

WORD OF THE WEEK

ELUCIDATE

/,ɪˈl(j)uːsɪdeɪt/

Origin: mid 16th century: from late Latin **elucidat-** 'made clear'

Verb

To make something clear; explain.

"work such as theirs will help to
elucidate this matter"

QUOTE OF THE WEEK

"The greatest glory in living lies not in never falling, but in rising every time we fall."

- Nelson Mandela



PERSON OF THE WEEK

Henrietta Lacks

August 1st 1920 – October 4th 1951

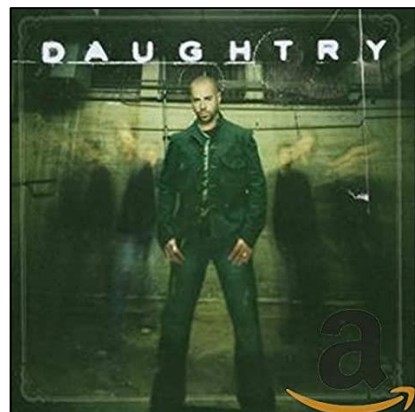


An African-American woman whose cancer cells are the source of the HeLa cell line, the first immortalized human cell line and one of the most important cell lines in medical research, including treatments for Polio, Parkinson's and Leukemia.

SONG OF THE WEEK

DAUGHTRY

"I fight"



Released: 2013
Album release only.

WORD OF THE WEEK

MALAISE

/ma'leɪz/

Origin: mid 18th century: from French, from Old French *mal* 'bad'

Noun

A general feeling of discomfort, illness, or unease whose exact cause is difficult to identify.

"A general air of **malaise**"

QUOTE OF THE WEEK

"The way to get started is to quit talking and begin doing."

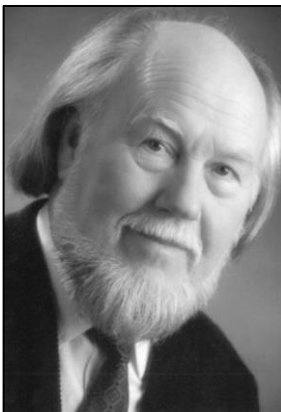
- **Walt Disney**



PERSON OF THE WEEK

Nils Bohlin

July 17, 1920 – September 21, 2002



Nils Ivar Bohlin was a Swedish mechanical engineer and inventor who invented the three-point safety belt while working at Volvo in 1959. It is estimated that at least one million lives have been saved by the three-point seatbelt over the course of its 62-year existence.

SONG OF THE WEEK

SARAH BAREILLES

"**Brave**"



Released: 2013
UK Singles Chart Position: 48

WORD OF THE WEEK

OBFUSCATE

/ɒbfʌsket/

Origin: Late Middle English: from late Latin *obfuscat*- 'darkened'

Verb

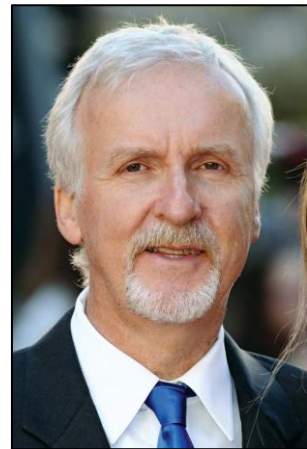
To make obscure, unclear, or unintelligible.

"The spelling changes will deform some familiar words and **obfuscate** their etymological origins"

QUOTE OF THE WEEK

If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.

-James Cameron



PERSON OF THE WEEK

Henry Dunant

May 8th 1828 – October 30th 1910



Swiss humanitarian, businessman and social activist. He was the visionary, promoter and co-founder and father of the Red Cross. In 1901 he received the first Nobel Peace Prize together with Frédéric Passy, making Dunant the first Swiss Nobel laureate.

SONG OF THE WEEK

KELLY CLARKSON

"Stronger"



Released: 2011
UK Singles Chart Position: 8

WORD OF THE WEEK

MIMSY

/ˈmɪmzi/

Origin: late 19th century Old English

Adjective

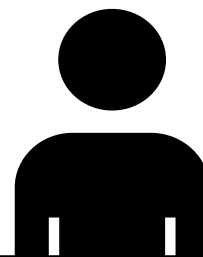
Rather feeble and prim or ineffectual

"The whole situation leaves me feeling a bit **mimsy**."

QUOTE OF THE WEEK

"The person that you spend the most time within your life is yourself, so you better try and make yourself as interesting as possible."

– UNKNOWN



PERSON OF THE WEEK

Gertrude Bell

July 14th 1868 – July 12th 1927



An English writer, traveller, political officer, administrator, and archaeologist who explored, mapped, and became highly influential to British imperial policy-making due to her knowledge and contacts, built up through extensive travels in Syria-Palestine, Mesopotamia, Asia Minor, and Arabia. Bell helped support the Hashemite dynasties in what is today Jordan as well as in Iraq.

SONG OF THE WEEK

MONTY PYTHON

"Always look on the Brightside of life"



Released: 1979
UK Singles Chart Position: 3

WORD OF THE WEEK

CONTUMACIOUS

/kɒntjʊˈmeɪʃəs/

Origin: late 16th century: from Latin

Adjective

Stubbornly or willfully disobedient to authority.

"The refusal to make child support payments was **contumacious**"

QUOTE OF THE WEEK

"Normal is nothing more than a cycle on the washing machine."

– **Whoopie Goldberg**



PERSON OF THE WEEK

George Michael

June 25th 1963 – December 25th 2016



George Michael was an English singer, songwriter and record producer. Known as a leading creative force in music production, songwriting, vocal performance and visual presentation, he is regarded as one of the greatest artists of all time and an icon of popular culture. He was an active LGBT rights campaigner and HIV/AIDS charity fundraiser but also gave millions to charity and individuals privately – which was not revealed until after his death.

SONG OF THE WEEK

FOO FIGHTERS

"Learn to Fly"



Released: 1999

UK Singles Chart Position: 21

UK Dance Chart Position: 13

WORD OF THE WEEK

ZEALOUS

/ˈzɛləs/

Origin: early 16th century: from a medieval Latin

Adjective

Having or showing zeal, great energy or enthusiasm

"The council was extremely **zealous** in the application of the regulations"

QUOTE OF THE WEEK

"The hardest choices require the strongest wills."

– **Thanos**



PERSON OF THE WEEK

Alice Nkom

January 14th 1945 – Present



A Cameroonian lawyer, well known for being the first black female French-speaking lawyer in Cameroon and her advocacy towards decriminalization of homosexuality in Cameroon. In 2003 she founded ADEFHO: the Association for the Defence of Homosexuality

SONG OF THE WEEK

THE TURTLES

"Happy Together"



Released: 1967

UK Singles Chart Position: 12

USA Singles Chart Position: 1

WORD OF THE WEEK

ZENITH

/'zenɪθ/

Origin: Late Middle English: from Old French or medieval Latin *cenit*, based on Arabic *samt* (*ar-ra's*) 'path (over the head)'. *Noun*

1. The time at which something is most powerful or successful.

"In 1977, punk was at its **zenith**"

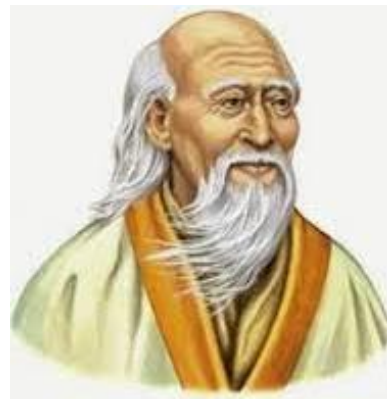
2. The point in the sky or celestial sphere directly above an observer. The highest point reached by a given celestial object.

"The sun was well past the zenith"

QUOTE OF THE WEEK

"He who conquers others is strong, he who conquers himself is mighty"

- Lao Tsu



PERSON OF THE WEEK

Billie Jean King

November 22nd 1943 – Present



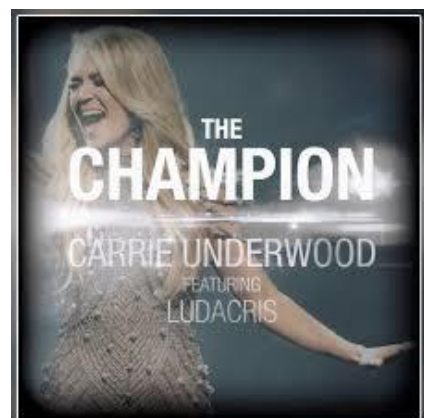
An American former female World No. 1 professional tennis player. She won 39 Grand Slam titles: 12 in singles, 16 in women's doubles, and 11 in mixed doubles. King is an advocate for gender equality and has long been a pioneer for equality and social justice. In 1973, at age 29, she won the "Battle of the Sexes" tennis match against the 55-year-old Bobby Riggs.

SONG OF THE WEEK

CARRIE UNDERWOOD ft

LUDICRIS

"Champion"



Released: 2018

US Singles Chart Position: 47

WORD OF THE WEEK

CAPRICIOUS

/Kə'prɪʃəs/

Origin: early 17th century French / Italian

Adjective

1. Given to sudden and unaccountable changes of mood or behaviour.

"It's terrible to feel our livelihood hinges on a capricious boss"

2. Changing according to no discernible rules; unpredictable.

"A capricious climate"

QUOTE OF THE WEEK

"Be brave Enough to start a conversation that matters"

– **Margaret Wheatley**



PERSON OF THE WEEK

Bayard Rustin

March 17th 1912 – August 24th 1987



Bayard Rustin was an African American leader in social movements for civil rights, socialism, nonviolence, and gay rights. Rustin worked with A. Philip Randolph on the March on Washington Movement, in 1941, to press for an end to racial discrimination in employment.

SONG OF THE WEEK

FALL OUT BOY

"Centuries"



Released: 2014

UK Singles Chart Position: 22

US Singles Chart Position: 10

WORD OF THE WEEK

EUPHEMISM

/ˈjuːfəˌmɪz(ə)m/

Origin: late 16th century: from
Greek *Noun*

A mild or indirect word or expression substituted for one considered to be too harsh or blunt when referring to something unpleasant or embarrassing.

"The jargon has given us
'downsizing' as **a euphemism**
for cuts"

QUOTE OF THE WEEK

"I don't judge people
on their worst mistakes"

**-Natasha Romanov
(Black Widow)**



PERSON OF THE WEEK

Melati & Isabel Wijsen

Born 2001 and 2003 respectively



Indonesian climate activists. The two sisters are known for their efforts to reduce plastic consumption in Bali. In 2013, they began a campaign to rid Bali of single-use plastic bags titled *Bye Bye Plastic Bags*. In order to gain public attention they staged a dawn to dusk hunger strike in 2016, successfully demanding a meeting with Bali's then-governor, I Made Mangku Pastika. The campaign resulted in Pastika signing an order to ban styrofoam, plastic bags and straw from the island effective 2018.

SONG OF THE WEEK

EMINEM

"Not Afraid"



Released: 2010
UK Singles Chart Position: 5

WORD OF THE WEEK

COLLYWOBBLES

/'Kɒlɪwɒb(ə)lz/

Origin: early 19th century - informal

Noun

1. Stomach pain or queasiness.

"An attack of **collywobbles**"

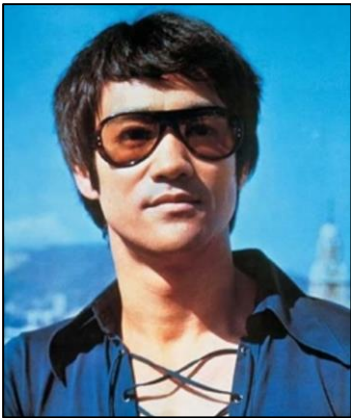
2. Intense anxiety or nervousness.

"Such organisations give him the **collywobbles**"

QUOTE OF THE WEEK

"If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them."

– Bruce Lee



PERSON OF THE WEEK

Bruce Lee

November 27th 1940 – July 20th 1973



A Hong Kong American martial artist, actor, director, martial arts instructor and philosopher. He was the founder of jeet kune do, a hybrid martial arts philosophy drawing from different combat disciplines that is credited with paving the way for modern MMA. He is considered to be the most influential martial artist of all time and is credited with helping to change the way Asians were presented in American films.

SONG OF THE WEEK

BON JOVI

"It's my life"



Released: 2000
UK Singles Chart Position: 3

WORD OF THE WEEK

SYCOPHANT

/ˈsɪkəfənt/

Origin: mid 16th century from French *sycophante*, or via Latin from Greek

Noun

A person who acts deferentially towards someone important in order to gain advantage.

"He was surrounded by **sycophants** who hung on his every word"

QUOTE OF THE WEEK

"It is during our darkest moments that we must focus to see the light."

-Aristotle



PERSON OF THE WEEK

Amy Johnson

July 1st 1903 – January 5th 1941



A pioneering English pilot who was the first woman to fly solo from London to Australia in 1930. In July 1932, Johnson set a solo record for the flight from London to Cape Town, South Africa breaking her husband's record.

SONG OF THE WEEK

SWEDISH HOUSE MAFIA

"Save the World"



Released: 2011
UK Singles Chart Position: 10

WORD OF THE WEEK

SURREPTITIOUS

/ˌsʌrəpˈtɪʃəs/

Origin: Late Middle English and Latin

Adjective

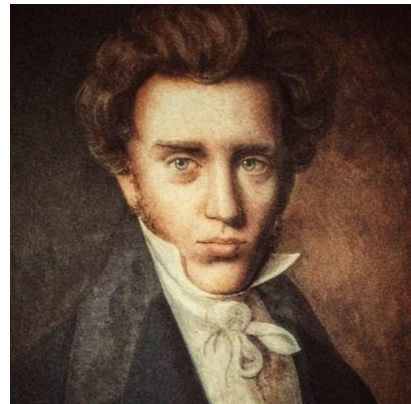
Kept secret, especially because it would not be approved of.

"Low wages were supplemented by **surreptitious** payments from tradesmen."

QUOTE OF THE WEEK

"Life is not a problem to be solved but a reality to be experienced"

–Soren Kierkegaard



PERSON OF THE WEEK

Jazz Jennings

October 6th 2000 – Present



An American YouTube personality, TV personality, and LGBT rights activist. Jazz is notable for being one of the youngest publicly documented people to be identified as transgender at the age of 5.

She is an honorary co-founder of the TransKids Purple Rainbow Foundation, which she and her parents founded in 2007 to assist transgender youth.

SONG OF THE WEEK

PROFESSOR GREENE ft
EMILE SANDE

"Read all about it"



Released: 2011
UK Singles Chart Position: 1

WORD OF THE WEEK

XERTZ

/zerts/

Origin: Unknown

Verb

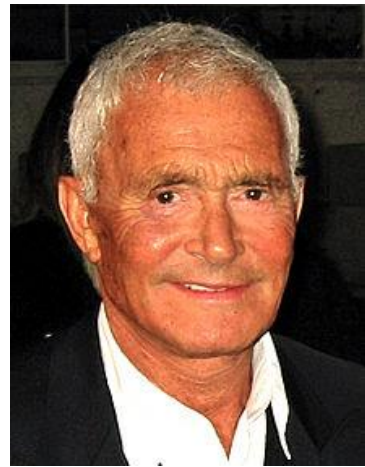
To gulp something down quickly and/or in a greedy fashion.

"As soon as I finished the half marathon I needed to **xertz** a bottle of water."

QUOTE OF THE WEEK

"The only place where success comes before work is in a dictionary"

- Vidal Sassoon



PERSON OF THE WEEK

Native American Code Talkers



Used during the WW1 and WW2, Native American Code Talkers were used to communicate coded messages. There were two types of code. A cypher code where words from the native language would be used to indicate English letters and Direct Translation Codes where the message was directly translated. They received no recognition until 1968 when their operation was declassified.

SONG OF THE WEEK

THE KILLERS

"Human"



Released: 2008
UK Singles Chart Position: 3

WORD OF THE WEEK

LIMERANCE

/li-mer-uhns/

Origin: 1979 American Psychology – Dorothy Tennov

Noun

The state of being obsessively infatuated with someone, usually accompanied by delusions of or a desire for an intense romantic relationship with that person.

“Her limerence lasted for around three months before she actually met him.”

QUOTE OF THE WEEK

“Light Travels faster than sound. This is why some people appear bright until you hear them speak”

– Alan Dundes



PERSON OF THE WEEK

Stormzy

July 25th 1993 – Present



British musician, rapper and grime star. Founded the Merky Foundation in 2019 to support Anti-racism, racial inequality, justice reform, discrimination and employment and social inclusion within the black community. He has pledged to donate £1 million per year for the next 10 years to Black causes in the UK.

SONG OF THE WEEK

IVANA MULA TCHAKO

“Diva Dance”



Released: 1997
UK Singles Chart Position: N/A

WORD OF THE WEEK

EXONERATE

/ɪgˈzɒnəreɪt, ɛgˈzɒnəreɪt/

Origin: late Middle English: from Latin.

Verb

1. (Of an official body) absolve (someone) from blame for a fault or wrongdoing.

"An inquiry **exonerated** those involved"

2. Release someone from (a duty or obligation).

"Pope clement v **exonerated** the king from his oath to the barons"

QUOTE OF THE WEEK

"Your future hasn't been written yet. No ones has. Your future is whatever you make it. So make it a good one.

- **Doc Brown**



PERSON OF THE WEEK

Rajae El Mouhandiz

March 25th 1979 – Present



A Dutch-Moroccan/Algerian Muslim poet, singer, storyteller, composer and founder of the record label Truthseeker Records. Rajae is also active in a social-politic area. She is a member of the board of the Ethica Foundation, a foundation which focuses on the empowerment of Islamic women in general.

SONG OF THE WEEK

MAROON 5

"Girls Like you"



Released: 2017
UK Singles Chart Position: 7

WORD OF THE WEEK

REVERE

/rɪˈvɪə/

Origin: mid 17th century: from French

Verb

To feel deep respect or admiration for (something).

"Cézanne's still lifes were **revered** by his contemporaries"

QUOTE OF THE WEEK

"Just try new things. Don't be afraid. Step out of your comfort zones and soar, All right?"

– **Michelle Obama**



PERSON OF THE WEEK

Amika George

October 4th 1999 – Present



British activist who campaigns against period poverty in the United Kingdom. George was inspired to take action after reading an article describing how many poor British women missed school due to stigma around menstruation and/or being unable to afford sanitary products such as tampons. At the age of 17 she started a popular petition addressed to Westminster, and founded the #FreePeriods organisation in April 2017.

SONG OF THE WEEK

AMERICAN AUTHORS

"Best day of my life"



Released: 2013
UK Singles Chart Position: 17

WORD OF THE WEEK

BLOVIATE

/ˈbləʊviət/

Origin: mid 19th century English

Verb

Talk at length, especially in an inflated or empty way.

"The minister **bloviated** his way through the debate"

QUOTE OF THE WEEK

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose"

-Dr. Seuss



PERSON OF THE WEEK

Ismail Al Jazari

1136 - 1206



A Muslim polymath: a scholar, inventor, mechanical engineer, artisan, artist and mathematician from Artuqid Dynasty of Jazira in Mesopotamia. He is best known for writing *The Book of Knowledge of Ingenious Mechanical Devices* in 1206, where he described 50 mechanical devices, along with instructions on how to construct them. Known by many as the "father of robotics" and modern-day engineering.

SONG OF THE WEEK

BOB MARLEY

"Get Up, Stand Up"



Released: 1973
UK Singles Chart Position: N/A

WORD OF THE WEEK

OSCILLATE

/ˈɒsɪleɪt/

Origin: Early 18th century: from Latin

Verb

1. To move or swing back and forth in a regular rhythm.

"The grain pan near the front of the combine oscillates back and forth"

2. Vary or fluctuate between two states, limits, opinions, etc.

"He was **oscillating between** fear and bravery"

QUOTE OF THE WEEK

"Once you accept your flaws, no one can use them against you."

–Tywin Lannister



PERSON OF THE WEEK

Dolly Parton

January 19th 1946 – Present



An American singer, songwriter, multi-instrumentalist, actress, author, businesswoman, and humanitarian, known primarily for her work in country music. Since the mid-1980s, Parton has supported many charitable efforts, particularly in the area of literacy, primarily through her Dollywood Foundation including sending out over 100 million books to children in the US, Canada, UK, Australia and Ireland

SONG OF THE WEEK

LINKIN PARK ft JAYZ

"Numb/Encore"



Released: 2003
UK Singles Chart Position: 14

WORD OF THE WEEK

BOMBAST

/ˈbɒmbast/

Origin: mid 16th century, from Old French and medieval Latin

Noun

High-sounding language with little meaning, used to impress people.

"The **bombast** of gung-ho militarism"

QUOTE OF THE WEEK

"Who I am and what I should have been are two very different things"

-Tom Hardy



PERSON OF THE WEEK

Mary Anderson

February 19th 1866 – June 27th 1953



An American real estate developer, rancher, viticulturist and inventor of the windshield wiper blade. On November 10, 1903, Anderson was granted her first patent for an automatic car window cleaning device controlled from inside the car, called the windshield wiper. She never made money from the invention as it only became standard on cars in 1922 – 2 years after her patent ran out.

SONG OF THE WEEK

WELSHY ARMS

"Legendary"



Released: 2016
UK Singles Chart Position: N/A

WORD OF THE WEEK

SCHADENFREUDE

/ˈʃaːd(ə)nˌfrɔɪdə/

Origin: From German

Noun

Pleasure derived by someone from another person's misfortune.

“A business that thrives on
schadenfreude”

QUOTE OF THE WEEK

“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”

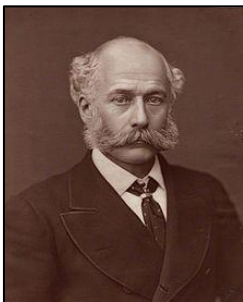
– **Colin Powell**



PERSON OF THE WEEK

Joseph Bazalgette

March 28th 1819 – March 15th 1891



Chief engineer of London's Metropolitan Board of Works, his major achievement was the creation of a sewerage system for central London which was instrumental in relieving the city from cholera epidemics, while beginning to clean the River Thames. He was also the designer of Hammersmith Bridge.

SONG OF THE WEEK

P!NK

“*All I know so far*”



Released: 2021
UK Singles Chart Position: N/A

WORD OF THE WEEK

PERFUNCTORY

/pəˈfʌŋ(k)t(ə)ri/

Origin: late 16th century: from late Latin

Adjective

Carried out without real interest, feeling, or effort.

"They gave a **perfunctory** nod"

QUOTE OF THE WEEK

"Always remember that you are absolutely unique. Just like everyone else."

– **Margret Mead**



PERSON OF THE WEEK

Ruth Coker Burks



Also known as the Cemetery Angel, is a former caregiver of AIDS crisis victims and an AIDS awareness advocate based in Arkansas. During the AIDS epidemic in the late 1980s, she used her salary as a real estate agent to care for AIDS patients whose families and communities had abandoned them.

SONG OF THE WEEK

MARVIN GAYE & TAMMI TERRELL

"*Ain't no mountain High Enough*"



Released: 1967
UK Singles Chart Position: 6

WORD OF THE WEEK

COMMINATORY

/ˈkɒmɪnəˌt(ə)ri/

Origin: early 16th century: from medieval Latin

Adjective

Threatening, punitive, or vengeful.

"Both advocated a mild resolution which would head off anything more comminatory from the Soviet Union"

QUOTE OF THE WEEK

"You only live once, but if you do it right, once is enough."

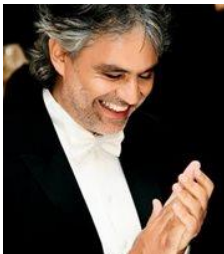
– **Mae West**



PERSON OF THE WEEK

Andrea Bocelli

September 22nd 1958 – Present



An Italian opera tenor and multi-instrumentalist. He was diagnosed with congenital glaucoma at 5 months old, and became completely blind at age 12, following a football accident. He started piano lessons at age 6 and later learned to play the flute, saxophone, trumpet, trombone, guitar, and drums. He also studied Law at university.

SONG OF THE WEEK

KATRINA AND THE WAVES

"Walking on Sunshine"



Released: 1985
UK Singles Chart Position: 8

WORD OF THE WEEK

GREGARIOUS

/grɪˈɡɛːriəs/

Origin: mid 17th century: from Latin

Adjective

(of a person) fond of company; sociable.

“He was a popular and gregarious man”

QUOTE OF THE WEEK

“When all think alike, no one thinks very much.”

— **Walter Lippmann**



PERSON OF THE WEEK

Florance Ilot

September 20th 1913 – May 31st 2002



The first person to run across Westminster Bridge within the twelve chimes of Big Ben at noon on the 14th April 1934 aged 21. Running across the bridge before the clock struck noon means running 353m in roughly 50 seconds

SONG OF THE WEEK

BLUES BROTHERS

“Everybody”



Released: 1980
UK Singles Chart Position: N/A

WORD OF THE WEEK

ACQUIESCE

/ˌakwiˈɛs/

Origin: early 17th century: from Latin

Verb

To accept something reluctantly but without protest.

"Sara **acquiesced** in his decision"

QUOTE OF THE WEEK

"The way to right wrongs is to turn the light of truth upon them"

— **Ida B. Wells**



PERSON OF THE WEEK

Akala

December 1st 1983 – Present



A British rapper, journalist, author, activist and poet. He founded the **The Hip-hop Shakespeare Company** in 2009, a music theatre production company aimed at exploring the social, cultural and linguistic parallels between the works of William Shakespeare and that of modern-day hip-hop artists. He has also been involved in campaigns to decolonize the national curriculum and promoting anti-racism.

SONG OF THE WEEK

30 SECONDS TO MARS

"Rescue Me"



Released: 2018
UK Singles Chart Position: N/A

WORD OF THE WEEK

CORPULENT

/ˈkɔːpjʊl(ə)nt/

Origin: Late middle English: from Latin

Adjective

(of a person) fat.

"A short, somewhat **corpulent** man"

QUOTE OF THE WEEK

"No matter what anybody tells you, words and ideas can change the world."

– Robin Williams



PERSON OF THE WEEK

Autumn Peltier

September 27th 2004 – Present



An Anishinaabe Indigenous clean water advocate from the Wiikwemkoong First Nation on Manitoulin Island, Ontario, Canada. She is Chief Water Protector for the Anishnabek Nation and has been called a "water warrior". In 2018, at the age of thirteen, Peltier addressed world leaders at the UN General Assembly on the issue of water protection.

SONG OF THE WEEK

LADY GAGA

"Born this way"



Released: 2011
UK Singles Chart Position: 3

WORD OF THE WEEK

ESOTERIC

/,ɛsə'tɛrɪk,ɪ:sə'tɛrɪk/

Origin: mid 17th century: from Greek

Adjective

Intended for or likely to be understood by only a small number of people with a specialized knowledge or interest.

"**Esoteric** philosophical debates"

QUOTE OF THE WEEK

"Keep smiling, because life is a beautiful thing and there's so much to smile about."

- **Marilyn Monroe**



PERSON OF THE WEEK

Enheduanna

2286 BC – 2251 BC



The earliest known poet first named author in world history. She was the High Priestess of the goddess Inanna and the moon god Nanna. She lived in the Sumerian city-state of Ur. Enheduanna's contributions to Sumerian literature, definitively ascribed to her, include several personal devotions to Inanna and a collection of hymns known as the "Sumerian Temple Hymns".

SONG OF THE WEEK

CHUMBAWAMBA

"*Tubthumping*"



Released: 1997
UK Singles Chart Position: 2

WORD OF THE WEEK

ACNESTIS

/ak-NEES-tis/

Origin: From ancient Greek

Noun

The part of skin that it cannot reach to scratch itself - usually the space between the shoulder blades.

"She had an itch right in the **acnestis**, that she asked someone to reach"

QUOTE OF THE WEEK

"I am always analysing myself; I am always critical of myself and always trying to improve"

– **Raheem Sterling**



PERSON OF THE WEEK

Dr Joseph Murray & Dr David Hume



Dr Murray and Dr Hume performed the first living related Kidney transplant in 1954 at Brigham Hospital in Boston. 8 years later in 1962 they performed the first successful transplant from a deceased donor.

SONG OF THE WEEK

DAFT PUNK

"Harder Better Faster Stronger"



Released: 2001
UK Singles Chart Position: 25

WORD OF THE WEEK

NEFARIOUS

/nɪ'fɛːrɪəs/

Origin: early 17th century: from Latin

Adjective

(Typically, of an action or activity)
wicked or criminal.

"The **nefarious** activities of the
organized-crime syndicates"

QUOTE OF THE WEEK

"Life is trying things to
see if they work"

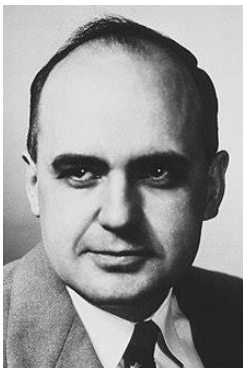
— **Ray Bradbury**



PERSON OF THE WEEK

Maurice Hilleman

August 30th 1919 – April 11th 2005



A leading American microbiologist who specialized in vaccinology and developed over 40 vaccines, including Measles, Mumps, Hep A, Hep B, Chickenpox, Meningococcal Meningitis, and Flu. According to one estimate, his vaccines save nearly 8 million lives each year.

SONG OF THE WEEK

QUEEN

"Don't Stop me now"



Released: 1977
UK Singles Chart Position: 9

WORD OF THE WEEK

JEJUNE

/dʒɪ'dʒuːn/

Origin: early 17th century: from Latin

Adjective

Naive, simplistic, and superficial.

"Their entirely predictable and usually **jejune** opinions"

QUOTE OF THE WEEK

"If you can let go of passion, and follow your curiosity, your curiosity might lead you to your passion"

– Elizabeth Gilbert



PERSON OF THE WEEK

Roald Amundsen

July 16th 1872 – June 18th 1928



A Norwegian explorer of polar regions. From 1903 to 1906, he led the first expedition to successfully traverse the Northwest Passage and in June 1910 he began his trek to the South Pole, reaching it in December 1911. Making him the first man to reach both the North and South Poles. Amundsen disappeared in June 1928 while flying on a rescue mission for the airship *Italia* in the Arctic, his body was never found.

SONG OF THE WEEK

IMAGINE DRAGONS

"Thunder "



Released: 2017
UK Singles Chart Position: 20

WORD OF THE WEEK

DISCOMBOBULATED

/ˌdɪskəmˈbɒbjʊleɪtɪd/

Origin: Late 19th century (originally US)

Adjective

Confused and disconcerted.

"He is looking a little pained and **discombobulated**"

QUOTE OF THE WEEK

"Conformity is the jailor of freedom and the enemy of growth."

- John F Kennedy



PERSON OF THE WEEK

Steve Biko

December 18th 1946 – September 12th 1977 (assassinated)



A South African anti-apartheid activist. Ideologically an African nationalist and African socialist, he was at the forefront of a grassroots anti-apartheid campaign known as the Black Consciousness Movement during the late 1960s and 1970s.

SONG OF THE WEEK

LESLEY GORE

"You Don't Own Me"



Released: 1963
US Singles Chart Position:2

WORD OF THE WEEK

HUMDUDGEON

/hʌm'dʌdʒən/

Origin: 18th Century Scottish

Noun

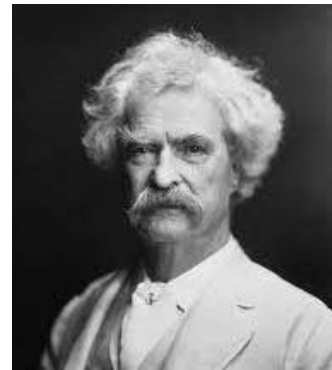
An unnecessary outcry or complaint or imaginary illness

"Harold won't be in the office for the next two days because of the flu or some such **humdudgeon**."

QUOTE OF THE WEEK

"The human race has one really effective weapon and that is laughter."

- **Mark Twain**



PERSON OF THE WEEK

Aung San Suu Kyi

June 19th 1945 – Present



A Burmese politician, diplomat, author, and a 1991 Nobel Peace Prize laureate who served as State Counsellor of Myanmar from 2016 to 2021. She played a vital role in Myanmar's transition from military junta to partial democracy in the 2010s. On 1 February 2021, she was arrested and deposed by the military during the 2021 Myanmar coup d'état after it declared the November 2020 Myanmar general election results fraudulent.

SONG OF THE WEEK

BOBBY McFERRIN

"Don't worry be happy"



Released: 1988
UK Singles Chart Position: 2

WORD OF THE WEEK

FORTITUDE

/ˈfɔːtɪtjuːd/

Origin: Middle English: via French from Latin

Noun

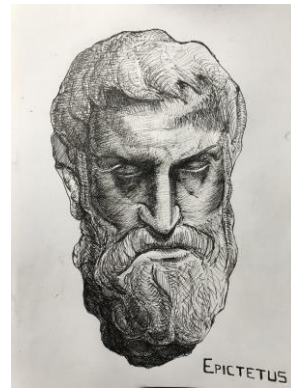
Courage in pain or adversity.

"She endured her illness with great **fortitude**"

QUOTE OF THE WEEK

"Nature hath given men one tongue but two ears, that we may hear from others twice as much as we speak."

– **Epictetus**



PERSON OF THE WEEK

Elizabeth Garrett Anderson

June 9th 1836 – December 17th 1917

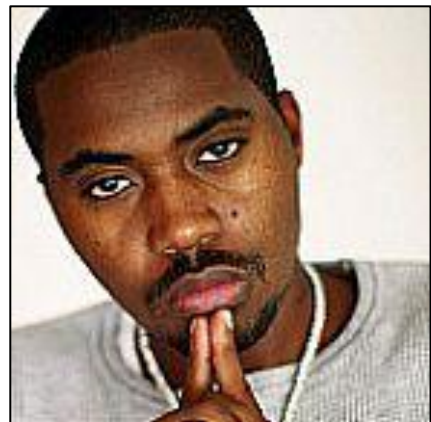


Elizabeth Garrett Anderson was an English physician and suffragist. She was the first woman to qualify in Britain as a physician and surgeon. She was the co-founder of the first hospital staffed by women, the first dean of a British medical school, the first woman in Britain to be elected to a school board and, as mayor of Aldeburgh, the first female mayor in Britain.

SONG OF THE WEEK

NAS

"I can"



Released: 2002
UK Singles Chart Position: 19

WORD OF THE WEEK

LETHARGIC

/lɪˈθɑːdʒɪk/

Origin: Late Middle English: via Latin from Greek

Adjective

Affected by lethargy; sluggish and apathetic.

"I felt tired and a little lethargic"

QUOTE OF THE WEEK

Everyone you ever meet knows something you don't."

– Bill Nye



PERSON OF THE WEEK

Guru Nanak

April 15th 1469 – September 22nd 1539



One of the greatest religious innovators of all time and the founder of the Sikh religion. Nanak's religious ideas draw on both Hindu and Islamic thought, but are far more than just a synthesis. Nanak was an original spiritual thinker and expressed his thoughts in extraordinary poetry that forms the basis of Sikh scripture.

SONG OF THE WEEK

SISTER SLEDGE

"We are Family"



Released: 1979
UK Singles Chart Position: 8

WORD OF THE WEEK

RESPLENDENT

/rɪˈsplɛnd(ə)nt/

Origin: late Middle English: from Latin

Adjective

Attractive and impressive through being richly colourful or sumptuous.

"She was **resplendent** in a sea-green dress"

QUOTE OF THE WEEK

"It is not our abilities that show what we truly are... it is our choices"

– Dumbledore



PERSON OF THE WEEK

Mary Kom

November 24th 1982



An Indian amateur boxer, politician, and incumbent Member of Parliament, Rajya Sabha. She is the only female to win the World Amateur Boxing Championship six times, the only female boxer to have won a medal in each one of the first seven World Championships, and the only boxer (male or female) to win eight World Championship medals.

SONG OF THE WEEK

FLEETWOOD MAC

"Go your own way"



Released: 1977
UK Singles Chart Position: 38

WORD OF THE WEEK

VICARIOUS

/vɪ'keɪ:riəs, vʌɪ'keɪ:riəs/

Origin: mid 17th century: from Latin

Adjective

1. Experienced in the imagination through the feelings or actions of another person.

"This catalogue brings **vicarious** pleasure in luxury living"

2. Acting or done for another.

"A **vicarious** atonement"

QUOTE OF THE WEEK

"It's not who I am underneath, but what I do that defines me"

- **Batman**



PERSON OF THE WEEK

Kamala Harris

October 20th 1964



An American politician and attorney who is the 49th and current vice president of the United States. She is the first female vice president and the highest-ranking female official in U.S. history, as well as the first African American and first Asian American vice president.

SONG OF THE WEEK

BARENAKED LADIES

"One Week"



Released: 1998
UK Singles Chart Position: 5

WORD OF THE WEEK

SCURRILOUS

/ˈskʌrɪləs/

Origin: late 16th century: from French or Latin

Adjective

Making or spreading scandalous claims about someone with the intention of damaging their reputation.

"A **scurrilous** attack on his integrity"

QUOTE OF THE WEEK

"After a while, you learn to ignore the names people call you and trust who you are."

– Shrek



PERSON OF THE WEEK

Elliot Page

February 21st 1987 - Present



A Canadian actor, producer and active LGBTQ+ and Environmental activist. He publicly came out as a gay woman in February 2014 and subsequently as transgender in December 2020. In March 2021, Page became the first openly trans man to appear on the cover of *Time* magazine

SONG OF THE WEEK

BRUNO MARS

"*Lazy Song*"



Released: 2010
UK Singles Chart Position: 1

WORD OF THE WEEK

MISANTHROPE

/ˈmɪz(ə)nθrəʊp, ˈmɪs(ə)nθrəʊp/

Origin: mid 16th century: from Greek

Noun

A person who dislikes humankind and avoids human society.

"Scrooge wasn't the mean-spirited **misanthrope** most of us believe him to be"

QUOTE OF THE WEEK

"There are only two tragedies in life: one is not getting what one wants, and the other is getting it."

-Oscar Wilde



PERSON OF THE WEEK

Bethany Hamilton

February 8th 1990 – Present



An American professional surfer who at 13 survived a 2003 shark attack in which her left arm was bitten off. One month after the attack, she returned to her board and competed in her first major competition in January 2004 just 3 months after the attack and coming 2nd in the 2008 World Junior Championships.

SONG OF THE WEEK

MICHAEL JACKSON

"Man in the Mirror"



Released: 1987
UK Singles Chart Position: 2

WORD OF THE WEEK

UMBRIDGE

/ˈʌmbɪdʒ/

Origin: late Middle English or from Old French, or Latin

Noun

Offence or annoyance.

"She **took umbrage at** his remarks"

QUOTE OF THE WEEK

"Remember, today is the tomorrow you worried about yesterday"

- **Dale Carnegie**



PERSON OF THE WEEK

Paul Ruseabagina

June 15th 1954 – Present

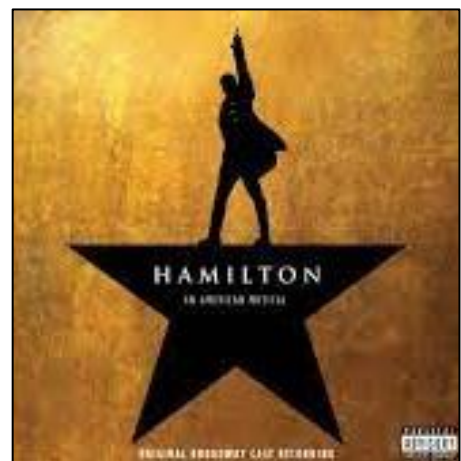


A Belgian/Rwandan politician. He worked as the manager of the Hôtel des Mille Collines in Kigali, during a period in which it housed 1,268 Hutu and Tutsi refugees from the Interahamwe militia during the Rwandan genocide. None of these refugees were hurt or killed during the attacks.

SONG OF THE WEEK

HAMILTON

"One Shot"



Released: 2019
UK Singles Chart Position: N/A

WORD OF THE WEEK

TREPIDATION

/ˌtrɛpɪˈdeɪʃ(ə)n/

Origin: late 15th century: from Latin

Noun

A feeling of fear or anxiety about something that may happen.

"The men set off in fear and
trepidation"

QUOTE OF THE WEEK

"A laugh can be a very powerful thing. Why, sometimes in life, it's the only weapon we have"

– Roger Rabbit



PERSON OF THE WEEK

Dr Edith Eger

September 29th 1927 – Present



Born to Hungarian Jewish parents, is a psychologist practicing in the United States. She is a Holocaust survivor who was rescued by an American soldier from Gunskirchen Camp, she went on to marry and have 3 daughters.

She gained her PhD in 1978 in clinical psychology from University of Texas and specializes in the treatment of post-traumatic stress disorder.

SONG OF THE WEEK

DEE-LITE

"Groove is in the Heart"



Released: 1990
UK Singles Chart Position: 2

WORD OF THE WEEK

LATITUDE

/'latɪtju:d/

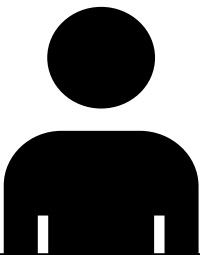
Origin: Late Middle English

Noun

- 1. The angular distance of a place north or south of the earth's equator, or of the equator of a celestial object, usually expressed in degrees and minutes.
"At a **latitude** of 51° N"
- 2. Scope for freedom of action or thought.
"Journalists have considerable **latitude** in criticizing public figures"

QUOTE OF THE WEEK

"Worrying is like a rocking chair. It gives you something to do but doesn't get you anywhere."
— **Unknown**



PERSON OF THE WEEK

Desmond Doss

February 7th 1919 – March 23rd 2006



A United States Army corporal who served as a combat medic with an infantry company in World War II. He was twice awarded the Bronze Star Medal for actions in Guam and the Philippines. Doss further distinguished himself in the Battle of Okinawa by saving 75 men, becoming the only conscientious objector to receive the Medal of Honor for his actions during the war.

SONG OF THE WEEK

GEORGE EZRA

"Listen to the Man"



Released: 2014
UK Singles Chart Position: 41