

TODAY

Personal doctors and nurses are an important part of solving healthcare problems

re innovative and efficantly improve both the quality of care and the patients' experience. These specialized and personally assigned care providers play a crucial role in managing care needs in a sustainable way.

Continuity of care One of the biggest benefits of having a GP and self-caregiver is the continuity and stability they offer. Patients are given the opportunity to build a long-term relationship with their caregivers, which creates trust and security. When a doctor and caregiver know the patient's medical history and personal circumstances, they can offer more tailored and effective care.

Preventive care and early intervention GPs and self-care providers can also play an important role in preventive care. Through regular check-ups and a close relationship with the patient, they can identify potential health problems before they develop into serious conditions. This means that care interventions can be initiated early, which not only improves the patient's health but also reduces the burden on emergency care and other healthcare resources.

Efficient use of resources

is facing a number of healthcare. Having a central point rences. challenges that requi- of contact that coordinates the concept of self-care contacts. It also makes it easier used for this purpose. physicians and self-ca- to refer patients to the right speregivers, which has cialist care when needed, saving laries increase as a result of time and resources for both pa- the reform? the potential to signi- tients and the healthcare system.



Improved patient experience Patients' experience of care is also significantly improved with GPs and personal caregivers. The feeling of having someone who is personally responsible for their health and well-being can reduce stress and anxiety, which in turn can have positive effects on their overall health status. A more person-centered care model creates a positive feedback loop where patient engagement and satisfaction contribute to better care outcomes.

Challenges and solutions Of course, there are challenges in implementing a model with GPs and self-caregivers. Adequate resources, training and support are needed for healthcare professionals to ensure that they can provide the best possible care. It is also necessary to have a

The healthcare system doctors and self-caregivers is patients with the right caregivers improve the patient experience, more efficient use of resources in based on their needs and prefe- streamline resource use, and faci-

patient's care needs reduces the dical Association are in favour of healthcare model was recognised risk of duplication of work and a trial of GPs and nurses as soon and invested in better and more fective solutions. One unnecessary testing. The doctor as possible. Kela recommends sustainable healthcare. such solution is the and the carer know their patients, that the funds earmarked for which speeds up all healthcare doctor's visit reimbursements be - surely better and more sustai-

Will doctors' and nurses' sa-

Yes! Some. Those who want and can and who have the energy to work efficiently and for a long time receive higher wages. But some notice that the level of service between Vaaearnings is falling. And that any doctor or nurse would get paid by welfare county officials is pro- ago. bably unthinkable.

In conclusion, general practitio- ensuu ners and self-caregivers have the in solving many of the current new bus route from Finland to only component, but perhaps connects passengers from Vaasa ding continuous, preventive, and and offers connections to various

Another advantage of personal well-functioning system to match people-centered care, they can litate other parts of the healthca-Both Kela and the Finnish Me- re system. It is high time that this

> And we here in Ostrobothnia nable healthcare is deserved!

NEWS

Flixbus started sa and Warsaw a year

Now also from Tampere and Jo-

The well-known green mobipotential to become key players lity provider FlixBus opened a problems in healthcare. Not the Europe a year ago. This route the most important. By provi- to Pori, Rauma, Raisio and Turku



Photo Supplement - vpress.ovh



the bus from Joensuu to Ham- forefront of a sustainable future. burg, YLE recently reported. Sustainability remains the gui-The company has applied for ding principle on this path, and permits for new routes in Finland we focus on protecting the enviand also wants to transport pas- ronment and creating value for sengers from Rovaniemi to Kra- our stakeholders and the commukow and from Tampere to Vil- nities we serve." nius. FlixBus' goal is to expand its operations further in Finland, and tickets for the new routes are already on sale. A trip from Joensuu to Helsinki costs just over 12 euros in August.



company has gained a lot of po- car or plane. pularity as a provider of sustainable and affordable travel. In Finland gives more and more 2023, FlixBus transported more Finns the opportunity to trathan 81 million passengers, and vel sustainably and affordably the company's sustainability stra- throughout Europe. The comtegy is at the heart of its opera- pany's continuous focus on entions.

and co-founder of FlixBus, com- makes it a significant player in mented on the company's future the modern tourism sector.

destinations around Europe. Now prospects: "We are determined to this popular route is expanding, transform long-distance transport as FlixBus will also start opera- globally. In our eleventh year of ting from Tampere and Joensuu. operation, we stand firmly behind Soon you will be able to take our vision and strive to be at the



FlixBus' analysis of the emission benefits of public transport highlights its importance in promoting sustainable travel. According to the analysis, public transport is an important means of making travel more sustainable, and according to the company's calculations, more than one With its characteristic green million tonnes of carbon dioxide buses, FlixBus flies in an imp- emissions were avoided thanks to ressive 40 countries in Europe, FlixBus services in 2023 when North and South America. The passengers chose the bus over the

The expansion of FlixBus in vironmental friendliness and André Schwämmlein, CEO responsible business operations

Deer Hunting Permits and conservation efforts. Granted in Coastal **Ostrobothnia**

The Finnish Wildlife Agency has issued a significant number of hunting permits for elk and white-tailed deer in Coastal Ostrobothnia for the upcoming ten question in Parhunting season. This year, 1,711 permits have been granted for elk hunting and 846 permits for white-tailed deer hunting in the region.Elk Hunting PermitsThe Finnish Wildlife Agency has allocated 1,711 elk hunting permits for the Coastal Ostrobothnia region for this autumn. During the 2023 hunting season, 82.7% of the 1,173 elk hunting permits issued were utilized, resulting in a total catch of 1,304 elk.White-Tailed Deer Hunting Permits

For the upcoming season, 846 permits for white-tailed deer hunting have been granted. Last year, 1,088 permits were issued, of which 44.7% were used, leading to a catch of 670 white-tailed deer.Permit DetailsEach deer hunting permit allows hunters to take down either one adult deer or two calves.

The number of permits issued is determined by the moose population density targets set by the Regional Game Council of Coastal Ostrobothnia. These targets, which are specific to deer farming areas, are revised every three years.

For Coastal Ostrobothnia, the current targets are 3-4 elk and 1-7 white-tailed deer per thousand hectares. The allocation of hunting permits is a crucial aspect of wildlife management in Coastal Ostrobothnia, ensuring the balance of elk and white-tailed deer populations in accordance with ecological targets. By regulating the number of permits, the Finnish Wildlife

Agency aims to maintain sustainable wildlife populations while providing hunting opportunities for the community. With the new hunting season approaching, hunters in Coastal Ostrobothnia are preparing for a busy and productive season, contributing to the region's wildlife management

Dragsvik safetv: Pia Kauma worried about the safety of military service: Writliament



Member of Parliament Kauma (National Coalition Party) has submitted a written question in Parliament on the safety of military service. According to him, conscripts and women volunteering for military service must be able to perform their service in safe conditions. Kauma refers in particular to recent accidents that have raised concerns about the level of service safety.

Concerns about service sa-

Kauma's examples include a serious accident in the Uusimaa Brigade in October 2023 during a coastal jaeger examination, in which several conscripts were submerged in water, and the tragic accident during the night shooting exercise in Syndalen in Hanko in 2015, in which a student officer died. He also mentions the level crossing accident in Raseborg in 2017, in which three conscripts died and four were injured.

Otkes report

According to a report by the Safety Investigation Authority (Otkes), the accident in the Uusimaa Brigade was caused by several reasons, such as shortcomings in exercise management, contingency plans and the personnel's experience. Kauma emphasises that it is necessary to ensure

THIS PAPER CAN BE READ ANYWHERE:



Like here, in Antarctis

that only people with skills and reliability of the conscription sys- This turnaround is excellent news experience corresponding to the tem. complexity of the situation are responsible for leading in particularly risky exercises.

Questions to the Minister

cerned:

Forces intend to improve its com- young people for national defen- housing and raises rent levels. mand and control system so that, ce, but also safe and well-manafor example, a coastal jaeger can ged. rely on the safety of the exercise

persons with skills and experien- their service. ce corresponding to the complexity of the situation are responsible for command in particularly risky exercise situations?

How does the Finnish Defence Forces intend to improve the safety of conscripts and conscripts, especially in Uusimaa, where several serious accidents have occurred?

In what way are the service regulations to be reformed in terms of safety following the accidents experienced in recent years and showing that lessons have been The rental market in learned from dangerous situations?

Kauma emphasises that every person entering military service must have the right to perform their service in safe conditions. According to him, this is necessary for Finnish society and the

Broader discussion

Kauma's question highlights development prospects. the need for a broader discussion

in sea or other water conditions? swers and measures from the re and business, and the future How does the Finnish Defence minister to ensure the safety of prospects are very bright. This Forces intend to ensure that only conscripts and volunteers during attracts new residents and bu-



Vaasa is on the rise!

Vaasa has risen incredibly much in the ranking of Finnish landlords' cities! Just a few years ago, the city ended up at the bottom of the list, but now it has climbed to ninth place, just in the top ten.

for investors, as it heralds strong rental performance and positive

What is Vasa's secret? An imon the safety of military service portant factor is population gro-Mrs Kauma puts the following and the measures taken by the wth. Previously, the population questions to the Minister con- Defence Forces to prevent ac- declined, but now the forecasts cidents. Military service must have become positive. This, of How does the Finnish Defence not only be efficient and prepare course, increases the demand for

> Another important factor is the development of the city. Vaasa Kauma expects concrete an- has invested a lot in infrastructusinesses, further fueling rental demand.

> > view, Vaasa is a very attractive **Doctoral** destination. Rent levels have risen moderately, but the outlook for development is very positive. This means that investors can expect a good return on their investments in the coming years.

What does this mean for the tenants?

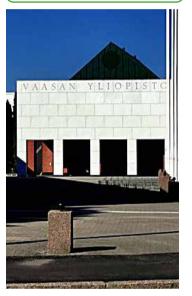
Unfortunately for the tenants, the increase in Vaasa may mean slightly more expensive rents. However, it is important to remember that the rent increase is moderate and is balanced by the excellent living conditions and services offered by the city. Vaasa is a very pleasant and safe city to live in, and it has a lot to offer students, young adults and families.

If you are thinking of renting a

property in Vaasa, now is a great time to act! Rent levels are still reasonable, but they are expected to rise in the future. Therefore, if you find a suitable apartment, you should quickly seize the opportunity.

The rental market in Vaasa is currently lively, and both investors and tenants have a lot to offer

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



University of **Vaasa** to award top experts From the investors' point of at the Conferment of **Degrees** September 2024

The University of Vaasa will organise its sixth conferment ceremony on 19-21 September 2024. The ceremony gives the University the opportunity to honour and recognise important scientific and social figures by awarding them honorary doctors. An honorary doctorate is the highest award a university can award, and this year it will be awarded to twelve prominent people.

According to Rector Minna Martikainen, the appointments have emphasised the impact and importance of both science and society, not only from the point of view of the University of Vaasa, but also from the perspective of Finland as a whole. This year's group of honorary doctors is exceptionally broad and authoritative and consists of President of the Republic Alexander Stubb, Minister of Agriculture and Forestry Sari Essayah, Chairman of the Board of Directors of investor Jacob Wallenberg and CEO of the ABB industrial group Björn Rosengren.



Pekka Toveri: We are at

Pekka Toveri writes in messaging service X:

"And we are now at war with Russia. Just look at all the sabotage that Russia is doing. Since Russia cannot seriously threaten us militarily, it is looking for weaknesses in our defense through hybrid warfare."

The writing has attracted a lot **ZINC** of attention. Someone says that former President Niinistö has also agreed:

"Russia says it is at war with the West – we are part of the West." Image: Eduskunta.fi

President Stubb: Finland is not at war

Stubb commented on Pekka Comrad's recent statement in which he said that Finland is at war. At the press conference on 5.7, President Stubb sent out an emphatic message: Finland is not at war with Russia

"At the same time, I note that the line between war and peace is drawn in water today. It is becoming blurred, and that, of course,

is what Russia is trying to do."



Viikon taide-elämys:



Helene Schjerfbeck 10.7.1862 - 23.1.1946 The Convalescent, 1888

19-20.7.2024

VAL

Vaasas first international beer festival!

15 breweries from all around Europe and over 120 different beers to sample.

Meet the brewers and discover the amazing world of Craft beer. A big variety of mouthwatering street food to choose from.

Vaasa Town Square

https://www.zincfestival.fi/

LOHTAJA CHURCH MUSIC **FESTIVAL**

23-28.7.2024

www.kirkkomusiikkijuhlat.f

KORSHOLM MUSIC FES-TIVAL

Tjuvstart-Varaslähtö-Early Start 23.7.24 kl 19.30 Vaasa City Church

"POHJALAISIA"-silent movie. Jimi Järvinen organ www.korsholmmusicfestival.fi

CRAFBEER STREETFOOD FESTI- KORSHOLM MUSIC FES-**TIVAL 2024**

24.7-31.7.2024

www.korsholmmusicfestival.fi

TEUVALLA-OPE-TOVE

Östermark kyrka .Teuvan kirkko

3.8.24 - 11. 8.2024

https://www.korsholmmusicfestival.fi/tove-teuvalla/operan-tove-teuval-

VAASA FESTIVAL 1-3.8.2024

https://vaasafestival.fi/

WASA FUTURE FESTI-VAL

5-10.8.2024

The Wasa Future Festival 2024 is set to take place from 5th to 10th August. This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies, and ministerial corps to focus on solving issues in Vaasa and across Finland. The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center Gerbyntie 18

65230 Vaasa

https://wasafuturefestival.fi/

NIGHT OF THE ARTS

In Vaasa

15.8.2024

VAASAN MARSSI

9.-11.8.2024

Vaasan Kävelyklubi ry/rf www.vaasanmarssi.fi

RUSK

Chamber Music in Jakobstad

19-23.11.2024

The Beauty of Longing darkest time of the year ruskfestival.fi

TIKANOJA THE YEAR!

le" in Stundars International creativity at the ca. 19.30 Evening meal at Lyc- old Salting House, where will kans Café ca. 19.30 Evening meal at Lyc- of classical music and stand-up



Hall

Church, concert no. 4 at 9 pm. available. Tickets to this concert are sold PRICE:

Delicious ham and cheese pie 9 with Herrgård ham filling. Served with a fresh salad.

Vegetarian option: Kale and feta cheese pie.

before 22 July. Please inform us Start event on 23.7. about special dietary

requirements and allergies.

Price: 32,90 € regular / 28,90 € pensioner. Incl. evening meal and concert ticket.

Return trip bus 10 €, paid separately. Please inform the bus driver if you want to go back to Vaasa center after the meal.

Korsholm Music **Festival**

Concert **Excursions Summer 2024**



sic in the evening \$\%#39\$;s concert, you can enjoy a delicious evening meal at Lyckans Café after the concert. You can take our UNESCOs World Heritage Site festival bus or drive to Stundars yourself.

Program for the evening:

17.15 Departure from Vaasa City Hall



"Kvarken"

The guided tour begins from Vaasa City Hall by bus into the World gan accompaniment. Heritage Site "Kvarken".

We stop at Restaurant Arken in Replot boat harbour for lunch.

18.00 Concert No. 3 "Perpetuel- After lunch the tour continues to Salteriet for the concert in the hear an inspired combination

THE ART EVENT OF ca. 20.15 Return to Vaasa City Knut Erik Sundquist. We will then enjoy nature in the Unesco World Heritage Site before con-Church. After the evening concert, we will return to

Vaasa.

Hall by bus

12.00 Lunch at Restaurant Arken 15.00 Concert No. 8 at Salteriet ca. 16.30 Getting to know the history of Replot area with guide 19.00 Concert No. 9 in Replot Church

Menu at Restaurant Arken: Perch soup with Scandinavian rye and malt bread

Restricted number

79 € incl. return trip bus, lunch, guide services, concerts No. 8 &

Korsholm Music Festival starts with Tjuv- urgency of climate action. Bookings for the evening meal start-Varaslähtö-Earlv

The 42nd season of Korsholm Music Festival opens with the Tjuvstart-Varasstart-Early Start event at Vaasa Church on 23 July at 7.30 pm. The program has a unique combination of silent film and organ playing.

The silent film "Pohjalaisia" (1925) depicts Ostrobothnia and its people in the late 1800s and early 1900s. The film was directed by Teuvo Puro and is one of the classics of Finnish silent film. The organ accompaniment is by Jimi Järvinen,

The event is free of charge. It is organised in cooperation with Vaasa Parish Union.

The Tjuvstart-Varasstart-Early Start event is a great opportunity to get to know the atmosphere of Korsholm Music Festival and experience a unique experience with historical silent film and or-

CLIMATE

Copernicus: kans Café (savoury pie with side from the artists, violinist Nicolas 2024 Marks Another Dautricourt and double bassist Month of Broken Records

June 2024 continued a disturbing tinuing to the concert in Replot trend, according to data from the European Union's Copernicus Climate Change Service (C3S). It was the hottest June ever recor-11.00 Departure from Vaasa City ded globally, surpassing the previous record set in 2023. This is significant not just for the headline-grabbing "hottest month" title, but because it marks the 12th consecutive month where global temperatures have been at least 1.5°C higher than pre-industrial levels (1850-1900).

A Long, Hot Streak

While a single month of record seats heat can be due to natural variations, a string of 12 months is extremely concerning. It highlights the relentless rise in global temperatures driven by greenhouse gas emissions. This isn't entirely unprecedented - a similar streak occurred in 2015/2016 - but it serves as a stark reminder of the

Not Just a Global Issue

The news isn't all global. Europe also saw its fair share of heat, with June 2024 tying for the second-hottest June on record. This heat, combined with other extreme weather events we've seen this year, underscores the very real impacts of climate change being felt around the wor-

Looking Ahead

The record-breaking temperatures of June are a worrying sign. The high average temperature for the past year (July 2023 - June 2024) is the highest on record. This trend is likely to continue unless we take significant steps to reduce greenhouse gas emissions.

Comments

This data from Copernicus is a stark reminder that climate change is not a future threat, it's happening now. The continued rise in global temperatures will have far-reaching consequences, and we need to act decisively to miti-

gate them. (Source: C3S)



NATO-MEETING

Joint Statement **ICE Pact**

Thursday 11 July 2024.

As leaders of Arctic nations, Canada, Finland, and the United States, recognizing the enduring than the collective production of importance of the region to our polaricebreakers and capabilities, collective economic, climate, and including Arctic and polar-capanational security, we resolve to ble ships. It is about providing deepen our cooperation to ensure the capability for like-minded the polar and Arctic regions re- nations to uphold international main peaceful, cooperative, and rules, norms, and standards to prosperous. As part of this effort, sustain peace and stability in the we are announcing an enhanced Arctic and Antarctic regions for trilateral partnership called the Icebreaker Collaboration Effort or ICE Pact.

Through ICE Pact, our governments will build on our longstanding and ongoing bilateral ties. As the first initiative under ICE Pact, we will commit to a collaborative effort to continue building best-in-class Arctic and Ukraine polar icebreakers and other Arctic and polar capabilities in each of our respective countries by sharing expertise, information, NATO and capabilities. Over the next six months, we also will jointly develop an implementation plan for this collaboration to build these highly complex and critical vessels for our allies and partners with interests and responsibilities in the Arctic and Antarctic regions.

This partnership will

rengthen the shipbuilding industries in each nation with the goal of creating good-paying jobs in shipyards, marine equipment related services across all three President of the Republic of Fin- countries. In the Arctic, new, land Alexander Stubb, President faster shipping lanes hold the of the United States Joe Biden potential to create new economic and Prime Minister of Cana- opportunities and drive down da Justin Trudeau issued a joint shipping costs. And in the Antarstatement on icebreaker colla- ctic, our partnership can also fosboration in Washington D.C. on ter increased scientific research and international collaboration.

> This partnership is about more generations to come.

UKRAINE

Endorsement of the Compact Marks the Solemn **Conclusion** the Anniversary Summit

The 75th NATO Summit in Washington concluded with the endorsement of the Ukraine Compact.

During the endorsement of the Compact, speeches were given by

US President Joseph Biden and Päivi Korhonen Ukrainian President Volodymyr Finish Medical Journal 20.6.2024 Zelenskyy.

Joseph Biden.

event of another Russian attempt not carried out appropriately. to attack Ukraine after the end of the war, all countries that have to the disease and commit to treendorsed this document will sup- atment. They should be able to port Ukraine.

manufacturers, and many other throughout this year, active work has heart. been underway on a robust security guarantee architecture for our country. These guarantees strengthen Ukraine but do not serve as a substitute for the goal of becoming a NATO member.

> "I thank President Biden for his leadership and all the efforts to ensure that our security cooperation is filled with decisive actions. There are 23 strong agreements, and there will be agreements with other countries. We have a historically important security agreement with the United States," said the Head of State.

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QUOT Should doctors save

public primary care?

"There is less talk about the qu-"In the short term, we will con- ality of care than about access to tinue to provide Ukraine with the care, even though we use the quaweapons, ammunition, and trai- lity register of the Finnish Instituning necessary to repel Russian te for Health and Welfare. Accorforces. In the medium term, we ding to the Heart Registry, only will help build the forces and ca- 20% of patients with myocardial pabilities to defend Ukraine and infarction have LDL cholesterol deter further aggression," stated within the treatment target (7). This is an expression of the entire The President of the United service system: treatment initia-States emphasized that in the ted in specialised medical care is

The patient needs time to adapt trust that the doctor is compe-Volodymyr Zelenskyy noted that tent and has their best interests at

> A good doctor provides an explanation of the patient's problem that is sensible and acceptable in the patient's life. Meeting the patient face to face awakens a sense of responsibility; Then the doctor will have enough information and can do his or her best.

> In Canada, the patient's risk of being admitted to the emergency department after a remote visit with a family doctor was 66% lower compared to a temporary telemedicine visit (8).

> If the service system does not work for those who need it most. then there is a fault with the system. Doctors must save primary care and allow patients to come to the general practitioner's office. The GP system is the simplest, most honest, most high-quality and most cost-effective method in primary care."

What is this house?



Viime viikon talo: The library in Palosaari Vaxa Övningsskola

PensilSketchApp

SLOT MACHINES

THL: In the most vulnerable residential areas, the most money is lost on slot machines in their own area

In areas where deprivation is common, most money is lost on gambling machines in one's own neighbourhood, according to a study by THL. The availability of slot machines, i.e. the number of machines relative to the number of inhabitants, is also highest in the most deprived postal code areas, although the number of slot machines has decreased significantly overall.

In the study, deprivation referred to the low income level of the area, the high proportion of residents with only comprehensive school education, and the high unemployment rate. The data for the study are from 2022, when the total number of slot machines in mainland Finland was approximately 12,000. The number of vending machines had fallen by as much as 10,000 from the previous review carried out in 2018–2019.

In residential areas where deprivation is common and there are many vending machines, losses per capita are the highest. The availability of vending machines is most strongly linked to the low income and education level of the area's residents.

"You can think of this as a kind of vicious circle. The more deprivation there is in a residential area, the more people spend on slot machines and the more frequently there

are machines in the area. Money lost further increases inequality and the risk of gambling harm," says Senior Researcher Jani Selin from THL.

"The number of slot machines has decreased considerably due to mandatory identification and the pandemic, when shops, for example, removed them from their premises. However, vending machines are still more available in deprived residential areas," Selin continues.

More detailed regulation of the placement of slot machines needed According to the Lotteries Act, the placement of slot machines must be designed so that the inconvenience caused by playing them is as low as possible. In Finland, the decentralisation model of slot machines is used, i.e. they are placed in everyday environments, such as shops, petrol stations and kiosks. There are also slot machines in separate gaming halls.

"The wording of the Lotteries Act on minimising harm is not realised in light of the results of our study, even though the placement of slot machines has been discussed for years," says Research Manager Susanna Raisamo from THL.

The Government Programme states that the possibility of moving the vending machines to separate premises will be investigated. The need for clarification has also been mentioned in the decision to set up the

ongoing gambling system project.

According to THL researchers, stricter regulation of the placement of slot machines is justified in order to reduce the harmful effects of gambling and regional inequality.

"As long as the placement of slot machines is not regulated but the decisions are made independently by the gaming company and based on business criteria, the concentration of slot machines in vulnerable residential areas will continue," Raisamo estimates.

First study of its kind

The study combined Statistics Finland's population data at the regional level with detailed consumption data on slot machine gambling. The results are internationally unique.

As far as we know, this is the first study based on accurate data on local residents' gaming consumption of slot machines in their area," Selin describes.

In addition, research results for Espoo, Helsinki and Vantaa will be published later this year.

"Our future research results will be based on region-level socio-economic data and anonymised gaming consumption data, so they will provide even more accurate information on the connection between slot machine availability, gaming consumption and socio-economic factors," says researcher Pasi Okkonen from THL. (THL.FI)



Those who know a little more are those

who read Wasa Daily





HOROSCOPE FOR JULY 2024

Aries (March 21 - April 19) This month, Aries, you'll finally discover that your true calling in life is to be the one who always asks, "Are you going to finish that?" Embrace your inner scavenger, but beware: your friends might start labeling their food in the fridge. Your lucky number is 7, and your lucky condiment is ketchup.

Taurus (April 20 - May 20) July will see you embarking on an epic quest to find the perfect lawn chair for your summer lounging. Unfortunately, every chair you find will be just slightly uncomfortable. Your persistence will pay off, though, when you accidentally discover the lost art of "resting while standing." Your lucky color is plaid.

Gemini (May 21 - June 20) This month, Gemini, you'll be so charming and witty that people will wonder if you've secretly been replaced by a talk show host. Use your powers wisely—maybe try negotiating world peace or at least a free coffee. Your lucky word is "quixotic," and your lucky time is 3:17 PM.

Cancer (June 21 - July 22) July is all about self-care for you, Cancer. You'll perfect the art of the nap and become a connoisseur of the best pillow fluffiness. Warning: you might be so relaxed that people start poking you to see if you're still breathing. Your lucky snack is potato chips.

Leo (July 23 - August 22)

As a Leo, you'll spend July basking in the glory of your own fabulousness. You'll start giving yourself pep talks in the mirror, and your hair will look amazing every day. Just try not to get too distracted by your own reflection. Your lucky accessory is sunglasses, because you're always shining bright.

Virgo (August 23 - September 22)

This month, Virgo, you'll find joy in organizing everything in sight, from your closet to your neighbor's sock drawer (don't ask how you got in there). People will be in awe of your tidiness, and you'll be crowned "Supreme Ruler of Order." Your lucky app is the calendar.

Libra (September 23 - October 22)

In July, Libra, you'll finally achieve the perfect balance in your life, right before you trip over your own feet and spill coffee everywhere. Embrace the chaos with grace, and remember: a spilled coffee is just the universe's way of saying, "Take a break." Your lucky dance move is the moonwalk.

Scorpio (October 23 - November 21)
July will be a mysterious
month for you, Scorpio. You'll
develop a knack for appearing and disappearing at
social events like a ninja. Use
your powers for good—like
sneaking away from boring
conversations. Your lucky
hobby is people-watching.

Sagittarius (November 22 - December 21)
This month, Sagittarius, you'll feel an overwhelming urge to travel, even if it's just to the other side of your living room. Embrace your inner explorer and turn every mundane task into an adventure. Your lucky mode of transportation is the rolling office chair.

Capricorn (December 22 - January 19)
July will be all about career advancement for you, Capricorn.
You'll impress your boss by showing up to Zoom meetings in a full business suit—pants included. Your ambition will pay off, but remember to take a break before you become a PowerPoint presentation. Your lucky beverage is espresso.

Aquarius (January 20 - February 18)

This month, Aquarius, you'll come up with so many innovative ideas that people will start calling you "The Idea Factory." Just make sure to write them down, or you might forget them while chasing the next shiny object. Your lucky gadget is the sticky note.

Pisces (February 19 - March 20)

July is a dreamy month for you, Pisces. You'll find yourself lost in thought more often than usual, contemplating the mysteries of the universe—or just what to have for dinner. Don't worry, your daydreaming will lead to some truly profound insights, like the perfect pizza topping combo. Your lucky phrase is "serendipitous whimsy."

HUMOUR ONE HUNDRED YEARS AGO

An anxious, nervous

woman, accompanied by

her husband, approached

the station inspector at

a small outlying railway station and asked: "Has the

quarter-past train leaving

»Yes, ten minutes ago,«

twenty train come?"

no trains at all?»

absolutely safe?"

trains?» "No."

»It takes quite a while.»

»And not any passenger

»Some freight train then?»

»No, no trains at all.» "Is it

»Yes, absolutely sure!»

"Then, John, can we cross

"When does the four-and-

»And before doss there are

already?"

was the reply.

NEWS

A; "You must have written in your newspaper that I am a fake gambler and a fraud! B: .Impossible! My magazine only contains news!

BORN TO DANCE

"Don't you think, captain, that one must be born to dance?"

"Sure. . . I have never seen an unborn dance".

THE MORE YOU GET, THE "No." MORE YOU WANT »And

"It's quite peculiar, the more you get, the more you want!" "Listen, tell me one thing! Have you ever had twins?"

WITH A MAN ON THE BEACH

Him: A week ago you had no idea that you would now be sitting on the beach with a man you didn't know at all.

Her: Well, I probably did. Him: But dear little friend, you didn't know me then. She: No, but I knew myself

DO NOT STAND THE LIGHT OF DAY

- You say that he has a job that doesn't stand the light of day?
- Yes, he develops plates with a photographer!

WOMEN'S CLOTHING

Nothing dresses a woman better than nothing.

NERVOUS LADY

Astronomical image of the week:



Mars moon Deimos

Mars has two tiny moons, Phobos and Deimos. Pictured above is Deimos, the smallest moon of Mars. In fact, Deimos is the smallest known moon in the Solar System measuring only 9 miles across. The diminutive Martian moons were discovered in 1877 by Asaph Hall, an American astronomer working at the US Naval Observatory in Washington D.C. The existence of two Martian moons was predicted around 1610 by Johannes Kepler, the astronomer who derived the laws of planetary motion.

NASA / JPL / Viking Project Public domain

NEXT WEEK:

the track."



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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