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The hormones that change everything

Sharp images with a new MRI

January Sunday

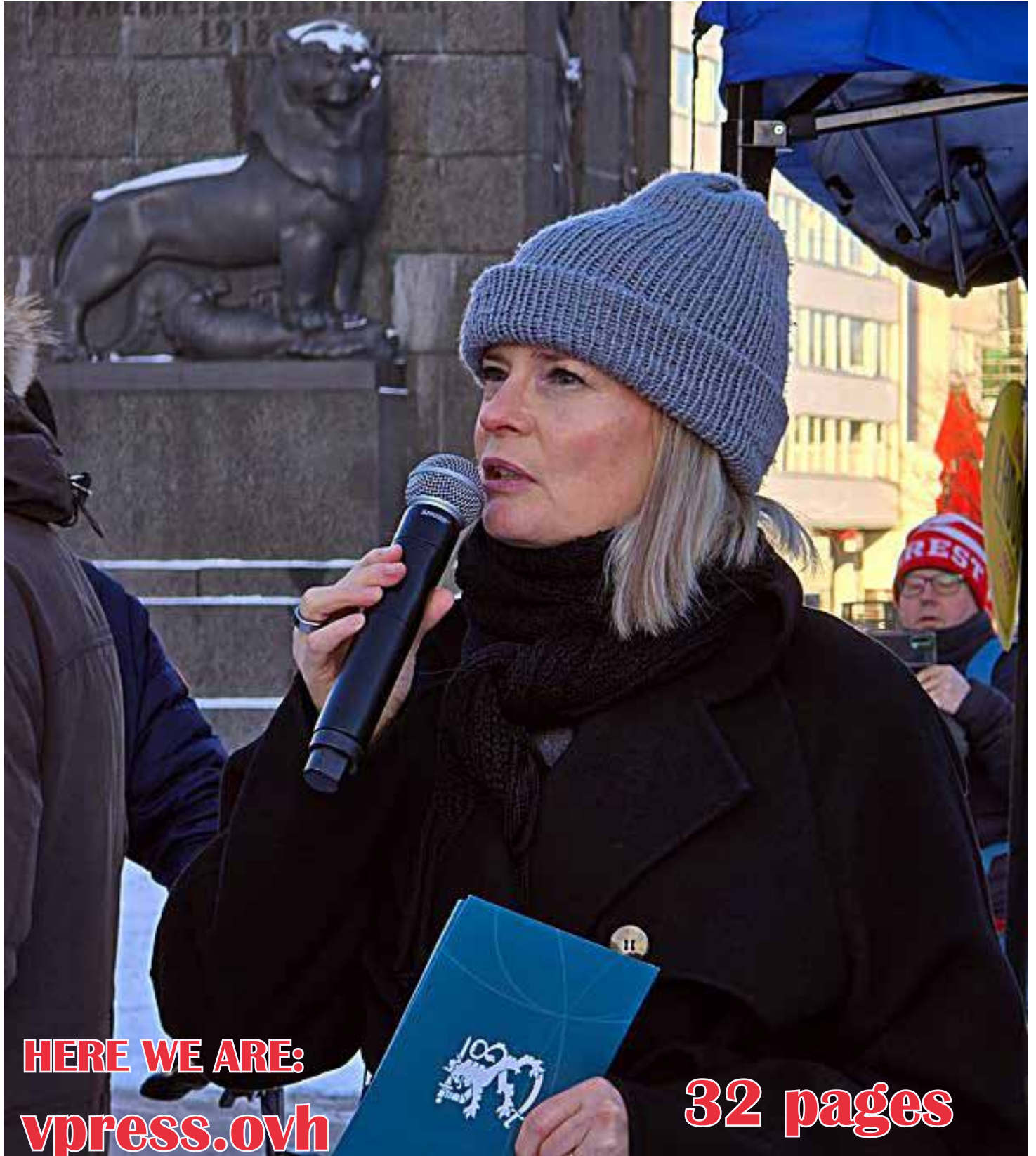
Magnus Enckell

100 metres big comet - risk of impact

Alvar Aalto

DeepSeek

WASA DAILY



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32 pages

The Hormones That Change Everything

The man in the lab coat didn't look like a killer. But in a way, he was. He killed ideas. Old ones. Outdated ones. Replaced them with new truths. And the truth was this: GIP and GLP-1 weren't just hormones. They were game changers. Maybe the biggest in modern medicine.

They came from the gut. Two little chemical messengers, whispering instructions to the body. Eat. Stop eating. Store energy. Burn fat. Keep the brain sharp. But for years, no one really cared about them. They were just another part of the body's complex biochemical orchestra. Background noise.

Then the scientists took another look. And what they found was nothing short of astonishing.

The Power of GIP and GLP-1

GIP – Glucose-dependent insulinotropic polypeptide. GLP-1 – Glucagon-like peptide-1. Mouthfuls of a name. But inside the body, they worked with brutal efficiency. Released after eating, they triggered a cascade of effects. More insulin when needed. Less sugar in the blood. A quiet signal to the brain: You're full. Stop eating.

And then something even bigger. The drugs based on these hormones – first just GLP-1 analogs like semaglutide and liraglutide, then the dual-action drugs like tirzepatide – started showing results no one had expected. People with diabetes were losing weight. Not just a little. A lot. The kind of weight loss doctors used to think was impossible with medication.

A New Era in Medicine

It was the kind of breakthrough that didn't just change the rules – it threw out the entire playbook. For decades, obesity had been treated as a lifestyle issue. Lack of willpower. Bad choices. But suddenly, it wasn't about that at all. It was biology. Chemistry. Something deep in the gut and brain that could be hacked, fine-tuned, controlled.

The drugs weren't just effective. They were spectacular. Clinical trials showed people losing 15, even 20 percent of their body weight. Diabetes under control. Risk of heart disease dropping. It was like flicking a switch in the metabolism.



Beyond Weight Loss: The Unexpected Benefits

But the biggest surprise? It wasn't just about fat and sugar. These hormones had effects no one had predicted.

People taking the drugs started noticing something strange. Their cravings weren't just for food. Smokers found they didn't want cigarettes as much. Drinkers found their usual evening whiskey didn't taste as good. Some even reported that compulsive behaviors – gambling, shopping, binge eating – seemed to fade.

Then came the research. And the results were shocking. GLP-1 drugs didn't just control appetite. They affected dopamine. The brain's reward system. The same circuits that drove addiction.

Scientists ran the studies. Mice on GLP-1 drugs lost interest in cocaine. Rats stopped binge drinking. Human trials suggested the same thing: lower rates of substance abuse. A potential weapon against the opioid crisis. Against alcoholism.

And it didn't stop there.

The Alzheimer's Connection
Another unexpected discovery. These drugs didn't just help with diabetes and weight loss. They seemed to protect the brain.

Alzheimer's was the great unsolved mystery. Billions of dollars spent. Dozens of

failed drugs. A slow-motion catastrophe with no cure. But when researchers looked at people on GLP-1 drugs, they found something odd. Their risk of Alzheimer's was lower. Cognitive decline slowed.

Scientists had theories. Maybe it was better blood sugar control. Maybe it was reduced inflammation. Maybe it was something deeper – something about these gut hormones protecting neurons. Keeping the brain sharp.

The trials were already underway. If the results held up, it could be the biggest breakthrough in dementia research in decades.

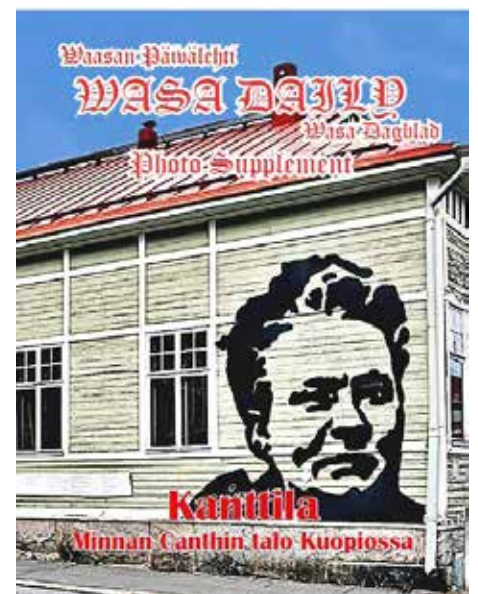
The Future: What's Next?

The revolution wasn't over. Scientists were already working on the next step. Triple agonists – drugs that mimicked not just GLP-1 and GIP, but also glucagon, another powerful metabolic hormone. Even greater weight loss. More metabolic control. More brain protection.

The old rules were gone. The lines between diabetes drugs, obesity treatment, and brain medicine had blurred. The future wasn't just about controlling disease. It was about rewriting human biology.

And all because of two little hormones, hidden in the gut. Whispering secrets. Changing everything.

Photo Supplement



Cover picture: Finnish finance minister Riikka Purra in Vaasa on Feb 1



Reijo Autio, Chief Physician of the Radiology Unit, stands in front of the new Hero General Electric (GE) magnetic resonance imaging (MRI). Wellbeing Services County of Ostrobothnia

* MRI-camera

Sharp images with new, fast MRI

On 28 October 2024, a new MRI scanner was taken into use at Vaasa Central Hospital. Thanks to the speed of the camera, it will be possible to carry out as many as a thousand more examinations this year than last year.

The new camera also captures sharper and more accurate images thanks to artificial intelligence.

Now that the MRI

has been used for three months, it has been established that the MRI camera well meets expectations. There are three MRI scanners in the Wellbeing Services County of Ostrobothnia: one in Pietarsaari and two in Vaasa, says the Wellbeing Services County of Ostrobothnia in its press release.

A thousand more MRI scans per year

"The goal is to use the cameras at Vaasa Central Hospital to carry out a total of 6,000 or even more MRI scans this year. In 2024, a total of about 5,200 MRI scans

were performed. This means that the waiting time will be shorter," confirms Reijo Autio, Chief Physician and Chief Medical Officer of the Radiology Unit.

In 2024, the waiting time for a non-urgent MRI scan was approximately 2-3 months. This year, the waiting time is estimated to be 1-2 months. The waiting time is also affected by the fact that some examination objects are examined more often with MRI than before. 10 years ago, no MRI scans were performed at all on the prostate, for example,

while nowadays they do as many as a hundred scans a year. Urgent MRI scans are performed within 1-2 days.

The examination time is even 40 per cent shorter in some examinations

The new camera will reduce the examination time for some examinations by as much as 30-40 per cent. The total examination time includes the examination itself and the time it takes to prepare the patient for the examination. In the appointment booking, the easiest examinations are scheduled at 20-minute

intervals, while for the most demanding examinations, about an hour is reserved.

"In the spring, we will review our instructions, after which patients who are going to undergo MRI scans must be in place 15 minutes before their actual examinations. Then we will have time to make the necessary preparations when the previous investigation is still ongoing. The preparations include insertion of any venous cannulas, safety checks and changes of clothes, says Autio.

In magnetic resonance

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here on Hietasaari

imaging, metal distorts images but can also cause side effects for the patient. For this reason, the staff absolutely must know if the patient has metal in their body. Jewellery and clothing with metal must be removed before the examination.

"The camera equipment is equipped with an audio-visual system that allows the patient to listen to music or the radio or watch videos or pictures during the examination. In this way, the examination is pleasant for the patient and therefore more successful as the patient is relaxed and calm," Autio describes.

- Vi utvecklar ständigt vår verksamhet. Det är en viktig del av vårt arbete att främja kvaliteten, effektiviteten och säkerheten.

Exaktare MRT-bilder med hjälp av artificiell intelligens

Den nya magnetkameran Hero General Electric (GE) är den enda i sitt slag i Norden. Kamerans magnetfältstyrka är 3 Tesla, vilket motsvarar den senaste magnetteknologin. Den nya kameran använder också artificiell intelligens för att förbättra bildernas exakthet och skärpa.

- Artificiell intelligens används för att ta bort brus och vissa förvrängningar i bilderna. Det här gör att bilderna blir skarpare och har färre fel än tidigare, vilket i sin tur gör tolkningen av bilderna lättare för oss radiologer, förtydligar Autio.

Teknologin och dataprogrammen går framåt hela tiden och programmen

uppdateras ungefär vartannat år. Vissa mekaniska delar kan bytas ut efter behov under de kommande tio åren. Livslängden för den nya kameran är ungefär 10-15 år.

- Den gamla kameran kom till slutet av sin livslängd och det gick inte att uppdatera den längre. Ett av de viktigaste kriterierna för anskaffningen var att kunna öka antalet undersökningar genom snabbare avbildningsteknik. Den nya magnetkameran innebär också många fördelar för våra patienter, till exempel blir själva undersökningen mer angenäm, bilderna blir bättre och kön till undersökning kortare. Därför var anskaffningen av den nya kameran nödvändig. Anskaffningspriset var ungefär 2 miljoner euro.

Källa: STTinfo/Österbottens välfärdsområde

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

WELLBEING SERVICES COUNTY

X-rays will be centralised in five locations in Ostrobothnia

The wellbeing services county of Ostrobothnia has centralised X-rays and ultrasound examinations to five clinics.

In the future, filming will take place in Pietarsaari, Korsholm, Vaasa, Närpes and Kristinestad. At other locations, X-ray appliances have been decommissioned at the end of their service life.

At the Vaasa and Pietarsaari offices, photography is carried out both during office hours and, if necessary, on call. In Närpes and Korsholm, photography is available during office hours. X-rays are performed in Kristinankaupunki during office hours from Monday to Thursday until 7 April, after which the service is available on Mondays and Thursdays. During the summer months, Kristinestad's photography activities are on pause, but they will resume in August.

The X-ray machines in Laihia, Oravainen and Malax have been decommissioned and will not be replaced. The Government of the wellbeing services county made the decision to close these offices in November because the equipment was at the end of its service life.

The wellbeing services counties warn that X-ray services may experience unforeseen disturbances, such as equipment breakdowns, maintenance measures or staff absences. In these cases, filming can be moved to another location. Health station staff will inform customers of any changes, according to a press release from the wellbeing services county of Ostrobothnia.

WELLBEING SERVICES COUNTY

New patient information system introduced - interruption in prescription renewal in February

The wellbeing services county of Ostrobothnia will introduce the new Lifecare customer and patient information system on 15 February 2025.

The implementation concerns primary health care and oral health care in Vaasa, Laihia, Korsholm, Vöyri, Malax, Korsnäs and Närpes. Social welfare housing and institutional services, day activities and home care will also be transferred to the new system, according to a press release from the wellbeing services county of Ostrobothnia.

Due to the system change, there may be delays in renewing prescriptions. In the Vaasa, Laihia, Korsholm, Vöyri, Malax, Korsnäs and Närpes regions, electronic prescription renewal will not be possible on 12-16 February. It is advisable to renew prescriptions no later than 11 February, as renewal is not possible through My Kanta Pages or pharmacies during the break.

Outage also in digital services

The current digital service channels in healthcare will be out of use from 15 to 16 February due to a system update. This also applies to Kaskinen and Kristinestad, where the new system is already in use. The new digital service channel will open on 17 February, offering more extensive services than before.

At the same time, there will be changes to SMS reminders. Due to the system reform, not all customers will automatically receive reminders of appointments. Reminders can be acti-

NEWS

vated by logging in to the new digital service channel and allowing text messages to be sent from your settings.

Commissioning will continue in March

The Lifecare system will be introduced gradually in the social and health care services of the wellbeing services county of Ostrobothnia. In March, specialised medical care and the rest of social welfare services will be transferred to the system. In addition, in Pietarsaari, Luoto, Nykarleby, Pedersöre and Kruunupyy, the older version used in primary health care will be updated to a new, unified system.

UNIVERSITY OF VAA-SA

Crypto crashes are no coincidence – research reveals signs of danger

Imagine a situation: you log into your account on a cryptocurrency exchange, but the site no longer works.



Your funds are gone, and no one will answer your questions. This nightmare has come true for thousands of investors, as nearly 500 cryptocurrency exchanges have crashed in recent years. A new study from the University of Vaasa provides information on why this happens and how investors can hedge against risks.

According to a press release from the University of Vaasa, Junior Assistant Professor Niranjan Sapkota analyzed data from 845 crypto exchanges and found out why almost half of them have collapsed since 2014. His research, published in the prestigious Journal of International Financial Markets, identifies factors that affect the viability of stock exchanges. These include transparency, concentration, regional access, fee structures, currency listings, and referral systems.

Transparency and regulation – protection or risk?

Traditionally, it has been thought that crypto exchanges operating in developed, tightly regulated countries would be the safest. However, Sapkota's research reveals a surprising phenomenon: stock exchanges operating in the United States and Singapore are, on average, more vulnerable than those operating in developing countries.

"In these countries, regulatory compliance brings additional costs, and a developed infrastructure can paradoxically facilitate abuses," Sapkota said.

In addition, research shows that exchanges that allow US clients to trade are more likely to

end up insolvent than those that have restricted this access.

Another significant observation relates to the operating model of stock exchanges. Centralized exchanges that store users' funds like traditional banks have a higher risk of failure. In contrast, decentralised exchanges, where users control

their own funds, are 31.2% less likely to collapse. The decentralised structure protects against fraud and loss of solvency, for example.

What warning signs should an investor recognize?

According to the study, certain characteristics can reveal whether the stock market is at risk of collapse:

High withdrawal fees: Exchanges in financial difficulties charge an average of 1.5 times higher fees than stable traders.

Limited currency selection: Exchanges with only a few cryptocurrencies are more prone to collapse. A diverse offering brings stability.

Bad user reviews: Investors should check other users' experiences, as high ratings correlate with the stability of the exchange.

– Next time your friend shares a referral link on a crypto exchange, don't dismiss it as mere marketing. Many successful exchanges have well-functioning referral systems that signal a strong customer base, Sapkota hints.

The future of the crypto market

Sapkota's research provides valuable information for investors and decision-makers alike. His analysis is based on traditional statistical methods such as logs and probit models, which predict crypto exchange failures with up to 81% accuracy. In addition, machine learning models such as Random Forest and Support Vector Machine confirm the findings.

"The results of the study can be used to protect investors and improve market stability," Sapkota emphasizes.

Investors can learn to recognize warning signs and avoid untrustworthy platforms. At the same time, policymakers can develop regulatory models that support safer cryptocurrency markets without exposing them to unnecessary risks.

MALAX

Remote hub in Malax – a meeting place for remote workers

Do you work remotely and lack colleagues to take a coffee break with? If so, the distance hub in Malax might be something for you!

On Thursday 6 February, a pop-up hub will open in the session hall in Kommungården, where remote workers can work side by side in a community – without the need for small talk, but with the opportunity to network during coffee breaks and lunch. Malax municipality tells about this initiative on its website.

The hub has open doors between 8 am and 4 pm, which makes it possible to come and go according to your own needs. Participants will have access to Wi-Fi, a self-service workstation with power outlets, and free coffee during the 9:30 and 2:00 breaks. Lunch is arranged at your own expense, and for those who wish, there is the opportunity to eat together at a nearby restaurant or bring your own food.

"The idea is to create an inspiring environment for remote workers, where they can focus on their work but still feel a sense of community with others," says hobby and project coordinator Sara Snickars, who is responsible for the event.

The sessions are free of charge, but registration is required no later than February 4 via the registration form.

For questions, please contact Sara Snickars on sara.snickars@malax.fi or phone 040 650 7970.

The JANUARY SUNDAY



Wreath laying ceremony at the traditional wall at Kasarmitori Square on Jan 26





ARCHITECTURE

Aalto Works: Finland's Bid for UNESCO World Heritage Status



The Church in Seinäjoki

Finland may soon add an eighth site to its UNESCO World Heritage list. The Finnish Heritage Agency is finalizing an ambitious nomination titled *Aalto Works*, featuring 13 buildings and areas designed by Alvar and Aino Aalto.

These architectural masterpieces not only represent the pinnacle of modernist design but also reflect the values and development of Finland as a Nordic welfare state. The nomination will be submitted to UNESCO in February 2025, with a decision expected in 2026.

Aalto Architecture on the Global Stage

The Aalto Works series highlights the universal significance of the Aaltos' architecture in promoting well-being and advancing modern architecture. The nomination includes iconic sites such as Paimio Sanatorium, Finlandia Hall, Säynätsalo Town Hall, Villa Mairea, and the Aalto Centre in Seinäjoki. These buildings are not just architectural landmarks; they are deeply rooted in Finnish culture and societal progress.

Tiina Merisalo, Director General of the Finnish Heritage Agency, emphasizes the nomination's impact:

"The preparation of this nomination has already strengthened

the appreciation of Aalto architecture nationally and deepened understanding of its international significance."

A Long Journey of Preparation

The road to this nomination has been years in the making. Work began in 2018 with updates to Finland's tentative World Heritage list, and active preparation for Aalto Works started in 2022. The process has involved extensive collaboration between building owners, cities, experts, and the Finnish Heritage Agency. Key contributors include the Alvar Aalto Foundation and international experts from ICOMOS, the global advisory body on cultural heritage.

The idea of Aalto architectu-

re as a potential World Heritage Site dates back decades. In 1986, Sunila's factory area and Villa Mairea were first discussed as possible nominations, but neither was added to Finland's tentative list. In 2004, Paimio Sanatorium was included in the list but withdrawn from consideration due to early evaluations. Now, the Aalto Works series seeks to secure the international recognition long awaited for the Aaltos' legacy.

A Story Told Through Architecture

The 13 sites in the nomination represent the diversity and societal impact of Aalto architecture:

- Paimio Sanatorium: A groundbreaking hospital designed to support patient well-being through architecture.
- Säynätsalo Town Hall and the Aalto Centre in Seinäjoki: Centers of local democracy that prioritize community needs.
- Finlandia Hall: A cultural and political landmark of global significance.
- The House of Culture in Helsinki: A beacon for working-class culture and a hub for physical and intellectual activities.
- Villa Mairea: A perfect union of architecture and home, designed for close friends Maire and Harry Gullichsen.

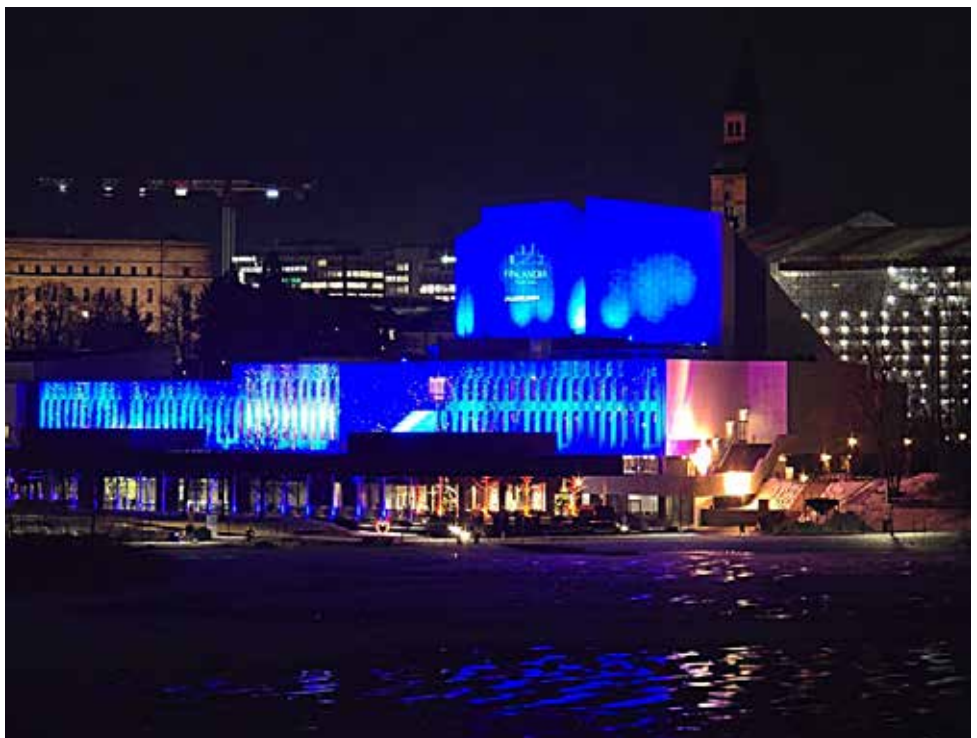
Other key sites include the Aalto House and Studio in Helsinki, which combine modern family living with creative workspaces, and the Experimental House in Muuratsalo, where the Aaltos' architectural experiments merge with the natural landscape.

Towards a New World Heritage Site

Finland ratified the UNESCO



Säynätsalo Town Hall



Finlandiahouse

World Heritage Convention in 1987 and currently has seven World Heritage Sites. Aalto Works would be the first to highlight modern architecture's transformative power, further cementing Finland's reputation as a leader in architectural innovation.

This nomination is more than

a collection of buildings—it is a testament to how architecture can shape societies and improve lives. If approved, Aalto Works will secure its place among the world's most significant cultural heritage sites, inspiring future generations.

(Source: STTinfo/Museovirasto)

NEWS

Ateneum: 19th-century artists from Vaasa, Fanny Churberg and Alexandra Frosterus-Såltin, in the exhibition *Crossing Borders*



Fanny Churberg: *Girls on the shore* (1869). Finnish National Gallery / Ateneum Art Museum, gift from Arvid Sourander. Photo: Finnish National Gallery / Jenni Nurminen

When the Ateneum opens the doors to the *Crossing Borders* exhibition on 7 March 2025, visitors will be invited on a fascinating journey through time and space.

For the first time, the works of the brave women who, despite the limitations of their time, crossed geographical and social boundaries to create art are collected. Among the prominent names are two artists from Vaasa – the bold landscape painter **Fanny Churberg** and the skilled portrait and genre painter **Alexandra Frosterus-Såltin**.

During the 1800s, it was a matter of course for artists to travel abroad to educate themselves, and for female artists this meant a particular challenge. They could not study at the traditional art academies but were dependent on private teachers or schools

that men had founded for women. The path to an artistic career required determination and sacrifice – and that is exactly what these women showed.

The exhibition highlights not only their artistic prowess, but also the pioneering role they played for future generations of female artists, including Helene Schjerfbeck and Ellen Thesleff. With paintings, drawings and sculptures by over 50 artists from the Nordic countries, the Baltic States, Germany and Poland, *Crossing Borders* sheds new light on previously overlooked artistry and presents works that have never before been shown in Finland.

The Ateneum will continue its role as a pioneer in research on women artists. The exhibition, curated by Anne-Maria Pennonen, provides a new understanding of the importance of the German art scene alongside the French one, and draws attention to the networks that enabled the work of women artists. Among the international names

in the exhibition are Jeanna Bauck, Elisabeth Jerichau-Baumann, Amalia Lindegren and Bertha Wegmann.

After its tour in Helsinki, the exhibition will take the plunge into the world – in autumn 2025, it will open at the Kunstpalast in Düsseldorf, one of its partners. Among the lending institutions are also the Alte Nationalgalerie in Berlin, the National Museum in Stockholm, the Ny Carlsberg Glyptotek in Copenhagen and the National Gallery of Denmark.

The exhibition is of great importance in terms of art history and is complemented by an extensive catalogue in Swedish, Finnish and English, with texts by international researchers. For anyone fascinated by art, history and the pioneering women who have shaped our visual culture, *The Crossing Borders* is an exhibition not to be missed.

The Ateneum invites you to step into the world of these artists – a world of courage, talent and boundless creativity.

* AI

DeepSeek: China's AI Revolution – Who Benefits Most?



As artificial intelligence (AI) develops at breakneck speed, the world has seen a range of new technologies take shape, and players around the world are competing to be at the forefront.

Among these is DeepSeek – an innovative AI platform recently launched from China. What makes DeepSeek unique, and how is it different from previous AI models?

What is DeepSeek?

DeepSeek is an advanced AI platform designed to improve machine learning, natural language understanding, and cognitive computing. Created by some of the top scientists and engineers in the field, the platform aims to push the boundaries of what's possible with AI today. DeepSeek requires identification of the user but is free to use.

Some of DeepSeek's most prominent features include:

Improved language understanding: The platform can interpret human language on a deeper level and understand context, tone, and intent. This makes the interaction more natural.

Multi-modal capability: It seamlessly combines data from text, image, and audio and enables comprehensive analysis.

Self-learning algorithms: DeepSeek has the ability to evolve on its own through new data, minimizing the need for continuous human intervention.

Fast, real-time processing: This makes the platform particularly attractive for use cases such as customer service and real-time analytics.

How is DeepSeek different from older AI models?

DeepSeek marks a major step forward compared to previous AI solutions in several respects:

Complexity and depth: Previous AI models were

often based on predefined algorithms and lacked the flexibility to adapt to new information. DeepSeek uses deep learning to analyze data in a more advanced way.

Multimodal data integration: While older models focused on single data types (such as text or image), DeepSeek combines multiple data types, making it useful in many more situations.

Ease of use: DeepSeek is designed with the end user in mind, which means that the interfaces are customizable and can be tailored to different needs.

Ethics and transparency: In contrast to older models, DeepSeek has been built with a clear framework for fairness, accountability, and openness.

Who can benefit most from DeepSeek?

DeepSeek has the potential to revolutionize a range of industries. Companies that handle large amounts of data, such as in healthcare, finance,

or customer service, can benefit greatly from its ability to analyze data quickly and accurately. At the same time, it is a tool that can also help researchers, policymakers, and even individuals in their daily work – especially when it comes to understanding complex information or making quick decisions.

Does DeepSeek understand Swedish and Finnish?

One interesting area where DeepSeek is being tested is its language capabilities. The platform can handle voice-based interaction, which means users can have conversations with it as they would a human. But how does it work in our Nordic languages?

English: DeepSeek has made some progress here. Users have reported that it sometimes works well in English, although results may vary depending on context and the complexity of the queries.

Finnish: For Finnish, however, the response has been weaker. Many users have noticed that the AI often "falls apart" when confronted with the complex Finnish language, leading to confu-

sed answers.

DeepSeek's success on the global AI landscape is due to its continued ability to learn and adapt to different languages and cultural contexts. Perhaps one day we will be able to converse freely in Swedish and Finnish with this technology – but so far there is potential for development.

With its combination of advanced learning technologies, multimodal integration, and ethical frameworks, DeepSeek sets a new standard for what AI can accomplish. For companies, researchers, and innovators looking for next-generation AI solutions, this is a name to keep an eye on. But it's also a reminder of how far AI still has to go – not least when it comes to mastering our own Nordic languages.

It is also interesting that DeepSeek has been able to be realized at minimal costs in this context. The Chinese are intelligent!

There are those who are concerned about whether information from DeepSeek could be handed over to the Chinese authorities, and from that point of view, ChatGPT is safer to use at least for the time being.

UNIVERSITY OF VAASA

Mari Kiviniemi, Chair of the Board of the University of Vaasa, at the anniversary celebration: "Increasing the number of students is necessary to ensure an increase in the level of competence"



The 57th anniversary of the University of Vaasa was celebrated on Monday 27 January with the theme "solutions for the future with a big heart", according to a press release from the university. The keynote speakers were Mari Kiviniemi, Chairman of the Board of the University of Vaasa, and Minna Helle, CEO of Technology Industries of Finland. The event also included a greeting speech by Rector Minna Martikainen. In addition, the teaching and research achievement awards of the year and the Student Union's Good Teacher award were presented

According to Mari Kiviniemi, Chair of the Board of the University of Vaasa, it is important to invest in education and research in order to boost economic growth. "The shortage of experts prevents strong economic growth. Raising the level of education and competence in Finland is absolutely essential, Kiviniemi pointed out.

However, the share of young adults with tertiary education in the total Finnish population is only 40 per cent - weaker than in our competitor countries. In the Ostroboth-

nia regions, the figure is even lower.

The government aims to increase this share to 50% by 2030. According to Kiviniemi, however, the measures taken are not enough, as the problem is the decrease in core funding for higher education institutions.

According to him, raising the level of education would require a long-term plan that extends beyond government terms and a commitment to increasing funding.

"We should achieve the same kind of cross-party consistency that has been achieved in the policies on R&D expenditure," Kiviniemi pointed out.

The aim is to increase the share of R&D expenditure in Finland to four per cent of GDP by 2030. However, the allocation of funding should be changed from the current level.

"According to the policies of the Government Programme, we now also need funding directly for universities and universities' R&D activities and, with better targeting than before, for doctoral education," said Kiviniemi.

The University of Vaasa intends to provide more education than before

In her speech, Kiviniemi emphasised that the University of Vaasa's strategy supports in an excellent way the acceleration of growth through education and research, which is important for Finland.

- The University of Vaasa will significantly increase the number of domestic and international students in the coming years. This is essential if we want to catch up with our competitors and ensure an increase in skills levels.

According to the strategy, the number of students will rise to 7500 by 2030 and the number of graduates with master's degrees and master's degrees in engineering to 900. In addition, the number of doctors will be increased.

"In the technology industry, up to 60% of recruits have a university degree"

Speaking at the anniversary celebration, Minna Helle, CEO of Technology Industries of Finland, emphasised the importance of economic growth, as savings in public finances will not save the Finnish economy. Like Mari Kiviniemi, she emphasised the importance of experts and RDI activities for economic growth and industry. According to Helle, the challenge of increasing the level of education is a big one.

"We are nowhere near reaching the 50% target. At the same time, in the technology industry, Finland's largest industrial and export sector, already 60 per cent of recruits must have a university degree. The figure is even higher for tasks that are completely new.

PHOTO: University of Vaasa.

MUSEUMS IN VAASA

The number of visitors to museums in Vaasa remained at a high level in 2024



More than 50,000 visitors visited Vaasa's museums in 2024, according to a press release from the museums.

When the pop-up and touring exhibitions in the Ostrobothnia region are included, the total number of visitors rose to almost 65,000. The most popular destination was the Ostrobothnian Museum, which had 20,612 visitors.

The popularity of museums was not weakened by a year of changes

There were significant changes in Vaasa's museums during 2024, but visitor numbers still remained at a high level. Museum Director Elina Bonelius says that, for

example, the operations of Kunsthalle Vaasa were transferred to the Vaasa Artists' Association at the beginning of the year, and the opening hours of museums were reduced starting in the summer, as the doors remained closed on Tuesdays. Despite these changes, the popularity of museums remained strong.

"Last year's record numbers were missed by only a few thousand visitors, which shows that our museums attract audiences with their wide range of offerings. I am particularly pleased with the increase in the number of visitors to the Old Vaasa Museum," Bonelius says.

The touring exhibitions of the regional museum reached a wide range

In their role as the re-

gional museum, Vaasa museums produced two pop-up exhibitions and several touring exhibitions in the Ostrobothnia region. These touring exhibitions attracted a total of 14,390 visitors, which increases the reach of museums regionally.

Seven new exhibitions in 2025

In 2025, Vaasa museums will present seven new temporary exhibitions, the first of which will open in April-May. The offering includes local and Nordic art as well as naïveté. The Ostrobothnian Museum will also open a renewed money room, and Tikanoja Art Home will display its own collections.

In addition, the Lundgren sisters' Ostrobothnia touring exhibition tours six municipalities

in Ostrobothnia, presenting the works of three Vaasa-based artists.

Opening hours and renovations in 2025

As of January, only the Ostrobothnian Museum will be open on Sundays, while Tikanoja Art Home and Kuntsi Museum of Modern Art will close their doors on Sundays to save money. Bonelius describes the solution as unfortunate but necessary.

"The Ostrobothnian Museum was chosen as the Sunday opening destination because it has the widest selection and is the most popular of our museums in terms of visitor numbers," Bonelius explains.

Tikanoja Art Home will be closed in summer 2025 due to façade and roof renovations and in-

terior renovations. The museum will reopen at the end of September with new exhibitions.

Positive feedback from the audience

The museums' exhibitions have received positive feedback from the public. For example, exhibitions by Eero Järnefelt, Meta Isæus-Berlin, Ritva Kovalainen and Sanni Seppo have attracted a lot of interest. Many visitors have returned to see the same exhibition several times.

In 2025, guided tours will be organised on Saturdays at Tikanoja Art Home and Kuntsi Museum of Modern Art and on Sundays at the Ostrobothnian Museum. The guided tours delve deeper into the themes and backgrounds of the changing exhibitions.

ART EXPERIENCE OF THE WEEK



Magnus Enckell

9.11.1870, Hamina

27.11.1925, Stockholm

Sketch for the stained glass window Christus Resurrexit in Pori Church, 1920 - 1925

EVENTS



TIKANOJA THE ART EVENT OF THE YEAR!

Eero Järnefelts exhibition opened on Nov 23, 2024



VAASA CITY THEATRE TOSCA-oppera

Premisere Jan 12.2025
<https://www.vaasa.fi/koe-ja-nae/kulttuurivaasassa-ja-seudulla/vaasan-kaupunginteatteri/tosca/>

The Trinity Church

Cantor's Praise Tue 4.2 at 20.00
Concert with Gospel Cantors Finland featuring Mikael Svarvar & Sing the Joy. Dir. Heidi Harju.
The concert is part of the program on Thursdays and is open to the public. Free admission.

The Trinity Church

Joseph Haydn: Der Schöpfung Wed 5.2 at 18.00
conductor Jan Söderblom.
Kajsa Dahlbäck, soprano, Simo Mäki-

nen, tenor, Luke Scott, baritone. Kamarikuoro Canticum Maris, Vaasa Philharmonic Orchestra, conductor Jan Söderblom.

The concert is part of the Thursday program and is open to the public.

The Trinity Church

Concert with Trio Quinta and Lena Moén

Sat 8.2 at 18.00

Trio Quinta, together with soprano Lena Moén, offers music by Nordic female composers.

Vaasa-Vasa Baroque

Fri / Fr 14.2 at / kl. 18.00 City Hall Hall of Mirrors / Stadshusets spegelsal

Valentine's Day Baroque - Janne Valkeajoki, accordion-Rameau & accordion hits / Rameau & dragospelshits

The concert ticket includes catering
<https://vaasabaroque.com/>

TOMMY'S: TOGETHER AGAIN

RITZ 5.3.2024 AT 19 - 21.30

Hans Martin, Nicklas Källdström
<https://ritz.fi/events/>

ATENEUM

When the Ateneum opens the doors to the *Crossing Borders* exhibition on 7 March 2025, visitors will be invited on a fascinating journey through time and space.

For the first time, the works of the brave women who, despite the limitations of their time, crossed geographical and

social boundaries to create art are collected. Among the prominent names are two artists from Vaasa - the bold landscape painter Fanny Churberg and the skilled portrait and genre painter Alexandra Frosterus-Sältin.

Vaasa-Vasa Baroque

Sat / Sat 22.3 at / kl. 16.00 Music in Veturitalli

Symphonies for one violin - Sonatas and Letters by StradellaSymfonier för en violin - Stradellas sonater och brevPirkanmaa Baroque & Aira Maria Lehtipuu
This concert is free of charge! Open house in Veturitalli all day, come and explore the Wärsilä area.
<https://vaasabaroque.com/>

VAASA humour FESTIVAL 2025

2-4.4.2025
Sov. Finland-Swedish cultural development

The churches' sounding week:

During the Sounding Week of Churches, you can listen to almost all the choirs and orchestras of the Vaasa Evangelical Lutheran congregations. Admission to all concerts is free.

Miss Concordiae on Friday 28.3 at 7 pm in the Trinity Church. Sing the Joy, conducted by Sini Usmi.

Children's party on Saturday 29.3 at 3 pm in Vähäkryö church. The parishes' children's choirs.

Canticum Maris a cappella Sunday 30.3 at 7 pm in the Trinity Church. Conductor

Tarja Viitanen.

The church choirs and cantors on Wednesday 2.4 at 7 pm in the Trinity Church.

The Merina Youth Choir on Thursday 3.4 at 7 pm in Brändö church. Conductor Tarja Viitanen.

Vaasa-Vasa Baroque

Sun / Sö 27.4 at / kl. 17.00 City Hall Ballroom / Stadshusets festsal

Handel and Roman in London - Handel möter Roman i London

Kajsa Dahlbäck, soprano / sopranDrottningholms barocken-semble (SWE)

<https://vaasabaroque.com/>

VAASA CHOIR FESTIVAL XXXI

22-24.5.2025

Vaasa Choir Festival is a significant international choral music event. The joyful and social closing celebration of the singing season is open to all choirs.

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

NÄRPES THEATRE

"Maskinisterna (The

Machinists)", a Swedish-language play about the Wickström Brothers and their engine factory, with a script and direction by Erik Kiviniemi.

World premiere 28.6.25 klo 19

Other events:

1-.7 at 7 pm

3.7. at 7 pm

7.7. at 7 pm

8.7. klo 19

10.7 at 7 pm

13.7. at 5 pm

15.7. at 19

16.7. at 19

17.7. at 19

19.7. at 19

KORSHOLM MUSIC FESTIVAL

23.7.-30.7.2025

"Korsholm Music Festival 2024 and Tove Teuvalla Opera are over and autumn is approaching. Now we are already working on the Summer 2025 Music Festival. However, we want to return to the warm days and festival atmosphere of July and August."

A greeting from festival director Viktor Nygård: "I am very much looking forward to working with the Korsholm Music Festival and I have many exciting ideas for how we can continue to develop the festival. I can already promise that next year it will be a fantastic festival with something for everyone."

Korsholm Music Festival will be held next year 23.-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 individu-

ASTRONOMY

2024 YR4, an Up to 100 Metres Big Asteroid with a 1.3% Risk of Impacting Earth on 22 December 2032



Impact risk corridor for Near Earth asteroid 2024 YR4, for the possible impact on 22 December 2032. Image: By Daniel Bamberger (Rennerpho) - Own work, CC BY-SA 4.0, <https://commons.wikimedia.org/w/index.php?curid=158699356>

An asteroid named 2024 YR4, measuring between 40 and 100 meters (130 to 330 feet) in diameter, is currently making waves in the scientific community due to its potential to impact Earth. Discovered on 27 December 2024 by the Asteroid Terrestrial-impact Last Alert System (ATLAS), the asteroid is classified as an Apollo-type, meaning it crosses Earth's orbit.

As of January 29, 2025, 2024 YR4 has been assigned a Torino scale rating of 3, indicating a 1 in 77 (1.3%) chance of striking Earth on 22 December 2032. While this risk may seem low, it has raised alarms due to the asteroid's sizable impact potential.

Potential Impact: What Could Happen?

If 2024 YR4 were to impact Earth, the results could be catastrophic, especially given the asteroid's esti-

mated size and speed. With a mass of 2.2×10^8 kg, it would release approximately 8.0 megatonnes of TNT (33 petajoules) of energy upon impact, which is over 500 times the energy released by the atomic bomb dropped on Hiroshima.

This energy could produce a meteor air burst or an impact crater, with devastating localized effects stretching up to 50 kilometers (31 miles) from the impact site.

In terms of impact locations, the asteroid's potential risk corridor stretches from the Pacific Ocean to South America, across the Atlantic, through central Africa, and up to northern India. Though the chance of impact remains relatively low, the possibility of a direct collision with Earth is enough to capture the attention of space agencies worldwide.

What Does This Mean for the Future?

As of now, scientists are keeping a close eye on the asteroid's orbit and will continue to refine their calculations. The asteroid will make

its next close approach to Earth in December 2028, but by April 2025, it will be too faint to observe with current telescopes, potentially making future monitoring more difficult.

Though the chance of impact in 2032 remains slim, experts caution that further study is needed to fully understand the risks. The asteroid's size is comparable to the one that caused the 1908 Tunguska event, which flattened thousands of square kilometers of forest in Siberia, highlighting the significant danger posed by such an object.

While NASA and the European Space Agency have both issued advisories, the risk of an impact remains a subject of ongoing study, and the scientific community continues to track 2024 YR4's path closely. For now, the best advice remains: stay informed, as this is one of those cosmic events we hope never comes to pass.

Text source: Wikipedia, Creative Commons Attribution-Share Alike 4.0 International-license



Dan Holm's research forms the factual basis for the play. Kent Hägglund plays the lead role and Erik Kiviniemi is responsible for the script and direction.

THEATRE

The theatre highlight of the summer in Ostrobothnia: "Maskinisterna" at Närpes Theatre



Erik Kiviniemi and Miranda Eklund, chairman of Närpes theatre.

Närpes Theatre, one of Finland's most venerable amateur theatres, offers a summer experience that makes motor enthusiasts and theatre lovers turn their eyes to Öjskogsparken. This year's play, "Maskinisterna, The Machinists", with a script and direction by the experienced Erik Kiviniemi, is about the Wickström Brothers and their iconic engine factory in Vaasa.

The story takes us back to the first half of the 20th century and is a celebration of entrepreneur-

rial spirit, technological innovations and human relationships. The play is in Swedish.

From Chicago to Vaasa: a journey of progress

John Wickström, one of the brothers behind the engine factory, had already shown his ingenuity in 1906. That same year, he staged a PR stunt that impressed the locals. With a motorboat, powered by a self-produced engine, he pulled two boats upstream on the Kyrö River. This spectacular event, reported by Vasabladet, was the starting point for the engine factory's

founding.

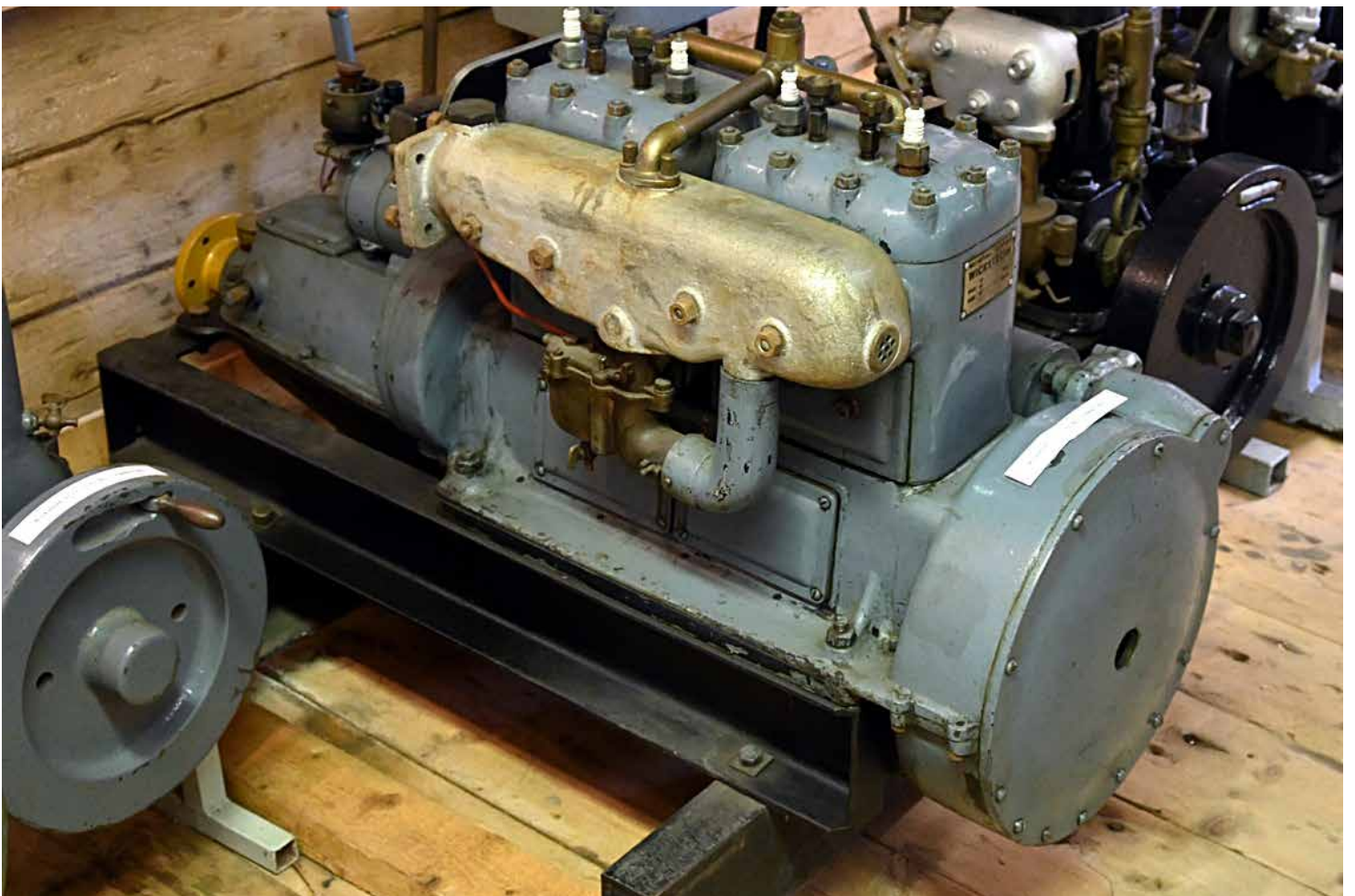
Wickström's engines came to revolutionize both agriculture and the fishing industry. From the first boat engines in Metlahti to a modern factory in Vaskiluoto, the company grew into a leading player in Finnish industry.

A history rooted in Ostrobothnia

Although Wickström's factory was based in Vaasa, the legacy lives on in Närpes, where several engines are still in use. "There is a strong local anchorage in the project," says Miranda Eklund, chairman of Närpes Teater, in an interview with YLE. "The



SSmall and large Wickström engines at the Maritime Museum in Vaasa



"Machinists" is based on decades of research by Dan Holm, but on stage we also get to take part in a fictional story filled with human conflicts and drama.

Erik Kiviniemi: a veteran at the helm

Director and screenwriter Erik Kiviniemi is no stranger to the Wickström theme. In 2015, he directed "The Life of John Wickström" at the Vaasa City Theatre, based on a script by Antti Tuuri. But this is his first collaboration with Närpes Teater, and expectations are high.

Open-air theatre with tradition

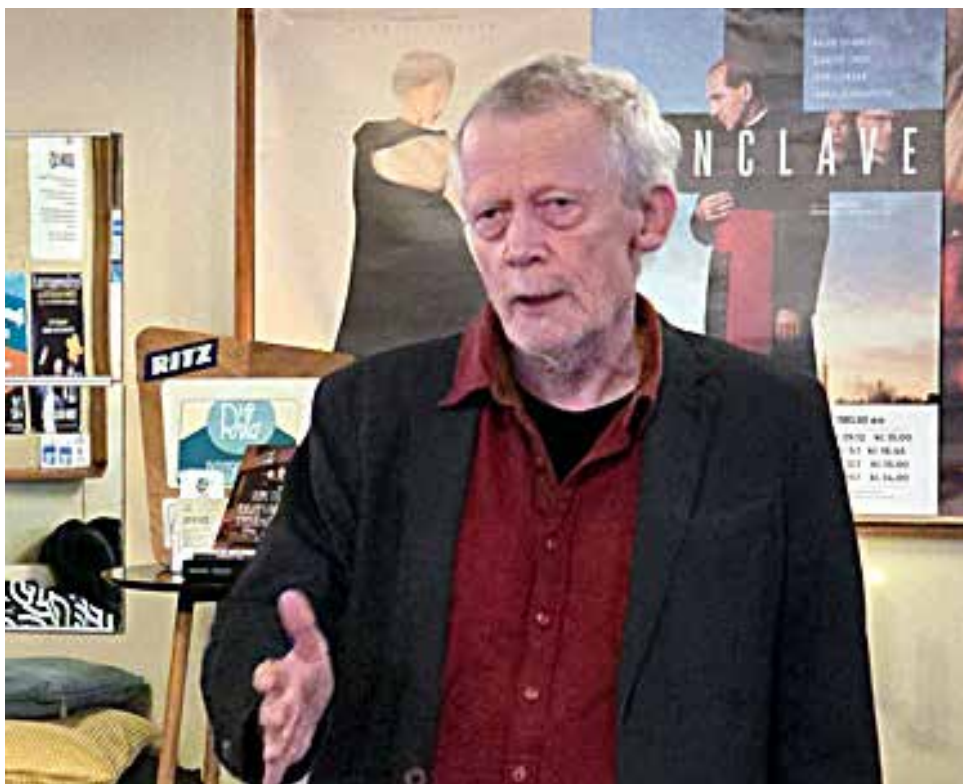
Närpes Theatre has a long history of successful productions. Since its inception in 1963 and the inauguration of the open-air stage with rotating grandstand in 1966, the theatre has established itself as a central cultural bearer in the region. With room for over 400 spectators, the stage has become a gathering point for theatre lovers from all over the country.

Shows

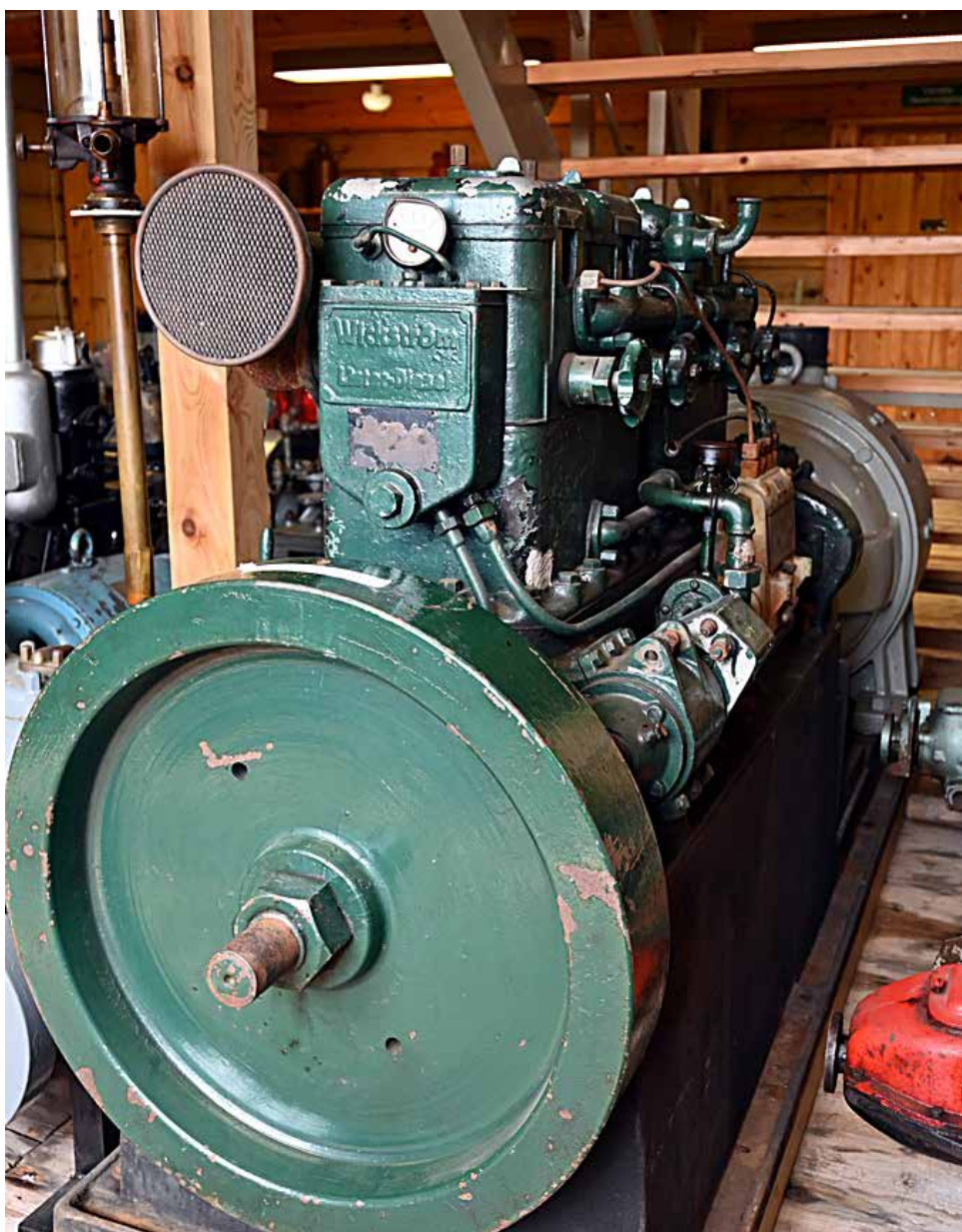
"Maskinisterna" has its world premiere on June 28 at 7 pm in Öjskogsparken. The performances continue during the summer with several dates to choose from:

- July 1 at 7 p.m.
- July 3 at 7 p.m.
- July 7 at 7 p.m.
- July 8 at 7 p.m.
- July 10 at 7 p.m.
- July 13 at 5 p.m.
- July 15 at 7 pm
- July 16 at 7 p.m.
- July 17 at 7 p.m.
- July 19 at 7 p.m.

Don't miss the chance to experience this unique show that combines historical authenticity with strong drama and local charm.



Dan Holm



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.

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-

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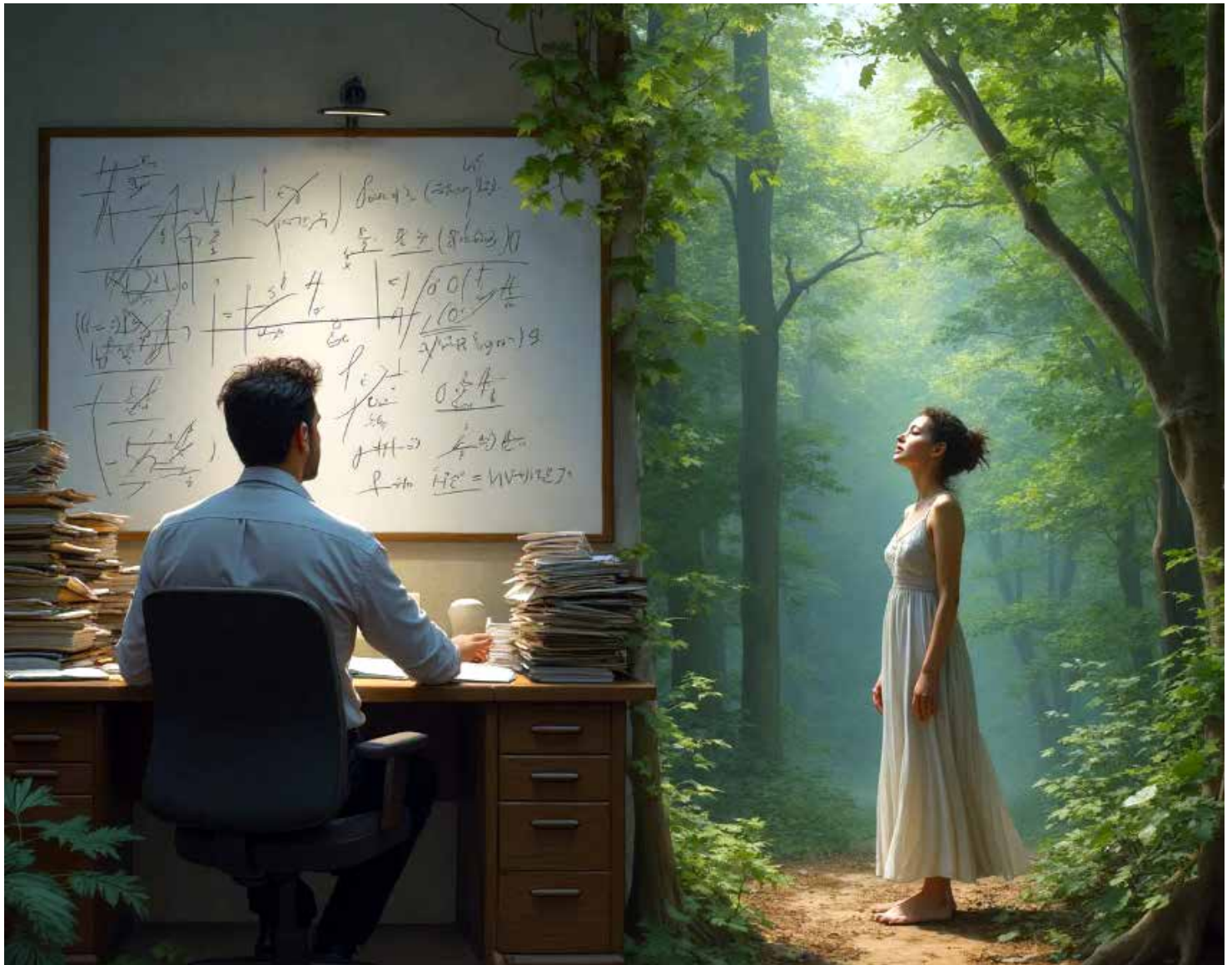
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CAUSERIE

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 airplan-

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.

LONELINESS

Loneliness Affects Laboratory Values: A Deeper Dive into the Biology of Social Isolation



A recent study published in Nature Human Behaviour has shed light on the profound biological impact of social isolation and loneliness, revealing a significant link between these social factors and alterations in the human proteome.

This groundbreaking research, conducted on a massive scale with over 42,000 participants from the UK Biobank, provides compelling evidence for the detrimental effects of social disconnection on our physical health. The study, led by researchers from Fudan University and the University of Cambridge, utilized cutting-edge proteomics technology to analyze blood samples from participants. They identified a distinct set of prote-

ins in individuals experiencing social isolation and loneliness, many of which are implicated in crucial biological processes such as inflammation, antiviral responses, and immune system function. These findings suggest that social isolation and loneliness not only impact our mental well-being but also have a profound and measurable effect on our physiological state.

Furthermore, the study employed Mendelian randomization, a powerful genetic method, to establish a causal link between loneliness and specific proteins. This robust analysis provides strong evidence that loneliness directly influences the levels of certain proteins in the body, potentially contributing to an increased risk of chronic diseases such as cardiovascular disease, type 2 diabetes, and stroke.

The implications of this research are far-reaching. By understanding the biological pathways through which social isolation and loneliness exert their detrimental effects, scientists can develop novel therapeutic targets and interventions to mitigate the health risks associated with these social experiences. This research also underscores the critical importance of fostering social connection and combating loneliness as a public health imperative.

This study provides a crucial step forward in our understanding of the intricate interplay between social factors and human health. It highlights the profound impact of social isolation and loneliness on our biology and underscores the urgent need for societal interventions that prioritize social connection and well-being.

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.

RUSSIAS WAR AGAINST UKRAINE

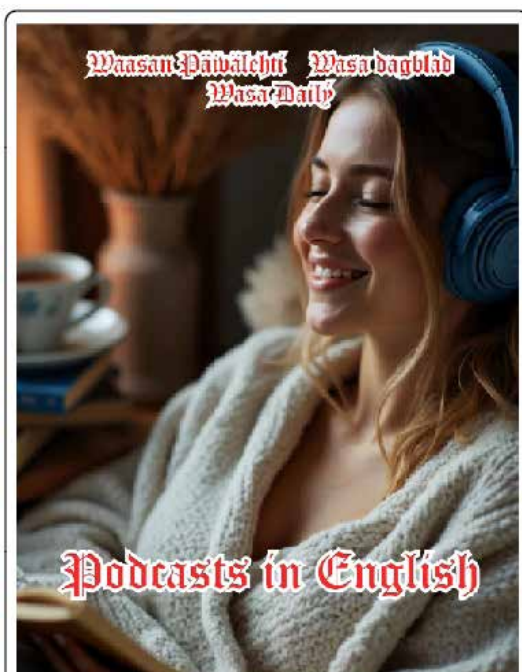
The President Honored the Memory of Holocaust Victims



AI

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

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



**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.



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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Those who know a little more
are those
who read Wasa Daily

Kärnfestival denna vecka!
Kalevaspeleinen i Vaasa 27-30.6.2024
Kremlin gör natt av sina motsändare - 1939 liksom nu

KÖR-FESTIVALEN
Sinebrychhoffin taidemuseo

Puccinis "TOSCA" KOMMER TILL VAASA I JANUARI

Sinebrychhoffin taidemuseo
Sinebrychhoffin konstmuseum
Sinebrychhoff Art Museum

Pörtöm kyrka Pirttikylän kirkko The Church in Pörtöm

Hylkeenynti Raippaluodossa 1895

KUORO-FESTIVAALI
Sinebrychhoffin taidemuseo

KUORO-FESTIVAALI
Sinebrychhoffin taidemuseo

Mystical East in Tika-noja All EU-candidates

Cycling Week in Vaasa this week
Climate Change's Profound Impact on Finland

CHOIR FESTIVAL
A Free Place. The Hedrock of Happiness and Democracy

Mystical East in Tika-noja All EU-candidates

Fero Järnefelt (1863-1937)

I K Inha (1865-1930) i Replot 1895 Raippaluodossa 1895

Hylkeenynti Raippaluodossa 1895

Finland's president Alexander Stubb in Vaasa 27.4.2024
Jussi Adler-Olsen
A free for everyone in Vaasa



HOROSCOPE FOR FEBRUARY 2025

Fabulous February Horoscope

□ Aries (March 21–April 19)

Your energy could power an entire ski resort, but remember: not everyone appreciates surprise skiing trips—especially without skis.

□ Taurus (April 20–May 20)

Your main goal this February? Stay as close to warm woolen socks as possible and as far from snow shovels as you can.

□ Gemini (May 21–June 20)

Your communication skills are top-notch! Too bad not everyone is ready to receive 12 voice messages in a row.

□ Cancer (June 21–July 22)

Romance is in the air—or maybe it's just the neighbor's leftover gingerbread scent.

Either way, your heart is warming up!

□ Leo (July 23–August 22)

You're like the winter sun—rare but brilliant when you do show up. February is the perfect time to shine!

□ Virgo (August 23–September 22)

You're ready to organize everything—including your neighbor's hallway. Just remember, not everyone appreciates unsolicited reorganization.

□ Libra (September 23–October 22)

Fairness is key in your life, but in February, you face a big decision: who gets the last cream-filled bun?

□ Scorpio (October 23–November 21)

Your mysterious aura is magnetic, but try not to be too cryptic. "Maybe I'll come, maybe I won't" isn't the best RSVP.

□ Sagittarius (November 22–December 21)

Your thirst for adventure is strong, but February reminds you to check if the ice is actually thick enough—both literally and figuratively.

□ Capricorn (December 22–January 19)

You're working hard, but remember: spreadsheets don't count as a snack. Take a break and treat yourself—preferably with extra whipped cream.

□ Aquarius (January 20–February 18)

February boosts your creativity, but not everyone is excited about your attempts to convince them that ice swimming is "relaxing."

□ Pisces (February 19–March 20)

You're already dreaming of spring, but February has a few surprises left—like unexpected snowfalls and maybe even a surprise date proposal!



NEWS 100 YEARS AGO



The Evening Courier

Sunday, February 2, 1925

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

Do not go to Canada!

ÖSTERBOTTNINGEN

Jakobstad on 4 Febr. 1925.

Do not travel in Canada!

Often in the press lately warning cries have been raised against emigration to Canada, which has also had the consequence that emigration there has either completely stopped or noticeably decreased. But the stagnation is probably only temporary. The journeys have in many cases been only postponed in anticipation of better times. Unfortunately, no brightening seems to be expected, at least for a very long time. The travellers, therefore, would do well to put Canada completely out of their minds and to devote their energies and their work to their homeland and the fatherland.

We have received letters from several emigrants from our region in which conditions in Canada are described in the darkest colors and urged against emigration there.

Thus one writer of letters says that he has been reluctant for the longest time to describe conditions in the foreign country. On the one hand, such a description could be regarded as a sign of weakness and weakness on the part of the writer of the letter, and on the other hand, it is contrary to one's own sense of ambition to complain and moan and to acknowledge the great disappointment which the emigrant takes possession of upon his arrival in the distant land.

But when the writer of

the letter has seen how daily new compatriots arrive, how difficult it is, then duty urges him to warn most emphatically against further emigration, especially as times seem to be getting worse and worse.

It would be a crime to remain silent in the present circumstances. It is sad and distressing to see the young, hard-working sons of Finland come here, believing that they will find happiness, but are afflicted with want and misery.

Do not listen to the beautiful and alluring promises of the agents! Nowadays these agents travel around Scandinavia, painting miserable Canada in the brightest colors.

The agents are for the most part sent by the Canadian Pacific Company, which makes a lot of money from the growing numbers of emigrants. The company has its own steamboat lines in different parts of the world, its own railways both in Canada and other countries. It places its means of communication at the disposal of emigrants on splendid terms. The company also leases land to the immigrants.

But its usufruct of the land lasts only three years. Consequently, the emigrant cannot be bound to it for a long time. For an emigrant with two empty hands, however, it is very difficult to begin to break wilderness, to acquire tools, etc. This requires both time and money.

An emigrant who has come here for three or four years cannot think of such a thing. The emigrant must look for work elsewhere. The same company does have a lot of work to offer. But because of the growing flow of emigrants, the competition becomes so great that unemployment arises. Or wages are pushed down, while clothing and food are at the same high price as before. In winter, there is some work available in the forests. But even here, such emigrants who have not been accustomed to forest work in their home country find it difficult to get by.

And wages have fallen from 40 to 45 cents per hour in the spring of 1923 to 20 to 25 cents now. Food, on the other hand, costs the same as before, or usually a dollar a day. Many emigrants have illegally crossed the border into the United States. A few have managed to make a living there for some time.

Most have been caught, thrown into prison for up to a year and then sent home. So that it is not worth while to travel to the United States over Canada. After a year of residence in Canada, one may be granted a visa to the United States. However, since the number of applicants is very large and admission permits are granted in turn, it may take up to 3 or 4 years before one is admitted to the "promised land." The letter writer urges anyone who has been caught by

Canada fever to think carefully before making his decision. Mainly, he advises breadwinners against traveling to Canada. They can, by a hasty decision, throw themselves and their families into misery and distress. Unmarried people may be able to resolutely procure a meagre livelihood.

But they too will soon learn to appreciate their poor Finland more than

before.

The situation in Ukraine is extremely critical.

Famine is sweeping around.

From Moscow via Petersburg to Helsinki, messages have been received stating that the situation in Ukraine is extremely critical. Famine is sweeping and driving the peasant population in particular to revolt.



FORD FORDOR SEDAN

4-5 personers heltäckt vagn anlännt.

Aldrig har allmänheten erbjudits större valuta för sina pennningar än genom den heltäckta Ford-vagn som nu finnes att tillgå. Smakfull till sitt yttre, vackert inredd och stadigt byggd som den är, erbjuder den förmåner, som endast mycket dyrare vagnar besitta.

Den täckta Ford-vagnen är till utseendet sin, elegant formad och ståtlig. Lackeringen bibehåller singlans under obegränsad tid. Den som kör med en sådan Ford kan vara stolt i vilket sällskap som helst.

Dessa vagnar äro lätta, men starka, lätta att köra och föra i förvar, billiga, i bruk och skötsel och alltid pålitliga. Nyttiga, bekväma och vackra, uppfylla de alla anspråk, som kunna ställas på ett förstklassigt trafikmedel.

Skönhet och nytta.

Pris endast Fmk 38,425:—
Kom och se en provvagn!

Frakt särskilt för köparens ort.

Vaasan Auto Osakeyhtiö

Hovrättseplanaden 20, tel. 8 29.

HUMOUR ONE HUNDRED YEARS AGO

LUNDBERG

— Do you know Lundberg? — Yes, of course! I know him so well that I don't know him anymore.

NOT HOME

Mrs.: Here comes Mrs. Petterson, tell her I'm not home.
Maid: Good, madam.
Mrs.: Well, what did she say?
Maid: Thank God.

FISHING LUCK

— Well, what did you do this summer?
— We've been fishing, you know. And when we fish, we always have on liter 96% with us, and for every fish we take a sip, ; and if we get a lot of fish, we go home and take another liter

TWO STREET LAMPS

On the streets of Kemi city, there are two lamps on the same pole.
— Why do you have to be two?
— Well, you see, one must illuminate the other.

APPENDIX

— That doctor must have sent a rudely large bill. But it will probably be the last time he gets to operate on my appendix.

COMMUNISM

— If you had two houses, would you give one to me?
— Yes.
— If you had two horses, would you give one to me?
- Of course!
— You have a liter of alcohol at home. Give me half a liter!
— You crazy, human! Never!

IN THE BEST FAMILIES

"You see, Mrs. Eriksson, the best family is a family in which there was no such thing as occurred even in the best families."

Difficult to choose maid

— Dear friend, you speak of the difficult maidservant question, yes, I am very unhappy. If I take an old and ugly one, my husband is never at home and if I take a young and beautiful one, I dare not go out myself

To complain to a newspaper

The editor: — And this joke you say must be new? My grandmother already told me that when she was a little girl.

CHILD MAIDEN

— My miss, how can you read your novel when the child screams so terribly.
The nanny: — Bad, my lord, and since you're also bothering me, I cannot read at all.

IN COURT

— Mr. Judge, my husband called me "you old cow", and then he threw me out. I request that he be punished.
— Good, Mrs. H. We judge him to take you in again.

IN CUSTOMS

Band dealer Pettersson comes from abroad and is offended by the customs officer's thoroughness during the inspection. When asked:
— Have you now shown everything, tape dealer Pettersson replies angrily.
— No, you have not yet

been able to see the vocal cords.

Wedding

Old witty master Grundman was invited to a wedding and asked as an old family friend to say a few words to the bride, young, beautiful and blushing:
— To me, who has followed the fates of Lisa and her parents for the last 19 years, it seems that she inherited her wisdom from her father. The he did not know what to say, received a flashing look from his wife, regained his composure and ability to speak, and said:
— Because look, her mother still has hers left.

Stradivarius

— Your violin is descended from the famous Stradivarius, father? - Yes.
— And the strings are made of intestines? — Yes.
— Are they Uncle Stradivarius' intestines then?

IN THE CHURCH

Pastor Talgren exhorts his audience.
— There is one thing that I especially want to

The astronomic picture of the week:



Mercury's shadowy north pole revealed by M-CAM 1 (with labels) ESA505325 - Mercury s shadowy north pole revealed by M-CAM 1.jpg

This is one of a series of images taken by the ESA/JAXA BepiColombo mission on 8 January 2025 as the spacecraft sped by for its sixth and final gravity assist manoeuvre at the planet. Flying over Mercury's north pole gave the spacecraft's monitoring camera 1 (M-CAM 1) a unique opportunity to peer down into the shadowy polar craters.

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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Next week:

