

## Quotes of the month

"It always seems impossible until its done. "

- Nelson Mandela

"Start where you are. Use what you have. Do what you can."

- Arthur Ashe

## Interesting Facts

Catfish are the only animals that naturally have an odd number of whiskers.

It snowed in the Sahara desert for 30 minutes on the 18th of February 1979

Written language was invented independently by the Egyptians, Sumerians, Chinese, and Mayans.

## Alternative Quotes for the month

"Never go to bed mad. Stay up and fight."

-Phyllis Dille

"Its not true i had nothing on. I had the radio on."

- Marilyn Monroe

"Once i pulled a job, I was so stupid. I picked a guys pocket on an aeroplane and made a run for it."

- Rodney Dangerfield

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## What's your biggest regret?

We all have them, from Presidents to paupers, even though many will say they don't. And generally what we regret most are the things we haven't done rather than the things we have and wish we hadn't.

According to the Guardian news report team the top 5 regrets of the dying are as follows:

1. I wish I'd had the courage to live a life true to myself, rather than live the life others expected of me;
2. I wish I hadn't worked so hard;
3. I wish I'd had the courage to express my feelings;
4. I wish I had stayed in touch with my friends;
5. I wish that I had let myself be happier.

Not one is about money or work (except in the negative). All are about how we feel and how we relate to others. I'm not saying money and work aren't important but once you have enough to live comfortably it isn't what makes you feel good.

So let's not wait until we face death to consider what we regret in our lives, because surely the greatest epitaph for anyone is to be able to truthfully say of their lives "Moi, Je ne regrette rien", or at the very least to end up with the right regrets - regretting things we got wrong rather than things we didn't do.

## Can all disease be cured by 2100?

Recently, Facebook founder Mark Zuckerberg and his wife Priscilla Chan have announced their plans to donate \$3 billion (£2.3 Billion) out of their personal finances to help "Cure, prevent, or manage all diseases by the end of the century."

The Chan Zuckerberg Initiative was set up in December 2015 will invest the money in organisations and companies conducting medical research over the next 10 years. The couple plan to give away 99% of the money they have made through the operation of Facebook.

An initial \$600 million will be used to create a biohub in San Francisco which will be home to two projects: Cell Atlas, which seeks to map each different type of cell controlling the bodies organs; and the Infectious Disease Initiative which will focus on the development of new tests and vaccines against diseases such as HIV, Ebola, and Zika.

In the future the initiative plans to bring together scientists and engineers to work on new projects, building tools and technology to advance research and grow the organisation to fund more scientific research around the world. The pair said that as technology advances, people will be living longer and they believe that by the end of the century, the average life expectancy will have risen to 100.

Can their goal be achieved? Only time will tell

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