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## ÅBO AKADEMI

### Study Reveals Well-Being Is Key to Quality, Sustainable Elderly Care

New research from Åbo Akademi University suggests that well-being — or thriving — is not just a subjective feeling but a measurable indicator of care quality and a cornerstone of sustainable elderly care. Health sciences researcher Ann-Sofie Silvennoinen examined how older residents experience life in care homes and identified the factors that make daily life meaningful.

The thesis highlights five critical elements that influence thriving: the resident's attitude toward

care home living, quality of care and caregivers, social activities and interactions, characteristics of the physical environment, and health. Among these, social engagement — participating in meaningful activities, feeling a sense of community and being acknowledged — showed the strongest link to perceived thriving.

Silvennoinen emphasises that relatively simple strategies — such as fostering calm, homelike environments, acknowledging residents' life stories, and encouraging participation — can significantly improve well-being. These measures could even re-

duce the need for extensive care and medication, making them valuable not only for individual dignity but also for the healthcare system's sustainability.

Her work challenges care providers to go beyond traditional metrics and prioritise holistic well-being as a core goal in elderly care. With ageing populations worldwide, understanding and promoting thriving could reshape how societies support older adults.

Source: Åbo Akademi – Trivel är nyckeln till god vårdkvalitet och hållbar äldreomsorg, 2 February 2026

## Photo of the Week:



Winter

## VAASA

### Calling All Young Creators – Vaasa Youth Culture Festival Seeks Performers

Young artists, musicians, dancers and visual creators in Vaasa are invited to take the stage at the Vaasa Young Culture Festival this April! The nationwide youth arts event takes place on 17–18 April at the Vaasa Main Library's Drama Hall and other venues, and organizers are now seeking performers and contributors aged 13–29.

Whether you're in a band, a solo act, a theatre or dance

group, or you specialise in visual arts like video, installation or drawing, this festival is looking for fresh talent to showcase. The Young Culture Festival aims to spotlight youth creativity and give young creators a chance to share their work with a wider audience.

The application period is open until 15 March, and participants will gain invaluable experience, exposure and

networking opportunities. Festival coordinator Max Bäckman emphasises that the event not only provides a stage but also a chance to learn about event production and creative collaboration.

**This is a unique chance** to be part of a vibrant cultural event in Vaasa and take your art or performance to the next level — apply now! Source: City of Vaasa press release – Vaasan Nuori kulttuuri-festivaalille haetaan esiintyjiä

## ELECTRIC CARS

### Statistics Finland: 60 % of New Cars Are Rechargeable – Electric Vehicles Take Over



Finland's car market is rapidly shifting toward electrification: Statistics Finland reports that in January 2026, about 60 % of newly registered passenger cars were rechargeable — either battery electric vehicles (BEVs) or plug-in hybrids. This marks a major milestone in the transition away from traditional combustion engines.

According to the latest

registration data, 5,462 new passenger cars were registered in January, with 46 % being fully electric and 14 % plug-in hybrids. Together, these electric and rechargeable vehicles eclipsed the share of conventional petrol and diesel models for the first time on such a scale.

Experts say the rise of electric mobility reflects multiple factors: improved charging infrastructure, rising environmental awareness, and the lower running costs of electric and hybrid cars. While total new car registrations have dipped slightly in recent years, the proportion of electrified vehicles continues to climb steadily.

This development not only signals changing consumer preferences but also supports Finland's climate goals by reducing transport emissions. As the electric vehicle share grows, it reshapes the future of driving in the Nordic region—and sets an example for other countries accelerating their own clean transport transitions.

Source: Statistics Finland, First Registrations of Motor Vehicles 2026, January

## SUPREME COURT

### Supreme Court to Review Isokyrö School Attack Plot Case as Prosecutor Seeks Tougher Charges

Finland's Supreme Court has granted the prosecutor permission to appeal in the high-profile case involving the planned school attack in Isokyrö, moving the matter up to the nation's highest judicial level. This decision comes after earlier convictions were upheld by lower courts

In June 2024, a district court sentenced Evita Kolmonen to three years and two months in prison for preparing a serious crime against life or health and a

firearms offence. The Vaasa Court of Appeal confirmed this sentence last year. However, the prosecutor is now asking the Supreme Court to determine whether the defendant should be convicted of multiple counts of preparing serious offences, on the basis of there being multiple victims involved.

A key legal question for the Supreme Court will be whether the preparatory acts should be treated as one offence or several distinct offences, which could also lead to a harsher

sentence if multiple counts are upheld. The defendant's sentence remains in place during this appeal process.

The Supreme Court expects to hear responses from both sides, and the case could be scheduled for review as early as next summer. Legal experts say the outcome could influence how future cases of serious crime preparation are prosecuted and sentenced in Finland.

Source: Yle News – Isokyrö school attack plot to be reviewed by Supreme Court (February 2, 2026)

**EDITORIAL**

## “What’s the Right Age for a Social Media Ban?” – Finland Weighs Tough Limits on Kids Online



Finland is debating whether to take a bold step: legally banning social media for under-15s, rather than relying on voluntary parental guidance. This comes as health authorities push stricter national guidelines urging no social media or smartphone use for younger children.

The Finnish Institute for Health and Welfare (THL) recommends that under-13s should not use social media or have their own smartphones, part of broader digital use guidelines aimed at protecting children's wellbeing. Public opinion seems to support stronger action: recent polls show a growing majority in favor of a 15-year age limit for social media use.

Across Europe and beyond, similar discussions are underway. Denmark is moving toward a 15-year ban, while some policymakers in Norway are considering

the same. In Australia, a 16-year ban is already being implemented, highlighting the global shift toward protecting young users.

Experts point to mounting evidence linking excessive social media use with mental health issues like anxiety, sleep disruption and reduced concentration among youths. But critics argue that social media also plays an important role in social connection and expression for teens, and enforcing any age limit poses technical and rights-related challenges.

So what's the right age? 13, 15, or even older? The policy debate in Finland reflects a wider struggle to balance digital freedoms with safeguarding children's healthy development.

Sources: Finnish Government draft on social media restrictions for children and youth; THL digital guidelines; Yle News; public surveys.

## Photo Supplement



**ÅBO AKADEMI**

## Åbo Akademi Names Gunilla Widén as New Rector, Launching a Bold New Chapter



Åbo Akademi University has appointed Professor Gunilla Widén as its new Rector for August 1, 2026–July 31, 2031, a move that signals continuity and renewal at Finland's leading Swedish-language

university. Widén has served as Acting Rector since April 2025 and now steps into the role full-time during a pivotal period of strategic transformation.

Widén holds a PhD and has an extensive research portfolio with over 120 scientific publications, primarily in information studies. Her work on societal information environments, knowledge behaviour and information management positions her well to guide the university through challenges linked to digitalisation and evolving academic landscapes.

The decision was made unanimously by the university's Board, chaired by Dag Wallgren, who highlighted Widén's leadership experience and deep institutional understanding as decisive factors. Åbo Akademi has faced organisational restructuring and financial constraints in recent years, and Widén's appointment aims to strengthen academic quality and institutional stability.

Widén emphasises collaboration, open communication and academic excellence as cornerstones of her leadership. Her new tenure is expected to further enhance Åbo Akademi's profile both nationally and internationally.

Source: Åbo Akademi press release

**WÄRTSILÄ**

## Finnish Power in the Desert: Wärtsilä Strikes Major Deal in Oman!



Finnish energy giant Wärtsilä has locked in a massive seven-year contract extension in Oman.

The company will continue to manage the operation and maintenance (O&M) for the Musandam Power Company, ensuring the lights stay on in one of the world's most demanding environments. This extension follows eight years

of flawless performance and rock-solid reliability. The power plant, powered by 15 Wärtsilä 34DF dual-fuel engines, is a critical lifeline for the local power grid. Wärtsilä's comprehensive lifecycle solution guarantees optimized performance and long-term efficiency for the facility. Industry insiders see this as a huge win for the Finnish tech leader, proving once again that their expertise is second to none. With this deal, Wärtsilä solidifies its powerhouse status in the global energy sector, promising consistent results and a steady future.

SOURCE: Wärtsilä Corporation ([www.wartsila.com](http://www.wartsila.com))  
Image caption: Wärtsilä has extended its operation and maintenance agreement with Musandam Power Company of Oman, an independent power producer (IPP), for another seven years. © Wärtsilä Corporation

## VAASA UNIVERSITY

# Finland's "Food Province" Appoints an Industry Heavyweight to Boost Competitiveness



Juha Gröhn, Professor of Working Life at the University of Vaasa University of Vaasa Image freely available

A new professorship in Seinäjoki aims to bridge the gap between academia and the food industry, with former Atria CEO Juha Gröhn at the helm.

The University of Vaasa has appointed former Atria Group CEO Juha Gröhn as a new Professor of Working

Life, based in Seinäjoki. His mission is to enhance the growth and competitiveness of the entire food economy value chain in the region of South Ostrobothnia, Finland's undisputed leading food production area.

The position is uniquely funded by a consortium of local companies, foundations, and public organizations, highlighting a strong regional commitment to advancing the sector. The role

is designed to be a practical link between university research and business needs.

"I hope to inspire and encourage closer cooperation between universities, educational institutions, research communities, and companies. Science always goes hand in hand with practical application," says Gröhn.

Source: University of Vaasa press release (February 10, 2026).

## VAASA CHOIR FESTIVAL

# VAASA CHOIR FESTIVAL TURNS 32 – HOEDOWNS, SINFONETTA AND CLASSICS ON THE MENU



The City of Vaasa is preparing to celebrate a milestone as the 32nd annual Vaasa Choir Festival fills the city with choral singing on May 14–17, 2026. The four-day music festival promises a diverse program for all ages and tastes.

The festival's headliners include the masters of Finnish a cappella music, Club for Five, performing on Saturday at Club Ritz.

Their repertoire takes the listener through Finnish music from different eras. The Finland's Women's Choir Association's Choir of the Year, Jyväskylä Women Singers, will also arrive at Vaasa City Hall. On Friday, a full house awaits when the Helsinki Chamber Choir performs in Vaasa Church together with the Vaasa City Orchestra, and the program also includes plenty of free concerts in different parts of the city.

Wasa Sinfonietta and Children's Choir Estradi bring the "Pikku Ankka Vaakkunokka" performance to the stage.

The festival is an event that brings together professionals and amateurs. The program also includes plenty of free concerts in different parts of the city.

Source: City of Vaasa – Vasa stad / Press release 15.1.2026

## OLD VAASA MUSEUM

# Free Arts Night at Old Vaasa Museum – Videos, Interactive Works & Artist Talks



On Friday, February 20, from 4–8 PM, Vanhan Vaasan Museum hosts a vibrant and free multidisciplinary art event that promises to intrigue art lovers and the curious alike. The evening showcases the ongoing art project Mitä on jäljellä muistojen tempelissä ("What Remains in the Temple of Memories"), featuring unreleased documentary and art video clips alongside interactive art installations in Loukos Cottage.

Artists Bekim Hasaj and Valentina Gelain will present their work and discuss the creative process behind the piece – a project born from community research, site-specific installations and collaborative workshops. Through

the event, visitors can see original pieces that blend storytelling, memory and place.

The evening also includes talks about future cultural planning, with Vaasa's cultural producer discussing upcoming initiatives in the Palosaari industrial area. Complimentary refreshments will be available all night at the museum café, creating a relaxed atmosphere to meet the artists and other guests.

Please note that other museum galleries and the permanent exhibition will be closed during the event – but Loukos Cottage will be open and buzzing with creativity. This is a rare chance to experience contemporary art that bridges history, community engagement and future city spaces.

Source: City of Vaasa press release – Taideta-pahtuma Vanhan Vaasan museossa 20.2

## ÅBO AKADEMI

# Study: Voters Forgive Corruption If Politician Thinks Like Them



A new study from Åbo Akademi University reveals a striking paradox in democratic attitudes: although voters generally claim to dislike corruption, many are willing to overlook corrupt behaviour if a politician shares their own political views.

The research, conducted across ten European democracies with about 13,000 respondents, shows this pattern consistently.

Participants were asked to evaluate hypothetical politicians based on traits including alleged corruption and ideological position. The results indicate that respondents are less likely to punish corrupt behaviour

in politicians aligned with their own ideology, even though they condemn such behaviour in politicians with opposing views.

"This suggests that ideological affinity can outweigh ethical norms in public judgement," says Henrik Serup Christensen, a political scientist at Åbo Akademi. The findings raise concerns about voter behaviour and the resilience of democratic norms when partisanship blinds citizens to misconduct.

Experts warn that such tendencies could erode public trust in institutions and make corruption harder to combat if voters excuse it for politicians they prefer. Debates about transparency, political accountability, and citizen judgment are likely to intensify as elections approach.

Source: Åbo Akademi – Vi ogillar korruption men kan se mellan fingrarna när politikern tycker lika som oss, 29 January 2026

## DIET AND HEALTH

## Two Apples a Day Is Good for Your Health



THE ADAGE "an apple a day keeps the doctor away" may need an update, as emerging research suggests that consuming two apples daily offers even greater health benefits. Gastroenterologist Dr. Joseph Salhab highlights that apples, rich in fiber and antioxidants, contribute to liver health, cancer prevention, weight management, and improved metabolic function (Salhab 2023). This article explores the scientific evidence supporting the claim that two apples a day can enhance overall well-being.

## Health Benefits of

**Two Apples a Day****1. Liver Health and Reduced Risk of Fatty Liver Disease**

Apples contain polyphenols, particularly flavonoids and pectin, which have been shown to reduce liver fat accumulation. A study published in The American Journal of Clinical Nutrition found that apple polyphenols significantly decrease markers of oxidative stress and inflammation in the liver (Koutsos et al. 2015). Dr. Salhab notes that "the antioxidants and fiber in apples help lower the risk of liver disease" (Salhab 2023).

**2. Colon Cancer Prevention**

The high fiber content in apples promotes gut health by increasing

beneficial bacteria and reducing carcinogenic compounds in the colon. A meta-analysis in Public Health Nutrition reported that regular apple consumption is associated with a 20% lower risk of colorectal cancer (Fabiani et al. 2016). Dr. Salhab emphasizes that "protective compounds in apples reduce colon cancer risk" (Salhab 2023).

**3. Improved Cholesterol and Blood Sugar Control**

Apples are rich in soluble fiber, particularly pectin, which binds to cholesterol in the gut and facilitates its excretion. A study in JAMA Internal Medicine demonstrated that daily apple intake lowers LDL cholesterol by up to 10%

(Hyson et al. 2015).

Additionally, the slow digestion of apple fiber helps stabilize blood sugar levels, reducing diabetes risk (Salhab 2023).

**4. Weight Management and Satiety**

The fiber and water content in apples increase satiety, reducing overall calorie intake. Research in Appetite found that participants who ate apples before meals consumed fewer calories than those who did not (Flood-Obbagy and Rolls 2009). Dr. Salhab states that apples are "a great snack for weight management" (Salhab 2023).

**5. Mental Health Benefits**

Beyond physical health, apples may also support mental well-being. A study from the National University of Singapore found that fruit consumption, including apples, is linked to lower depression risk in older adults (Goh et al. 2022). Conclusion

Scientific evidence strongly supports the health benefits of consuming two apples daily. From liver protection to mental health, apples are a cost-effective and natural way to enhance overall wellness. As Dr. Salhab concludes, "Two apples a day can significantly improve multiple aspects of health" (Salhab 2023).

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**ELIQUIS****Eliquis is back – thousands of patients can breathe a sigh of relief**

After an infected patent battle, the cost of blood-thinning drugs skyrocketed and many patients with atrial fibrillation ended up in a bind. Eliquis suddenly became unreasonably expensive, and uncertainty grew about the treatment. Now comes the news: the drug is being partly paid again. The decision is valid until the end of March until further notice – but there is much to be said for an extension. For thousands of Finns, this means a safer everyday life and less worry about both blood clots and wallets.

Source: Lääkärilehti

**NATURE****Environmental bonus gave 6,000 euros to Vaasan Latu**

Good news for outdoor friends in Ostrobothnia! Vaasan Latu ry will receive a EUR 6,000 environmental bonus for the development and renovation of nature and excursion destinations. The money will go to improvements that make it easier and safer to go out into nature – from trails to rest areas. The investment is part of a larger national environmental bonus that strengthens sustainable tourism and outdoor recreation around the country.

Source: STT Info

**KORSHOLM****Do you dare to walk on water?**

Ice hiking attracts in Norra Vallgrund. Now is your chance to literally step out to sea! In Norra Vallgrund, a joint ice hike is organized where participants can experience the magic of winter up close. With the right equipment and safe guidance, a unique nature experience awaits over sparkling ice fields and open horizons. However, the organizers remind people of safety – the ice is beautiful but requires respect.

Source: Mustasaari Municipality

**TRAIN****The Aalto Line can change everything – high-speed trains between Turku and Vaasa?**

The dream of a fast rail connection between Turku and Vaasa is alive and well – and now the public is invited to an information meeting about the so-called Aalto Line. The project can radically shorten travel times and strengthen the competitiveness of the entire west coast. Proponents talk about the climate-smart transport of the future, while critics wonder about the costs. One thing is clear: the train issue is engaging.

Source: Mustasaari Municipality

**REPLOT BRIDGE****Replot Bridge crowd favourite – Lighting Object of the Year**

The iconic Replot Bridge has once again captured the hearts of the people. In the competition for Lighting Object of the Year, the bridge has emerged as a crowd favorite. With its spectacular lighting, it illuminates the darkness of the Kvarken and has become a landmark even at night. Now it remains to be seen whether the support of the people will be enough all the way to victory.

Source: Mustasaari Municipality

**PSYCHIATRY****Success for psychiatry – health care reform took them to the final!**

A radical reform of psychiatry's care process has yielded sensational results. The new model has streamlined the care chain, improved patients' access to treatment and reduced unnecessary waiting times. Now the work has attracted national attention – the reform has made it all the way to the finals of a prestigious quality competition. Behind the success is purposeful development work and a strong patient focus.

Source: Wellbeing Services

**WELLBEING COUNTY****Family Counseling Expands to Närpes – Free Support Now Closer to Home**

Families in northern Ostrobothnia will soon have easier access to free, confidential family counseling services as the service expands to include Närpes in its coverage area. Previously, families seeking support for relationship challenges, parenting struggles, or concerns about children's behaviour had to travel to Vasa or Jakobstad – now help is available closer

to home.

The new service, provided by the Ostrobothnia Wellbeing Services County, is available to all families with minor children. Appointments can be made in person in Närpes, or remotely if needed, offering flexibility for busy families. Services are free of charge

and confidential, and tailored to each family's needs.

Family counseling can help with a wide range of issues: from improving communication between partners and handling everyday stress, to supporting parents who are concerned about their children's

development or behaviour. The service director encourages families to reach out early, before problems escalate, noting that even small conflicts can benefit from professional guidance.

With this expansion, the region aims to strengthen family

wellbeing, reduce conflict, and give parents practical tools to navigate the ups and downs of family life – right where they live.

Source: Ostrobothnia Wellbeing Services County – Family Counseling Expands to Närpes, 9 February 2022

EU

## Von der Leyen: Russia Will Only Talk Peace Under Real Pressure



European Commission President Ursula von der Leyen warned this week that Russia will not meaningfully engage in peace negotiations over the Ukraine war unless significant pressure is maintained by Western leaders. Her remarks coincided with the unveiling of the EU's 20th package of sanctions targeting Moscow's energy exports, financial services, and trade ties — aimed at squeezing the Kremlin's war economy.

In Brussels, von der Leyen made the blunt case that diplomacy alone has failed to bring Russia to the negotiating table with genuine intent. "We must be clear-eyed: Russia will only come to the table if it is pressured to do so," she said, underscoring the need for coordinated action with G7 partners to choke off revenues from oil and other

sectors.

The latest sanctions proposal includes a ban on maritime services for Russian crude shipments and expanded financial constraints designed to limit Moscow's ability to fund military operations. EU member states are expected to begin formal discussions on the measures ahead of the war's fourth anniversary on February 24.

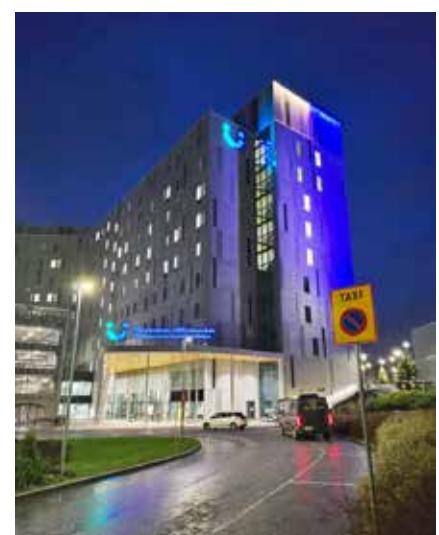
Meanwhile, parallel diplomatic efforts in Abu Dhabi involving Ukraine, the United States, and Russia have seen some progress, such as a prisoner exchange, but no breakthrough ceasefire deal.

Von der Leyen's message reflects a broader EU strategy: continued pressure — not just dialogue — is needed to bring about a just and lasting peace in Ukraine.

Source: European Commission press statement

### WELLBEING COYUNTY

Nurse on your mobile phone – healthcare moves to your home Now the nurse's office fits in your pocket. A new digital service makes it possible for patients to quickly connect with healthcare professionals via their mobile phones. Through smooth video visits and chat assessments, simple cases can be handled without a physical reception. The goal is shorter queues and more accessible care — no matter where you are. Digitalisation is described as a crucial step towards the healthcare system of the future.



### WELLBEING COYUNTY

Emergency department opens in Pietarsaari – waiting times to be cut On 2 February, a new emergency clinic will open in Jakobstad. Thanks to easier access to care, it is now hoped that the pressure on emergency services will be reduced and waiting times significantly shortened. The new clinic will handle acute but non-life-threatening problems — and provide residents with faster help when it is really needed.

### KORSNÄS

Residents gain power over money in Korsnäs In Korsnäs, residents can influence how part of the municipality's money is spent in 2026. Through the residents' budget, local residents can propose and vote on projects to be realised. Everything from well-being measures to concrete investments can become a reality — if the support is large enough. A democratic experiment that can change how the municipality is governed.

Source: Korsnäs municipality, 2026

### STATISTICS

Statistics Finland moves — a new era in Pasila Now it is clear: Statistics Finland will move to the Pasila State Office. The move marks a new phase for the agency and means more modern working environments and more efficient use of premises. At the same time, several state actors will gather under the same roof, which is expected to strengthen cooperation. New facilities await the staff — and a new everyday life in the heart of Helsinki.

Source: Statistics Finland, 2026

### STATISTICS

Exports skyrocket — services at record levels Finland's exports grew in the last quarter of the year — and services exports in particular broke all previous records. The upturn is seen as a positive sign at a time of global uncertainty. Companies in areas such as technology and expert services have contributed to the lift. If this trend continues, exports could be a crucial engine of economic recovery.

Source: Statistics Finland, 2026

### GOVERNMENT

Finland launches super app after Ukraine's war experiences! Finland is now chasing digital excellence — by developing a completely new social app with lessons learned from the war in Ukraine. The upcoming "Suomi app" will gather everything from critical information to important services in one place, so that the entire population can access vital information in a crisis more quickly. International interest is expected to be massive — and Finland wants to be at the forefront of how apps can strengthen the security of an entire society!

Source: valtioneuvosto.fi

### VAASA CITY THEATRE

## Truth Unmasked – Love, Lies & Betrayal Explode on Vaasa Stage!



For the very first time in Finland, Florian Zeller's acclaimed play The Truth (La Vérité) is hitting the stage — and it promises a hilarious but brutally honest look at the deceptions that define modern relationships.

Opening on February 12, 2026, in Vaasa, the production centers on Vincent — a man desperate to keep a secret affair

hidden from both his wife Sophie and his best friend Paul. Believing the truth is overrated, Vincent weaves a web of lies that quickly spirals into chaos.

Zeller's original Parisian hit has thrilled audiences in over 30 countries with its sharp wit and theatrical brilliance, exposing how easily trust collapses when deception takes center stage.

Directed by Emma

Mattila, the Finnish cast delivers a performance packed with comic timing, emotional punches, and moments that make audiences laugh at themselves.

The production begs the question: Can love survive when the truth finally emerges?

Source: Florian Zeller's Totuus / The Truth premieres in Vaasa on February 12, 2026. Photo: Totuus (2026). Toni Ikola and Milla Kangas. KGuillaume Roujas

### UNIVERSITY OF VAASA

## New TexMat Machine Lets You Cash In on Old Clothes!



A major innovation in textile recycling is underway as VTT, the University of Vaasa, Pääkaupunkiseudun Kierrätyskeskus and Emmy Clothing Company team up to develop the TexMat deposit-return machine.

The goal? Make dropping off used clothes easy, rewarding and profitable for consumers. Using AI and future digital product passports, the system automatically evaluates garment condition and resale potential.

Unlike traditional collection points where you must sort items yourself, the TexMat machine accepts all types of used clothes at once and automatically routes them to resale or recycling. Once an item is sold, the consumer receives their share of the proceeds directly — an unprecedented system in textile circularity.

The pilot project aims to dramatically increase textile collection and reuse rates across Europe, where each person creates about 16 kg of textile waste annually but only a fraction is actually recycled or reused.

Image: University of Vaasa

## BIOGRAPHICAL LIBRARY

### WOMEN'S VOICE

# Women's Voice biographical library celebrates its 11th anniversary – more than 1350 women's stories are already recorded

**Women's experiences, actions and influence in society have long been underrepresented in the writing of history. The Women's Voice biographical library, founded ten years ago, has reversed this trend by collecting and publishing the life stories of Finnish women online.**

To date, more than 1350 biographies have already been compiled, and the work is still ongoing!

The Women's Voice project was initiated by the Finnish Women's Association and has grown over the years to become a significant part of Finnish history. The aim of the project is to document and share information about how women have contributed to society, how they have lived and what challenges they have overcome. In 2017, the Women's Voice project was approved as a Finland 100 project.

Examples of biographies related to Vaasa include Irma Rewell, Ritva Hyöky, Eeva Kauppi, Alexandra Frosterus-Såltin and Rosina Heikel.

In 2024, a significant milestone was reached when the thousandth biography was added to the biography library. Currently, there are more than 1350 stories, including at least 50 women from Vaasa, whose lives and influence are visible locally and nationally.

#### The biographical library features almost all professional groups in Finland

Here are a few examples of the number of biographies that mention a particular profession or position:

Merchant 80 biographies  
Teacher 77 biographies  
Secretary 79 biographies  
Author 77 biographies  
Professor 67 biographies  
Lotta 63 biographies  
Artist 63 biographies  
Vicar 61 biographies  
Member of Parliament 59 biographies  
Doctor 57 biographies  
Actor 55 biographies  
Priest 54 biographies  
Midwife 49 biographies  
Nurse 41 biographies  
Journalist 39 biographies  
Deaconess 37 biographies  
Cleaner 32 biographies  
War veteran 18 biographies  
Opera singer 11 biographies  
Library assistant 1 biography

A typical example of a really interesting story is the biography of Beata Lundahl. By the end of the 1700s, Raahe was one of the towns where a trained midwife had been hired. In Raahe, Beata Lundahl had an extensive career of 57 years as a midwife or parnmoska. When the midwife took office, her name was announced in all churches in the area. The place of residence had to be known to everyone and a professional badge had to be hung on the doorstep. During her career, Beata helped 2,000 children into the world.

The Women's Voice biographical library is a cultural act that strengthens women's voices in Finnish historiography. It highlights the destinies of life from different parts of Finland, building a comprehensive and polyphonic picture of women's impact on society. This is not just a ten-year project – it is an ongoing project that will enrich our understanding of history for decades to come. Every recorded biography is a valuable part of our common heritage. It would be great if as many people as possible would join us in writing history and ensuring that women's voices are heard also in the future!



Irma Rewell - Vaasan oopperan sielu

Kirjoittaja: Katarina Korkman

Sauli ja Mertta Kentalan seitsemästä lapsesta vanhin, Irma Lahja syntyi viattomien lasten päivänä 1929 Kaustisella. Hänet vihittiin 1954 Vaasassa Tauno Emil Oskar Rewellin kanssa. Tauno Rewell toimi 1960-luvulla maan suurimpia rautakauppoihin kuuluvan Vaasan Teräksen toimitusjohtajana. Hän oli vuosikymmenten ajan tunnettu hahmo Pohjanmaan ja Vaasan elinkeinoelämässä ja sai ansioistamani kauppaneuvoksen arvon.



Irma Rewell edusti urheilukilpailuissa Vaasan Vasauaa lajeinaan 100 metrin juoksut, aitajoukku ja pituushypy. Hänen voitonlähdeksi oli erityisen vahva: Rewell lähti aina kisaan voittamaan. Tarmokas ja määritietoinen nainen oli jo nuorena lahjakas. Rewell opiskeli Helsingin yliopistossa liikuntatieteitä ja toimi opintojen jälkeen vuosina 1957–1990 Vaasan yhteiskoulun liikunnan ja terveysopin vanhempana lehtorina. Opettajana hän oli tiukka, mutta persoonallinen ja kannustava. Hän korosti erityisesti arkieläkijän merkitystä. Naisten aseman ajamisen iskostui oppilaisiin jo varhain tytöjen omien liikuntanopettajan toimesta. Opettaja Rewell kehotti äänestämään naisia.

Lue lisää - Läs mera  
[www.naistenaani.fi](http://www.naistenaani.fi)



Eeva Kauppi - arvostettu oikeuspsykatri ja  
vahva yhteiskunnallinen vaikuttaja

Kirjoittaja: Marjatta Björknaas

Eeva Kauppi koulut sanan hoso-obje: "rajaava rakkaus, valvottu vapaus, lempipäivävalta"

#### Lapsuus

Eeva Ottila Kauppi syntyi vuonna 1921 Mäntylässä siniperheen kauden-tena lapsena. Perheeseen syntyi yhdeksän lasta, joista yksi poika kuoli nuorissa iässä sivuunseeseen espanjankuumiseen. Isä oli tornion poika Kaarlo Viljori Haavisto, joka toimi pelitornia Sigrid Ottilia Tammelan kotitalossa.



Lue lisää - Läs mera  
[www.naistenaani.fi](http://www.naistenaani.fi)



Alexandra Theodora Frosterus-Såltin, unohdettu vaasalainen  
taiteilija



Kuka on Suomen tunnetuin ja samalla unohdetuin naissuomalainen taiteilija? Kenen teoksia miljoonat suomalaiset ovat ilastelleet yli sadan vuoden ajan? Kuka vaasalainen taiteilija on ollut useidet vuosikymmenten ajan ilman, että Vaasassa olisi ainoastaan muotostarkeilta potesta hänelle, puhumatta kaan siitä, ettei kaupungissa ole yhtään hänensä muksaista nimettyä katsa? Kuka on taiteilija, jonka terveyttä edistävää puurstutkia koulutuksensa ovat katselleet 120 vuoden ajan? Kuka naissuomalainen taiteilija on inspiroinut Eppu Normaalin kosketuvaan lataan "Marheliosten laulujen mat"? Kuka on vaasalainen taiteilija, jonka puurstukset olivat osa myyntiä siihen, että Suomessa oli historian alkuun kiehulak? Kuka on vaasalainen taiteilija, jonka taolu on presidentin kumaliissa? Tänäkin kutsuisa taiteilija on todotti Alexandra Theodora Frosterus-Såltin.

#### Lapsuus

Alexandra Frosterus syntyi 6. joulukuuta 1837 Inkossa. Hänen vanhempana olivat teologian professori Benjamin Frosterus ja Wilhelmina Sofia af Godolin. Benjamin Frosterus oli syntynyt Pudasjärven 28. heinäkuuta 1792. Kalajoen kirkkoisesta Johan Frosteruksen ja tämän ensimmäisen vaimon Marian Westrynniin sekoittui Robert Frosterus. Kuopion ensimmäinen piispa, olli hänenselävöinen. Benjamin Frosterus valitti teologiansa vuonna 1821 ja vihittiin papiksi 1824. Hänenä tuli kirkkoisesta professori vuonna 1829. Benjamin muutti perheineen 1. toukokuuta 1848 Vaasaan. Hänenä tuli silloiselta naimiselta Mustasaareen ja Vaasani seurakuntaan kirkkoisesta. Alexandra vietti lapsuutensa Hagan pappilassa. Talo seisoo edelleen samalla paikalla lähellä Vanhaa Vaasa ja toimi myöhemmin Vaasan ruotsinkielisen seurakunnan edustustilana.



Alexandra Theodora Frosterus-Såltin 1860-luvulla  
(Museolaitos, kuva välitytty)

## META - A NEW ARTIFICIAL INTELLIGENCE

# The AI-War Heats up: META AI Storms the North – is this the end for CHATGPT?

Spring is in the air, but on the tech front, a full-scale battle is raging. Mark Zuckerberg's latest weapon, Meta AI, is landing in the pockets of users across the globe with a bang. But is it making us smarter—or is it just a new way to vacuum up our personal data?

### Everywhere You Already Are

While ChatGPT requires its own dedicated app and Google Gemini relies on the power of search, Meta AI strikes where we spend most of our time: Facebook, Instagram, and WhatsApp.

Powered by the cutting-edge Llama model, Meta AI isn't just another chat window. It's integrated directly into your social feeds. You can ask it to plan a grocery list for a weekend trip directly inside a WhatsApp family group, or have it analyze the fashion style of an Instagram post with a single command.

### Why is Meta "Better"?

Meta's biggest trump card is seamlessness. You never have to switch apps to get an answer. Furthermore, the new Ray-Ban Meta smart glasses take the technology a step further: you can ask, "Hey Meta, what building am I looking at?" and the AI answers directly in your ear based on what the camera sees.

Meta AI's advantages over the "older" giants:

**Integration:** It lives inside the apps you already use daily.

**Speed:** The Llama architecture is famous for being lightning-fast and efficient.

**Creativity:** It is exceptionally sharp at generating images and editing content directly within social media platforms.

"This is the Swiss Army knife of the AI world. It's not just a tool; it's becoming a part of our social fabric," says one tech analyst.

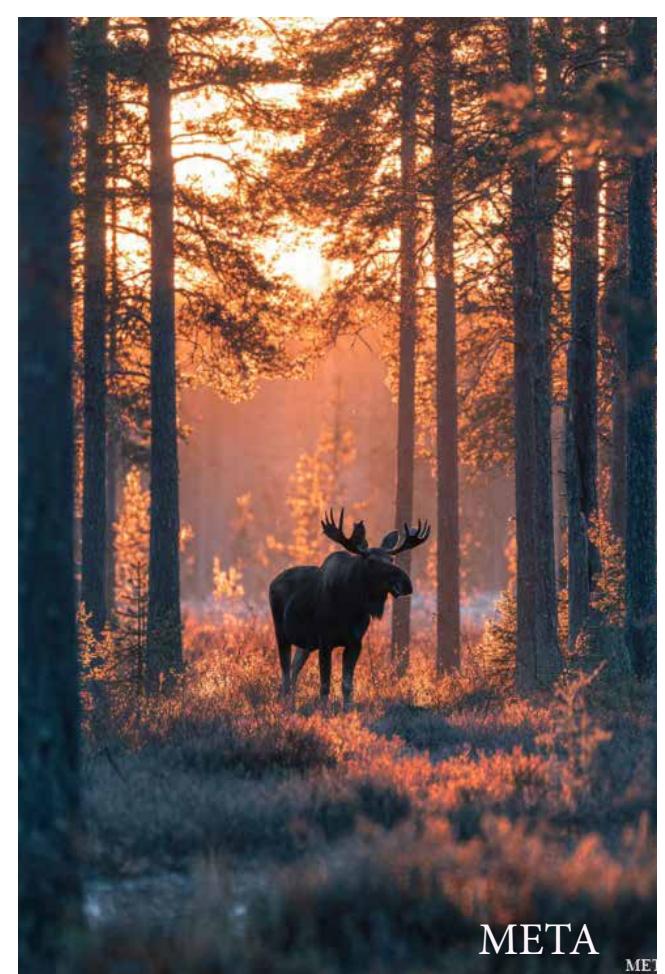
### Is it Truly the King of the Hill?

While Meta AI excels at everyday tasks, ChatGPT still holds its ground when it comes to deep academic research and complex coding. Meta is optimized for conversation and entertainment, whereas its competitors focus more on technical precision and heavy-duty logic.

However, the rollout has raised massive privacy concerns. Meta uses public posts from Facebook and Instagram to train its AI, which has put data protection authorities on high alert. While users have the right to object, doing so often requires digging through complex settings menus.

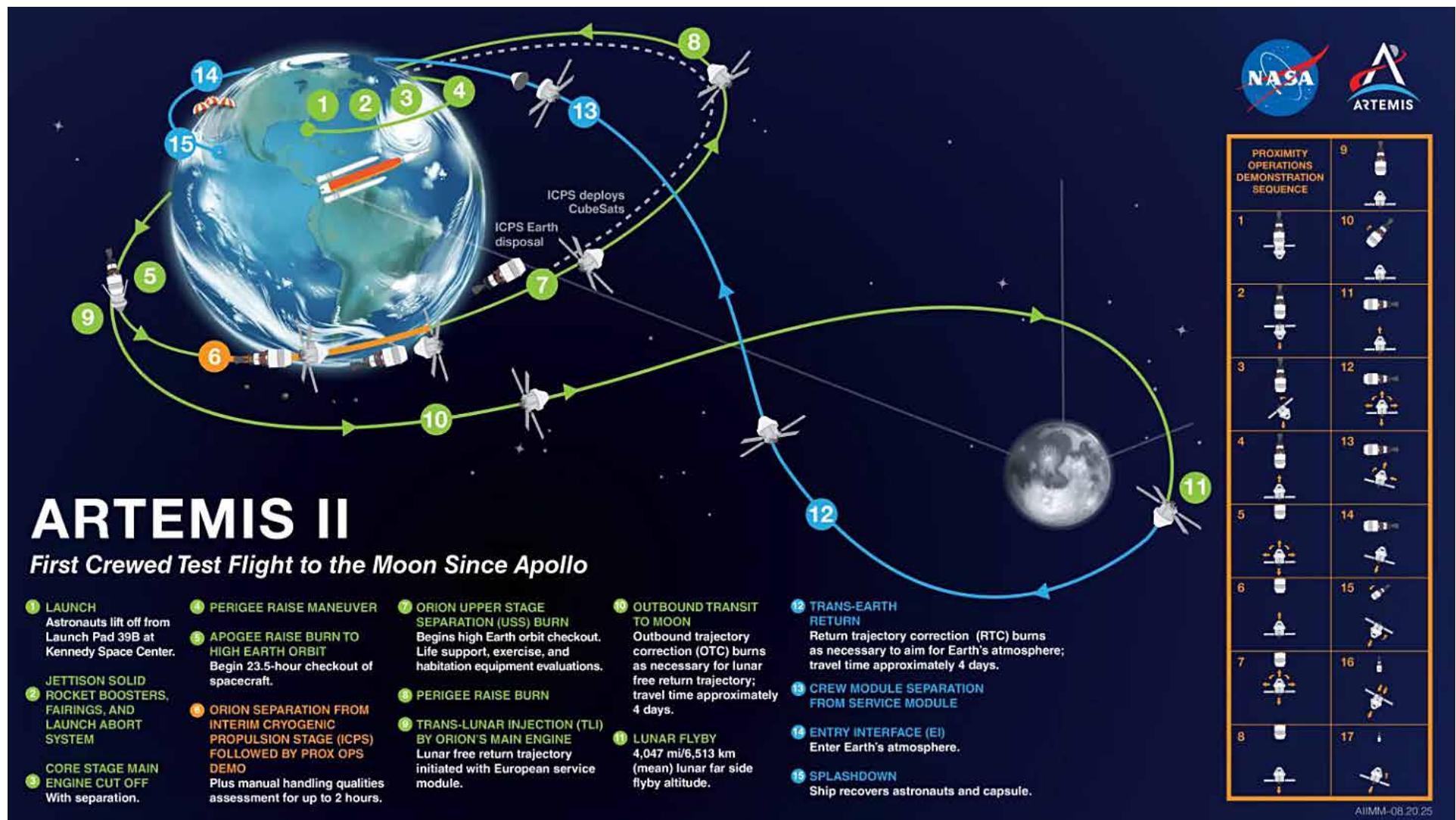
### Convenience vs. Privacy: You Decide

Meta AI is undoubtedly the most "social" AI available today. It might not be the world's smartest professor, but it's that quick-witted friend who is always available in your group chat. Is it better? That depends entirely on whether you value convenience more than your personal data.



## SPACE TRAVEL

## ARTEMIS II

NASA Nears Historic Artemis II Crew Mission to the Moon  
Launch between February 6 – 11?

NASA is making its final preparations for the Artemis II mission, a pivotal milestone in human spaceflight that will send astronauts around the Moon for the first time in more than 50 years.

The Space Launch System (SLS) rocket and Orion spacecraft have been transported to Launch Complex 39B at the Kennedy Space Center in Florida, with liftoff targeted no earlier than February 6, 2026. This 10-day flight will not land on the lunar surface but will carry four astronauts on a deep-space journey, testing life support, navigation, communication systems and other critical hardware ahead of future surface missions.

Source: Final Steps Underway for NASA's First Crewed Artemis Moon Mission - NASA

early 1970s. The rollout of the rocket follows extensive vehicle assembly and integrated testing, and the next key milestone is a "wet dress rehearsal" by early February to validate fueling and countdown procedures.

Artemis II is the first crewed flight of NASA's Artemis program, which aims to return humans sustainably to the Moon and prepare for eventual missions to Mars. Insights gained from this mission will directly inform the more complex Artemis III landing mission planned later in the decade near the Moon's south pole.

Experts describe the mission as a major step in lunar exploration, demonstrating systems and operations that will be essential for long-duration human presence beyond low Earth orbit.

Reid Wiseman, commander of Artemis II, brings extensive spaceflight experience to the mission. A U.S. Navy veteran and former chief of NASA's Astronaut Office, Wiseman previously served aboard the

## ARTEMIS II

### Meet the Crew Poised for a Historic Lunar Orbit



NASA's Artemis II mission — the first crewed flight around the Moon in more than half a century — will carry a team of four experienced and pioneering astronauts on a 10-day journey into deep space. Scheduled for launch no earlier than February 2026, the mission will test life-support systems and operations aboard the

Orion spacecraft as part of NASA's broader plan to return humans to the lunar neighborhood.

Reid Wiseman, commander of Artemis II, brings extensive spaceflight experience to the mission. A U.S. Navy veteran and former chief of NASA's Astronaut Office, Wiseman previously served aboard the

International Space Station for 165 days in 2014 during Expedition 41, participating in hundreds of scientific experiments and spacewalks.

Victor Glover, selected as pilot, is also a seasoned space traveler. A former naval aviator and test pilot, he flew as the pilot of SpaceX's Crew-1 mission to the

International Space Station and contributed to Expedition 64 and 65 operations.

Christina Koch will serve as mission specialist. An engineer and explorer, Koch previously logged 328 consecutive days in space aboard the ISS during Expeditions 59, 60 and 61, setting a record for the longest single spaceflight by a woman and participating in historic all-female spacewalks.

Representing the Canadian Space Agency, Jeremy Hansen joins Artemis II as a second mission specialist and will be the first Canadian to travel beyond low Earth orbit. Hansen, a former fighter pilot selected as an astronaut in 2009, has broad mission operations experience and has worked in NASA's Mission Control Center in Houston.

Together, this diverse crew symbolizes a new chapter of lunar exploration and international cooperation in space.

## UKRAINE PRESIDENT

# The President of Ukraine and the President of Finland Discussed Support for Ukrainians and the Coordination of Efforts to Achieve a Reliable Peace



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## George Orwell 1984 17

Unquestionably Syme will be vaporized, Winston thought again. He thought it with a kind of sadness, although well knowing that Syme despised him and slightly disliked him, and was fully capable of denouncing him as a thought-criminal if he saw any reason for doing so. There was something subtly wrong with Syme. There was something that he lacked: discretion, aloofness, a sort of saving stupidity. You could not say that he was unorthodox. He believed in the principles of Ingsoe, he venerated Big Brother, he rejoiced over victories, he hated heretics, not merely with sincerity but with a sort of restless zeal, an up-to-dateness of information, which the ordinary Party member did not approach.

Yet a faint air of disreputability always clung to him. He said things that would have been better unsaid, he had read too many books, he frequented the Chestnut Tree Cafe, haunt of painters and musicians. There was no law, not even an unwritten law, against frequenting the Chestnut Tree Cafe, yet the place was somehow ill-omened. The old, discredited leaders of the Party had been used to gather there before they were finally purged. Goldstein himself, it was said, had sometimes been seen there, years and decades ago. Syme's fate was not difficult to foresee. And yet it was a fact that if Syme grasped, even for three seconds, the nature of his, Winston's, secret opinions, he would betray him instantly to the Thought Police. So would anybody else, for that matter: but Syme more than most. Zeal was not enough. Orthodoxy was unconsciousness.

Syme looked up. 'Here comes Parsons,' he said.

Something in the tone of his voice seemed to add, 'that bloody fool'. Parsons, Winston's fellow-tenant at Victory Mansions, was in fact threading his way across the room--a tubby, middle-sized man with fair hair and a froglike face. At thirty-five he was already putting on rolls of fat at

neck and waistline, but his movements were brisk and boyish. His whole

appearance was that of a little boy grown large, so much so that although he was wearing the regulation overalls, it was almost impossible not to think of him as being dressed in the blue shorts, grey shirt, and red neckerchief of the Spies. In visualizing him one saw always a picture of dimpled knees and sleeves rolled back from pudgy forearms. Parsons did,

indeed, invariably revert to shorts when a community hike or any other physical activity gave him an excuse for doing so. He greeted them both with a cheery 'Hullo, hullo!' and sat down at the table, giving off an

intense smell of sweat. Beads of moisture stood out all over his pink face. His powers of sweating were extraordinary. At the Community Centre you could always tell when he had been playing table-tennis by the dampness of the bat handle. Syme had produced a strip of paper on which there was a long column of words, and was studying it with an ink-pencil between his fingers.

'Look at him working away in the lunch hour,' said Parsons, nudging Winston. 'Keenness, eh? What's that you've got there, old boy? Something a bit too brainy for me, I expect. Smith, old boy, I'll tell you why I'm chasing you. It's that sub you forgot to give me.'

'Which sub is that?' said Winston, automatically feeling for money. About a quarter of one's salary had to be earmarked for voluntary subscriptions, which were so numerous that it was difficult to keep track of them.

'For Hate Week. You know--the house-by-house fund. I'm treasurer for our block. We're making an all-out effort--going to put on a tremendous show. I tell you, it won't be my fault if old Victory Mansions doesn't have the biggest outfit of flags in the whole street. Two dollars you promised me.'

Winston found and handed over two creased and filthy notes, which Parsons

President of Ukraine Volodymyr Zelenskyy held a meeting with President of Finland Alexander Stubb, during which they discussed support for Ukrainians across various areas.

The Ukrainian leader thanked Finland for all the assistance provided to Ukraine, including the recent 32nd package of military aid. It is important that all agreements are delivered consistently and on time. Volodymyr Zelenskyy and Alexander Stubb discussed

The meeting also covered the urgent implementation of the

continued support for Ukraine and joint weapons production.

The leaders also addressed diplomatic work. The Head of State began with a detailed briefing on the negotiation process. The conversation focused on improving coordination of European efforts in this area. The President of Finland assured his readiness to provide whatever support is necessary to achieve peace.

The meeting also covered the urgent implementation of the

decision to allocate EUR 90 billion in financial support to Ukraine, so that these funds can begin contributing to the collective security of all European countries.

Special attention was given to the consequences of Russian strikes on Ukraine and the situation on the front lines. The Ukrainian leader briefed his counterpart on Russian losses, while Alexander Stubb praised the courage of Ukrainian warriors and their role in deterring Russia on the battlefield.

## ART EXPERIENCE OF THE WEEK



**Fanny Churberg**  
12.12.1845, Vaasa  
10.5.1892, Helsinki  
**Winter Landscape, After Sunset, 1880**  
Finnish National Gallery Collection / Ateneum Art Museum  
Photo: Finnish National Gallery / Yehia Eweis

entered in a small notebook, in the neat handwriting of the illiterate.

'By the way, old boy,' he said. 'I hear that little beggar of mine let fly at you with his catapult yesterday. I gave him a good dressing-down for it. In fact I told him I'd take the catapult away if he does it again.'

'I think he was a little upset at not going to the execution,' said Winston.

'Ah, well--what I mean to say, shows the right spirit, doesn't it? Mischievous little beggars they are, both of them, but talk about keenness! All they think about is the Spies, and the war, of course. D'you know what that little girl of mine did last Saturday, when her troop was on a hike out Berkhamsted way? She got two other girls to go with her, slipped off from the hike, and spent the whole afternoon following a strange man. They kept on his tail for two hours, right through the woods, and then, when they got into Amersham, handed him over to the patrols.'

'What did they do that for?' said Winston, somewhat taken aback. Parsons went on triumphantly:

'My kid made sure he was some kind of enemy agent--might have been dropped by parachute, for instance. But here's the point, old boy. What do you think put her on to him in the first place? She spotted he was wearing a funny kind of shoes--said she'd never seen anyone wearing shoes like that before. So the chances were he was a foreigner. Pretty smart for a nipper of seven, eh?'

'What happened to the man?' said Winston.

'Ah, that I couldn't say, of course. But I wouldn't be altogether surprised if----' Parsons made the motion of aiming a rifle, and clicked his tongue for the explosion.

'Good,' said Syme abstractedly, without looking up from his strip of paper.

'Of course we can't afford to take chances,' agreed Winston dutifully.

'What I mean to say, there is a war on,' said Parsons.

As though in confirmation of this, a trumpet call floated from the



# HUMOUR ONE HUNDRED YEARS AGO

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.

## WHERE THE CHILDREN COME FROM

There was a group of three flamboyantly dressed very little girls, with barks and ribbons and precious toys and neighbor dolls, and near them was playing on the sand a poor little girl of about the same age, scantly clad and with a home-made primitive doll in her arms. The three fine children discussed the interesting question of where they came from, which proved a highly interesting topic for toddler speculation.

— I come from a rose, mother said, uttered one of the little living dolls.  
— And me again, interjected No. 2, I must have come from a head of cabbage.

"I, yes I was picked up by a stork," said number three. Whereupon she, who had come out of a rose, scornfully and proudly turned to the poor little scantly clad girl child, and said nobly:  
— And you, there, where did you come from?  
— Alas, answered little Cinderella, we are so poor, so terribly poor back home, that mother and father have to make their children themselves.

## 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 talk to you about, dear listeners, and that is the inappropriate way in which you all rush out of the church, so that there is formal crowding and noise at the door. Now, as a personal favor, I ask you to remain quietly in your seats until everyone has left.

## LUNDBERG

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

## Astronomic picture of the week:



### Jupiter moon Io

NASA's Juno spacecraft captured some of the most detailed imagery ever of Io's volcanic surface. In this image, taken by the JunoCam instrument from about 930 miles (1,500 kilometers) above the moon, Io's night side [left lobe] is illuminated by "Jupitershine," which is sunlight reflected from the planet's surfaces. Text credit: NASA/JPL-Caltech/Southwest Research Institute (SwRI)/Malin Space Science Systems (MSSS) Image credit: NASA/JPL-Caltech/Southwest Research Institute (SwRI)/Malin Space Science Systems (MSSS); Image processing: Emma Wälimäki © CC BY  
Author NASA/Jet Propulsion Laboratory-Caltech/Southwest Research Institute (SwRI)/Malin Space Science Systems (MSSS); Image processing: Emma Wälimäki © CC BY

## BLOG WRITERS

Join Wasa Daily as a Blog Writer! Are you passionate about sharing your thoughts, stories, or expertise with the community? Wasa Daily is looking for enthusiastic blog writers to contribute engaging content for our readers.

Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!

Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.

Interested? Send us your blog pitch or a short sample, and let's get your words published! Join us in making Wasa Daily a platform for meaningful conversations and inspiring stories.

Contact us at [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com) for more details. We can't wait to hear from you!

## 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 Ostrobothnia 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!

Editorial office: Wasa Daily, Koulukatu 37 B 7, 65100 Vaasa, tel. +358-40-5462455.

Helsinki editorial office: Wasa Daily, Toinen linja 9 B 36, 00530 Helsinki. Phone +358-40-5462455.

Email: [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com)

## 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](mailto:wasadagblad@gmail.com)

## ADVERTISE

Being among the first to advertise in this historic and hyper-modern daily may have some PR value. Send ads to [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com)

## WASA DAILY

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## HOROSCOPE FOR FEBRUARY 2026

### 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 ginger-

bread 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."