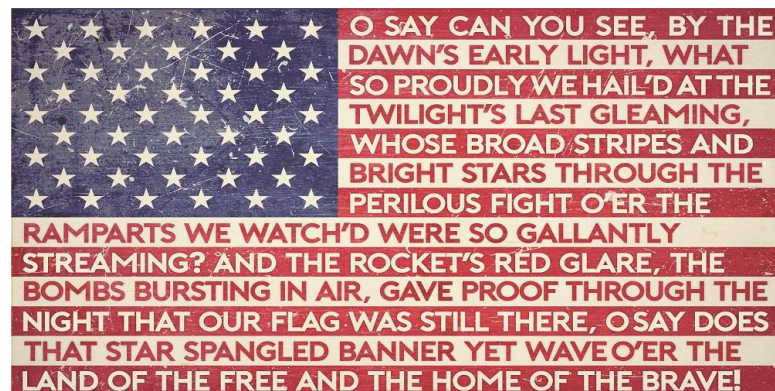
### **Ash Wednesday**

When is Ash Wednesday: March 2, 2022; Ash Wednesday is the first day of the Christian season of Lent and a sign of penitence. During Lent, Christians must fast and give up things they like. The Lenten season lasts for 46 days. On Ash Wednesday, Christians go to mass and receive ashes on their foreheads in the sign of the cross. It is a reminder of from "Ashes to Ashes and Dust to Dust". It means that we came from dust and we shall return to dust, referring to our earthly bodies, not our souls. Did you Know? The ashes you receive are from the prior years palms.

## **National Anthem Day**

Date When Celebrated : This holiday is always held on March 3

Our National Anthem is The Star Spangled Banner. It was written by Francis Scott Key. He wrote the lyrics on September 14, 1814, during the Battle of Fort McHenry in the War of 1812. It was originally called “Defence of Fort McHenry”. There were many patriotic songs, and The Star Spangled Banner became another one of them, one that struck at the heart of Americans, and gained popularity over the years. But, for a long time, America did not have an official national anthem. It wasn't until over 100 years later, that The Star Spangled Banner became our national anthem. On March 3, 1931, President Herbert Hoover signed a congressional resolution officially making “The Star Spangled Banner” the national anthem of the United States of America. On this special day, proudly fly the USA flag at your home and place of business. Take this as an opportunity to sing the National Anthem, or listen to it being sung. And, look for chances to show your patriotism.



## **Employee Appreciation Day**

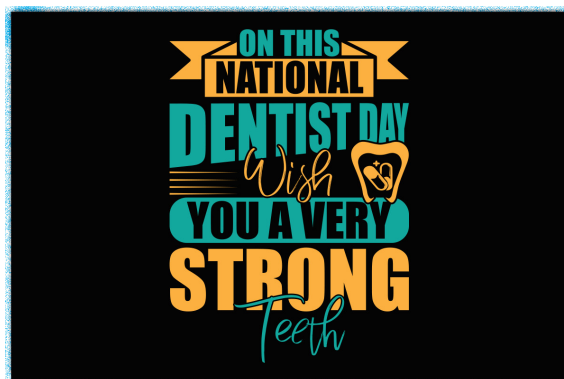
Date When Celebrated : This holiday is the first Friday in March. If the boss can get a Bosses Day, then it's only fair and appropriate that you, the employee, gets a day in your honor. Employee Appreciation Day honors employees everywhere. Celebrations today should be created and executed by your company. Recognitions vary widely, and may include a lunch, snack, cakes, or other munchies, and small recognition gifts. Don't expect a day off. Chances are, it just won't happen. As we researched this day, we wondered if it was a coincidence that Employee's Day and Bosses Day are six months apart.....hmmmmmm.





## **Dentist's Day**

Date When Celebrated :March 6. Open your mouth and say "Aaaah".. Dentist's Day has arrived. It is a day to display a big, toothy grin. Your Dentist plays a role in that big, bright smile. He's an important person in keeping your smile bright, and your teeth and mouth healthy. Therefore, it is only fitting that we have a day to celebrate this very special person in your life. Celebrating our dentist is one thing. Going to see the dentist, is another thing entirely. If your Dentist is such an important person, then why are we so scared of the next dental visit? Is it perhaps the fear of discovering a cavity? Maybe, he will find the beginnings of gum disease? The fear of the dentist ranks right up there with.... the fear of pulling teeth! Among the ways to celebrate today are: Giving your dentist a big "TY" Sending your dentist an Ecard or stationary card. Making a dental appointment(if you haven't been there in a while) Start using dental floss daily Improving your daily dental care routine Showing off your great smile.





## **Girl Scout Day**

Date When Celebrated : This holiday is always held on March 12. Girl Scout Day recognizes and celebrates the Girls Scouts of the USA(GSUSA). This date celebrates the creation of the first Girl Scout group on March 12, 1912. Lady Olave Baden-Powell, founded Girl Guides. The wife of Lord Baden-Powell (who created the Boy Scouts), she was born on February 22 (1889). On March 12, 1912 Juliette Gordon Low started the first Girl Scout group in Savannah Georgia with 18 girls. The Girls Scouts became a national organization, and was chartered by the U.S. Congress on March 16, 1950. Today, there are millions of girls involved with Girl Scouts. Are you a cookie monster? Americans eagerly await the annual Girls Scout cookie drive. It teaches the girls valuable skills, and generates income to support girl scouting activities. And, you get to munch on a variety of delicious cookies. Most people buy several boxes.



## **Daylight Saving Time Starts**

When local standard time is about to reach Sunday, March 13, 2022, 2:00:00 am clocks are turned forward 1 hour to Sunday, March 13, 2022, 3:00:00 am local daylight time instead. Sunrise and sunset will be about 1 hour later on Mar 13, 2022 than the day before. There will be more light in the evening. Also called Spring Forward, Summer Time, and Daylight Savings Time.



Today's Chuckle: "My doctor told me I only have six months to live. When I told him I couldn't pay the bill, he gave me six months more." - - Walter Matthau

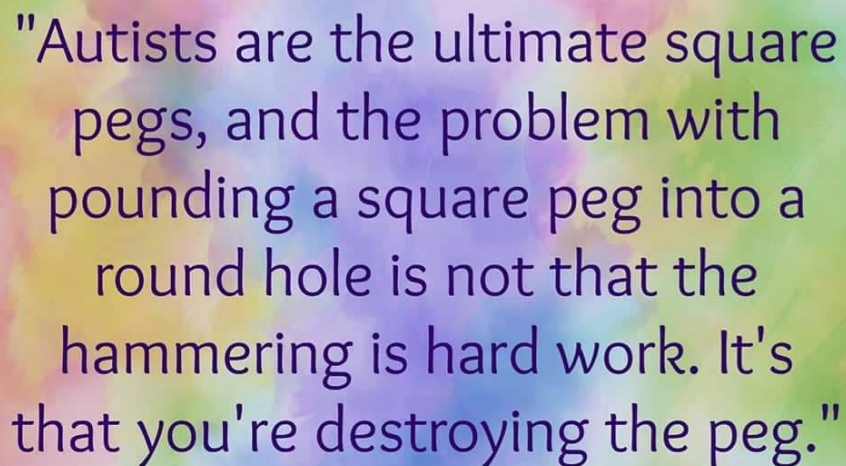
## **Saint Patrick's Day**

Saint Patrick's day is on March 17th, it's a day in honor of the Patron Saint of Ireland, who brought Christianity to the Emerald Isles, as Ireland is known. It is truly a day of celebrating Irish history, ancestry, traditions and customs. Saint Patrick's Day has many symbols and traditions, from shamrocks and leprechauns, to green beer and Corned Beef and Cabbage. Saint Patrick's Day parades are popular in many cities around the U.S. Interestingly, the first St. Patrick's Day parade did not take place in Ireland. It took place in New York City, in 1762. Are you Irish, me lads and me lassies?! Well, the saying goes everyone is a little Irish on Saint Patrick's Day. Roots of Tradition: Saint Patrick's day is held in honor of Saint Patrick, the missionary who brought Christianity to the Irish people in the 400's AD. Erin Go Braugh is perhaps the most common Irish term you will hear. It means "Ireland Forever" Did You Know? Over 34 million Americans are of Irish descent. That's almost nine times the population of Ireland!



**A Little Inspiration Sent Your Way**

**From the Autism News Network**



"Autists are the ultimate square pegs, and the problem with pounding a square peg into a round hole is not that the hammering is hard work. It's that you're destroying the peg."

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