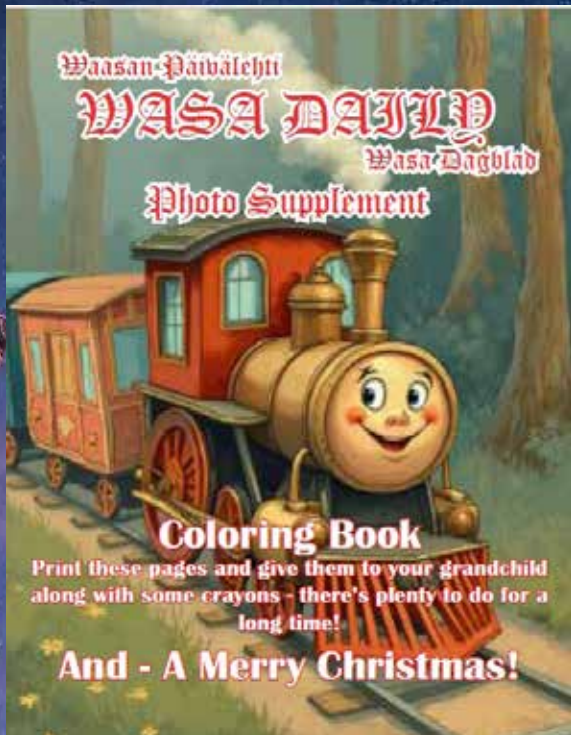


WASA DAILY

Nr 47

Sunday, December 15, 2024

ISSN 2954-2456



HERE WE ARE:

vpress.ovh

Lucia

Nutritional recommendations regarding meat have sparked debate – but they're fine!

The new nutritional recommendations on the use of red meat have provoked lively debate and even strong criticism. This is not surprising, as food and food choices always evoke emotions.

However, it is important to remember that these are recommendations, not commandments or prohibitions. The recommendations are based on comprehensive research data and aim to promote both human health and the well-being of the environment. If we take a closer look, we see that the recommendations are not only justified, but also very necessary.

What do the new recommendations mean?

Red meat refers to beef, pig, sheep, goat, deer, reindeer and elk meat and their organs. Processed meat, on the other hand, includes, for example, sausages and meat and sausage cold cuts. According to the recommendations, the consumption of red meat should be limited to no more than 350 grams of cooked meat per week, which is equivalent to about 500 grams of raw meat.

The proportion of processed meat should be kept to a minimum. There are three important aspects behind these goals: health, the environment and responsible food culture.

Health first – why do we need restrictions?

Red meat is of high nutritional quality. It provides protein, heme iron, as well as zinc and B vitamins. On the flip side, red meat is also high in saturated fat, which increases the risk of cardiovascular disease. Even more worryingly, high consumption of red and especially processed meat has been linked to an increased risk of colorectal cancer and other chronic diseases.

In Finland, heavy consumption of red meat is one of the biggest nutritional risk factors leading to the loss of functional years. This alone is reason enough to justify why moderate meat consumption is so important. The purpose of the recommendations is not to demotivate meat, but to help Finns make healthier and more sustainable choices.

Environment and meat – sustainable consumption is key

Red meat production, especially beef, has significant climate impacts. The carbon footprint of beef is higher than, for example,

pork or poultry, and this also involves land use efficiency. However, it is noteworthy that the majority of domestic beef is produced in combined production alongside milk production, which reduces its climate impact compared to production that specialises in steak.

In addition, cattle and sheep grazing contributes to biodiversity, which is an important advantage over many other production methods. On the other hand, processed meat and meat produced abroad, such as pork grown on soy feed, can be significantly more harmful to the environment.

Finnish food production also has many strengths: the utilisation of side streams and the use of non-food grain as feed make it more ecologically sustainable. Nevertheless, it is clear that reducing climate impacts requires a significant reduction in consumption at the population level.

What to replace when meat is reduced?

The recommendations stress that the reduction in red meat should be replaced primarily by plant-based alternatives such as legumes and whole grains, or sustainable fish. It is also important to note that adding poultry meat instead of red meat will not solve all the problems, as it also puts a strain on the environment. Plant-based protein sources such as beans, lentils and peas are more environmentally friendly and healthy options.

Emotions versus research – why are recommendations needed?

Eating meat is part of Finnish culture, and many find it difficult to limit it. However, the purpose of the recommendations is not to limit people's enjoyment, but to provide an informed basis for making choices that are better for health and the environment.

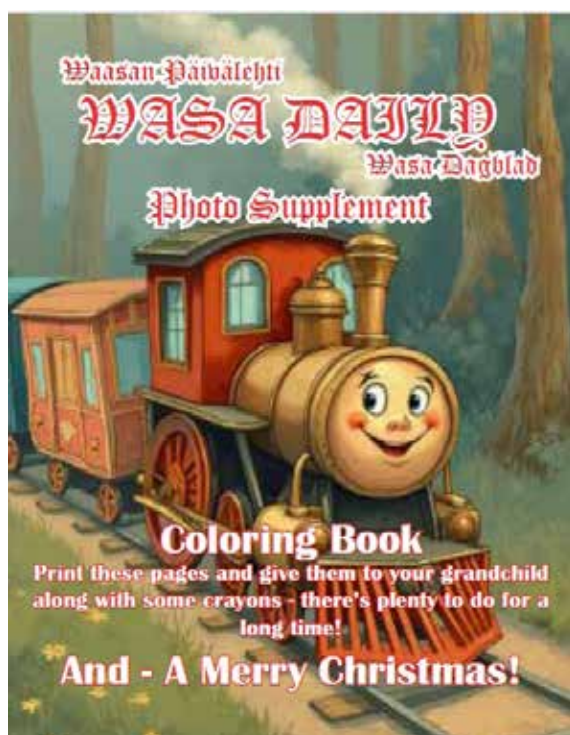
It is good to remember that recommendations are not obligations of the individual, but provide a general direction. Everyone can decide for themselves how to apply these recommendations in their own lives. Moderate and conscious consumption does not mean giving up, but making better choices.

The recommendations are a step towards a better future

The new nutritional recommendations on the consumption of red meat are well-founded and necessary. They help Finns make choices that support both their own health and the well-being of the environment. Discussion is important, but it is also good to see that the recommendations are based on strong research evidence and a genuine desire for a sustainable future.

Now is the time to embrace the recommendations with an open mind and think about how we can all contribute to a responsible food culture – without fear, but with the knowledge that small changes can make a big difference.

Photo Supplement



Cover picture: Talvi

Photo Supplement - vpress.ovh

NEWS



The Lucia Tradition in Finland: A Celebration of Light and Community

This year's Lucia in Vaasa is Evelina Lahnakoski

The Lucia tradition, celebrated annually on December 13, is one of the most cherished cultural events in Finland, particularly among the Swedish-speaking population. This festival, rooted

in a blend of Christian martyrdom and Nordic folklore, has evolved into a celebration of light, community, and goodwill during the darkest period of the year. The Lucia tradition not only

highlights Finland's multicultural identity but also fosters a sense of unity and hope.

Historical and Cultural Origins

The tradition of Lu-

cia traces its origins to Saint Lucia of Syracuse, a Christian martyr who lived in the 3rd century. Known for her acts of charity and devotion, Lucia became a symbol of light and purity. Her feast day, December 13, originally coincided with the winter solstice in the Julian calendar, marking the year's longest night. Over time, Lucia's story merged with pre-Christian Nordic customs that celebrated light's triumph over darkness.

In Finland, the Lucia tradition was introduced in the early 20th century, influenced by similar practices in Sweden. It gained prominence through the Swedish-speaking minority, who embraced Lucia as a cultural symbol. Today, the celebration has expanded beyond linguistic boundaries and is recognized as a national event.

Key Elements of the Celebration

The Selection of Lucia
Each year, a young woman is chosen to represent Lucia through a public voting process. Candidates, often nominated for their community involvement and exemplary character, vie for the honor of donning the Lucia crown. The chosen Lucia becomes a beacon of light and hope, embodying the festival's values.

The Procession

The Lucia procession is the centerpiece of the celebration. Dressed in a white gown with a red sash and wearing a crown of candles, Lucia leads a group of attendants through churches, schools, hospitals, and town squares. The procession is accompanied by hymns, particularly the traditional "San-



WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here in the Sundom archipelago

ta Lucia" song, which evokes themes of light and serenity.

The main event takes place at Helsinki's Lutheran Cathedral, where Lucia is crowned during a solemn ceremony. This event attracts a large audience and is broadcast nationwide, underscoring its cultural significance.

Community and Charity

The Lucia tradition is deeply intertwined with acts of charity. Funds raised during the festivities are often donated to causes such as children's welfare, mental health initiatives, or support for vulnerable groups. This philanthropic aspect reinforces the festival's message of compassion and community spirit.

Symbolism and Contemporary Relevance

The Lucia tradition holds profound symbolic meaning. In the literal sense, Lucia's crown of candles represents light overcoming darkness, a powerful motif in Finland's northern climate where winter days are exceedingly short. On a deeper level, the festival promotes values such as kindness, selflessness, and hope, resonating with universal human experiences.

In contemporary Finland, the Lucia celebration serves as a bridge between cultural heritage and modern identity. While its roots lie in the Swedish-speaking com-

munity, the event's inclusive nature has allowed it to transcend linguistic and cultural barriers. Schools, multicultural associations, and local organizations have adopted the tradition, ensuring its continued relevance in a diverse society.

Challenges and Adaptations

Despite its enduring popularity, the Lucia tradition faces challenges in adapting to modern times. Critics have occasionally questioned the relevance of selecting a young woman to embody Lucia, prompting discussions about inclusivity and gender roles. Efforts have been made to address these concerns by emphasizing the symbolic qualities of the role rather than physical appearance.

Additionally, the rise of digital media has transformed how the festival is celebrated and shared. Virtual events, live streams, and social media campaigns have expanded the reach of the tradition, making it accessible to a global audience.

The Lucia tradition in Finland is a vibrant celebration that encapsulates the interplay of light, culture, and community. Rooted in historical and religious narratives, it has evolved into a cherished event that unites people across linguistic and cultural divides. By

blending timeless values with contemporary adaptations, the Lucia festival continues to illuminate the darkest days of winter with its message of hope and solidarity.

They, who know a little more are They, who read Wasa Daily

School classes travel free of charge to cultural sites in Vaasa in 2025



In Vaasa, comprehensive school pupils have the opportunity to travel free of charge by bus to cultural and sports venues during the school day. The aim of the new experiment is to promote the participation of children and young people and to make public transport more child-friendly.

Free bus rides can be used by school classes under the guidance of a teacher, for example, for visits to museums, libraries, concerts or sports facilities. In particular, the project will ease the situation of schools that are further away from the city centre.

Support for versatile learning Päivi Kaarniemi, Rector of Variska Peruskoulu, is happy about the new opportunity.

In this way, the cultural and sports offer will be closer to us. So far, we

have had to consider carefully which transfers we have enough money for. Now we can make even more use of museums, exhibitions, music events and sports facilities, even with a tight schedule," Karniemi says.

According to him, the new experiment gives students the opportunity to learn more and more in different subjects. For example, museum visits can enrich history or visual arts lessons, while concerts and theatre performances open up new perspectives on cultural education.

As part of the sustainability strategy

The City of Vaasa hopes that the experiment will increase the interest of school students in using public transport and reduce the need for private cars during the school day. The experiment is part of a broader sustainable development strategy that aims to make the city's transport system more environmentally friendly.

The results of the experiment will be monitored during the year and based on them it will be decided whether the free bus journeys will continue in the future.

(Source: STTInfo/Vaasa)

Alma's spring term starts in January

Vaasa co-educational institution Alma will open its spring term on January 7, 2025. There are about 200 courses available, and there are still vacancies for some of the full-year courses that started last autumn.

Rector Sannasirkku Autio says that the spring course offerings are once again diverse and up to date: "The range of language courses has been expanded by adding Finnish courses in particular, as the demand for them has increased significantly. Courses in dan-

ce and sports have also traditionally been very popular after the turn of the year.

In addition to courses that run throughout the spring, Alma offers plenty of short courses and weekend events. Especially short courses in crafts invite you to get acquainted with various techniques and materials. In addition, several open lectures and new courses will be organised during the spring to complement the offering.

Registration is ongoing. The course selection and timetables are available in Alma's online store at uusi.opistopalvelut.fi/vaasa. Registration is open online, in person and by phone.

Britt-Helen Flemming named Guiding Star of the Year in Malax 2024

Malax municipality has named Britt-Helen Flemming as Guiding Star of the Year 2024 for her many years of commitment and significant efforts for people with disabilities. Britt-Helen Flemming is awarded the award after receiving 38 percent of the votes in a vote among residents, arranged by the Council for Persons with Disabilities in Malax Municipality. The other nominees were Matilda Hemming and Janne Sjöström.

A lifelong commitment For three decades, Britt-Helen has been a relentless force in supporting vulnerable and lonely people. Among other things, she has since the start been the leader of a discussion group for people with disabilities, which has become a safe and appreciated meeting place in the municipality. Celebrated on International Day of Persons with Disabilities

The prize will be awarded on 3 December in connection with the In-

ternational Day of Persons with Disabilities, a day established by the UN in 1992 to highlight the rights and opportunities of persons with disabilities. With her tireless efforts and her ability to inspire others, Britt-Helen Flemming has become a true role model in Malax. Her work reminds us of the importance of community and inclusion - values that the municipality proudly highlights with this award.
(Malax.fi)

They, who know a little more are They, who read Wasa Daily

Here you can buy Christmas trees until Christmas Eve



This year, Vaasa residents have a good chance to get the perfect Christmas tree nearby. Christmas trees will be sold across the city from December 12 to 23 from 9 a.m. to 9 p.m. and on Christmas Eve, December 24, from 9 a.m. to 12 noon. Fir trees can be purchased at the following points of sale: Palosaari Market Square Suvilahti Market Square Parking area at the inter-

section of Western Pitkäkatu and Torikatu Ratakatu parking area next to the library Kaarlenkenttä's parking area on the Rantamaantie side

Spruce sales are a great opportunity to support local entrepreneurs and at the same time ensure that the Christmas spirit is created with a real, fragrant Christmas tree. Book your fir tree early and make your Christmas extra warm and traditional!

Take a photo of the Replot Bridge and dine well at Berny's



Do you have an eye for photography and a love for beautiful views? The municipality of Korsholm invites everyone from amateurs to professionals to participate in an inspiring photo competition with the theme of the Replot bridge. The competition encourages participants to explore new and unexpected perspectives on the iconic bridge.

Get creative, play with angles and light!

The entries will be evaluated by an expert jury of distinguished photographers, and the three best photos will be awarded with a €50 gift card to Berny's restaurant.

Special lighting for unique images

The Replot Bridge will be particularly spectacular during the competition period. On Independence Day (December 6), New Year's Eve (December 31, with a special light show) and Valentine's Day (Fe-

Viikon taide-elämys:



Fanny Churberg

12.12.1845 in Vaasa - 10.5.1892 in Helsinki
Winter landscape 1878

bruary 14), the bridge is specially lit, allowing participants to capture magical moments. Practical information The competition runs from December 5, 2024 to February 16, 2025. More detailed instructions for participation can be found on the website of the municipality of Korsholm.

New speed cameras monitor traffic in Vaasaenpuistikko



In Vaasanpuistikko, new police speed cameras will be installed, which will be installed at the end of the beach by the restaurant ship Faros. The cameras will be placed on both sides of the

road to improve road safety in a busy area.

The installation of speed cameras is part of a larger project aimed at reducing speeding and preventing accidents on key urban roads. According to the police, excessive speeds have been observed at Vaasaesplanadi at times, which has led to a need to intensify the surveillance.

The cameras are operational as soon as the installation is complete and monitor both driving speeds and any violations of traffic rules. The choice of location was influenced by the area's central location and the busy traffic, which includes both commuters and leisure travellers.

The police are reminding drivers to obey speed limits and traffic rules, especially in urban areas where traffic safety is everyone's responsibility. "The purpose of the cameras is not to punish, but to ensure that everyone in traffic arrives at their destination safely," the police writes in a statement.

In the future, city residents and motorists can expect an even safer traffic environment in Vaasaesplanadi with the help of the new speed cameras.

(Source: STTinfo, press release)

Philharmonic Orchestra's spring: Anna-Maria Helsing starts as Chief Conductor

The Vaasa Philharmonic Orchestra's concert season next spring starts with high expectations. Tickets for the spring events go on sale today, and what makes the season special is Anna-Maria Helsing's three-year term as the orchestra's chief conductor.

Helsing is an internationally acclaimed conductor who is known, among other things, as the first Finnish woman to conduct a large professional symphony orchestra. During his career he has conducted almost all major Finnish orchestras and operas in Denmark, Finland and the Savonlinna Opera Festival.

"This task felt like a natural continuum," Helsing says. - We have had fruitful cooperation with the Rusk Festival and operas for a long time. Working with the Vaasa Philharmonic Orchestra has always been rewarding. The spring season programme combines classical music and entertain-

ment. The season opens with Haydn's major work *The Creation*, featuring the Canticum Maris choir and skilled soloists. In addition, there will be an Elgar concerto interpreted by top cellist Senja Rummainen and a concert by young soloists conducted by Karmir Uusituva, who excelled in the Panula Competition.

Entertaining moments are provided by Markku Veijalainen's Beatles stories and Jukka Perko's swing music. The spring programme also includes the Salasaari Secret Concert for families and the May Day concert, where Jorma Uotinen brings the passion of Argentine tango to the stage.

The culmination of the season will be seen at the Choral Festival when KEY Ensemble joins the orchestra. Under Helsinki's leadership, the Vaasa Philharmonic Orchestra is preparing to live up to the city's cultural spring in a way that promises memorable experiences for classical music lovers and new listeners alike.

(Source: STTinfo/Vaasa)

An anonymous benefactor's Christmas gift was moving:

a €50,000 clothing donation to low-income families with children

The staff of PaaPii Design Oy in Kokkola experienced an unforgettable moment when they received a call from an anonymous philanthropist who wanted to make a significant Christmas present for low-income families. A private person donated as much as 50,000 euros of Finnish children's clothing, which was delivered through Hope ry to families in 18 locations around Finland.

PaaPii Design's employees couldn't hold back tears of emotion as they started packing 1100 garments. The donation included high-quality

children's clothing designed and manufactured in Finland, which has now been sent with the help of a charity to wait for Christmas Eve.

According to the philanthropist, the donation was based on his personal experience of a memorable Christmas Eve, when he received help and warmth in a difficult situation as a child. He hoped that the same Christmas magic this year could touch others who need it most.

The Executive Director of Hope ry warmly thanked the donation and reminded how significant an impact such actions have on the lives of families in need. "Christmas is a tough time for many families with children, and this gift brings not only practical help but also joy and hope. The gesture of an anonymous benefactor will surely remain in the hearts for a long time," he commented.

This Christmas present is an example of how a single act can spread joy and caring across Finland. Donated families get to experience a touch of Christmas magic and a reminder that help and goodness can be found, often in surprising directions.

(Source: STTinfo, press release)

Online safety concerns for low-income children: Harmful content and cyberbullying more common

Children from low-income families face more threats online than their peers, according to Save the Children's Voice of the Child 2024 report. Harmful content, cyberbullying and the experience of parents' lack of interest in their child's online use are particularly highlighted in these children's responses. The report highlights that low income does not only

affect the everyday life of families, but also extends to the digital world.

Harmful content and cyberbullying common According to the report, 26% of low-income children had encountered frequent or persistent violent or distressing content, such as images or videos. The corresponding figure for all children was 16%. Cyberbullying, such as threats, nasty comments and exclusion, had been experienced by 32% of children in low-income families, compared to 22% of all children.

In addition, it was more common among low-income children to encounter content that makes them feel inferior to others. This highlights how strongly digital environments can affect a child's self-esteem and well-being.

Lack of parental support accentuated

The report reveals that children from low-income families feel that their parents' interest in their online use is low. Nearly half (48%) of children in low-income families felt that their parents were not interested in their online use. For all respondents, this proportion was 33%.

Aino Sarkia, Save the Children's Senior Specialist in Poverty in Families with Children, estimates that this reflects the overall strain on families. "Low income affects the coping and well-being of both parents and children. Stressed parents may not be able to support their children as strongly, which is also reflected in children's experiences in the digital world," Sarkia says.

Schools play a key role

Save the Children's Digital Wellbeing and Safety Specialist Inka Kiuru points out that schools play a key role in developing children's safety skills. "Inequality is also visible in the digital world. It is important that teachers and schools have sufficient skills to

reduce these inequalities. Adults have a responsibility to provide children with knowledge, skills and safety online," Kiuru emphasises.

An example of this is Save the Children's Huippula service, which teaches digital security skills to fifth-graders. So far, the service has reached 10,000 students. Low income – a threat to children's online safety The report shows that at-risk-of-poverty is becoming more common in families with children. In 2024, 17% of the respondents felt that their family was at risk of poverty, compared to 14% a year earlier. In Finland, around 120,000 children live in low-income families, which corresponds to 12% of all children.

The low income of families with children is also concretely visible in the digital world, where its effects are multifaceted. The prevalence of adverse experiences and the lack of parental support highlight that the online safety of low-income children requires special attention.

"There should be no inequality in the digital world," Kiuru sums up. "Children need to feel safe online – regardless of income level."

(Source: Save the Children, press release)

Interest rates on mortgages could reach 50% next year – in Russia

In Russia, mortgage borrowers face an uncertain future with sharply rising interest rates. After the central bank raised the policy rate from 19 to 21 per cent on 25 October 2024, interest rates on housing loans have already climbed to over 25 per cent. According to experts, the situation could worsen further in the coming years.

At its meeting on December 20, the central bank is expected to raise the

policy rate further, probably to 22-23 percent, according to Igor Balynin, associate professor at the University of Finance under the government of the Russian Federation. Balynin estimates that this would push mortgage rates up to 28-30 percent as early as the end of the year.

Possibility of extreme interest rates

However, Oleg Kalmanovich, chief analyst at Neomarkets, warns that mortgage rates could reach as high as 50 percent in 2025 if the Russian economy is hit by a deeper crisis. This scenario would transform the economic reality of millions of households in Russia and create widespread economic hardship.

Conflicting signals from the government

At the same time, the Russian government assures that inflation is under control and is around 8 percent, with forecasts of a decline to 4 percent next year. This optimistic picture stands in stark contrast to the dramatic interest rate hikes and expert forecasts, raising questions about the country's economic stability and transparency. Life with 50 percent interest – an impossible equation

The notion of mortgage rates of 50 percent is difficult to grasp. It would mean huge costs for borrowers and potentially lead to a wave of payment problems and foreclosures. The future of the Russian economy is uncertain, and how households will be able to cope with this pressure remains to be seen.

What now appears clear is that Russia is facing significant economic challenges, and that the effects of the central bank's decision will be felt by both individuals and society at large.

EVENTS



TIKANOJA THE ART EVENT OF THE YEAR!

Eero Järnefelts exhibition opened on Nov 23, 2024

ATENEUM

Gothic Modern – From Darkness to Light

4 October 2024 to 26 January 2025.

Medieval and Renaissance art provided 20th-century artists with emotional material and ways to deal with fundamental human feelings, as well as birth, death, suffering and sexuality

The artists featured in the exhibition include Arnold Böcklin, Lucas Cranach the Elder, Akseli Gallen-Kallela, Vincent van Gogh, Theodor Kittelsen, Käthe Kollwitz, Edvard Munch, Hugo Simberg, Helene Schjerfbeck, Marianne Stokes, and Gustave Van de Woestyne.

After its debut at Ateneum, the exhibition will travel to the National Museum, Norway and the ALBERTINA Museum, Vienna, where it will be curated by Vibeke Waallann Hansen and Cynthia Osiecki (Curators, National Museum, Norway) and Ralph Gleis (Director, Alte Nationalgalerie), respectively.

The exhibition to be complemented by a comprehensive exhibi-

tion catalogue

Opera&Ballet, Helsinki

Leevi Madetojas Opera The Ostrobothnians 22.11.2024 – 4.1.2025 <https://oopperabaletti.fi/>

SUNDOM CHURCH

The most beautiful Christmas carols Wed 18.12. at 18.00 Canticum Maris Ensemble, Tarja Viitanen, pastor Oula Vornanen Ko-lehti to the Finnish Evangelical Lutheran Mission.

Vaasa Finnish parish

VASA SÄNGGARGILLE

Christmas concert Trinity Church Friday 20.12 at 20.00 and Saturday 21.12 at 18.00

Our most loved Christmas carols and three newly written arrangements of modern Christmas carols by Mikael Svarvar. Guest artist is star tenor Markus Nykänen. Organist Jimi Järvinen also takes part in the concert.

TRINITY CHURCH IN VAASA

The Christmas tableau The God we have been waiting for Mon 23.12 at 17.00 and 19.00

The Christmas tableau "The God We Have Been Waiting For" is an hour-long performance aimed at young and old from all contexts who want to start the Christmas celebrations with the message of Christmas. The Christmas tableau is held in Swedish but is subtitled in several languages. Free admission.

Participants: Wasa Gospel, the children's choir Ger-

by-Mickarna, musicians, actors, dancers.

Arr. Slef Vasa, Vaasa Swedish parish.

KORSHOLM CHURCH

Christmas Day concert Wed 25.12 at 21.00 The chamber choir Psallite. Conductor: Erica Nygård Free admission.

Mustasaari Swedish parish

PETALAX UF

25.12 Christmas dance with Tomas Fantz in Petalax UF 8 p.m.–1 a.m. K-18. Arr. Petalax UF

MALAKTA, Malax

8.12 Art café with mid-day cinema 5 p.m. to 9.30 p.m. for young people aged 13 and over at Malakta. Arr. Malax municipality and Malakta.

MEDIALANGUAGE (In Swedish) 2025: Seminar XX

Vaasa 22-23 Januari 2025

Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University in collaboration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.

<https://www.mediesprak.fi/seminariet/>

LUX HELSINKI

8.–12.1.2025

Finland's most brilliant light festival, Lux Helsinki, is an annual light festival that spreads

around Helsinki at the beginning of January around Epiphany. The event presents a wide range of different forms of light art. The Cathedral is usually a very special attraction at the festival. So if you're going to Helsinki at the beginning of January, check it out.

www.luxhelsinki.fi

SCIENCE NIGHT

9 January 2025 in Helsinki Science Night is science's own city event in Helsinki. The event, which is organized annually in January, will be celebrated next time on Thursday 9 January 2025. A motley group of program organizers guarantees that during the evening and night you will be able to enjoy engaging lectures as well as insight by doing it yourself. Admission to all Science Night events is free!

In the summer, we have an Arts night in Vaasa. When do we get Science Night in winter? <https://www.tieteidenyo.fi/en>



VAASA CITY THEATRE

TOSCA-ooppera

Premisere Jan 12.2025

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupunginteatteri/tosca/>

ILMAJOKI MUSIC FESTIVAL

"BIG Wrath 1713-1721"

6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of the Kyrönjoki River.

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

KORSHOLM MUSIC FESTIVAL

23.7.–30.7.2025

WASA FUTURE FESTIVAL

11-16.8.2025

The Wasa Future Festival 2026 is set to take place from 11th to 16th August. This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies, and ministerial corps to focus on solving issues in Vaasa and across Finland. The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center Gerbyntie 18 65230 Vaasa <https://wasafuturefestival.fi/>

TAITEIDEN YÖ

14.8.2025

"Toivottavasti näemme taas ensi vuoden Taiteiden yössä"

<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudul->

JOULU - JUL - CHRISTMAS



Joulumusiikki kirkoissamme - Julmusik i våra kyrkor - Christmas Music in our Churches

Högmässa med De vackraste julsångerna

sön 15.12 kl. 10.00

Sundom kyrka

Vi firar gudstjänst med nattvard och sjunger De vackraste julsångerna.

Familjegudstjänst med De vackraste julsångerna

sön 15.12 kl. 11.00

Korsholms kyrka

Välkommen och sjung julsånger!

Lasten kauneimmat joululaulut

su 15.12. klo 15.00

Laihian kirkko

Tervetuloa virittäytymään joulun tunnelmaan ja laulamaan Lasten kauneimpia joululauluja.

Kauneimmat joululaulut

su 15.12. klo 18.00

Laihian kirkko

Tule laulamaan ja auta samalla maailman lapsia!

De vackraste julsångerna

sön 15.12 kl. 19.00

Korsholms kyrka

Kauneimmat joululaulut

su 15.12. klo 17.00 - 19.00

Vaasan kirkko

Viittomakielinen tulkkaus, kirkkokuljetus.

Yhteislaulua, Nuorisokuoro Merina, Vaasa Brass, Hanna Koljonen, Tarja Viitanen, Petra Kero.

Konsert med Frank Isaksson

sön 15.12 kl. 18.00

Dragnäsbäcks kyrka

Konsert med Frank Isaksson.

Kauneimmat joululaulut

su 15.12. klo 19.00

Vaasan kirkko

Tervetuloa laulamaan kanssamme!

Laulattamassa Hanna Koljonen ja Sini Usmi, Ville Suomela.

Kolehti Suomen Lähetyseuralle.

Oi, saavu rauhan juhla -konsertti

ti 17.12. klo 19.00

Vaasan kirkko

Wasa Sinfoniettan, Vaasan ylioppi-

laskuoron sekä Sekakuoro Sirpaleiden tunnelmallinen joulukonsertti.

Kauneimmat joululaulut

ke 18.12. klo 18

Sundomin kirkko

Tervetuloa laulamaan kanssamme!

Canticum Maris Ensemble, Tarja Viitanen, pastori Oula Vornanen

Kolehti Suomen Lähetyseuralle.

Toiseksi kauneimmat joululaulut -konsertti

ke 18.12. klo 19.00

Laihian kirkko

Toiseksi Kauneimmat Joululaulut - 10 vuotta

Kauneimmat joululaulut

to 19.12. klo 18.00

Ristinummen seurakuntakeskus

Tervetuloa laulamaan kanssamme!

Laulattamassa Hanna Koljonen ja Jani Muikku.

Julkonsert kl 19 med Hans Martin i Malax kyrka

tors 19.12 kl. 19.00



Malax kyrka
Julkonsert med Hans Martin i Malax kyrka

Tulkoon joulu -konsertti

pe 20.12. klo 19.00

Palosaaren kirkko

Tervetuloa virittäytymään joulun tunnelmaan!

Vaasalaislähtöinen Laura Luoto (laulu) ja Sini Koivisto (piano) esittävät monipuolisen kattauksen kauniita joululauluja. Joukosta löytyy niin perinteisiä klassikoita kuin uudempiakin kappa-leita.

Loistava joulu

la 21.12. klo 18.00

Palosaaren kirkko

Jonna Pirttijoen (haitari ja laulu) ja

Aleksi Yli-Sissalan (kitara ja laulu)

joulukonsertti

Vapaa pääsy, ohjelma 15 euroa.

Kauneimmat joululaulut - messu

su 22.12. klo 10.00

Kirkkosali (Mustasaari, Sepänkylä)

Sepänkylän seurakuntakeskuksessa

Niilontie 3, klo 10.

4. adventti.

Kauneimmat joululaulut - messu. Mii-ka Kallio ja Kaisa Launonen

Kansainvälinen kauneimmat joululaulut -messu

su 22.12. klo 13

Palosaaren kirkko, Verkkokirkko ja Sundom TV

Osallistu paikan päällä tai verkossa International Mass with Christmas Carols

Joulukonsertti: Tähti syttyy pimeään

su 22.12. klo 15.00

Laihian kirkko

Joulukonsertti Tähti syttyy pimeään klo 15

Tiina Ahola laulaa rakkaita joululauluja kanteleen säestyksellä.

De vackraste julsångerna

sön 22.12 kl. 18.00

Sundom kyrka

Kom och sjung de vackraste julsångerna och gör gott genom att delta i Finska Missionsällskapets insamling som går till att hjälpa utsatta barn och deras familjer.

Kauneimmat joululaulut

su 22.12. klo 18.00

Huutoniemen kirkko

Tervetuloa laulamaan kanssamme!

Laulattamassa Huutoniemen kirkkokuoro, Valteri Tuomisto, Marja-Riitta Ylikangas-Annola.

Paimenten kumarrus - Jouluyön konsertti

ti 24.12. klo 22.00

Vaasan kirkko

Lämpimästi tervetuloa kuuntelemaan joulun kauneimpia lauluja ja urkumusiikkia sekä laulamaan yhdessä.

Juldagskonsert

ons 25.12 kl. 21.00

Korsholms kyrka

Kammarkören Psallite. Dirigent: Erica Nygård

Kauneimmat joululaulut vielä kerran

to 26.12. klo 18.00

Vaasan kirkko

Tule laulamaan Kauneimpia joululauluja vielä kerran! Laulattamassa Valteri Tuomisto ja Sini Usmi. Pappina Monica Metsäranta.

Än är det jul - Vålgörehetskonsert för Ukraina

mån 6.1 kl. 16.00

Trefaldighetskyrkan

Vålgörehetskonsert för Ukraina.

TRAMS



Tatra KT4 Trams in Tallinn, Estonia

Tallinn, the capital of Estonia, is known for its picturesque medieval architecture, vibrant culture, and efficient public transportation system. Among the trams that grace the streets of this historic city, the Tatra KT4 holds a special place. These trams, with their distinctive design and storied past, have become an integral part of Tallinn's public transport network.

Historical Background

The Tatra KT4 trams were manufactured by ČKD Tatra in Czechoslovakia, primarily during the 1970s and 1980s. Designed as articulated trams, the KT4 model was built to navigate the tight corners and narrow streets common in many Eastern European cities. KT4 trams have a unique two-section design connected by a flexible joint, allowing them to handle sharp turns





and providing greater maneuverability.

Tallinn received its first KT4 trams in the late 1970s. These trams quickly became a common sight on the city's streets, admired for their robust construction and reliable performance. Over the decades, they have undergone various upgrades and refurbishments to keep pace with modern standards and ensure passenger comfort.

Design and Features

The Tatra KT4 tram is characterized by its articulated body, which is divided into two sections. This design not only enhances the tram's ability to handle complex urban routes but also increases its passenger capacity. Each section of the tram has a set of doors, facilitating easy entry and exit for passengers. The trams are equipped with comfortable seating and ample standing room, making them suitable for both short city commutes and longer journeys across Tallinn.

Initially, the KT4 trams featured a traditional control system with manual acceleration and braking. However, many units have been modernized with more advanced electronic control systems, improving energy efficiency and operational smoothness. The modernization efforts also included upgrading the interiors with better

lighting, new seating arrangements, and improved accessibility features to cater to passengers with mobility impairments.

Role in Tallinn's Public Transport

The Tatra KT4 trams have played a vital role in the evolution of Tallinn's public transport system. They operate on several key routes across the city, connecting residential areas with commercial and historical centers. The trams are an essential part of Tallinn's integrated public transport network, which includes buses, trolleybuses, and modern low-floor trams.

Despite the introduction of newer tram models, the KT4 trams remain popular among locals and tourists alike. Their distinctive appearance and historical significance add a nostalgic charm to Tallinn's streets. Many residents have fond memories of riding these trams, making them an enduring symbol of the city's urban landscape.

Preservation and Future

As Tallinn continues to modernize its public transportation system, efforts are being made to preserve the Tatra KT4 trams as part of the city's heritage. Some units have been restored and maintained in their original condition, serving as historical exhibits or operating on special heritage routes. These efforts ensure that future

generations can appreciate the engineering and design that defined an era of urban transportation.

The Tatra KT4 trams are also a testament to the resilience and adaptability of Tallinn's public transport system. They have successfully navigated the transition from Soviet-era infrastructure to modern European standards, proving their durability and practicality.

KT4 tram: Technical specifications

Length	18,1 meter
Width	2,2 meter
Height	3,1 meter
Doors	4
Speed (max)	65 km/h (40 mph)
Weight	19.900 kg
Motors	4 x 40 kW

Conclusion

The Tatra KT4 trams in Tallinn are more than just a mode of transportation; they are a moving piece of history. Their continued presence on the streets of Tallinn is a tribute to their robust design and the city's commitment to preserving its rich cultural and technological heritage. Whether you are a daily commuter or a visitor exploring Tallinn, a ride on a Tatra KT4 tram offers a unique glimpse into the city's past and present, seamlessly blending tradition with progress.







Everything You Ever Wanted to Know About Type 2 Diabetes

”How common is this disease?”

Approximately one in 10 Finns has type 2 diabetes, some unknowingly. We publish an extensive series of articles about this disease. After reading these articles, you will know absolutely everything there is to know about this. The series of articles is partly based on the article “Good Medical Practice” published last spring by the Finnish Medical Association

tion Duodecum.

Prevalence and Incidence

Type 2 diabetes is rapidly increasing worldwide, affecting an ever-growing number of people. Particularly concerning is that increasingly younger individuals are being diagnosed, especially within African and Asian populations, where the disease is now seen in young people or even children.

Key Figures and Facts:

FinDM Study: In 2017, 98 people under the age of 20 were diagnosed with type 2 diabetes in Finland. This information comes from the FinDM study, which covers all diabetics identified in the healthcare registry from 1964 to 2017.

Kela Register: At the end of 2022, a total of 381,167 people in Finland received diabetes medication with special reimbursement, with 22,709 of these starting treatment in the same year. The total number

of special reimbursement rights has increased by about 2% annually from 2019 to 2022. However, the number of new special reimbursement rights has decreased since 2012 and remained stable over the past five years.

Diabetes Register: At the end of 2022, there were a total of 378,898 people diagnosed with type 2 diabetes in Finland.

Not all diabetics use medication, and not all who use medication are covered by Kela's special reimbursement. This means the actual number of people with diabetes is likely even higher than the registers show.

Screening and Diagnosis:

Many people with diabetes are unaware of their condition. In the 2023 Health in Finland survey, 3.4% of men and 2.7% of women without a previous diabetes diagnosis had blood glucose levels indicative of diabetes. This means about one in five diabetes cases was previously undiagnosed.

Active screening with risk tests and glucose tolerance tests appears to have reduced the number of undiagnosed cases. However, between 2017 and 2023, the proportion of undiagnosed diabetes increased among elderly women.

When undiagnosed cases are included, the prevalence of diabetes among men over 20 years old was estimated at 14.1%, and among women at 10.8%. Diabetes is particularly common among the elderly: 26% of men and 23% of women over 65 had diabetes.

Risk Factors

Overweight is the most significant risk factor for type 2 diabetes. In the 2023 Health in Finland survey, the average BMI for men over 20



was 27.9 kg/m², and for women, it was 27.7 kg/m². Among men, 27% were obese (BMI over 30 kg/m²), and among women, 30% were obese.

One of the main reasons for the increase in obesity is decreased physical activity. This is especially concerning among children and adolescents, whose physical activity needs special attention.

Moreover, many psychosocial factors, such as long-term stress, sleep problems, and depression, as well as socioeconomic stressors, are linked to the development and progression of type 2 diabetes.

Commentary

The increasing prevalence of type 2 diabetes is a serious public health challenge that requires a comprehensive approach to both prevention and treatment. Preventive measures, such as increased physical activity and the promotion of healthy lifestyles, are crucial. At the same time, improving screening and diagnostics to detect and treat the disease as early as possible is essential.

ART

Eero Järnefelt's Kaski has travelled around the world And now it is in Vaasa



Eero Järnefelt's painting *Kaski*, completed in 1893, has become one of the best-known works of the golden age of Finnish art. However, this work depicting slash-and-burn is much more than just a skilful depiction of the Finnish countryside. It has also made a remarkable trip around the world,

visiting numerous exhibitions around the world.

When Järnefelt painted *Kaski*, he could hardly have imagined that the work would become so popular and that it would be presented to such a wide audience. At that time, slash-and-burn was still an essential part of Finnish agriculture, but at the same time it was in the throes of change. The development of forestry gradually replaced traditional slash-and-burn farming, and Järnefelt wanted to immortalize this

disappearing phase of life.

Kaski has been exhibited in numerous exhibitions both in Finland and abroad. The work has travelled to Japan, the Nordic countries, major European cities such as London, Madrid, Barcelona and Rome. In 1900, *Kaski* was seen at the Paris World's Fair, where it was awarded a gold medal.

Exhibition trips have been a significant part of *Kaski*'s history. They have enabled the work to reach a wide audience and present Finnish art to the world. At the same time,

exhibition trips have also been challenging, as the safety of the work must be carefully taken care of. *Kaski* is protected with plexiglass to keep it in the best possible condition for future generations.

Kaski's world travels tell a lot about how art can transcend cultural boundaries and unite people. The work has acted as an ambassador of culture, presenting Finnish identity and landscapes around the world. At the same time, it has also sparked discussion about the transformation of Finnish society and the

disappearance of traditions.

Järnefelt's *Kaski* is much more than just one painting. It is a work of art that has lived a life of its own and traveled around the world. It is also a significant part of Finnish cultural history, reminding us of our past and at the same time prompting us to reflect on our future. The painting's home is at the Ateneum in Helsinki.

But now this painting is in Vaasa, Tikanoja Art Home.

ASTRONOMY

Earth's Temporary Moon: A Celestial Oddity



In a surprising cosmic event, Earth briefly acquired a second moon this past autumn. On September 29, 2024, a small asteroid, designated 2024 PT5, was captured by our planet's gravity, becoming a temporary natural satellite.

This celestial visitor, though small, was a significant astronomical occurrence. While it was not visible to the naked eye, astronomers were able to track and study it using powerful telescopes. The exact size of 2024 PT5 is still being determined, but it was likely a few meters in diameter.

The capture of aste-

roids is a rare event, but not entirely unprecedented. However, having a temporary moon for several weeks is a unique phenomenon. The temporary moon eventually escaped Earth's gravitational pull and returned to its original orbit around the Sun.

This celestial event offers scientists a valuable opportunity to study near-Earth objects and understand their potential impact on our planet. By observing 2024 PT5, researchers can gain insights into the composition, orbit, and behavior of these space rocks.

And what a wonderful "Trivial Pursuit"-question! "How many moons did our earth have in October 2024?"

Now You know the answer. Two,

Image: An artistic impression of earth and its two moons. To the left on asteroid of the same size as PT5.



HISTORICAL ART

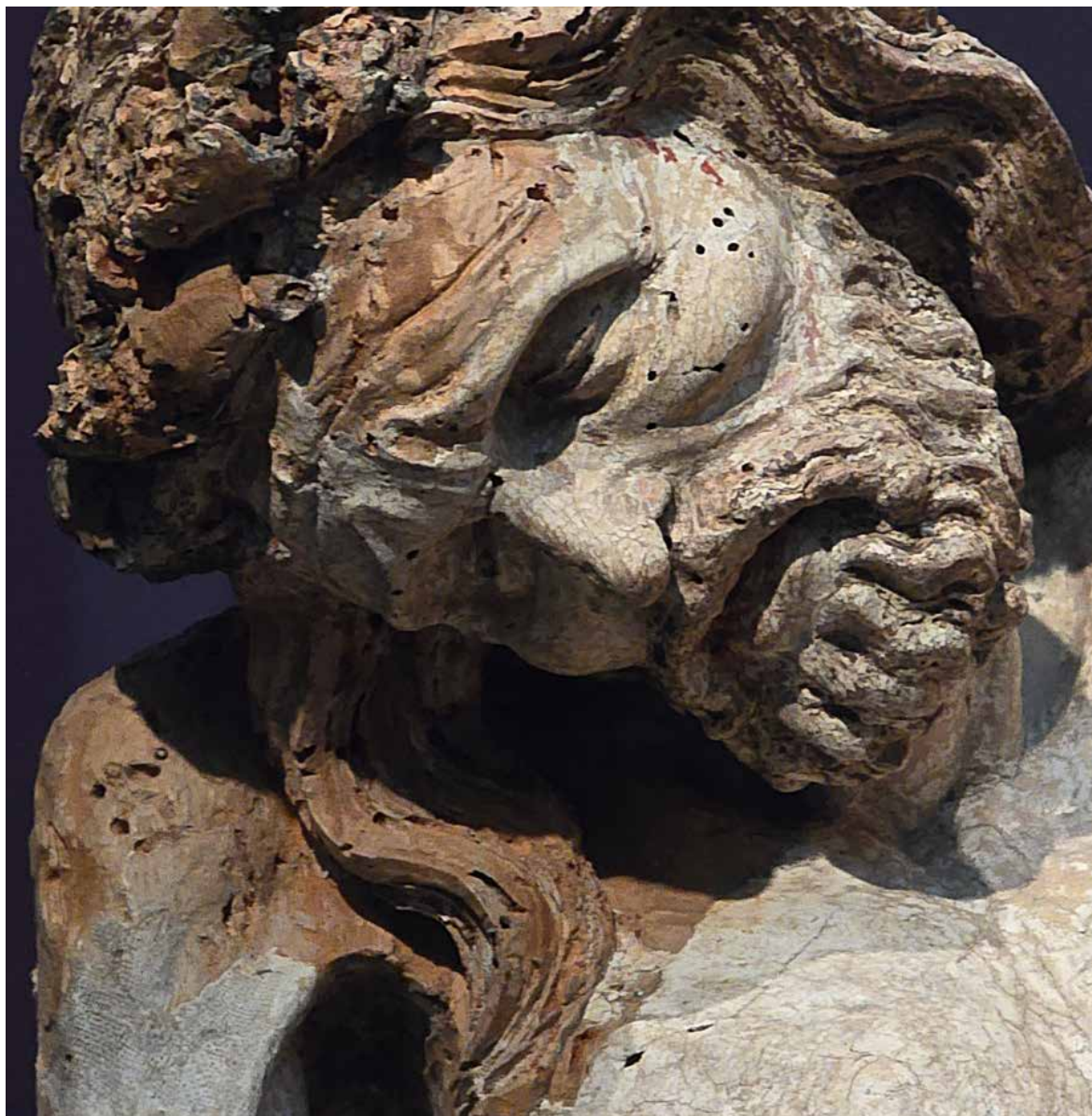
Bopparder Pietà: A Mirror of the Christian History of Salvation

The Bopparder Pietà, a masterpiece of late Gothic sculpture from the late 14th century, is more than just a depiction of Mary's painful encounter with the body of her dead son. It is a complex symbol that is deeply rooted in the Christian faith and takes the viewer on a multifaceted spiritual journey.

This wooden sculpture can now be admired at the Ateneum's "Gothic Modern" exhibition until 26 January 2025.

The sculpture, which can usually be admired at the Liebieghaus sculpture collection in Frankfurt am Main, depicts Mary holding the lifeless body of Christ in her lap. The two figures are united in a heartfelt embrace, an expression of endless sorrow and love. But Bopparder Pietà goes beyond this superficial presentation. The lack of references to the place of crucifixion – Golgotha – and the reduced attributes lead the viewer's gaze away from the concrete historical event to the universal themes of suffering, death and resurrection.

The designation "Vespers image" refers to the Christian evening mass, where the Way of the Cross of Christ is recreated.



The Bopparder Pietà reflects this tradition by providing believers with the opportunity to identify with Christ's suffering and share His pain. The powerful image of the dead Christ invites the viewer to reflect on his own death and accept the transience of earthly life.

But the Bopparder Pietà is not only a depiction of death, but also a symbol of hope.

The diminished image of Christ directs the gaze to his childhood and reminds us of his birth. This contradiction between death and birth underscores the central message of Christianity: to overcome death through the resurrection. The dead Christ becomes a symbol of deliverance from sin and a promise of eternal life.

Bopparder Pietà is a work of art that ap-

peals to the senses and challenges the intellect. The detailed design of the figures, the intense colours and the careful execution invite the viewer to immerse themselves in the scene and experience the emotions of the figures. At the same time, the sculpture opens up for a variety of levels of interpretation and stimulates theological reflection.

Bopparder Pietà is a testimony to people's deep faith in the Middle Ages. It is a work of art that has not lost its relevance to this day and continues to move people from all over the world. The sculpture invites us to reflect on life's big questions and find comfort in the message of Christian hope.



Female Doctors Cure Patients Better?

In a groundbreaking study published in the *Annals of Internal Medicine*, researchers have shed light on a fascinating trend in healthcare: patients treated by female doctors tend to have better outcomes compared to those treated by male doctors. This finding is significant, particularly as it highlights the nuanced ways in which gender can influence medical care and patient health.

Study Overview

The study, conducted by a team of esteemed researchers including Atsushi Miyawaki, MD, PhD, Anupam B. Jena, MD, PhD, Lisa S. Rotenstein, MD, MBA, MSc, and Yusuke Tsugawa, MD, MPH, PhD, analyzed Medicare claims data from 2016 to 2019. This large-scale retrospective observational study included a 20% random sample of fee-for-service beneficiaries hospitalized with various medical conditions, focusing on outcomes such as 30-day mortality and readmission rates.

Key Findings

The study examined 458,108 female and 318,819 male patients, with 31.1% of female and 30.6% of male patients treated by female physicians. The primary outcomes revealed that both female and male patients had lower mortality rates when treated by female physicians. However, the benefit was notably more pronounced for female patients.

Female Patients: The adjusted mortality rates for female patients tre-

ated by female physicians were 8.15%, compared to 8.38% for those treated by male physicians. This translates to an average marginal effect (AME) of -0.24 percentage points, which is statistically significant.

Male Patients: For male patients, the adjusted mortality rates were 10.15% for those treated by female physicians versus 10.23% for those treated by male physicians, with an AME of -0.08 percentage points. While this indicates a slight improvement, it is not statistically significant.

The patterns were similar for readmission rates, further underscoring the potential benefits of care provided by female physicians.

Significance of the Findings

These findings prompt a deeper exploration into why female physicians might be achieving better patient outcomes. Potential factors could include differences in communication styles, adherence to clinical guidelines, or even a more patient-centered approach to care that female doctors might employ.

Communication and Empathy: Studies have shown that female doctors often spend more time listening to their patients and are more empathetic. This can lead to a better understanding of patient needs and more tailored treatments.

Adherence to Guidelines: Female physicians are often found to be more diligent in following clinical guidelines, which can improve patient outcomes by ensuring that the best practices are consistently applied.

Patient-Centered Care: Female doctors may be more likely to engage in shared decision-making with their patients, fostering a collaborative environment that can lead to better health outcomes.

Broader Implications

The implications of these findings are far-reaching. For healthcare institutions, this research suggests that fostering a diverse workforce and supporting female physicians can have a tangible positive impact on patient care. It also highlights the importance of considering gender dynamics in medical training and professional development.

Limitations

It's important to note that the study's findings may not be generalizable to younger populations, as the data was derived from Medicare beneficiaries, who are typically older. Further research is needed to determine if these trends hold true across different age groups and healthcare settings.

Conclusion

The study's conclusion is clear: patients, particularly women, experience lower mortality and readmission rates when treated by female physicians. While the exact reasons behind these improved outcomes require further investigation, this research underscores the critical role that female doctors play in enhancing patient care. As the healthcare industry continues to evolve, these insights should inspire efforts to support and empower female physicians, ultimately benefiting patients nationwide.



LIGHT FESTIVAL

Lux Helsinki 8.-12.1.2025: Illuminating the Darkest Days



As the winter tightens its grip on Helsinki, a radiant counterpoint emerges: Lux Helsinki.

This annual light festival, taking place from January 8th to 12th, 2025, transforms the city's familiar landscape into a breathtaking canvas of light art.

Lux Helsinki is more than just a spectacle; it's a celebration of creativity and community. For five magical nights, the heart of Helsinki is bathed in a kaleidoscope of colors and enchanting installations. Public buildings become luminous sculptures, parks morph into ethereal wonderlands, and streetscapes are imbued with an other-

worldly glow.

The festival's strength lies in its diversity. From immersive, interactive experiences to awe-inspiring large-scale projections, Lux Helsinki caters to all artistic tastes. Local and international artists come together to showcase their innovative visions, pushing the boundaries of light as a medium. Wandering through the illuminated city becomes an adventure, with each corner revealing a new marvel.

Lux Helsinki's impact goes beyond aesthetics. It fosters a sense of connection and shared joy during a time of year often associated with

darkness and solitude. The festival encourages exploration, inviting residents and visitors alike to rediscover the city under a new light. It's a reminder that even in the depths of winter, beauty and wonder can be found.

Whether you're a seasoned art enthusiast or simply seeking a magical escape from the cold, Lux Helsinki is an experience not to be missed. So bundle up, embrace the crisp winter air, and immerse yourself in the luminous heart of Helsinki. Let Lux Helsinki illuminate your January and ignite your sense of wonder.





HEALTH

Semaglutide (Ozempic): A Promising Tool in the Fight Against Alcohol Abuse



Alcohol use disorder (AUD) is a complex health condition characterized by persistent and problematic alcohol use. While numerous treatments exist, many individuals struggle to maintain sobriety. Recent scientific research has shed light on a potential new therapeutic avenue: semaglutide.

Semaglutide, originally developed as a treatment for type 2 diabetes and obesity, has shown promising results in reducing alcohol consumption and binge-like

drinking behaviors. This medication belongs to a class of drugs known as glucagon-like peptide-1 (GLP-1) receptor agonists. GLP-1 is a gut hormone that regulates appetite and blood sugar levels. By mimicking the effects of GLP-1, semaglutide can help reduce cravings, promote satiety, and curb impulsive behaviors associated with alcohol abuse.

Preclinical studies have demonstrated the efficacy of semaglutide in animal models of alcohol dependence. Researchers have observed significant reductions in alcohol intake and the rewarding effects of alcohol consumption in ro-

drinking behaviors. These findings suggest that semaglutide may have a similar impact on human behavior.

While the exact mechanisms underlying semaglutide's effects on alcohol abuse are still being investigated, several theories have been proposed. One possibility is that semaglutide may alter brain reward pathways, reducing the reinforcing effects of alcohol. Additionally, semaglutide may improve mood and reduce stress, both of which can contribute to alcohol misuse.

The potential of semaglutide as a treatment for AUD

is significant. Hospitalizations due to alcohol abuse went down by a third in one big study. It offers a novel approach to addressing alcohol addiction, targeting the underlying biological mechanisms that drive compulsive alcohol use. However, it is important to note that further research is needed to fully understand the efficacy and safety of semaglutide in treating AUD.

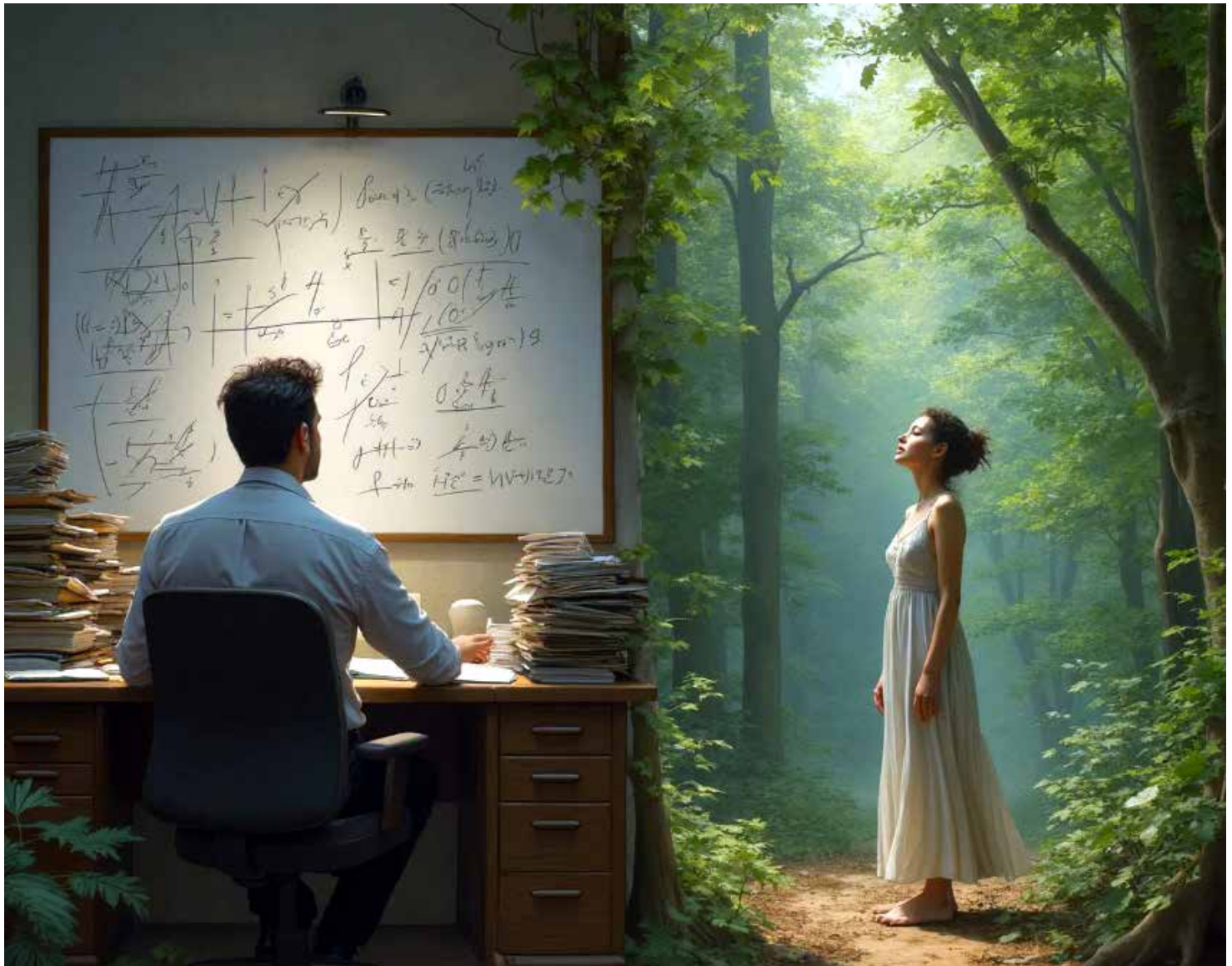
As with any medication, semaglutide may have side effects, including gastrointestinal issues such as nausea, vomiting, and diarrhea. It is crucial to consult with a healthcare professional to determine if semaglutide

is an appropriate treatment option and to monitor for any adverse effects.

Semaglutide represents a promising development in the field of alcohol addiction treatment. While more research is necessary to fully elucidate its mechanisms of action and long-term effects, this medication holds the potential to revolutionize the way we approach alcohol use disorder.

CAUSERIE

Intelligence and wisdom are not the same



Intelligence and wisdom – two words that are often used almost synonymously, but are actually like two completely different dogs in the same cage.

Intelligence is the fast-paced border collie who can solve a Rubik's Cube, while Wisdom is a calm old golden retriever who knows that the cube can also support an un-

stable table. Both have their merits, but if you choose the wrong dog for the right situation, you may find yourself in the middle of a mess.

The intelligent thinks, the wise know

Intelligence is the ability to learn, analyze and solve problems. For example, a smart person could figure out how to make a parachute out of a tablecloth and curtains if he falls from an airpla-

ne. A wise person, on the other hand, would have checked beforehand that he would not step on a plane with only one engine and the pilot had a bad day.

This is where the biggest difference between intelligence and wisdom lies: an intelligent person can survive difficult situations that a wise person never finds himself in. This explains why so many clever inventors, researchers, and entrepreneurs end up writing their me-

moirs about prison or bankruptcy – they're smart, but sometimes surprisingly little wise.

History's greats – but which ones?

Take Aristotle and Einstein. Aristotle, that contemplator of the ancient world, was undoubtedly wise. He understood the great principles of life, such as that too much energy is not good, and therefore mostly ended up sitting and teaching others. He

missed out on stupid experiments, such as testing whether a person could jump off a cliff in Parnassus without consequences. Albert Einstein, on the other hand, was intelligent. He developed the theory of relativity and revolutionized our worldview, but was perhaps not the wisest person in practical life. He reportedly forgot his address and often had to ask for advice on how to find a home. Such situations would not have happened to Aristotle – he



would not even have left his home without a reliable guide.

Smart mistakes and smart avoidances

In everyday life, the intelligent and wise often make different decisions. An intelligent person might buy an extremely complex and fancy coffee machine that requires an engineering degree to understand the instruction manual. The wise man again brews the pot coffee, knowing that the end result will be the same: caffeine in the blood and a cheerful mind.

A smart person tries to solve a marital crisis by buying his spouse's favorite car. A wise person takes his spouse for a walk and listens to what the other has to say. At this point, it's good to remember that sometimes wisdom and intelligence can also come together - that's when your spouse gets both a car and a walk, and the relationship blossoms.

Stupid genius and ingenious fool

There are examples in history of people who were intelligent but not very wise. Napoleon Bonaparte, the master of the conquest of Europe, decided in winter to invade Russia. A military genius, but at the same time an insane risk-taker. A wise person might have thought twice about whether it is worth marching in the middle of the Siberian winter, when there is

already a nice kingdom behind him.

On the other hand, there are stories about people who are not particularly intelligent, but still extremely wise. Many folk wisdom and proverbs come from ordinary people who never went to school, but knew how to live their lives rationally. For example, the phrase "don't shoot a fly with a cannon" may well come from someone who realized that trying too hard doesn't always pay off.

Smart and wise at the same time - the best combination?

Of course, it would be ideal to be both intelligent and wise, but since no one can be perfect in every way, one should settle for developing one's strengths. An intelligent person should learn to stop and ask whether the problem is worth solving at all. A wise person, on the other hand, would do well to try new things sometimes - such as the solution of a Rubik's Cube - just for the sake of practice.

After all, the balance between wisdom and intelligence is what makes life interesting. An intelligent person can figure out how to go to the moon, but a wise person wonders why on earth they should go to the moon, their own backyard is actually a good enough place.

ART

A flooded bathroom at the Kuntsis Museum of Modern Art Meta Isæus-Berlin's exhibition until 30.3.2025

Swedish contemporary artist Meta Isæus-Berlin brings her works to Finland in a large solo exhibition at the Kuntsi Museum of Modern Art in Vasa.

The exhibition, titled *Philosophy*, opens on November 2, 2024, and runs until March 30, 2025, showcasing a selection of around 50 works that span Isæus-Berlin's 30-year artistic career, including ten new installations never seen before in Finland.

Meta Isæus-Berlin is a renowned Swedish contemporary artist whose work often blurs the lines between dream and reality. Her unique style, characterized by a blend of surrealism, symbolism, and domestic imagery, has captivated audiences worldwide.

Born in 1963, Isæus-Berlin's artistic journey has been marked by a constant exploration of the subconscious and the everyday. Her installations, paintings, and sculptures often feature domestic objects, such as chairs, beds, and tables, transformed into enigmatic and dreamlike compositions.

One of her most striking works, "Chair Beside Bed," is a haunting and evocative piece that invites viewers to contemplate the nature of sleep, dreams, and the subconscious. The chair, a seemingly ordinary object, is placed beside a bed, suggesting a moment of transition between wakefulness and slumber. The stark white color palette and the minimalist composition create a sense of stillness and intro-

spection.

Isæus-Berlin's work frequently references historical and mythological narratives. She draws inspiration from ancient myths, fairy tales, and religious iconography, reimagining these stories in a contemporary context. Her paintings often feature figures that seem both familiar and alien, caught in dreamlike states or engaged in enigmatic rituals.

The artist's ability to create a sense of atmosphere and mystery is one of her greatest strengths. Her work often evokes a feeling of nostalgia and longing, inviting viewers to delve into their own memories and dreams. By exploring the subconscious, Isæus-Berlin offers a glimpse into the hidden depths of the human psyche.

In recent years, Isæus-Berlin has gained international recognition, participating in prestigious exhibitions such as the Venice Biennale and the Istanbul Biennial. Her work can be found in major collections around the world, including the Moderna Museet in Stockholm and the Museum of Contemporary Art in Los Angeles.

Whether you are a seasoned art lover or a casual observer, Meta Isæus-Berlin's work is sure to captivate and inspire. Her ability to transform the ordinary into the extraordinary makes her one of the most significant contemporary artists of our time.

Isæus-Berlin's art does not offer direct answers but rather leaves space for the viewer to interpret and reflect on their own experiences. The exhibition in Vasa has also borrowed works from significant Swedish museums, including Moderna Museet and Malmö Art Museum. Additionally, a catalog has been published where the artist shares her

interpretations and creative processes.

One of the most interesting objects in the exhibition is the Bathroom, the construction of which has been financed by the Gröndal Brothers' Foundation. It cannot be described, it must be seen!

This exhibition represents a significant international art event in Finland, and Meta Isæus-Berlin's strong presence at the Kuntsi Museum invites the audience to see familiar places and objects with new, poetic eyes.

The exhibition is open from November 2, 2024, to March 30, 2025, at the Kuntsi Museum of Modern Art in Vasa.



This work of art, which is normally found at the Moderna Museet in Stockholm, was made in 1993. On the wall are 2000 water-filled silicone gloves.

ART EXHIBITION

In Eero Järnefelt's exhibition fascinates the big and small themes of nature. On Nov 23, it came to Tikanoja in Vaasa



On Nov 23, the Tikanoja Art House in Vaasa will host an exhibition covering the entire career of the masterful nature and portrait artist Eero Järnefelt (1863–1937), who sought emotion and truth. The exhibition presents the extensive work of a cosmopolitan cultural family and the artist's significance for Finnish art and Finnishness. Diverse descriptions of nature make one wonder whether the nature depicted by the artist in the 1800s and 1900s still exists.

Järnefelt sought to capture the essential elements of his works. Eero Järnefelt's art stems from his family's interesting cultural background and is characterised by the pursuit of essential features from nature as well as people. The artist was able to depict his subjects with detailed precision, delicate atmosphere and festive monumentality.

The exhibition sheds light on differ-

ent aspects of Järnefelt's conception of landscape and people. It also provides information about the Järnefelt family, his family, study trips, home conditions in Suviranna on Lake Tuusula and the connection of his art to the Finnish thinking of his time.

Järnefelt's paintings of nature and landscapes from Koli make you wonder whether the nature depicted by the artist in the 1800s and 1900s still exists – and what our relationship is to nature and landscapes today. In the artist's works, the magnificent landscapes of danger as well as the delicate details of the buttercup and the casserole are treated equally.

Järnefelt is also known for his portraits of prominent figures of his time. Included are interesting portraits of journalist, doctor and Member of Parliament Tekla Hultin and Mathilda Wrede, who dedicated her life to helping prisoners and the underprivileged.

The exhibition also includes a route designed for visitors with children, which encourages people to look at the works and discuss them from the

children's point of view.

The curator of the exhibition is Timo Huusko, Chief Curator of the Ateneum. Most of the works come from the collection of the Finnish National Gallery, but there are also plenty of loans from other museums and private collections. More than 200 works are on display.

The family's influence on Finnish cultural life was enormous

In the exhibition, you can also get to know the Järnefelt family and close family, whose influence on art and culture at the turn of the 1800s and 1900s was enormous. The Järnefelt siblings, critic Kasper, writer Arvid, musician Armas and later known as Jean Sibelius's spouse Aino, are remembered not only as authors of visual art, literature and music, but also as part of a wider network of cultural actors.

Eero Järnefelt's father, Alexander Järnefelt, made the development of the Finnish national movement his life's mission. Mother Elisabeth Järnefelt is especially remembered for her literary salon, the most famous participant of which was Juhani Aho.

EERO JÄRNEFELT'S ALTARPIECES

Eero Järnefelt's exhibition opens in Tikanoja – altarpieces remain in churches



The Taulumäki Church in Jyväskylä

On 23 November, Tikanoja Art Home will open an impressive exhibition showcasing the work of Eero Järnefelt (1863–1937). The exhibition offers a comprehensive overview of the art of this Finnish master, but one group of works by Järnefelt will be missed this time: the altarpieces.

It is understandable that altarpieces cannot be moved to the exhibition, as they are large in size and often permanently attached to the interior decoration of churches. However, this does not diminish their artistic and historical value, and visitors to the exhibition can admire images taken from the altarpieces.

Six altarpieces in four decades

During his lifetime, Eero Järnefelt painted six altarpieces that adorn churches

around Finland. His altarpieces can be admired, for example, in the new church in Keuruu, the Taulumäki church in Jyväskylä, the church of Littoinen, the church of Raahe and the St. John's Church in Helsinki.

The best-known of these is probably the altarpiece of Taulumäki Church in Jyväskylä, which is an exceptional ensemble of two works of art. At the top is Järnefelt's work "Christ Walks on Water" (1892–1893), which miraculously survived the fire of the first church in Taulumäki. Below, the whole is complemented by the painting "Jesus – The Good Shepherd" (1929) by Jonas Heiska from Jyväskylä.

Although Järnefelt's altarpieces cannot now be seen physically in Tikanoja's exhibition, the devout atmosphere and masterful handwri-

ting conveyed by them can be seen through the images. Exploring the exhibition is a unique opportunity to delve deeper into Järnefelt's extensive oeuvre and the multidimensional nature of his art.

The exhibition will be open at Tikanoja Art Home from 23.11.2024.

Erik (Eero) Nikolai Järnefelt (8 November 1863, Vyborg – 15 November 1937, Helsinki) was a Finnish painter and professor (1912). Järnefelt's best-known works include paintings of Koli's landscapes and portraits of prominent figures of his time.

On the left, his self-portrait.







At the top, the altar of Lieto Church, below is the attach of St. John's Church in Helsinki



SOCIETY

Click your way to change? About clicktivism and slacktivism



What is clicktivism and slacktivism?

Have you ever shared an outrageous news article on social media, signed an online petition, or participated in a digital protest? If so, you may have unconsciously taken part in the phenomena of clicktivism and slacktivism.

These terms, coined by researchers Evgeny Morozov and Alice Marwick in 2017, describe a form of activism that is carried out online. It's about showing your support for a cause by clicking a button, sharing a picture, or writing a comment. It's simple, fast, and requires mini-

mal commitment.

Clicktivism focuses on the individual clicks that form the basis of digital activism, such as signing a petition or sharing a link.

Slacktivism is a more general term that refers to the perception that digital activism is often superficial and does not lead to real change.

Why is it problematic?

Even though it can feel good to do something, no matter how small, for a thing you care about, there is criticism of clicktivism and slacktivism. Critics believe that:

It is not a substitute for real action: Clicking

a button or sharing a picture is not the same as participating in a demonstration, donating money or getting involved in political processes.

It can create the illusion of change: It can give a false sense that you have done something to change the world, even if your actions don't have much of an impact.

It can undermine more in-depth engagement: By making it so easy to be an "activist," clicktivism can make people less likely to engage in more demanding forms of activism.

It can be manipulated: Large amounts of clicks and likes can be

used to influence decision-making processes and create a false image of public opinion.

Deliberation and democracy

Another problem with clicktivism is that it can undermine the democratic process. A healthy democracy requires an informed and nuanced debate on important issues. When we rely on simple "like" buttons and quick reactions on social media, we risk losing the ability to have deeper conversations and to absorb different perspectives.

So what can we do?

It's important to remember that digital activism isn't completely useless. It can be a way to raise awareness of important

issues and mobilize people. But to create real change, it takes more than just a few clicks.

To contribute to a more meaningful and democratic debate, we can:

Get involved in local issues: Participate in local meetings, write to our politicians and get involved in volunteer work.

Support organizations that work for change: Donate money, become a member or spread the word about their work.

Deepen our knowledge: Read about the issues that are important to you and try to understand different perspectives.

Have critical conversations with others: Discuss important issues with friends, family, and colleagues.

ASTROLOGY

Jupiter Retrograde and Its Consequences: Hold On to Your Hats and Horoscopes!

This winter, October 9, 2024 - February 4, 2025, as Jupiter pulls out all the retrograde stops, prepare for a season of cosmic quirks, oversized ambitions, and possibly an urge to re-read ancient myths (or your horoscope) with a raised eyebrow.

When we hear that Jupiter—the grand, gassy giant and ultimate astrological good guy—is “going retrograde,” our minds immediately jump to a season of existential wobble. Jupiter, ruler of wisdom, expansion, and wealth (and possibly dodgy advice from “that one friend”), usually showers us with blessings. But when retrograde hits? All bets are off! Jupiter in retrograde can mean “too much of a good thing,” or worse, “not enough of a good thing at all.” For astrologers and astrology lovers alike, it’s like someone put your life in the cosmic blender, threw in some Jupiter juice, and hit “chaos.”

So What Exactly Is Jupiter Retrograde?

In scientific terms, Jupiter retrograde is the period when Jupiter appears to be moving backward in the sky due to Earth’s orbit overtaking Jupiter’s in their respective celestial racetracks. This reversal happens about once a year and lasts for roughly four months. Ancient astrologers didn’t have telescopes or spacecraft (or TikTok) to explain this celestial switch-up, so they decided Jupiter must be taking a breather, maybe rethinking

its life choices. And if Jupiter, the mighty ruler of growth, is re-evaluating, it’s only fair that we mere mortals should do the same, right?

The Astrological Forecast: More Self-Help, Less Help from the Stars When Jupiter goes retrograde, astrologers say it’s time for inner growth rather than outer expansion. Forget big business ventures, grand vacations, and maybe even that edgy hair color you were considering—it’s a time for contemplating, not consuming! Jupiter retrograde encourages us to look inward, think deeply about our choices, and, ideally, avoid the urge to move to a tiny cabin in the woods to “find ourselves.”

Jupiter rules over philosophy and higher learning, so during retrograde, the wise thing might just be a little reflection: “Do I really need 17 plants in my apartment?” or “Maybe those online philosophy courses weren’t a waste after all!” The retrograde often coincides with a shift in our goals, too. Just as Jupiter pumps the brakes on its forward motion, we may find ourselves reconsidering ambitions and realigning dreams. This doesn’t mean abandoning goals—it means making them sturdier. (Or maybe just less ridiculous.)

Historical Consequences of Jupiter Retrograde: A Mix of Mischief and Majesty Throughout history, Jupiter retrograde has shown up during some pretty monumental moments. In



ancient Rome, they might not have known Jupiter’s retrograde from a hole in the ground, but they did know that strange things seemed to happen when Jupiter went “wonky.” For instance, Emperor Augustus would sometimes consult astrologers during Jupiter retrogrades to see if Rome’s fortunes were about to shift (though he probably didn’t ask about his love life).

And then there’s the Middle Ages: Jupiter retrograde was rumored to be a bad omen for kings and conquerors. Knights went into battle only when Jupiter was in a favorable position. Otherwise, swords stayed sheathed, and the knights focused on jousting, mutton feasts, or whatever they did on their off days. Even the voyages of exploration were said to be “retrograde-wary,” with astrologers warning sailors and explorers that Jupiter’s backward gaze

might not bode well for new endeavors (especially those involving new continents).

Your Retrograde Survival Kit: The Essentials

If you’re looking to weather Jupiter retrograde with all the grace of an ancient philosopher—or, you know, your favorite podcast astrologer—here are some top tips for making the most of this time:

1. Journal Your Grand Plans – Just because you shouldn’t act on your grand ideas doesn’t mean you shouldn’t think about them. Write down those wild dreams; there’s always post-retrograde for making them a reality.
2. Reflect, Don’t Reject – Jupiter retrograde is all about re-evaluation. Before ditching a big project or relationship, see if it just needs a little tweaking.
3. Embrace Wisdom over Wit – Jupiter is wise, not snarky. Leave the sar-

casm aside and focus on uplifting others (even if it’s as simple as complimenting someone’s new haircut).

4. Ditch the Extravagance – During retrograde, splurging on luxuries might just lead to regret. So maybe skip the life-size sculpture of your dog or the three-story inflatable Santa Claus (yes, even if it’s on sale).

5. Check Your Horoscope

– In times of planetary chaos, there’s no harm in seeing what your favorite astrologer has to say. Sometimes, a little cosmic reassurance is all we need.

So there you have it. Jupiter retrograde might throw a cosmic wrench in our plans, but it also opens the door for some quality soul-searching and a bit of celestial laughter. Don’t worry—soon enough, Jupiter will be back on its regular path, and so, hopefully, will we.

HEALTH

All about Cutaneous Coeliac Disease

Dermatitis herpetiformis, the form of celiac disease that affects the skin, was first described in 1884 by the American professor of dermatology Louis Adolphus Duhring. He named the condition Dermatitis herpetiformis, a term still in use today, though for a long time it was commonly referred to as Duhring's disease.

In 1884, Louis Duhring published a 20-page book detailing the disease. Here is the introduction to his description:

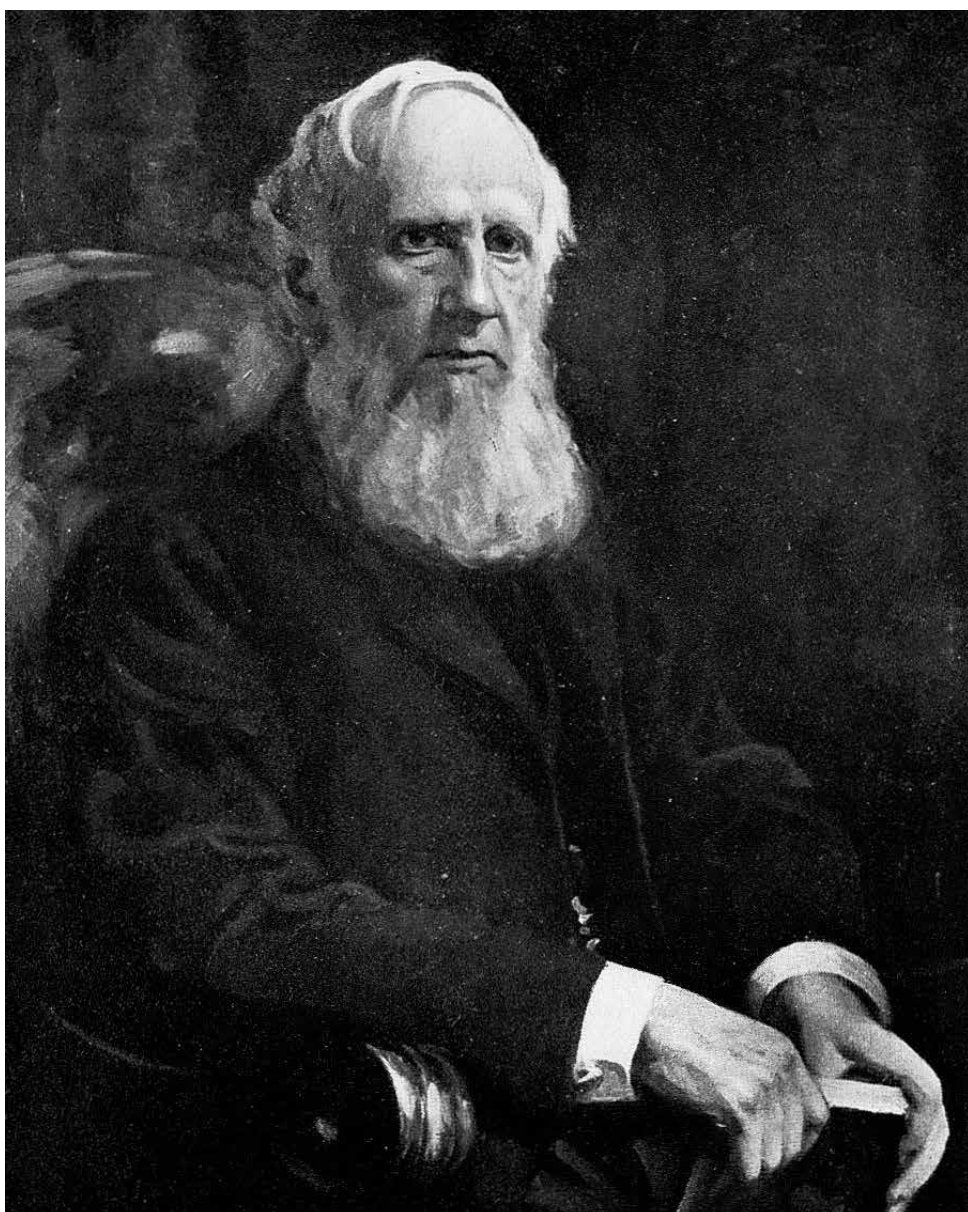
"Under the name Dermatitis Herpetiformis, I propose to group a number of cases of a skin disease I have encountered from time to time. These cases are mostly nameless, having been regarded and diagnosed either as peculiar manifestations of one or another of the more common known diseases, such as eczema, herpes, or pemphigus, or, in certain instances, as undescribed afflictions. From these remarks, it will be concluded that the disease is rare, which is, to some extent, true. At the same time, I have encountered a sufficient number of cases in the past fifteen years to justify the view that the condition deserves special description and a name. I first recognized this skin disease as distinct as far back as 1871, but with the few cases observed at that time, it was difficult to classify or handle them satisfactorily. Since then, I have encountered several other cases illustrating similar and variant forms of the disease."

Duhring also vividly described the itching associated with the disease:

"The most striking symptom is the itching. Burning is also not uncommonly complained of. However, itching dominates and is, in all cases, violent or even intense. Patients report it to be entirely disproportionate to the amount of the outbreak. Furthermore, it is persistent, causing the affected individual to scratch constantly. It usually precedes the outbreak and does not subside until the lesions have ruptured. Experienced patients, familiar with the natural course of the process, have informed me that they cannot find relief until the lesions burst. From my observation, I would say that the itching is both more severe and more persistent than in vesicular eczema. Vesicles appear slowly, taking several days or even a week to fully develop."

In the years that followed, Louis Duhring published numerous works about this disease. However, it was not until 1967 that the link between celiac disease and dermatitis herpetiformis was definitively established. Since then, a gluten-free diet has become the primary treatment for this condition as well.

Symptoms



Louis Adolphus Duhring (1845-1913), an American physician who in the 1860s studied skin diseases in Paris, London and Vienna, and then opened a clinic for skin diseases in Philadelphia, USA. Wikimedia Commons, Creative Commons Attribution 4.0 International

Dermatitis herpetiformis and celiac disease are essentially the same condition, with the former manifesting in the skin and the latter primarily affecting the intestines. Both forms of celiac disease, however, can cause changes beyond the skin and intestines.

Symptoms of dermatitis herpetiformis include small, red blisters that typically appear on the elbows, knees, back, and buttocks. The rash is usually symmetrical but can also occur elsewhere, such as on the neck or even the face. The itching is severe, intense, and clearly impacts quality of life. These blisters can cause significant discomfort, often disrupting sleep and leading to scarring from constant scratching.

The medical literature includes numerous vivid accounts of the itching. In *Celiac Disease: The Hidden Epidemic*, Rory Jones describes their own experience:

"*I now refer to it as my 'seven-year itch.' The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem*"

The ultimate conclusion about the cause of my 'unexplained dermatitis' was stress. Since our



The rash on the elbows may be insignificant at a calm stage of skin celiac disease. Despite this, the itching can be bothersome.

skin is a living, breathing organ influenced by both physical and mental health, this began to make sense to my irritable, sleep-deprived brain. After seven years of itching, joint pain, and constant fatigue, if nothing else, I was certainly stressed.”*

The eventual identification of gluten as the culprit transformed treatment, proving that a gluten-free diet is critical for alleviating not only intestinal celiac disease but also dermatitis herpetiformis

“*I now refer to it as my ‘seven-year itch.’ The itching was so bad I wanted to scratch through to the bone. It kept me awake at night. I wore long-sleeved shirts and pants in ninety-five-degree heat to cover the outbreaks. No cream or lotion stopped the itching, which increasingly consumed my waking hours. There was a certain irony as I used both my left and right hands to scratch the mirror-like outbreaks in tandem”

Epidemiology

Dermatitis herpetiformis is extremely rare in children and adolescents. The average age of onset is around 50 years. Men and women are affected about equally, with a slight predominance in men. The oldest patient diagnosed with this disease was over 80 years old.

In a 40-year follow-up in Finland, it was shown that the average age at diagnosis was around 35 years in the 1970s, and then gradually increased to almost 50 years. At the same time, the disease has become increasingly rare. The reason for this may be that the dietary intake of gluten has halved during this period.

Of all celiac disease patients, a little over one in ten has dermatitis herpetiformis.

People with dermatitis herpetiformis rarely have severe symptoms indicative of common celiac disease. Although the disease affects the skin, it seems to affect the small intestine to a small extent. However, if a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has completely subtle changes.

Diagnosis

Diagnosis of dermatitis herpetiformis can be difficult because the symptoms can resemble other skin diseases, such as eczema or psoriasis. However, the localization of the skin changes is very typical. The worst changes are often found on the outside of the elbows, knees, and buttocks.

A reliable diagnosis is obtained by taking a sample from healthy skin, which is then examined using an immunofluorescence method.

If a gastroscopy is performed to obtain small intestine biopsy samples, typical villous atrophy will be seen in most dermatitis herpetiformis patients, while a smaller proportion has subtle changes. However, since the diagnosis is already certain with a skin biopsy, it is not necessary to examine small intestine biopsies in dermatitis herpetiformis.

Treatment

A gluten-free diet is also the treatment for this form of celiac disease. And the diet is lifelong. Oats are allowed, but it must be pure oats that do not contain any contamination from other grains.

However, the gluten-free diet must be followed extremely strictly. And even if the diet is followed, it can take quite a long time before the rash and itching disappear. It can take weeks or months, but after two years of a gluten-free diet, the itching and rash are usually gone.

But it is not easy to cope with itching for weeks or months, even if you follow a strict diet. Therefore, medication is often needed as a complement to the diet, at least for a while.

The medication used is called dapsone. This is a sulfonamide with antibiotic properties. Dapsone has a valuable role in the treatment of leprosy and malaria.

It is unclear why dapsone helps against the itching of dermatitis herpetiformis. But the effect is striking. After a few days of treatment, the itching is relieved. The usual dose for adults is 25-50 milligrams per day, sometimes the dose can be increased to 100 milligrams. However, as the gluten-free diet takes effect, the dapsone dose can be reduced, and often discontinued after a couple of years.

Dapsone has a number of side effects, which is why the drug should never be used unnecessarily. The most serious side effect is methemoglobinemia, that is, a change in the blood's hemoglobin that impairs the blood's ability to transport oxygen and turns the blood blue, which can cause a change in skin color and blue lips and nails. Other drugs can also cause methemoglobin, such as trimethoprim, metoclopramide, and several anesthetics.

Dapsone has other side effects such as liver inflammation.

Dapsone treatment is carried out in Finland by dermatologists. Regular laboratory tests are necessary due to the risk of side effects.

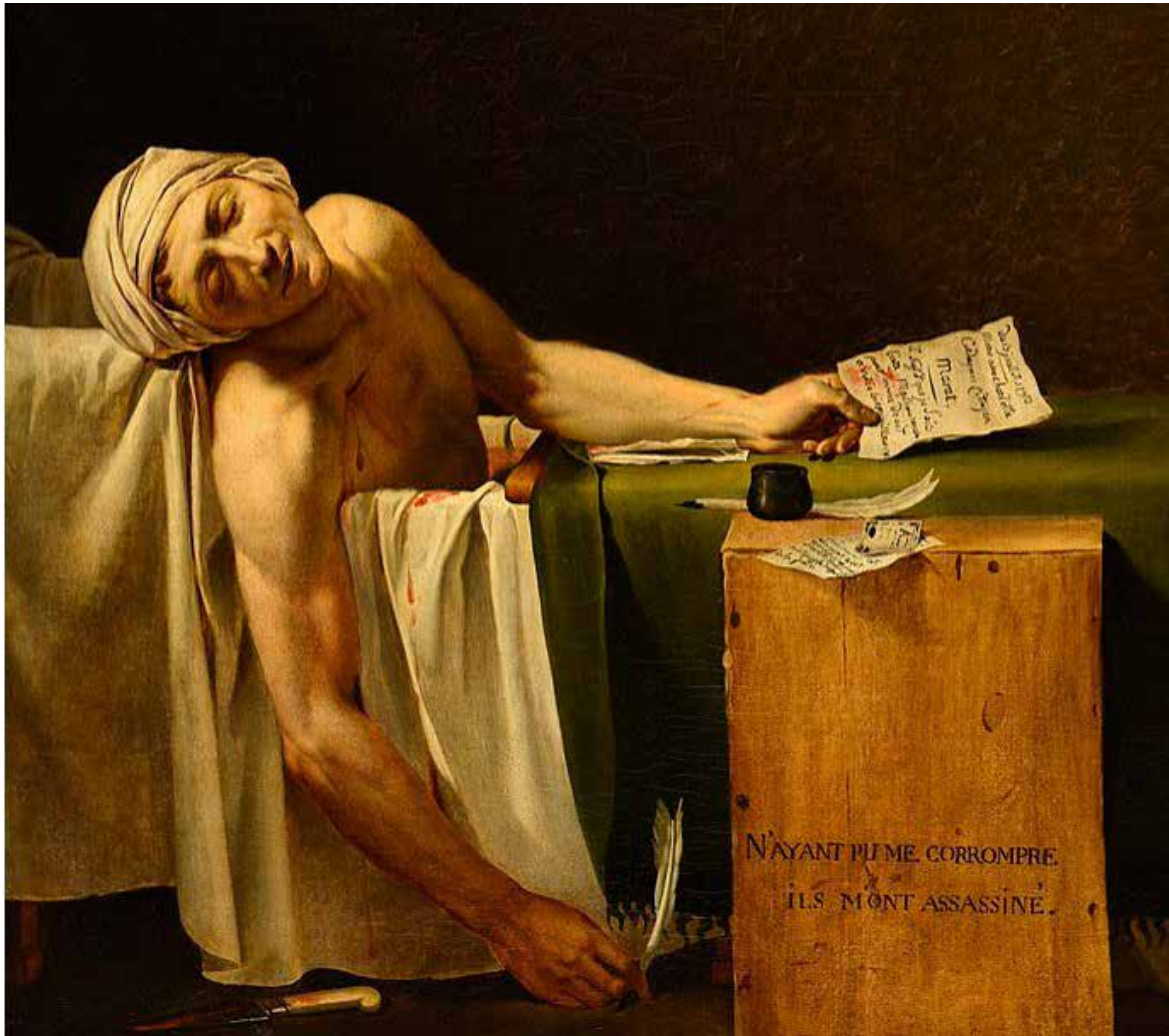
Finally, it is worth pointing out: Although dapsone is effective against symptoms caused by dermatitis herpetiformis, the drug is definitely not an alternative to a gluten-free diet.

Prognosis

As long as dermatitis herpetiformis is undiagnosed and untreated, it has a major impact on a person's quality of life. The intense itching keeps the patient awake, which has many harmful consequences.

But when the diagnosis of dermatitis herpetiformis has been made and a strict gluten-free diet has been started, the prognosis is good in the long term. The patient can live a normal life, the disease does not affect life expectancy, and the risk of complications is minimal. In fact, a Finnish study suggested that people with treated dermatitis herpetiformis live slightly longer than healthy people. A disease that prolongs life can be a comfort and encouragement to maintain a strict diet.

The risk of complications is minimal, but it exists. In the first few years after diagnosis (when the protective effect of a gluten-free diet has not yet taken effect), there is an



The Death of Marat, a painting by Jacques-Louis David. Public Domain

Jean-Paul Marat and Dermatitis Herpetiformis

Jean-Paul Marat (1743-1793) was a French physician, scientist and revolutionary, one of the leading figures of the French Revolution.

During the last five years of his life, he was bothered by a violently itchy rash. The only relief he could get was in a bathtub, where he spent his last years all day long. There he received his guests, and there he wrote his revolutionary newspaper articles, which were published in his own newspaper "L'ami du peuple." He had made many political enemies, and one of them was Marie-Anne Charlotte de Corday d'Armont.

And in the bathtub, he was reading a newspaper at the moment when his life came to an abrupt and violent end. Lying in his bathtub, he was murdered by Charlotte Corday. She stuck a kitchen knife into his chest. Charlotte Corday was immediately arrested, sentenced to death, and then publicly executed by guillotine. The murder caused a period of terror in France, around 1400 people were executed, among them Queen Marie Antoinette.

The newspaper, his own "L'ami du peuple", he read is preserved at the Bibliothèque Nationale de France in Paris. And on the newspaper there were blood stains that DNA tests were carried out. It is said that many infectious diseases could be ruled out, although not with complete certainty. Unfortunately, HLA tests were not done for celiac disease.

Marat's skin disease has aroused a lot of interest and expert doctors have spent a lot of time trying to determine the diagnosis. There is much to suggest that the diagnosis was dermatitis herpetiformis, including the appearance and location of the rash. He had also lost considerable weight, suggesting malnutrition consistent with celiac disease.

increased risk of malignant diseases, such as lymphoma.

Lymphoma, a malignant disease originating from lymphoid tissue.

Lymphoma can be a serious but fortunately rare complication of untreated celiac and dermatitis herpetiformis. The two

main types are Hodgkin's lymphoma and non-Hodgkin's lymphoma, the latter of which can occur with celiac and dermatitis herpetiformis.

Celiac disease, including dermatitis herpetiformis, is an autoimmune disease, which means that people with

celiac disease have an increased risk of developing other autoimmune diseases. Such diseases include type 1 diabetes, thyroid diseases, and skin diseases such as alopecia areata.

HEALTH

The miracle medicine Ozempic helps for everything? No, it doesn't, but...

Ozempic – a drug that has taken the world by storm and quickly become a topic of conversation both in medical circles and among the general public.

Used primarily to manage type 2 diabetes, but is also associated with weight loss, improved heart health, and most recently with the hope that it may even have a slowing effect on Alzheimer's disease. This drug has raised many questions about its potential and also some concerns about its side effects and ethical implications. Is Ozempic really the miracle drug that can solve everything – or is there reason to take it with a certain skepticism?

What exactly is Ozempic?

Ozempic is not just a new fad drug for weight loss. Basically, it's a drug to treat type 2 diabetes, and its active ingredient, semaglutide, is a so-called GLP-1 receptor agonist. This substance mimics a natural hormone in the body that helps regulate blood sugar levels. By stimulating insulin secretion when blood sugar is elevated and reducing the production of sugar from the liver, Ozempic helps diabetics manage their disease. Keeping blood sugar under control is crucial for avoiding long-term complications such as nerve damage, kidney problems, and heart disease. In that sense, Ozempic is a clear success.

But what really made Ozempic a talking point was its unexpected effect on body weight. A lot of studies have shown that patients who take Ozempic can experience significant weight loss. For people struggling with obesity – a problem that often goes

hand-in-hand with type 2 diabetes – this is an enticing side effect. And perhaps this is where the miracle medicine stamp came about.

Benefits of Ozempic – Not Just a Matter of Weight

Ozempic's weight-reducing effect has proven to be an added bonus, but there are more aspects to consider. High blood pressure and coronary artery disease can be positively affected by the drug, as Ozempic improves insulin sensitivity and reduces inflammation in the body – factors that can directly affect cardiovascular health. This means a significant improvement in quality of life for many, and it is no exaggeration to say that Ozempic can indeed have a big impact on the health of people with type 2 diabetes or obesity.

A weight loss of 5 kg is healthy for most of us, and with Ozempic, such a weight loss is easy to achieve. However, for the weight loss to be lasting – this can be worse and may mean that you have to use Ozempic all the time.

A more surprising discovery is Ozempic's potential effect on Alzheimer's disease. Research suggests that semaglutide may have a neuroprotective action, meaning it may help protect brain cells and possibly slow Alzheimer's progression. Of course, the idea that a diabetes drug can also have benefits for brain health raises hopes – and some skepticism.

As with any medication, Ozempic has its own side effects. One of the most common complaints is nausea and other stomach problems, especially at the beginning of treatment. More serious risks include inflammation of the pancreas, a rare but serious side effect. Perhaps the most eye-catching side effect that has at-



racted attention, however, is the "Ozempic face". This term refers to the changes in facial structure that some users have experienced after losing weight with the help of the drug.

When body fat decreases rapidly – which often happens when losing a lot of weight in a short period of time – it can lead to a loss of volume on the face. This causes the skin to become saggy and the face to have a more aged appearance. For a medicine that is supposed to improve health, this side effect may seem paradoxical: you may feel healthier, but the mirror image shows otherwise.

And it is important to know that the knowledge of Ozempic's side effects with very long-term use is unknown. What happens if you

use Ozempic for decades. No one can know that yet at this stage.

Ozempic raises a lot of questions, not only about health but also about ethics and society. An important aspect is the cost and availability of the drug. Ozempic is expensive, and for many people, price can be a determining factor in whether they can access the medication. This creates a potential inequality in healthcare, where a treatment that could benefit many people may be unavailable to those with lower incomes.

In addition, there is a risk that Ozempic is used by people without diabetes solely for the purpose of losing weight. A drug intended for a disease becomes in some circles a shortcut to a slimmer appearance, which can

lead to addiction and to side effects in healthy people. The question is whether this is a problem for society or whether it is up to the individual to decide. In any case, it reminds us of how complex medical ethics can be, and how difficult it is to draw a line between what is necessary and what is merely desirable.

Ozempic has undeniably revolutionized the treatment of type 2 diabetes and has been shown to have significant benefits for weight loss and heart health. It is difficult to turn a blind eye to the potential of this drug – not only for individuals but for the healthcare system as a whole. But miracle medicine is perhaps an exaggeration.

Ozempic does not solve everything, and it is important to understand that the medication comes with risks and ethical question marks. The Ozempic face is a reminder that all change has a downside, and the cost and availability of the drug remind us of the inequalities that still exist in healthcare.

Perhaps Ozempic is more of a symbol of the medical aspirations of our time: a powerful tool that, with the right handling, can help many, but which also reminds us of the importance of taking a step back and seeing the big picture. The future will tell whether Ozempic was a medical fad or a long-term solution to our biggest health problems – until then, we should receive this "miracle" with our eyes open and a healthy measure of caution.

Ozempic is a prescription medication. It is found in Finland but has become so popular that it can sometimes be difficult to obtain. A month's treatment costs over 100 €.

HEALTH

It Pays to Be Happy and Well-being: You Don't Get Dementia

As life expectancy increases and the global population ages, we are faced with an undeniable challenge: how to reduce the growing burden of neurodegenerative 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. Alarming, 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 positive 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 research, 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 reported higher levels of well-being were less likely to develop memory and thinking 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 well-being throughout life could help delay or even prevent the onset of dementia.

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-being are more likely to engage 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 diseases.

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 resilience needed to withstand or counteract this damage. 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 well-being interventions can enhance autonomy, competence, and relatedness, even in advanced stages of dementia.

Simple activities such as physical exercise, spending time outdoors, and engaging 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 reflect on past memories, can foster emotional stability and enhance overall well-being. Aging in place—remaining in one's home rather than relocating to an institution—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 satisfaction with life. Dementia villages, which provide a safe yet familiar environment, have also emerged as a model for maintaining dignity and quality of life for those affected by the disease.

The Path Forward: Acting on What We Know

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. Public health 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.

Incorporating well-being into daily routines is not just a matter of living a happier 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 dementia. While we cannot completely eliminate the risk of developing neurodegenerative diseases, the steps we take today toward fostering mental and emotional well-being may reduce the likelihood of dementia for millions.

In a world where dementia remains one of the most pressing public health challenges, 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 reduced 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.

RUSSIA'S STRANGE DIPLOMATIC LANGUAGE

The Kremlin mocks its opponents

When tensions between the two countries increase – as in recent years between Russia and Ukraine – it is common for the aggressor to ridicule its counterpart. We have seen examples of this. Russian state television is doing its best to spoil Ukrainian President Volodymyr Zelensky and the Ukrainian leadership. According to the Kremlin, Zelensky is a Nazi, a drug addict, a clown, a liar, a traitor, a criminal, a psychopath.

It is important to note that these attacks are false and unjustified. Zelenskyy is a democratically elected leader who has shown great courage and determination in the face of Russian aggression. He is overwhelmingly supported by the Ukrainian people and widely respected by world leaders. That he is a Nazi is not of this world, Zelensky is Jewish and one of the pillars of Nazism is hatred of Jews. But Russia thinks anyone who opposes Russia's aggression is a Nazi.

The Kremlin's use of derogatory adjectives against Zelensky is a sign of despair and weakness. They cannot defeat Ze-

lenskyy on the battlefield, so they resort to personal attacks in an attempt to discredit him. However, these attacks only hook and further strengthen Zelenskyy's determination and the unity of the Ukrainian people.

Then there is reason enough to say that the President of Ukraine is not the only one exposed to derogatory and mocking adjectives. The German leader is a "sausage maker" and the leader of the USA is a senile dementia elderly.

This is not a new phenomenon. In particular, the word clown seems to be popular in the Kremlin when someone dares to oppose plans to conquer Russia. On 26.11.1939, a few days before the start of the Winter War, Pravda published the following sensational article about Finnish Prime Minister Aimo Kaarlo Cajander:

"Finland's government fears appearing before the country's parliament. Instead, Prime Minister Cajander, on November 23, happily performed at a concert. The music played, the prime minister gave a speech. Finland's citizens must be entertained in their current sad situation. Cajander tried



Aimo Kaarlo Cajander

to entertain the audience as best he could. He displayed clownish talent. Cajander turned the concert venue into a simple circus arena. Like Pelle Jöns, he somersaulted, spoke non-sense, stood on his head, walked around the arena on his hands.

First, he dragged out several portraits of Russian tsars onto the arena and bowed down to these images. These humble bows he performed with the ingrained subservience of a born servant. He spoke of 'the policy beneficial to Finland, followed by Alexander I and Alex-

ander II and approved by all the people of Finland.' Then Pelle Jöns stood on his head and threatened the Soviet Union with one of his feet because Moscow was thinking of threatening Finland's independence. It was truly a majestic attitude!

It is known that the Russian tsars, whether named Alexander or Nikolai, suppressed all attempts by the Finnish people to gain independence in every way. The tsarist policy, which aimed to oppress, subjugate, and paralyze the people, was only accepted by the reactionary-minded,

corrupt Finnish bourgeoisie. Cajander et consortes served the Russian tsars as faithful lackeys and court jesters. When tsarism was overthrown by the people's fatal blow, the temporary go-vernment refused to grant Finland independence. For this independence, the Bolsheviks Lenin and Stalin fought in cooperation with the Finnish people. From the Soviet government, the Finnish people have received their independence, which Finland's bourgeoisie always displays and still sells as a commodity on the market of imperialism. Such are the facts.

Cajander believes that when he makes his somersaults, the world goes off the rails. A ridiculous illusion! Pelle Jöns makes his somersaults, but the facts stand unyieldingly where they stand. This whole pathetic comedy is played out only to avoid answering the Finnish people's question to its ridiculous, intrigue-ridden government: why have Latvia, Estonia, and Lithuania concluded treaties with the Soviet government guaranteeing their independence, peace, and secure work, while the Finnish government has interrupted negotiations and caused anxiety and worry for the Finnish people? Here one cannot avoid the issue by just dodging. Cajander makes somersaults, crows like a rooster, suddenly bursts into tears. He cries, moans, tears his clothes to pieces, strikes around with the words of a circus clown, scatters ashes.

Not on his own head, but on the heads of the ministers of Estonia, Latvia, and Lithuania. Through tears, Cajander cries out: '...These three vigorous Baltic states,



*Hufvudstadsbladet den
27.11.1939*

which had a brilliant future ahead of them, have suddenly been transformed from independent states into realms more or less dependent on the Soviet Union. D

This has made a crushing impression on us Finns." Cajander weeps for the political leaders of Estonia, Latvia, and Lithuania. They have turned out, you see, to be very shortsighted. But Pelle Jöns in the role of prime minister, behold, he is farsighted. He is a politician who has been schooled by the far-sighted Beck, by the clear-sighted Moscicki. May he experience how they feel, these Polish Pelle Jöns, who have forever lost their commitment. Soon enough, Cajander may have the opportunity to realize that it is not the Finnish government's puppets who are foresighted, but Estonia's, Latvia's, and Lithuania's current leaders, who have concluded agreements with the Soviet Union guaranteeing the independence of these states.

But Cajander and his cronies cannot avoid giving the Finnish people the answer they increasingly demand.

Why have you, gentlemen Cajander and your associates, interrupted the negotiations? The people have not demanded this of you. Who has demanded that the negotiations be interrupted? Finland's prime minister wriggles like an eel, he cries and snivels and wipes the tears from his dirty face: "As much as we have tried to find a common basis for our negotiations, they have nevertheless been temporarily interrupted.

This must be regretted all the more as Finland sincerely wishes to maintain good relations with all its neighbors." Cajander "regrets"! Cajander "has temporarily" interrupted the negotiations! Cajander sheds crocodile tears. Crocodile tears are said to be the most deceitful, the most vile, the most disgusting in the whole world. But even more repulsive, even more vile, even more deceitful are the tears shed by Pelle Jöns as he imitates the crocodile. It is a perversion of a reptile that lacks sharp teeth, that lacks strength, but is full of the cunning and voracity of a little predator.

And yet Cajander and his henchmen will not escape answering the question that the Finnish people increasingly threateningly pose to them, as they see the country being drawn into a shameful and dangerous game by provocateurs. Why have you, Cajander and your gang, interrupted the negotiations? You are "independent" (?) only of the Finnish people, who in fact seek the friendship of the Soviet people. Who, then, are you dependent on? Whose will do you fulfill, whose instructions do you follow? And Pelle Jöns in the prime minister's office runs anxiously,

cowardly around, letting his faded eyes wander in all directions and swearing to God: "Finland has not been in need and has not received instructions from other states. By God, it has not received any!" A clown's oath, invoking God!

The receipt for "foreign states' instructions" having been fulfilled has been published. It is found in the English imperialist press's approval of Cajander's speech. The Daily Herald pats its Finnish Pelle Jöns friendly on the shoulder: "you have done well, dear brother".

Can one then be surprised that Cajander and his entourage have not found "a common basis" with the Soviet government? Pelle Jöns performs his somersaults on the warlike imperialism's "general platform," lets the jazz orchestra clang, lets the saxophone jam, lets the circus director's whip whistle.

Will this political circus continue for a long time? We must hope: not too long. We must hope that the Finnish people will not allow puppets like Cajander and his associates to steer Finland's ship of state further towards the brink of destruction, where Beck and Moscicki have suffered shipwreck."

This text's Swedish translation was published in Hufvudstadsbladet on November 27, 1939. In Pravda, it was published on November 26, incidentally the same day as the shots in Maimila were fired, evidently by the Russian side.

RUSSIAS WAR AGAINST UKRAINE

The Head of State Awarded Scientists with the Borys Paton National Prize of Ukraine



RUSSIAN INFLATION

The Ruble, Hyperinflation, and Divine Intervention: Russia's Heavenly Economic Policy

When the economy spirals out of control, printing presses are overheating, and the ruble teeters on the brink, what's the solution? In Russia, the answer has proven to be as creative as it is desperate: turn to God. The Orthodox Church, under Patriarch Kirill's leadership, has taken on the task of solving the nation's economic crisis—not through financial reforms or fiscal policy, but through prayers. Yes, prayers to combat inflation, strengthen the ruble, and defeat the dollar.

A Tumbling Economy: What Happened?

This celestial intervention has a very earthly cause. Officially, the Kremlin claims that inflation in Russia stands at 8%. Even this figure is painful for the average citizen, but behind the official narrative lies a harsher reality: some estimates suggest the real inflation rate is as high as 50%, with hyperinflation looming ominously on the horizon.

What's driving this crisis? One major factor is the relentless printing of money. Financing the war in Ukraine has demanded enormous sums, and the state has decided that the solution is simply to print more cash. On top of this, huge bonuses—

reportedly up to three million rubles per soldier—have been promised to those who voluntarily enlist in the army. These payouts, coupled with unchecked spending, have pushed prices up, devalued the ruble, and created a vicious cycle of rising interest rates and plummeting confidence in the currency.

The Russian Central Bank has responded by raising its key interest rate to 21%, with forecasts suggesting it could hit 25% by the year's end. Meanwhile, the ruble has lost 20% of its value against the dollar in just a few weeks, leaving the economy in freefall.

God as an Economic Advisor

Faced with this dire situation, and with pragmatic solutions seemingly out of reach, it's perhaps not surprising that Russia has turned to higher powers. Patriarch Kirill, who has consistently aligned himself with the Kremlin's directives, has ordered special prayers to combat inflation. Initially, these prayers will take place in monasteries, away from the public eye—perhaps to prevent widespread panic over the scale of the crisis.

But this is only the



beginning. If these initial efforts fail, all of Russia's churches will be mobilized in the fight against rising prices. Concurrently, prayers will also be offered to "defeat the dollar" and strengthen the ruble, as if foreign exchange markets could be swayed by holy water and crossed fingers.

And if even that doesn't work? Then comes the *pièce de résistance*: a massive religious procession through the streets of Moscow or St. Petersburg, aimed at shielding the nation and its people from economic hardship.

A Stark Contrast to Reality

It's hard not to raise an eyebrow at such measu-

res. While other nations grapple with inflation through interest rate hikes, fiscal reforms, and international cooperation, Russia is turning to spiritual remedies. Economists analyze supply chains, market trends, and capital flows, while Patriarch Kirill likely consults psalms for answers.

What does this reveal about Russia's economic state? At best, it's a symbolic gesture—a bid to instill hope in a population increasingly burdened by the crisis. At worst, it's a tragically comical admission that the government has no real tools left to address the situation.

Prayers and Processi-

ons: Inflation's New Foe

The notion that a religious procession could stabilize the ruble or curb inflation might seem absurd to most, but it reflects the deeper issues plaguing Russia. The nation's economy is so entangled in the costs of war, systemic corruption, and political instability that traditional solutions appear ineffective.

Whether prayers and processions can truly save the ruble from its freefall remains to be seen. But if even divine intervention fails to rescue it, one is left wondering—*who, or what, could?*

RUSSIAN ECONOMY

Is hyperinflation coming up in Russia?

An analysis of Russia's economic crisis

Russia's economy is facing one of its biggest challenges in modern times. The economic sanctions that followed the invasion of Ukraine, combined with an increasingly isolated position in the global market, have created a perfect storm for the Russian ruble.

The drastic increase in the policy rate to 21%, with the prospect of further increases, is a clear sign that the Russian central bank is trying to fight inflation that threatens to spiral out of control.

Official statistics versus reality

The Russian government reports an inflation rate of around 8%. However, economists and experts agree that this figure does not reflect the real situation. The rising demand for goods, especially food and other basic goods, combined with disruptions in supply chains, has led to a significant increase in prices. Many Russians testify that the prices of food and other necessities have more than doubled in the past year.

Banknote presses run hot

To finance the war in Ukraine and compensate for the reduced revenues from oil and gas exports, the Russian government has had to print large

amounts of money. This has led to a sharp increase in the money supply in circulation, which in turn drives up inflation. Free currency trading has been abolished, and the ruble has depreciated sharply against other currencies. Although the official exchange rate is 100 rubles per dollar, in practice it is impossible for Russians to buy dollars at this rate.

A population in panic

The economic uncertainty has led to increased anxiety among the Russian population. Many Russians are trying to protect their savings by buying physical assets, such as housing and groceries. The phenomenon of hoarding buckwheat, a staple of the Russian diet, has become increasingly common.

The risk of hyperinflation in Russia is high. Historically, countries that have been hit by similar economic crises have often experienced hyperinflation. Hyperinflation is an extremely high rate of inflation, which can lead to a total collapse of a country's economy. To avoid hyperinflation, the Russian government must take drastic measures to stabilize the economy and regain the confidence of investors and the population.

Hyperinflation can occur very quickly, at a time when the population is suffering from something that could be called mass psychosis and everyone is rushing to the shops at the same time to get rid of their almost worthless banknotes.



This is not something new in Russia. In the early 90s, Russia had a period of over 1000% inflation. In a short time, the ruble lost over 90% of its value.

The high inflation, the reduced availability of foreign currency and the increased uncertainty pose a major threat to the standard of living of the Russian population. If the Russian government does not succeed in reversing the trend, the country risks ending up in a deep economic crisis with long-lasting consequences. The worst possible consequence is hyperinflation.

Consequences of a possible hyperinflation for the Russian population

Hyperinflation, an extremely high inflation rate, would have devastating consequences for the Russian population. Here

are some of the most likely outcomes:

Greatly reduced purchasing power: Money quickly loses its value, which means that wages and savings become worthless. Panicked buying accelerates, people buy everything they can as long as you get something for the rubles and in the end all the shelves are empty. People will no longer be able to buy the goods and services they need to survive.

Social unrest and instability: Economic crisis often leads to social unrest and political instability. Dissatisfaction with the government may increase, which may lead to protests and demonstrations.

Hunger and malnutrition: High food prices make it difficult for people to get enough food. This can lead to starva-

tion and malnutrition, especially among children and the elderly.

Loss of lifelong savings: Pensions, savings accounts, and other savings will be wiped out. Many people will lose everything they have worked for throughout their lives.

Fleeing the country: Many will try to leave the country to find better living conditions. This could lead to a mass exodus and create additional problems for neighbouring countries.

Disintegration of society: Hyperinflation can lead to a breakdown of society, with increased crime and violence.

Loss of confidence in the economic system: People will lose confidence in the economic system and the Russian ruble. This can lead to an increased use of alternative currencies or barter.

FM SERGEY LAVROV ABOUT FINLAND

Foreign Minister Sergey Lavrov is Wrong

A comment:

Russian Foreign Minister Sergey Lavrov's recent comments about Finland, made during an interview with Tucker Carlson, reveal a deeply flawed understanding of history, international relations, and the shifting dynamics of global alliances. His claims, which accuse Finland of reverting to the allegiances of the early 20th century, are as inaccurate as they are inflammatory.

Lavrov's statement suggests that Finland's decision to join NATO in 2023 stemmed from latent hostility toward Russia, equating Finland's modern alignment with its actions during World War II when it temporarily cooperated with Nazi Germany. This comparison not only distorts historical reality but also ignores the context and motivations behind Finland's recent choices.

The Context of NATO Membership

For decades, Finland was the embodiment of neutrality. Following World War II, Finland walked a delicate tightrope, maintaining amicable relations with the Soviet Union and, later, Russia, while simultaneously integrating with Western economic and cultural structures. Lavrov's nostalgic depiction of sauna diplomacy and hockey matches reflects this period of pragmatic coexistence.

However, the world

changed dramatically in 2022 when Russia launched its unprovoked invasion of Ukraine. This act of aggression shook Europe to its core, prompting nations to reevaluate their security strategies. For Finland, a country with a long border shared with Russia, the invasion served as a stark reminder of its vulnerability. Memories of the Winter War (1939–1940), when Finland heroically resisted Soviet aggression, resurfaced. This historical experience, combined with the shocking brutality of the Ukraine conflict, fundamentally altered Finnish public opinion.

Before 2022, a significant majority of Finns opposed NATO membership. Within weeks of Russia's attack on Ukraine, that opposition transformed into overwhelming support for joining the alliance. Lavrov's narrative conveniently ignores this shift, implying that Finland's decision was driven by animosity rather than necessity.

The Hitler Comparison: A False and Offensive Analogy

Perhaps the most egregious aspect of Lavrov's statement is his suggestion that Finland's NATO membership aligns it with the ideology of Adolf Hitler. This claim is both historically inaccurate and deeply offensive.

During World War

II, Finland's temporary cooperation with Nazi Germany was a matter of survival, not ideology. Having been invaded by the Soviet Union in the Winter War, Finland sought assistance wherever it could, even from Germany, to protect its sovereignty. The partnership was one of convenience and was limited in scope. Unlike the Axis powers, Finland did not adopt fascism or embrace Hitler's broader agenda.

The comparison falls apart further when applied to today's geopolitical landscape. NATO is a defensive alliance, rooted in democratic values and mutual protection, not conquest or domination.

Hitler's regime, by contrast, was defined by imperialism, genocide, and totalitarianism. To draw parallels between Finland's NATO membership and its wartime actions is not only misleading but diminishes the gravity of the atrocities committed during World War II.

What Lavrov Gets Wrong About Neutrality

Lavrov's suggestion that Finland abandoned neutrality out of latent hostility or impatience is equally misguided. Neutrality served Finland well for decades, but neutrality is only viable when both parties respect it. By invading Ukraine, Russia demonstrated

that it does not honor the sovereignty of its neighbors.



W Commons. Public Domain

The invasion was not an isolated incident but part of a broader pattern of Russian aggression, including the annexation of Crimea in 2014 and interventions in Georgia and Moldova. Faced with these precedents, Finland made the rational decision to seek the collective security offered by NATO. It was not a choice against Russia but a choice for Finland's safety and independence.

Ignoring the Real Catalyst: Russia's Actions

Lavrov conveniently omits the central role that Russia's own actions have played in reshaping Europe's security environment. The invasion of Ukraine violated international law, undermined trust, and destabilized the region. Instead of introspection or acknowledgment of these facts, Lavrov's comments deflect blame onto Finland and other Western nations.

The irony is glaring. Russia's aggression has driven countries like Finland and

Sweden to abandon their long-standing policies of neutrality. Lavrov's refusal to recognize this cause-and-effect relationship underscores a broader unwillingness within the Kremlin to confront the consequences of its own decisions.

A Path Forward Requires Honesty

Lavrov's remarks about Finland are not just wrong—they are a missed opportunity. Instead of stoking resentment with baseless accusations, Russian leadership could reflect on why its neighbors feel the need to align against it. Finland's NATO membership is not a declaration of enmity toward Russia but a pragmatic response to an increasingly unpredictable and aggressive neighbor.

If Russia truly wishes to rebuild trust with its neighbors, it must start by addressing the root causes of this mistrust. That begins with ending its war in Ukraine, respecting the sovereignty of all nations, and engaging in genuine diplomacy rather than propagandistic rhetoric. Until then, comments like Lavrov's will only serve to deepen the divide between Russia and the rest of Europe.

In the end, the responsibility for Russia's isolation lies not with Finland, NATO, or the West but squarely with the Kremlin itself.

Sergey Lavrov 6.12.2024

"Katso, olemme olleet hyvin ystävällisiä esimerkiksi Suomen kanssa. Yhdessä yössä suomalaiset palasivat toisen maailmansodan valmistelun alkuvuosiin, kun he olivat Hitlerin parhaita liittolaisia. Ja kaikki tämä puolueettomuus, kaikki tämä ystävyys, saunassa käyminen, yhdessä pelaamalla jääkiekkoa, tämä kaikki katosi yhdessä yössä. Joten ehkä tämä oli syvällä heidän sydämissään, ja puolueettomuus ja höveliäisyys rasittivat heitä, en tiedä."

"Titta, vi har varit väldigt vänskapliga med Finland, till exempel. Över en natt kom finnarna tillbaka till de första åren av förberedelserna för andra världskriget när de var Hitlers bästa allierade. Och all denna neutralitet, all denna vänskap, att bada bastu tillsammans, spelade hockey tillsammans, allt detta försvann över en natt, så det här var kanske djupt i deras hjärtan, och neutraliteten belastade dem, och hövligheten belastade dem, jag vet inte."

"Look, we have been very friendly with Finland, for example. Overnight, the Finns came back to the early years of preparation for World War II when they were best allies of Hitler. And all this neutrality, all this friendship, going to sauna together, playing hockey together, all this disappeared overnight. So maybe this was deep in their hearts, and the neutrality was burdening them, and niceties were burdening for them. I don't know."

«Слушайте, наприклад, ми були дуже дружні з Фінляндією. За одну ніч фіни повернулися до перших років підготовки до Другої світової війни, коли вони були найкращими союзниками Гітлера. І весь цей нейтралітет, вся ця дружба, відвідування сауни разом, разом граючи в хокей, усе це зникло за одну ніч, тож, можливо, це було глибоко в їхніх серцях, і нейтралітет обтяжував їх, і ніжності обтяжували їх».

AI

AI-Generated Podcasts: A New Era of Audio Content with NotebookLM



**Podcast in English:
Russian disinformation**
<https://vpress.ovh/podcasts.htm>

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and redefining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge

technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of NotebookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

Natural-Sounding Voice: NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

Diverse Range of Topics: Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.

20 Everyday Abbreviations You Need to Know (and Maybe a Few You Don't)



Abbreviations are everywhere these days. From texting acronyms to technical jargon, those handy 3-letter (and sometimes longer) combos can be confusing if you're not in the know. But fear not, fellow abbreviation adventurer! This article will equip you with the knowledge to decipher 20 of the most common abbreviations you'll encounter in everyday life.

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)
6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positioning System (Helps you navigate the world)
16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring the wonderful world of shorthand communication!

Wasa Daily

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 English-speaking inhabitants in the Osthrobotnia region

The magazine contains 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!

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HOROSCOPE FOR DECEMBER 2024

December Horoscope: What the Stars Have in Store for You

Aries (Mar 21–Apr 19)
Santa knows if you've been naughty or nice, Aries. But knowing you, you're probably organizing his gift list and suggesting a reindeer rebrand. Take a breath—December's all about fun, not micromanagement.

Taurus (Apr 20–May 20)
Your love for all things cozy hits its peak this month. Expect a lot of fuzzy socks, mulled wine, and arguments over whether the tree is perfectly symmetrical. Spoiler: It's not, but that's okay.

Gemini (May 21–Jun 20)
You're the life of every holiday party... unless there are three at the same time, which you'll somehow attend simultaneously. Just remember: you can't RSVP "Yes" to everything—unless you clone yourself.

Cancer (Jun 21–Jul 22)
Cancers, December is your time to shine... in the kitchen, wrapping gifts, and orchestrating heartfelt traditions. But be careful: not everyone appreciates hand-knit elf costumes for

their pets.

Leo (Jul 23–Aug 22)
You're the star at the top of the tree this month, Leo. But don't hog the spotlight too much; let someone else light a candle or two. Sharing is the greatest gift, even if it's just the last gingerbread cookie.

Virgo (Aug 23–Sep 22)
Your December checklist includes organizing Secret Santa, color-coding decorations, and perfecting your "surprised" face for predictable gifts. Try to relax. Even if the bows aren't perfectly tied, the world will keep spinning.

Libra (Sep 23–Oct 22)
December has you torn between binge-watching holiday movies or hand-making snowflakes for every window. Tip: Do both. Balance is your superpower—just don't try to bake and gift-wrap at the same time.

Scorpio (Oct 23–Nov 21)
You've got strong opinions about eggnog and even stronger ones about who gets to control the holiday playlist. Channel that passion into spreading joy, not just enforcing Mariah Carey exclusivity.

Sagittarius (Nov 22–Dec

21)
Sagittarius, you're practically a snow globe of cheer this month. Travel, adventure, and mistletoe shenanigans are in your stars. Just don't forget to text your family back between ski runs and mulled cider.

Capricorn (Dec 22–Jan 19)
You've probably planned your New Year's resolutions already, Capricorn. Take a break and enjoy the moment. Life isn't just about productivity—sometimes it's about eating your weight in holiday fudge.

Aquarius (Jan 20–Feb 18)
Your unconventional spirit makes for unique celebrations. A disco ball instead of a star on the tree? Genius. Just don't expect Grandma to embrace your "ugly sweater/dance-off" theme immediately.

Pisces (Feb 19–Mar 20)
Pisces, you're a soft-hearted snowflake this December. Embrace your dreamy side, but don't get so lost in holiday sentimentality that you forget where you hid the gifts. Hint: Check the freezer.



NEWS 100 YEARS AGO



Sunday, December 15, 1924

This is a fictional daily newspaper that contains completely authentic news from exactly 100 years ago with the aim of giving the reader an idea of what everyday life

THE PHARMACIST IN KASKÖ HAS RECEIVED A WARNING

After warning pharmacist Gössling several times without result, it was Dr. Wahlström's duty as a doctor to remedy the difficult pharmacy conditions here by reporting to the National Board of Medicine in order to increase the At the National Board of Medicine, Dr. W. when asked that apot. G. was to receive a warning. That the verdict fell so harshly on apot. G. probably also has other causes.

HULDA EKHOLM TURNS 70

Tomorrow is Miss Hulda Ekholm's 70th birthday. Who is it? Maybe a non-local person asks. But anyone who has ever lived in Kaskinen has probably noticed this lively little lady, who can probably still pass for 50 springs through her fresh and awake mind, and who brings with her a breath of the Kaskinen that a couple of decades ago gave the town a more hospitable, pleasant and distinguished character than it is now.

KASKÖ

Bio Espis shows Wednesday at 7 p.m. "Two

People" by John Rusell. Music is performed during the performances by Weber.

Yttermark's bull association's autumn meeting. At the autumn meeting of the Yttermark Bull Association last Sunday, the bull Ehto was boarded for a year in the same place, where it had been for several years before, namely with the farmer Karl Erik Antas in V.-Yttermark for 4,200 marks. The bull Urban was boarded with the farmer Oskar Bäck in Ö.-Yttermark for 3,000 mk.

NÄRPES

Death fail. Yesterday, December 16, Leander Nyholm died at his home in Närpes at the age of 68. Sheriff Nyholm was a widely loved person, who at his death leaves a respected memory.

Yttermark Lantmannagille. Yttermark Lantmannagille held its annual meeting last Sunday. The farmer K. J. Gulin was elected chairman. In turn, the resigning board members August Gran and Viktor Söderback were re-elected. Also the auditors Axel Pellfolk and Alfred

Norrholm together with the deputy auditor E. A. Vickman. A lively discussion revolved around the question of how and by what means to get a new impetus in guild activities. It was with a certain sadness that people reminisced about the time when Jacob Tegengren was chairman and J. A. Ekman secretary and K. V. Mannfoik commissioner in the guild.

ÖVERMARK.

Priesthood. The position of vicar in Övermark "has been applied for by the vicar of Eckerö, the appointed vicar of Larsmo V. E. Jansson and the vicar of Föglö J. Ed v. Törnroos.


Municipal loans. The County Governor has confirmed the decision of the municipal council in Övermark of 24 September this year to take out a 100,000 mks loan with a longer repayment period than to be used for the construction of elementary school buildings.

KORSNÄS.

Church meeting. At the church meeting on the 15th, members of the church council were elected. All were re-elected except K. J. Långvik,

who had moved away. In his place, Henrik Silfversten was elected. All were re-elected as members of the church council. 1 The housing committee also re-elected all members. When

choosing with ! The following members were elected to the Examination Board: K. J. Nybond, O. Sikström and K. H. Hofman, the deputies were Axel Österholm and K-Vesterdahl.



SIEMENS' "LUZETTE"

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Filialer i Åbo och Wasa

HUMOUR ONE HUNDRED YEARS AGO

NO IMAGINATION.

Teacher: You were absent yesterday, why don't you have a certificate with you?
The student: My mother was not at home.
Teacher: But your father?
Student: He's not good enough. He has no imagination,

WHEN THE KING IS GONE

Teacher: Who rules when the king is gone?
Student: The Crown Prince!
And if the crown prince is not of legal age?
Then his eldest son reigns!

HARD TO PREVENT,

— I can't stand strangers kissing my children.
— I don't like it either, but. It's impossible to do anything about it.
— Why that?
— Both my daughters have turned 18.

DRILL.

— Now don't stand there and lose your hood, as if you were Columbus when he saw New York for the first time.

MY BELOVED LORD,

— Why do you always sleep in the tram?
— So that I don't have to see the ladies standing.

IN COURT

Offender: I would like a defense attorney,
The judge: When you were captured, you had your hand in a stranger's pocket. What do you think a defense lawyer can say in defense of such a person?
The culprit: That's exactly what I'm terribly curious to hear.

SLOW TRAIN

Few high-speed trains. The passenger: Say, can't we get to town a little faster?
Stinsen: We can, but we should probably take the train with us.

A THOUSAND HEMORRHOIDS

Two four-year-old girls are talking to each other:
The first: My father is so rich that he owns several stone houses and factories.
The other: What are they, but my grandmother has a thousand hemorrhoids.

TEETH

— Grandfather! How often do we get teeth?
— Three times, the first two times we get them for free, but the third time we have to pay for them ourselves.

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 COMPETITION.

Little Karl was with his mother at a swimming competition. Now follows - said the mother - 100 meter breaststroke for ladies.
Little Karl: — Mother — is it forbidden to use the arms?

EINSTEIN

— 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 FEET

— I have a good friend who usually says that you never know anything about anything until you have seen with your own feet where the shoe pinches.

Mail man

"Where have you been, my little darling?" asked little Albert's mother, when he came home after being gone for a couple of hours.
"Yes, we were out with Kalle and Olle playing

postman," answered the darling.
"Oh really! How did it happen then?"
»Well, we went around to all the houses around here and put letters in all the boxes.»
"But were they really real letters?"
»Yes then!«
»Where did you get them from then?«
»Yes, yes, find them in mother's desk drawer. It was open, and they were so beautiful and there was a whole bunch of them tied with red silk ribbons.»

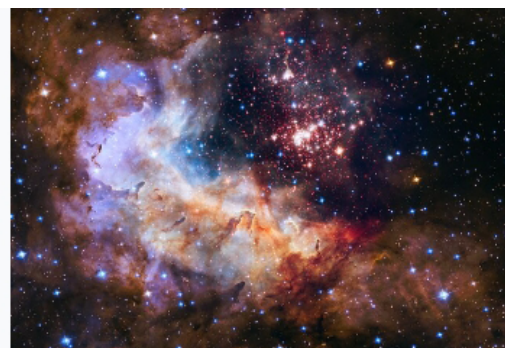
Art furniture.

The understanding customer: "Yes, I'm happy to admit that these modern chairs are incredibly nice and elegant, and beautiful and artistic, and excellent in every way, and yes, I like them so much, but I don't understand how to sit in them!"

MR WEST

A well-known joker once came in company into a restaurant, where he saw a

The astronomic picture of the week:



NASA Unveils Celestial Fireworks as Official Hubble 25th Anniversary Image.jpg

The star cluster Westerlund 2 in the Milky Way galaxy, with an estimated age of about one or two million years. It contains some of the hottest, brightest, and most massive stars known. The cluster resides inside a stellar breeding ground known as Gum 29, located 20,000 light-years away in the constellation Carina.

NASA, ESA, the Hubble Heritage Team (STScI/AURA), A. Nota (ESA/STScI), and the Westerlund 2 Science Team

Public domain

familiar gentleman named Wester sitting drinking toddy.
"Listen, Wester," he exclaimed, "can you tell me what is the resemblance between the sun and a toddy?"
"No", he replied.
"Well, both go down in the west," was the answer.

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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