



Zebra Hoofbeats

Happy April, everyone! I know everyone has a little bit of cabin fever right now. We are living in a very trying time. COVID-19 will ultimately shape us---hopefully making us more positive, more appreciative, more giving, and more loving. Believe it or not, extroverts AND introverts want and need social connection. Take time to reach out to old friends or family members. You never know when someone needs just a simple emoji to remind them that someone cares. I also recommend you take this time to work on self-love. We are spending a lot of time with ourselves indoors. It might get boring or even scary..... But remember to treat yourself like how you would treat a loved one. Give yourself kind words. Treat yourself to delicious healthy foods. Exercise your body because it does so much for you.

When Zebra Hoofbeats first started out, it was just a Diversity newsletter for the PA program. With the collaboration of brilliant and like-minded colleagues, we are now distributing our monthly newsletter to the entire School of Medicine and Lerner College of Medicine. I would like to remind some of you (and for new readers, explain) why it's called "Zebra Hoofbeats." How often do we hear the phrase, "If you hear hoofbeats, think horses not zebras"? Well, **we are all zebras---special, unique, and rare all in our own ways.** I hope you all remind yourselves that you're a zebra every day.



Special Shout Out to the PA Wellness Chairs!

Since switching to remote learning, the PA Wellness Chairs of Class 2020 and Class 2021 have been working hard hosting events via Zoom for all the students. It kicked off with Puppy (Pet) Play Date which had a great turn out! Following that were a series of other wellness events such as Netflix movie night, medical trivia, exercise, games, DIY masks, crafts, Catholic mass, and more. Thank you to Bianca P, Rachel F, Priya S, Kristen C, and Holly M! Ya'll rock!

April Fools' Day – April 1st

April Fools! The beginning of this tradition actually dates back to the late 1500s. Under the Julian calendar, the new year was celebrated on April 1st. However, in 1563, the Council of Trent called for a switch to the Gregorian calendar that celebrates the year on January 1st. Some people were slow to realize this change and still celebrated the new year on April 1st. They were referred to as April fools!

Although there is no direct evidence for the tradition of playing pranks, this tradition is speculated to have originated from the festival of Hilaria. This festival was celebrated in ancient Rome by the cult of Cybele (a popular cult in Rome) at the end of March, and it involved dressing up in costumes and parading through the city.

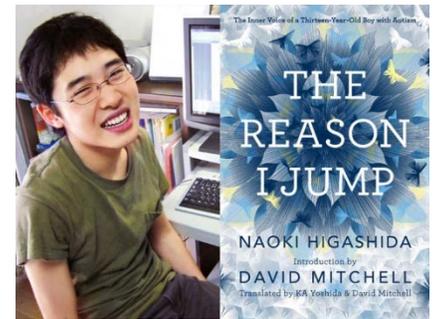


Congratulations to Medical Students for matching!

We would like to congratulate all of the M4, M5, and MSTP students for matching last month! We know that this was not the Match Day that you were expecting, but we want to let you know that all of your peers are proud and excited for you.

You will soon be starting your residency programs and many of you will find yourselves caring for patients with COVID-19. We want to wish you all luck as you embark on this next phase in your careers. Your classmates and colleagues in the PA and MD programs are

rooting for you. We look forward to working alongside you in the near future.



World Autism Day - April 2nd *Book Recommendations by Connie Cheng*

For World Autism Day, I was reminded about a book that I read in the past, "The Reason I Jump." It was originally written by Naoki Higashida, a 13 year old Japanese boy with autism. He was non-verbal but had a unique way of communicating via Japanese alphabet letter board. It's a short read, but it gave some insight into the mind of someone with autism.

The chapters are titled with questions that many wonder about autism: "Why do you speak in that peculiar way?" or "Why do you like spinning?" For anyone who knows someone with autism or would like to work with this population, I recommend this book.

I suppose I should at least give away one of his answers to pique



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interest. Naoki's answer to "What's the reason you jump?" is... "When I'm jumping, it's as if my feelings are going upward to the sky."



Passover: April 8 - April 16th

Passover is a Jewish Holiday celebrating the Israelites' Exodus from Egypt, which is why it is considered the Holiday of Freedom. During the Passover ritual of seder, friends and family come together for a festive meal to tell the story of the Exodus. Passover is also a time in which participants change their diet and only eat kosher food.

In some denominations, technology is not used during religious holidays, so it would be difficult to host a virtual seder. For people who are comfortable, you can find suggestions for how to host a virtual seder and continue the Passover festivities online [here](#) and [here](#).



Easter: April 12th

Easter is a Christian Holiday celebrating the resurrection of Jesus Christ. Historically, Easter is the last event in a series commemorating the events in the New Testament that led to Jesus's arrest, execution, and resurrection.

Other events include Lent, Ash Wednesday, and Good Friday. In many parts of the world, Easter has become a commercial holiday in which children participate in Easter egg hunts and egg decorating, and Easter bunnies distribute candy.

If you celebrate Easter and want to join a virtual service, many churches are using streaming services for this purpose. You can watch Joel Osteen's Easter service and his other live and recorded services here: [Easter at Lakewood](#)



Bengali New Year - April 14th

Shubho Nabobarsho! That means Happy New Year! This holiday is celebrated by Indian states of West Bengali, Tripura, and some parts of Assam by Bengali people. On the first day of celebration, there is a mass procession called Mangal Shobhajatra. It is a festival that features replicas of birds, fish, animals, and other folktale motifs.

This is a time for celebration, and it is an expression of secular identity which means that the country is united irrespective of class, age, religious faith, or gender.

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Emancipation Day (DC) - April 16th

On April 16, 1862, over 3,000 enslaved persons were freed in the District of Columbia, 8 months before the Emancipation Proclamation (issued September 22, 1862) liberated slaves in Southern states on January 1, 1863.

DC's April 16th Emancipation was brought about by a bill passed through Congress in early April, which was signed on the 16th by President Abraham Lincoln. This act, titled "An Act for the release of certain persons held to service or labor in the District of Columbia," freed slaves in Washington, DC and compensated slaveowners up to \$300 for every person they owned. This included African Americans who had purchased family members to keep them from being sold.

April 16th is a public holiday in DC and serves as a reminder of America's history of slavery as well as a celebration of the joy felt by individuals who were finally free. For more information on the history of DC's Emancipation Day, see this [website](#).

Suggestions for Online Games to Play over Zoom:

[Battleship](#)

[Boardgame Online](#)

[Codewords](#)

[Cards Against Humanity](#)

[Drawful](#)

[Telestrations](#)