Vaasa: Managers offer electric car trips



The City of Vaasa's ma-I nagement will switch places from the desk to the wheel for a while when they transport residents with Mini-Lift electric cars on 28-31 October.

In the campaign, the city's decision-makers take Vaasa residents on a free tour of the city - and at the same time discuss the city's affairs face to face. This is unique in Finland, perhaps even in the world,

At the wheel are, among others, Mayor Tomas Häyry, Chairman of the City Council Frans Villanen and Chairman of the City Board Jasmin Granholm. There will also be a number of senior officials from different sectors.

"We want to offer Vaasa residents a fun and new way to meet decision-makers and discuss the city's development. At the same time, you can get acquainted with electric cars and mini lifts," says

The rides depart in front of the City Hall and take about 15-20 minutes. You can choose a route between two options or suggest Vaasa: Managers offer electric car

in the city center. One ride can

accommodate 1-3 people from the

Participation is free of charge, and everyone who steps on board also gets free driving time for the Minilyften's own use. The mini lifts are Vaasa's shared all-electric cars that are freely available for rent to everyone outside working

The event aims to highlight

Image of the Week:

the sense of community in a city that has just won the EU's Green Leaf 2026 award. Vaasa aims to be carbon neutral by the end of this

IMAGE: It is free to jump on the leaders' rides, and participants also get free riding time to use the Minilyften. Mikael Matikainen /

WASA DAILY Nr 42 Sunday, October 19, 2025

ISSN 2965-2456

Vaasa City Theatre: "Unnesessary People" Vaasa University; Discover happi

Free electic cars trips Wärtsilä

UNIVERSITY

Discover happiness by spending less!

Tappiness is not found **⊥ ⊥** in the latest trends in fast fashion. It's in your own wardrobe – and in the clothes you already own anymore. This is the opinion of marketing researcher Essi Vesterinen, who is defending her thesis at the University of Vaasa and whose research shows a surprising correlation between consumption habits, body image and well-being.

VAASAN YLIOPIST

Vesterinen's doctoral thesis shows that people are better motivated to reduce their clothing consumption because of their own well-being than because of environmental responsibility. When consumption is linked to personal benefits, the change is more likely to be permanent.

"People have a natural inclination to maximize their own interests. If it feels good and increases well-being to reduce consumption, it also becomes an established part of everyday life," says Vesterinen.

According to her, fast fashion and the constant pursuit of trends feed the feeling of inadequacy. On social media, comparisons with others and the body ideals created by advertising create dissatisfaction. Instead, finding your own style and appreciating your own clothes can strengthen your self-esteem and increase satisfaction with your own body.

"When you stop comparing yourself to others and focus on

what clothes you feel good in, your body image also improves," says Vesterinen.

In the study, sustainable clothing consumption is defined primarily as reducing purchases, prolonging use and reducing wear and tear. This slows down the cycle of consumption and reduces the strain on both the environment and the mind.

According to Vesterinen, political and legislative methods are also needed to make it easier for individuals to act responsibly. As an example, he mentions the fast fashion law that France is planning, which would limit the marketing of unsustainable fashion and steer consumption in a more sustainable

"An individual can do a lot, but real change requires common ground rules. When well-being and the environment go hand in hand, happiness is created that lasts longer than any fashion season," Vesterinen sums up.

direction.

WELLBEING COUNTY

Now you can get to the dentist faster



The waiting lists for oral health care have clearly ■ shortened in the wellbeing services county of Ostrobothnia. Especially in the northern parts of the region, such as Konoby, Larsmo, Pedersöre, Pietarsaari and Nykarleby, non-urgent oral health care is now available in an average of 4-5 months. This means that the treatment is carried out in accordance with the treatment guarantee, as according to the law, the treatment must begin within six months.

Previously, waiting times could stretch to more than a year, but the situation has improved significantly. The longest queues are still in Vaasa, Laihia, Korsholm and Malax, where the demand for services is the highest.

Regional Chief Dentist Anne Hägglund says that oral health care personnel assess each customer's individual treatment needs and give a recommendation on the frequency of check-ups." When a customer contacts the appointment booking service, the need for treatment is assessed based on previous visits. This allows us to steer appointments more efficiently and ensure that the most urgent treatment is carried out first," Hägglund explains.

The goal of the wellbeing services county of Ostrobothnia is to continue developing services so that all residents of the region have equal and quick access to oral health care.

DISSERTATION

Dissertation on Artificial Intelligence Music Copyrights: Can Copyright Protect Music Produced by Artificial Intelligence?



What happens when a machine composes like a human? This is the question that lawyer and musician Anton Ylikallio ponders in his recent doctoral dissertation Musical Works, Copyright, and Generative AI: Legal Perspectives on Originality and Authorship, which examines the copyright status of music produced by artificial intelligence.

Ylikallio explores where the line is drawn between human creativity and the content produced by machines. The aim is to find out whether music produced with artificial intelligence can be protected by copyright and what kind of creative choices it would require from humans.

"In principle, the current copyright legislation also provides a sufficient framework for the processing of AI music, but the application of the law requires new interpretations and legal approaches," Ylikallio says.

The research combines legal science, music theory and a technical understanding of artificial intel-

ligence. Ylikallio has also composed several sample pieces for her doctoral dissertation, which she has used to analyse the different stages of the creative process. In this way, he has been able to define more precisely where originality arises that deserves legal protec-

According to Ylikallio, music produced by artificial intelligence could, in principle, be protected by copyright, but this would require extensive and deliberate human guidance at the different stages of the AI model - in practice, laborious and financially challenging.

The aim of the study is to clarify the rules of the game in creative industries, where the role of artificial intelligence is growing rapidly. According to him, unclear legislation can lead to conflicts between developers, musicians and companies.

Anton Ylikallio, LL.M., M.Sc., will defend his doctoral dissertation on 25 October 2025 at 12 noon at the Faculty of Law of the University of Helsinki in Vaasa (Tammipiha, Pitkäkatu 28-30). The public examination can also be followed online. The opponent will be Professor Ansgar Ohly (Ludwig-Maximilians-Universität München) and the custos Professor Marcus Norrgård.

HERE WE ARE: vpress.ovh

MEDIA WORLD

Ilkka and Kaleva merge from Nov 1– local newspapers will continue, but ownership will change

wo major Finnish ▲ newspaper groups, Ilkka-Yhtymä and Kaleva, based in Oulu, are joining forces.

Autum Colours

The new company will continue to publish both magazines, and their content will remain independent. The Vaasa newspaper and Ilkka's other local newspapers, such as Jurvan Sanomat and Suupohjan Sanomat, will also retain their current publications.

As a result of the merger, Ilkka will remain a minority shareholder in the new group, owning approximately one third of the company. The majority share will be transferred to the owners of the Oulu region. The parties responsible for the newspapers emphasise that the aim of the merger is to provide readers with even higher quality content and more comprehensive media services for corporate customers.

General trend: concentration

and changes in ownership This merger movement is part of a broader trend in the



Finnish newspaper world, where operators are concentrating and ownership is changing. A similar development was seen a year ago, when the Swedish-language Vasabladet was transferred to the ownership of the Swedish Bonnier News. At the time, the continuation of the magazine in Vaasa seemed certain, but now part of the editorial work has been transferred to Sundsvall, Sweden, and staff reductions are underway.

The changes arouse emotions, especially when local newspapers are transferred to owners outside the municipality. The transfer of financial income elsewhere and the possible financial problems of the newspapers may raise concerns about how strongly the new owners are committed to the local community.

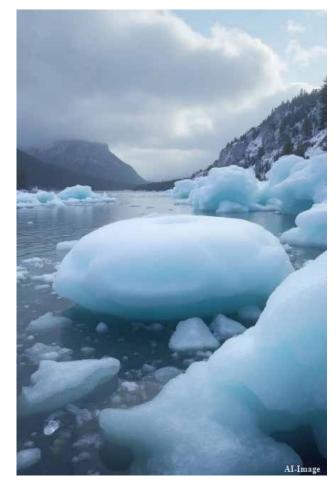
Hope for the new – the Vaasa-Pohjanmaa magazine is born Fortunately, a new player has recently appeared in the media

field in Vaasa: the online magazine Vaasa-Pohjanmaa. It offers an alternative Finnish voice in the area, although for now it is only published digitally.

Mergers and changes in ownership bring both opportunities and challenges. From the readers' point of view, the most important thing is that local newspapers maintain high-quality and up-to-date journalism - regardless of who owns them.

TODAY EDITORIAL

The possible AMOC-collapse - what does it mean for us in Finland?



A new study from the renowned Potsdam Institute for Climate Impact Research (PIK) has issued a stark warning: the vital ocean current system in the Atlantic Ocean, known as the AMOC, could be heading for a complete shutdown sometime after the year 2100 if global emissions remain high. But what exactly is this system, and how would its collapse affect us here in Finland?

The AMOC (Atlantic Meridional Overturning Circulation) acts like a giant planetary heat pump. Warm surface water flows north from the tropics, warming Western Europe, before it cools, sinks, and flows back south. This process is crucial for the relatively mild climate of Northern Europe.

If this system were to collapse, the consequences would be profound and counterintuitive. While the planet as a whole is warming, a shutdown of the AMOC would lead to a significant cooling across Scandinavia and Northern Europe. For Finland, this could mean winters becoming drastically colder, longer, and more severe. The climate of Helsinki could begin to resemble that of a much more northern latitude, or even that of Greenland in terms of coldness.

The impacts would extend far beyond just needing a warmer winter coat. Agriculture would be severely disrupted, with shorter growing seasons making it much harder to grow crops. Sea ice in the Baltic Sea would become more extensive and persist for longer, affecting maritime transport and ecosystems. Weather patterns would become more erratic and stormy.

However, the study's authors are clear: this is not a certainty, but a dire possibility if we continue on a high-emission path. The "after 2100" timeline also means this is a risk for our children and grandchildren, not necessarily for us immediately.

The most important takeaway is that this risk is directly tied to the amount of greenhouse gases we emit. The study shows that rapidly reducing emissions and limiting global warming can prevent this scenario. For Finland, the message is dual: we must prepare for significant climate changes, whether it's the general warming trend or the remote risk of a sudden cooling, while simultaneously working much harder to cut emissions globally to ensure this catastrophic scenario never becomes a reality. Our future climate stability depends on the choices we make today.

Source: https://www.pik-potsdam.de/en/news/latest-news/possible-north-atlantic-overturning-circulation-shutdown-after-2100-in-high-emission-future

Photo Supplement

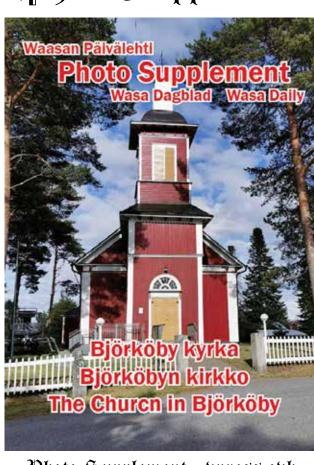


Photo Supplement - vpress.ovh

WINTER SWIMMING

Winter swimming area in the inner harbour opens



The winter experience in the Inner Harbour of Vaasa is once again upon us: the winter swimming area opens on Tuesday 4 November! The free and open space is open to everyone daily from 6 am to 9 pm and offers a refreshing way to enjoy the fresh winter air in the middle of the city.

On the jetty at the end of Sandholmsgatan there are two heated changing rooms, separate for women and men. The water can be accessed either via a ladder or a softer staircase, and they are kept melted by heating elements. The pier area also has lighting and recording camera surveillance so that visitors can feel safe.

"The changing rooms have benches and coat racks, and the lockers can be locked with their own lock," says Jarmo Latvala, Service Manager of the Green Area Team. "This is the perfect place for winter recreation – a little adventure in the middle of the city!

Vaasa's place for free winter swimming opened for the first time in December 2023 and has since established itself as a favorite place for the winter season. Winter swimming is not only exercise, but also courage, energy and winter atmosphere at the same time – a small refuge for city dwellers in the middle of everyday life.

WASA DAILY

Our magazines have a cool new layout



AFTER ALMOST THREE YEARS of faithful coverage of the Vaasa region – focusing on the latest in theatre, art, music, film and all the things that shape our daily lives – it's now time for something new: our three magazines will have a modern broadsheet layout.

This new design is made to be clear, airy, and easy to navigate. For those of you who read on tablets, it will be easier than ever to quickly get an overview of the articles. Interested in a particular article? Two fingers are enough to enlarge the text and read more effortlessly. A layout that feels safe and familiar to anyone who has read newspapers in previous decades – but which is also updated to fit today's digital habits.

The broadsheet format gives every article room to breathe, the images and headlines are more prominent, and the entire reading experience more enjoyable – both in print and on screen. We want to give you the reader both what you are used to and something you did not know you longed for: a combination of classic journalistic feeling and modern readability.

At the same time, the font we mainly use has been changed to Adobe Garamond Pro, which is very close to the font used by one of the world's leading newspapers, namely the New York Times.

Discover the difference already when you read this issue – our magazines have been given a new format. We think you'll appreciate the better readability, more structured expression, and how much smoother it will be to access the content you like the most. Here you see good old newspaper traditions in a modern version.

THEATRE

The City Theatre's "Unnecessary People" helps us understand

In October, a work for Julia will be performed on the Julia stage of the Vaasa City Theatre that does not let the spectator escape – and is not the intention either. Reko Lundán's Unnecessary People premieres on October 23 and it reminds us of how thin the line is between safe everyday life and hopelessness.

The play, which was written in 2003, takes place in the early 2000s, during the post-recession boom. The main character, switch-gear mechanic Kari (Ville Härkönen), loses his job and at the same time gradually loses the direction of his life. His wife Tuula (Milla Kangas) advances in her career, but tensions grow within the walls of the home, which erupts into vio-



lence. Tuula's friend Petri (Seppo Merviä) drowns in his work, and his neighbour Riitta (Mari Hirvi) tries to understand what is happe-

Director Sakari Hokkanen sees Lundán's text as a gripping depiction of a society that forgets certain people."In the play, unemployment and the experience of being worthless have gloomy consequences. Unfortunately, the book is more topical than ever – more than half of the women living in Finland have been victims of do-

mestic violence," Hokkanen says.

Unnecessary People is both a snapshot of our time and a timeless study of humanity. It asks the question of what happens when a

person loses a sense of value – and who then looks the other way.

Salli Kari's set design and costumes highlight the everyday life of the early 2000s on stage – denim fabrics, laminate surfaces in the kitchen and everything that feels surprisingly familiar. The sound design is by Jouni Ilari Tapio and the lighting by Teemu Vähänen.

"This is a performance that really touches and provokes thoughts. The acting is exceptionally good, Hokkanen promises.

Vaasa City Theatre's play Unnecessary People will be performed until 20 December 2025 – a work that challenges us to look in the mirror and also those whom society would rather forget.

IMAGE: Unnecessary people (2025). Pictured from left: Mari Hirvi, Seppo Merviä, Ville Härkönen and Milla Kangas. Photo by Guillaume Roujas

WÄRTSILÄ

Wärtsilä Powers New Guyana Gold Mine with Robust Engine Solution



In a bold move bridging technology and raw natural resources, Finnish energy-technology group Wärtsilä has secured a landmark contract to supply the power infrastructure for the Oko West Gold Project in Guyana. The order, confirmed on 16 October 2025, will see Wärtsilä deploy six

Wärtsilä 32 engines in a 56 MW power plant to sustain mining operations in one of the region's most remote zones.

Set about 95 kilometers west of Georgetown, the Oko West site poses serious logistical and environmental challenges: tropical heat, limited water resources, and distant access. Wärtsilä's engine

technology has been selected for its proven reliability under such harsh conditions. The contract was awarded by GMIN Ventures Guyana Inc., a subsidiary of the Canadian firm G Mining Ventures, which is listed on the Toronto Stock Exchange

Once commissioned, the plant will be critical to maintaining continuous mine production. The project is anticipated to generate approximately 1,500 jobs in the

local community, providing a significant economic boost to the remote region. Wärtsilä expects full operational status by the latter half of 2027.

"Wärtsilä's proven engine technology is designed for high ambient temperatures and limited water supply," says Tganni Louisy, Project Sales Director at Wärtsilä Energy. "That makes our systems a practical solution for mining operations in remote locations."

The agreement underscores Wärtsilä's growing ambitions in supporting large-scale energy projects in challenging environments — combining industrial scale with technological resilience. As work gears up on the ground in Guyana, all eyes will be on how reliably the plant can deliver when nature is at its toughest.

Image caption: Wärtsilä will supply the equipment for a power plant needed to operate a new gold mine in Guyana. Once fully operational, the 56MW power plant will operate with all six Wärtsilä 32 engines.© Wartsila

WELLBEING COUNTY

We are increasingly satisfied with the wellbeing county

The Wellbeing Services County of Ostrobothnia has reason to smile: feedback is pouring in and more and more residents are satisfied with the services they receive. In September 2025, as many as 2,126 feedback were given, and the NPS score, which measures customers' willingness to recommend them, rose to a record high of 73 – in the summer it was still 63.

"It's great that the number of positive feedback continues to increase as the number of feedback increases," says Customer Service Manager Sari West, who closely monitors the satisfaction figures.

Above all, customers thank the friendly and professional staff, the good treatment and the clear instructions. It is also highly commendable that the booked appointments are kept and that



information is openly provided on the progress of the treatment.

The sharp increase in the number of responses is partly explained by the fact that text messages started to be sent at the end of June. Now it's easier to give feedback directly from your own phone – and people are really taking advantage of their opportunity.

"Feedback via text message is quick and easy, and this method has been well received. It helps us to develop our business further," says West.

At the moment, text feedback is sent from oral health care, health and social services centres and diabetes units, among others. The aim is to expand the operations to other units soon.

"It's wonderful when people take the time to tell us that we've done something right. Positive feedback brings joy and increases motivation for the entire staff," West concludes with a smile.

In Ostrobothnia, the wellbeing services county is receiving more and more praise – and rightly so.

SCREEN TIME

THL's new screen time recommendations coming – fewer devices, more presence for children

The Finnish Institute for Health and Welfare (THL) is currently preparing new digital recommendations for children, and they set out a clear line towards more moderate and intentional screen time.

The draft recommendations are sure to spark discussion, as they say that children under the age of 11 would not need their own smart device at all – and if a phone is purchased, it should only be a basic model intended for calling and communicating. For children under the age of two, THL recommends full screen freedom: no

videos, games or apps at all. For 2–5-year-olds, there should be no more than one hour of screen time per day, in short periods and preferably together with an adult.

The new guidelines also emphasise the quality of the content. The apps, games, and programs your child uses must support their development and be age-appropriate. Age limits should be followed, and children should be protected from harmful content – both violence and the pressures of the social media world.

Particularly noteworthy is the recommendation that children under the age of 13 should not use social media services at all.

- "We want to pay attention to



the purchase of the child's own device. It is worth delaying it for as long as possible. If the device has already been purchased, the most important thing is to agree on clear boundaries and guide its use," says Laura Francke, Counsellor of

Education at the Finnish Nationa Agency for Education.

THI's digital recommendations

THL's digital recommendations will be officially published later this autumn. However, one message is already clear: less screen – more time together.

ASTRONOMY

Comet Lemmon to brighten Finnish skies



omet C/2025 A6 (Lem-✓mon) is capturing the attention of astronomers and skywatchers across Finland. Expectations are rising that it may soon become visible to the naked eye. According to Ursa, Lemmon is one of the most fascinating celestial events of the year.

The comet's exact nucleus size is still uncertain, but preliminary estimates suggest it is less than five kilometers in diameter. It is surrounded by a glowing coma and a tail of gas and dust, which may span several arcminutes across the night sky.

When can it be seen in Fin-

Lemmon is already visible

through binoculars, and Ursa predicts it may reach naked-eye brightness in mid to late October. The best viewing period in Finland will be between around October 20 and November 5, 2025. From Finnish latitudes, the comet will appear low over the southwestern horizon and gradually fade into the evening twilight in early November. Forecasts suggest it could reach a brightness of about magnitude 3-4, making it visible under dark skies without optical aid.

When will it return? Comet Lemmon follows a long, elliptical orbit around the Sun and is expected to return in about 1,150 years — sometime around the year 3425. This autumn, therefore, offers a once-in-a-millennium chance to witness this visitor from the outer reaches of our solar system illuminate the Finnish skies.

ASTRONOMY

6 billion tons a second



stronomers have observed a rogue planet — a pla-Anetary-mass object drifting freely through space, unbound to any star — growing at a record-breaking rate: six billion tonnes per second.

The object, designated Cha 1107-7626, sits some 620 light-years away in the constellation Chamaeleon. It has a mass estimated to be 5 to 10 times that of Jupiter, and is still in formation. Surrounding it is a disk of gas and dust, steadily accreting onto the planet — but in this case in spectacular bursts.

By August 2025, observations show the accretion rate had surged to six billion tonnes every second — about eight times faster than just months earlier, making it the strongest growth episode ever recorded for a planet-mass body. This discovery was enabled by the European Southern Observatory's Very Large Telescope (VLT) using the X-shooter spectrograph, supported by data from the James Webb Space Telescope and archival VLT instruments.

According to lead author Víctor Almendros-Abad, this finding reshapes our understanding of how isolated planetary bodies grow:

"People may think of planets as quiet and stable worlds, but with this discovery we see that planetary-mass objects freely floating in space can be exciting places."

One of the intriguing implications is that some rogue planets might form in a manner more akin to stars than to "ordinary" planets — especially given that bursts of accretion and magnetic mechanisms seen here resemble phenomena in young stars. The system's chemistry also shifted during the burst: water vapor was detected during peak accretion, though not before, marking the first time such a change has been witnessed in a planet.

Because rogue planets emit little intrinsic light, they are hard to detect. But with upcoming observatories like ESO's Extremely Large Telescope (ELT), astronomers hope to uncover more such wandering worlds and learn whether they bridge the formation gap between planets and stars. Source: ESO

HELENE SCHJERFBECK

Helene Schjerfbeck Exhibition Comes to The Volodymyr Zelenskyy Had a Phone Call with Metropolitan Museum of Art in New York – A Historic First for Finnish Art

↑ LANDMARK **MENT** in Finnish art history is approaching as the works of Helene Schjerfbeck will be displayed at The Metropolitan Museum of Art (The Met) in New York from December 5, 2025, to April 5, 2026. This marks the first time a Finnish artist has been granted a dedicated exhibition at one of the world's most prestigious art museums. The showcase is the result of longterm collaboration between the Ateneum Art Museum and the Klassikot maailmalle (Classics to the World) initiative, supported by the Jane and Aatos Erkko Foundation.

A Dream Come True for Finnish

"This is a dream come true—not just for me but for Finnish art as a whole. The Met is in a league of its own, and it's an incredible honor that Helene Schjerfbeck's works will grace its walls," says Anna-Maria von Bonsdorff, Director of the Ateneum Art Museum.

The exhibition spans Schjerfbeck's (1862-1946) entire career, from her early academic works to her introspective late self-portraits. Over 60 pieces will be on display, including portraits, still lifes, and landscapes, featuring iconic works such as The Convalescent (1888), The Seamstress (1905), and a series of self-portraits. A special highlight is The Lace Collar (1920), acquired by The Met in 2023—the first work by a Finnish artist to enter the museum's collection.

International Collaboration and Contemporary Art Spotlight The exhibition will be held in

The Met's Robert Lehman Wing, curated by Dita Amory, with Anna-Maria von Bonsdorff serving as consulting curator. A comprehensive exhibition catalog, including an essay by von Bonsdorff, will accompany the showcase.



Helene Schjerfbeck: Self-Portrait with a Black Background (1915). Finnish National Gallery / Ateneum Art Museum, Hallonblad Collection. Photo: Finnish Natio-

Who Was Helene Schjerfbeck?

Schjerfbeck developed a distinctive

modern style, stripping her pain-

tings of unnecessary detail. Her

self-portraits—painted from youth to old age—reveal a profound ar-

tistic journey. The Ateneum holds

the world's largest Schjerfbeck col-

lection, with over 200 works.

Alongside Schjerfbeck's retrospective, Finnish contemporary art will also take center stage in New York. The Remix the Archive exhibition (May-June 2025) will feature generative art created using open-access data from the Finnish National Gallery's collections, including the award-winning Loom of Reality by Ilmo and Aarni Kapanen.

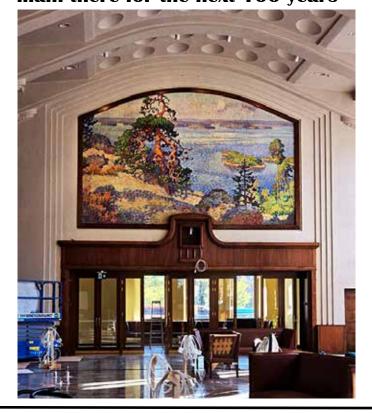
Finnish Art's Global Reach

Schjerfbeck's works have previously captivated international audiences, with a celebrated 2019 exhibition at London's Royal Academy of Arts and a 2014-2016 tour across Japan and Germany.

The Klassikot maailmalle project continues to bring Finnish masters to global audiences: a Pekka Halonen exhibition will open at Paris's Petit Palais in November 2025, following the recent Akseli Gallen-Kallela showcase at Vienna's Belvedere Museum.

HELSINKI RAILWAY STATION

The Koli landscape painting is now in its original location - and will remain there for the next 100 years



UKRAINE PRESIDENT

European Leaders



n Washington, President of **L**Ukraine Volodymyr Zelenskyy held a joint phone call with Prime Minister of the United Kingdom Keir Starmer, Federal Chancellor of Germany Friedrich Merz, President of the Council of Ministers of Italy Giorgia Meloni, President of Finland Alexander Stubb, Prime Minister of Norway Jonas Gahr Støre, Prime Minister of Poland Donald Tusk, President of the European Commission Ursula von der Leyen, President of the European Council António Costa, and NATO Secretary General Mark Rutte.

The Head of State informed them about his productive and extensive meeting with U.S. President Donald Trump, during which the leaders discussed air defense, Ukraine's needs, and security guarantees.

"We want the United States to be part of security. We count on the leadership of the United States. And we also spoke about the PURL program. The United States and the President have opened this corridor for us," noted Volodymyr Zelenskyy during a conversation with journalists.

He emphasized that the most important thing now is to pro-

tect as many lives as possible, guarantee security for Ukraine, and strengthen all of us in Europe. The President thanked the partners who took part in the conversation for their support of Ukraine.

The leaders coordinated their positions and agreed that their national security advisors would discuss the next steps.

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ART EXPERIENCE OF THE WEEK



Alexandra Frosterus-Såltin 6.12.1837, Ingå

29.2.1916, Vaasa

Små sorger Pienet surut Small sorrows 1864

George Orwell 1984 **PART ONE Chapter 1** 3.

The seconds were ticking by. He was conscious of nothing except the blankness of the page in front of him, the itching of the skin above his ankle, the blaring of the music, and a slight booziness caused by the gin.

Suddenly he began writing in sheer panic, only imperfectly aware of what he was setting down. His small but childish handwriting straggled up and down the page, shedding first its capital letters and finally even its

April 4th, 1984. Last night to the flicks. All war films. One very good one of a ship full of refugees being bombed somewhere in the Mediterranean. Audience much amused by shots of a great huge fat man trying to swim away with a helicopter after him, first you saw him wallowing along in the water like a porpoise, then you saw him through the helicopters gunsights, then he was full of holes and the sea round him turned pink and he sank as suddenly as though the holes had let in the water, audience shouting with laughter when he sank. then you saw a lifeboat full of children with a helicopter hovering over it. there was a middle-aged woman might have been a jewess sitting up in the bow with a little boy about three years old in her arms. little boy screaming with fright and hiding his head between her



breasts as if he was trying to burrow right into her and the woman putting her arms round him and comforting him although she was blue with fright herself, all the time covering him up as much as possible as if she thought her arms could keep the bullets off him. then the helicopter planted a 20 kilo bomb in among them terrific flash and the boat went all to matchwood. then there was a wonderful shot of a child's arm going up up up right up into the air a helicopter with a camera in its nose must have followed it up and there was a lot of applause from the party seats but a woman down in the prole part of the house suddenly started kicking up a fuss and shouting they didnt oughter of showed it not in front of kids they didnt it aint right not in front of kids it aint until the police turned her turned her out i dont suppose anything happened to her nobody cares what the proles

say typical prole reaction they never----

Winston stopped writing, partly because he was suffering from cramp. He did not know what had made him pour out this stream of rubbish. But the curious thing was that while he was doing so a totally different memory had clarified itself in his mind, to the point where he almost felt equal to writing it down. It was, he now realized, because of this other incident that he had suddenly decided to come home and begin the diary today.

It had happened that morning at the Ministry, if anything so nebulous could

It was nearly eleven hundred, and in the Records Department, where Winston worked, they were dragging the chairs out of the cubicles and grouping them in the centre of the hall opposite the big telescreen, in preparation for the Two Minutes Hate. Winston was just taking his place in one of the middle rows when two people whom he knew by sight, but had never spoken to, came unexpectedly into the room. One of them was a girl whom he often passed in the corridors. He did not know her name, but he knew that she worked in the Fiction Department. Presumably--since he had sometimes seen her with oily hands and carrying a spanner--she had some mechanical job on one of the novel-writing machines. She was a bold-looking girl, of about twenty-seven, with thick hair, a freckled face, and swift, athletic movements. A narrow scarlet sash, emblem of the Junior Anti-Sex League, was wound several times round the waist of her overalls, just tightly enough to bring out the shapeliness of her hips. Winston had disliked her from the very first moment of seeing her. He knew the reason. It was because of the atmosphere of hockey-fields and cold baths and community hikes and general clean-mindedness which she managed to carry about with her. He disliked nearly all women, and especially the young and pretty ones. It was always the women, and above all the young ones, who were the most bigoted adherents of the Party, the swallowers of slogans, the amateur spies and nosers-out of unorthodoxy. But this particular girl gave him the impression of being more dangerous than most. Once when they passed in the corridor she gave him a quick sidelong glance which seemed to pierce right into him and for a moment had filled him with black terror. The idea had even

crossed his mind that she might be an agent of the Thought Police. That, it was true, was very unlikely. Still, he continued to feel a peculiar uneasiness, which had fear mixed up in it as well as hostility, whenever she was anywhere near him.

The other person was a man named O'Brien, a member of the Inner Party and holder of some post so important and remote that Winston had only a dim idea of its nature. A momentary hush passed over the group of people round the chairs as they saw the black overalls of an Inner Party member approaching. O'Brien was a large, burly man with a thick neck and a coarse, humorous, brutal face. In spite of his formidable appearance he had a certain charm of manner. He had a trick of resettling his spectacles on his nose which was curiously disarming--in some indefinable way, curiously civilized. It was a gesture which, if anyone had still thought in such terms, might have recalled an eighteenth-century nobleman offering his snuffbox. Winston had seen O'Brien perhaps a dozen times in almost as many years. He felt deeply drawn to him, and not solely because he was intrigued by the contrast between O'Brien's urbane manner and his prize-fighter's physique. Much more it was because of a secretly held belief--or perhaps not even a belief, merely a hope--that O'Brien's political orthodoxy was not perfect. Something in his face suggested it irresistibly. And again, perhaps it was not even unorthodoxy that was written in his face, but simply intelligence. But at any rate he had the appearance of being a person that you could talk to if somehow you could cheat the telescreen and get him alone. Winston had never made the smallest effort to verify this guess: indeed, there was no way of doing so. At this moment O'Brien glanced at his wrist-watch, saw that it was nearly eleven hundred, and evidently decided to stay in the Records Department until the Two Minutes Hate was over. He took a chair in the same row as Winston, a couple of places away. A small, sandy-haired woman who worked in the next cubicle to Winston was between them. The girl with dark hair was sitting immediately behind.

The next moment a hideous, grinding screech, as of some monstrous machine running without oil, burst from the big telescreen at the end of the room. It was a noise that set one's teeth on edge and bristled the hair at the back of one's neck. The Hate had started. To be continued

population ages, we are faced with an undeniable challenge: how to reduce the growing burden of neurodegenera-tive diseases like dementia.

Dementia, with Alzheimer's disease as its most common form. has been on the rise for decades. An estimated 139 million people worldwide are projected to be living with dementia by 2050. Alarmingly, over 10 million new cases are diagnosed each year roughly one every three seconds.

However, new research provides hope and offers a refreshing perspective: well-being may hold the key to preventing, or at least mitigating, the risk of dementia. While most public health strategies focus on biomedical interventions, emerging evidence suggests that promoting mental well-being and fostering po-sitive emotions could serve as powerful tools in dementia prevention

A Decade of Research Linking Well-Being to Brain Health

A landmark study conducted by researchers from the Well-being and Emotion across the Lifespan Lab (WELLab) at Washington University in St. Louis, and highlighted in the 2024 World Happiness Report, shows a strong correlation between well-being and a reduced risk of dementia. This interdisciplinary rese-arch, spanning over a decade, makes a compelling case for the protective ef-fects of well-being on the brain.

The study's findings are based on data collected from older adults in Chicago and Illinois, starting in 1997. Participants underwent annual evaluations of their cognitive abilities and provided self-assessments of their emotional states and overall well-being. The researchers found that individuals who consistently re-ported higher levels of well-being were less likely to develop memory and thin-king impairments, even when they had the biological markers associated with Alzheimer's disease.

While the exact mechanisms behind this link remain unclear, the results strongly suggest that maintaining high levels of wellbeing throughout life could help delay or even prevent the onset of

Well-Being: A Buffer Against Dementia?

The research also touches on a broader question: why is there a connection between well-being and brain health? According to Dr. Emily Willroth, Director of WELLab and one of the study's lead researchers, there are several factors that might explain this relationship.

"People who report higher well-



in activities known to promote brain health, such as regular physical exercise, social interaction, and mental stimulation," says Dr. Willroth. These activities have long been associated with a reduced risk of cognitive decline, but the study goes a step further by suggesting that well-being may also act as a buffer against the harmful effects of stress, a known contributor to neurodegenerative

Dr. Kyrsten Costlow Hill, another co-author of the study, explains that stress can damage the brain's critical systems responsible for maintaining cognitive function. Higher levels of well-being, on the other hand, may provide the resili-ence needed to withstand or counteract this

What Does Well-Being Look Like for Those Already Living with Dementia?

While well-being is now recognized as a potential preventative measure, it also plays a crucial role in improving the lives of those already living with dementia. The WELLab team emphasizes that wellbeing interventions can enhance auto-nomy, competence, and relatedness, even in advanced stages of dementia.

Simple activities such as physical exercise, spending time outdoors, and enga-ging in social activities have shown significant benefits for individuals with dementia. These interventions not only improve mood and cognitive function but also increase life satisfaction. Moreover, methods like reminiscence therapy, where individuals are encouraged to foster emot-ional stability and enhance overall well-being.

Aging in place—remaining in one's home rather than relocating to an institut-ion—has been shown to be particularly effective in boosting the well-being of older adults with dementia. By using home adaptations, assistive technologies, and maintaining social connections, individuals can experience greater satis-

with life. Dementia faction villages, which provide a safe yet familiar environ-ment, have also emerged as a model for maintaining dignity and quality of life for those affected by the

The Path Forward: Acting on

Despite the promising findings, Dr. Willroth stresses that there is no "miracle cure" for dementia. However, the evidence points toward actionable steps that can be taken today to reduce the risk of this devastating condition. he-alth initiatives should prioritize well-being as a cornerstone of dementia prevention. As the global population ages, the demand for strategies that not only treat but also prevent neurodegenerative diseases will continue to rise.

well-being Incorporating into daily routines is not just a matter of living a hap-pier life; it may also be the key to preserving cognitive function well into old age. Physical activity, social interaction, mindfulness practices, and positive emotional engagement are all accessible and effective means of improving both mental health and brain health.

As the research suggests, investing in well-being pays dividends far beyond happiness it may hold the key to unlocking a future with fewer cases of de-mentia. While we cannot completely eliminate the risk of developing neurode-generative diseases, the steps we take today toward fostering mental and emot-ional well-being may reduce the likelihood of dementia for millions.

remains one of the most pressing public health chal-lenges, we must act now. Prioritizing well-being, both in our personal lives and through public health policies, can lead to healthier aging and, ultimately, a re-duced burden of dementia on individuals, families, and society. After all, the cost of ignoring well-being is far too high—for our minds, our bodies, and our collective future.

FM-trans-

mitter used

in pirate

radio in

Tampere in

the 80ies

being are more likely to engage

MUSEO Riding The Radio Waves - an interesting exhibition in Tampere Vapriikki-museo

99On the crest of the radio wave - From crystal machine to podcast" opens up Finnish radio history from the 1920s to the present day

The Tampere Vapriikki Museum opens a fascinating exhibition that delves into the roots of Finnish radio history. "Riding the radio waves - From crystal machine to podcast" takes the visitor on an enchanting journey into the multifaceted history of radio. The exhibition delves into what has made radio enchanting for creators, listeners and enthusiasts for decades. and why this magical device has maintained its position in the age of the internet and digital commu-

Although radio may seem like a transitory format in today's media storms, it is still a globally significant means of communication. Internet access, mobile networks, electricity and access to digital information are not available everywhere in the world. Radio is also proving to be a valuable communication channel in crisis situa-



tions, as its network is designed to withstand longer power outages compared to, for example, mobile phone networks.

Radio amateurs, in particular, appear to be critical pillars of communication and communication in crisis situations. The exhibition invites the visitor to think about the magic that a device hidden on the radio manages to create, from

everyday listening to necessary crisis connections. This unique exhibition offers an opportunity to delve into the history of radio and understand its continued importance as a versatile and sustainable means of communication.en jatkuvan merkityksen monipuolisena ja kestävänä viestintävälineenä.

THE CONTENT OF OUR MAGAZINE IS PRODUCED RESPONSIBLY. WE ARE COMMITTED TO THE JOURNALIST GUIDELINES. https://jsn.fi/en/journalists-guidelines/

4 Wasa Daily, October 19, 2025

HUMOUR ONE HUNDRED YEARS AGO

An anxious, nervous woman, accompanied by her husband, approached the station inspector at a small outlying railway station and asked: "Has the quarter-past train leaving already?" »Yes, ten minutes ago,« was the

"When does the four-and-twenty train come?" »It takes quite a while.» »And before doss there are no

trains at all?» »And not any passenger trains?»

»Some freight train then?» »No, no trains at all.» "Is it absolutely safe?" »Yes, absolutely sure!» "Then, John, can we cross the

Mrs. BROWN

The pastor's wife is visiting Mrs. Brown and tells, among other

- I just received a letter that my son received a scholarship. - I am really very happy. I understand your feelings so well. I used to feel exactly the same way, when

our pig won first prize at the farm

IN SCHOOL

- Was it you, Hans, who wrote on the board: "The teacher is a

- Well, it pleases me in any case that you stick to the truth.

WELLBEING

Chamber of Commerce Y. in one of Finland's northern coastal cities generally refused to do anything. With almost unfailing regularity his life passed in the eating of party dinners and party suppers, occasionally interrupted by party breakfasts. The consequences of this mildly spartan way of life finally made themselves felt. Chamber of Commerce Y's state of health gave rise to various remarks, which is why he decided to go to Dr. Westerlund in Enköcleared the table and was therefore not at full strength either, came

Once in Enköping, the doctor was consulted. After the obligatory waiting hours or days, they finally got priority before the mighty one. And vented his ailments. Long and elaborate. When they had finished their litany the doctor rose from his chair. Spoke and said:

— The diagnosis is well-being — — five kroner!

THE WEATHER GAME.

The Sensitive Lady: — I always feel it when it rains, in my legs and back.

The sensitive gentleman: — I also feel all the changes in the weather. The other night I woke up to the barometer falling' — They're not possible!

- Well, you see, it fell to the

WIDOW

The teacher asked: — can one of you explain to me what "widow" means.. — A widow, answered little Anna, is a wife who lived with her husband for so long that he died.

SWIMMING COMPETI-TION.

Little Karl was with his mother at a swimming competition. Now follows - said the mother - 100 meter breaststroke for

Little Karl: — Mother — is it forbidden to use the arms?

EINSTEIN

What's in the Stars for

Aries (March 21 - April 19):

before you start rearranging

your boss to a dance-off,

remember: moderation is

key. Use your energy wisely

(maybe just redecorate one

Taurus (April 20 - May 20):

This month, comfort is cal-

ing your name. Whether it's

extra blankets or extra snacks,

lean into your cozy instincts.

Just don't let Netflix ask, "Are

you still watching?" more

than three times in a row.

Gemini (May 21 - June 20):

You'll be juggling social plans

like a circus performer, but

careful, Gemini—drop too

many balls, and you might

end up at two dinner parties

on the same night. Pro tip:

Cancer (June 21 - July 22):

The mood swings are strong,

but so is your ability to turn

nologue. Channel your inner

soap opera star and add some

flair to your daily life. Who

says grocery shopping can't

Leo (July 23 - August 22): As

you're ready for the spotlight.

Just make sure you let others

shine too—unless, of course,

it's karaoke night. Then by al

means, belt it out like you're

the star of your own show,

be theatrical?

a crisis into a dramatic mo-

Bring snacks to both!

your furniture or challenging

You're feeling bold, Aries! But

You This Month?

— Has the lady read Einstein's theory of relativity? - Well, yes, I'll wait until it comes out as a film.

SEEN WITH YOUR OWN

— I have a good friend who usually says that you never know

HOROSCOPE FOR OCTOBER 2025

headlining Madison Square

tember 22): Lists, lists,

and more lists. But here's

the twist: not everything

needs to be planned. Sur-

prise yourself this October

by doing something spon-

taneous. Don't worry, you

can still make a checklist

about it afterward.

Libra (September 23 -

October 22): October is

all about balance, Libra,

Just remember, balance

means a little bit of cake

and kale. Enjoy your treats

without feeling guilty—li-

fe's all about those sweet

and savory moments!

Scorpio (October 23 -

November 21): You're

mysterious, Scorpio, and

this month your secretive

side is working overtime.

Halloween costume ideas

under wraps or dodging

awkward conversations,

your poker face is flawless.

Sagittarius (November 22

- December 21): Adven-

ture awaits! But maybe

skip the bungee jumping

coffee shops. Your sense

best compass this month,

so laugh it off when you

of humor will be your

and stick to exploring new

Whether it's keeping

but you already knew that

Virgo (August 23 - Sep- Capricorn (December

Astronomic picture of the week:

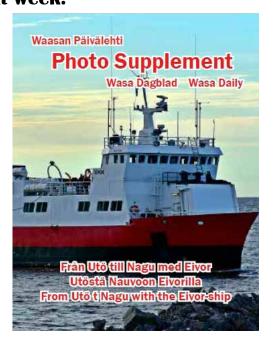
Ghostly Stellar Tendrils of the Vela Supernova Remnant



This colorful web of wispy gas filaments is the Vela Supernova Remnant, an expanding nebula of cosmic debris left over from a massive star that exploded about 11,000 years ago. This image was taken with the Department of Energyfabricated Dark Energy Camera (DECam), mounted on the US National Science Foundation's Víctor M. Blanco 4-meter Telescope at Cerro Tololo Inter-American Observatory in Chile, a Program of NSF NOIRLab. The striking reds yellows, and blues in this image were achieved through the use of three DECam filters that each collect a specific color of light. Separate images were taken in each filter and then stacked on top of each other to produce this high-resolution image that contains 1.3 gigapixels and showcases the intricate web-like filament snaking throughout the expanding cloud of gas.

(University of Alaska Anchorage/NSF NOIRLab), M. Zamani & D. de Martin (NSF NOIRLab) Creative Commons Attribution 4.0 International License

Next week:



end up in a cafe with no

22 - January 19): You're

climbing that mountain

of success, but October

break. Celebrate the little

reminds you to take a

victories—like finally

organizing your sock

drawer. Yes, that counts!

Aquarius (January 20 -

ideas are in full bloom

this month. Maybe it's

time to finally start that

weird hobby you've been

thinking about-macra-

The sky's the limit for

Pisces (February 19 -

side is on overdrive,

March 20): Your dreamy

Pisces. Just don't get too

lost in your fantasies, or

you might accidentally

Zoom meeting. Maybe

(and make sure they're

Happy October, eve-

be aligned and your

socks always have

matches!

ryone—may your stars

not all daydreams!).

set a few extra reminders

miss that important

your creativity!

mé plant holders, anyone?

February 18): Your quirky

Credit: CTIO/NOIRLab/DOE/NSF/AURAImage Processing: T.A. Rector

Wasa Daily

BLOG WRITERS

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welcome your voice!

readers.

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving Englishspeaking inhabitants in the Osthrobotnia region

magazine quotations from old daily newspapers taken from the National Archives (digi. kansalliskirjasto.fi). GPT3, Gemini, Aria and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts. Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future.

The magazine is available online for free.

Editor-in-chief Hans Björknäs. Readers' writings are welcome! The magazine is locally owned and will remain so. For ever! Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455. Helsinki editorial office: Wasa Daily, Toinen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.

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From our readers

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: wasadagblad@gmail-com

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