

VAASA DAILY

Nr 32 Sunday, August 11, 2024

ISSN 2954-2456

Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитеся
після закінчення війни в Україні! А

warm welcome to all Ukrainians in Vaasa! We
hope you will enjoy yourself here and even
stay after the war in Ukraine is over!

The MALAX DAY
today!

Night of the Arts
15.8.2024

32

informative
pages

HERE WE ARE:
vpress.ovh

The Future of Daily Newspapers in the Age of the Internet, Facebook, and Instagram

The landscape of media consumption has been dramatically transformed by the advent of the internet and the rise of social media platforms such as Facebook and Instagram.

This transformation has cast a long shadow over the traditional daily newspaper, a staple of information dissemination for centuries. As we navigate through this digital age, the future of daily newspapers appears both challenging and promising, contingent upon their ability to adapt and innovate.

The Challenge: Competing for Attention

Daily newspapers are facing an unprecedented challenge: competing for readers' attention in a world where news is instantly accessible at the click of a button. Social media platforms have become primary sources of news for many people, offering a constant stream of updates and information tailored to individual preferences. This shift has led to declining circulation and advertising revenues for traditional newspapers, forcing many to downsize or cease operations altogether.

Moreover, the immediacy of social media means that newspapers often struggle to keep up with the pace of breaking news. By the time the morning edition hits the stands, the news cycle may have already moved on, making print media seem outdated and redundant. This has eroded the perceived value of daily newspapers as timely news sources.

The Opportunity: Reinventing the Medium

However, the digital revolution

also presents significant opportunities for newspapers willing to embrace change. The key to survival lies in leveraging the unique strengths of the newspaper format while integrating the advantages of digital media.

1. **Quality Journalism:** In an era of misinformation and fake news, newspapers can reaffirm their relevance by doubling down on high-quality, investigative journalism. Comprehensive, well-researched reporting that provides context and depth is something that quick social media posts often lack. Newspapers can build trust by being reliable sources of factual and in-depth information.

2. **Digital Integration:** Most newspapers have already established an online presence, but the future demands more than just digital replicas of print editions. Interactive features, multimedia content, and real-time updates can make online newspapers more engaging. Additionally, leveraging data analytics to understand reader preferences can help in tailoring content more effectively.

3. **Community Engagement:** Newspapers have traditionally played a vital role in their communities. By fostering a sense of community online, through forums, comment sections, and social media engagement, newspapers can create a loyal reader base. Hosting live discussions, Q&A sessions with journalists, and community events can further solidify this relationship.

4. **Subscription Models:** As advertising revenue continues to decline, newspapers must explore alternative revenue streams. Subscription-based models, particularly those offering premium content, can be a sustainable path forward. Offering exclusive articles, ad-free browsing, and other perks can incenti-

vize readers to pay for content.

5. **Collaborations and Partnerships:** Forming partnerships with tech companies and other media outlets can help newspapers expand their reach and resources. Collaborations can also lead to innovative ways of storytelling, such as through podcasts, video series, and interactive graphics.

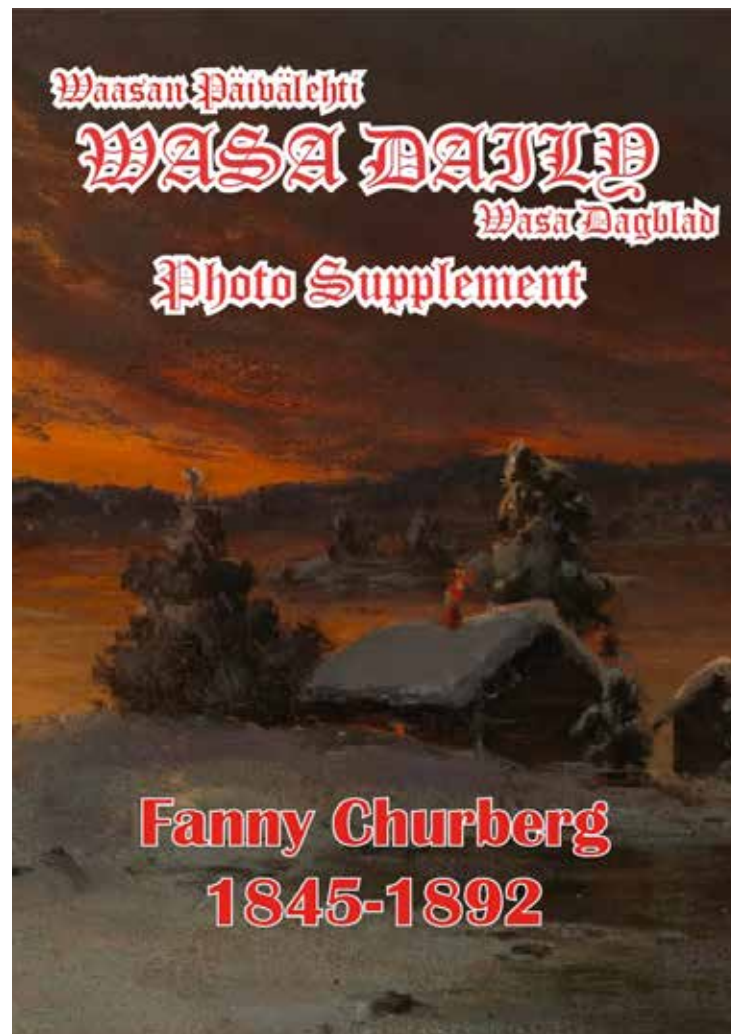
The Role of Social Media

While social media poses a threat, it can also be a valuable tool for newspapers. Platforms like Facebook and Instagram can be used to drive traffic to newspaper websites, reach younger audiences, and promote stories. By mastering the art of social media

engagement, newspapers can remain relevant and expand their readership.

Conclusion

The future of daily newspapers in the digital age is not without challenges, but it is far from bleak. By embracing digital transformation, maintaining high journalistic standards, and fostering community engagement, newspapers can carve out a niche for themselves in the modern media ecosystem. The essence of a newspaper—providing reliable, in-depth news coverage—remains invaluable. The medium and the methods must evolve, but the mission endures.



NEWS

Record Number of Programs at the Night of the Arts



The Night of the Arts will be celebrated in Vaasa on Thursday, August 15, 2024. This year, a record number of 180 participants have registered for the event. The theme for this year's festive parade is peace.

The city event, loved by Vaasa residents, will feature a record number of participants offering programs they have created. On the Market Square stage, Ritz stage, and Volume stage in the Fanny Cultural House, we will see performances by a total of 24 local bands and artists. The City Hall ballroom will be filled with performances by various dance groups, and in the Main Library's Drama Hall, there will be theater. For families with children, there are performances by the Singing Frog and the Ukrainian theater group Kalambur's shadow theater. The improvisation theater Intopiukeet will also be performing.

– It's really great to see that

various actors in Vaasa have eagerly come together again to create Art Night, says producer Geir Byrkjeland.

During Art Night, there is free admission to Vaasa's museums. Kuntsi Museum of Modern Art, Ostrobothnian Museum, and Tikanoja Art Home will be open from 3 PM to 9 PM. The Main Library in Vaasa will host programs for all ages, including various workshops, music performances, and theater. At Vaasan kaupunginteatteri and Wasa Teater, you can watch open rehearsals. The Vaasa City Orchestra will perform in Rewell Center from 6 PM to 6:45 PM.

Festive Parade through the City This year's Art Night program also includes a festive parade that will move through the city for everyone to see. The parade starts at 7 PM from Vaasa City Hall and continues from Senate Street along the pedestrian walkway on Court of Appeal Esplanade, ending at the market square. Seven different dance groups have signed up, including Samba Energia, Peurat Ajovaloissa, Tanssiurheiluseura Rolling, Vaasan Nepali ry, Wasa Flamenco, National Costume

Fans, and the Folk Music Society. This year's parade theme is peace

Concert at Ritz

Welcome to Ritz on Art Night! Local bands will be performing all evening. From 4 PM to 5



THIS PAPER CAN BE READ ANYWHERE:



Like here admiring a volcano eruption

PM, we will show a children’s program on the stairs and give out free popcorn to the kids. There is also a new art exhibition in the foyer on the third floor. Ritz Lindy Hoppers will dance outside Ritz at 6:30 PM. More information and program details to come!

Band Schedule:

- 5:00 PM – 5:30 PM The Black Islanders
- 5:45 PM – 6:15 PM Meikäläiset
- 6:30 PM – 7:00 PM Sam’s Garage
- 7:15 PM – 7:45 PM Johan & Juristerna
- 8:00 PM – 8:30 PM Aurium

- 8:45 PM – 9:15 PM Onni Pyhälahti
- 9:30 PM – 10:00 PM The Iltavuoro

Talk to a Stranger

During Art Night, Vaasa City will also launch a new campaign, “Talk to a Stranger,” encoura-

ging people to meet new Vaasa residents through Vaasa Bingo and a friendship book.

– The purpose of the campaign is to facilitate meetings and discussions among Vaasa residents, especially between different population groups and generations, explains welfare services coordinator Senni Korhonen.

Meeting others and dispelling prejudices is also a way to promote peace, which is the theme for this year’s Art Night.

Affordable Bus Travel

In the spirit of Art Night, the city’s public transport Lifti offers a 10% discount on a regular-priced season product in the Waltti online store during the benefit week from 8.8 to 16.8.2024. The benefit applies to all zones and customer groups and can only be redeemed in the online store with the discount code TYKN24. – Leave your car at home on Art Night and hop on the affordable bus, encourages Byrkjeland to the participants of Art Night. *Images from last years event.* Vaasa.fi.



Viikon taide-elämys:



Helene Schjerfbeck
10.7.1862 - 23.1.1946
The Spaniard, 1881

A New Miniature Neighborhood Opens in Vaasa on August 29th!



In Onkilahti Park, right next to the skate park, preparations are in full swing for the long-awaited traffic park and pump track, which will soon be completed. The official opening of these exciting new additions to Vaasa is scheduled for August 29th.

The traffic park offers children a fun and educational experience, featuring a miniature version of Vaasa with familiar buildings in tiny form. The pump track, where visitors can ride bikes, skateboards, rollerblades, or scooters, has already generated significant interest among the city's residents.

– It's great that the pump track is attracting interest and is eagerly anticipated, but we ask for a little more patience. Whi-

le construction is ongoing, it is strictly forbidden to enter the construction site, reminds site manager Janne Mattila.

Over the past few years, Metviks Park has developed into a popular area for recreation and physical activity. The park already features a skate park, completed in 2021, and an outdoor gym. With the addition of the traffic park and pump track, the park's appeal will only increase.

– While construction work is ongoing, unauthorized access to the traffic park's construction site is also prohibited. It's important to wait for the official opening so that the work can be completed on time and safely, emphasizes head gardener Kaj-Erik Grandell.

The future of Metviks Park looks bright, with plans already in place for a children's adventure forest, a sledding hill, a viewpoint, as well as sports fields and playgrounds. The aim is to create a versa-

tile and inspiring environment that encourages movement and play for people of all ages.

The official opening of the traffic park and pump track will





take place on August 29th, when residents of Vaasa will finally get to enjoy these new attractions, enriching the city's recreational offerings.

Source: Vaasa.fi

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

Malax Day is celebrated today, 11.8.2024

The program is diverse.

At the Boat Museum, the Malax horn septet will perform at 1 p.m. And at 2 pm it will be singing together. There is also coffee sales and at the same time you can get acquainted with one of the best boat shows in the Nordic countries.

At the pavilion in Åminne there will be children's theater at 13.30. At 2.30 p.m., the festive programme will begin with speeches by Member of Parliament and Chairman of the Municipal Council Mikko Ollikainen and Minister for European Affairs and Ownership Steering Joakim Strand. The Youth of the Year 2023 award is presented.

The association fair in Folkparne is worth seeing, with

several dozen or so endurers. And there you can also play mini golf.

The day is organized by the municipality of Malax in collaboration with Åminne Folkpark and the Kvarken Boat Museum.

City of Vaasa Finalist for European Green Leaf 2026

The city of Vaasa has achieved a prestigious position as one of the finalists in the European Green Leaf 2026 competition. Organized by the European Commission, this competition aims to highlight European cities that have successfully addressed environmental challenges, such as climate change, pollution, and the loss of biodiversity.



Vaasa is one of seven cities that have qualified as finalists in the competition, which focuses on cities' efforts to create sustainable and healthy living environments. This is particularly significant for Vaasa, a city that has long been recognized as the Nordic energy capital, with a strong foundation in energy technology.

"The Green Leaf competition is an excellent way to showcase Vaasa as a leader in climate and energy issues. We are the Nordic energy capital, and in addition to our world-class energy technology expertise, we now want to highlight solutions that create healthy environments for our residents," says Suvi Aho, Director of Strategy and Area Services for the City of Vaasa. She also mentions the city's innovative stormwater solutions and the

world's most environmentally friendly passenger ferry, Aurora Botnia, as examples of Vaasa's high ambitions in environmental work.

Johanna Punkari, Energy and Climate Expert for the City of Vaasa, also emphasizes the value of the feedback received through the competition. "We also entered the competition because all participating cities receive valuable feedback from independent experts on how effective their environmental measures are compared to other European cities," she explains.

In addition to Vaasa, other cities competing include Agueda in Portugal, Saint-Quentin in France, and Sant Boi de Llobregat in

Spain in the category for cities with fewer than 100,000 inhabitants. In the category for cities with over 100,000 inhabitants, the finalists are Heilbronn in Germany, Guimarães in Portugal, and Klagenfurt am Wörthersee in Austria.

Winners to Be Announced in October

The finalist cities will present their environmental plans and communication strategies to the jury in October, aiming to win the coveted title. The winners will be announced on October 24, 2024, in this year's European Green Capital, Valencia, Spain.

The European Green Leaf title is awarded to one or two cities, with the winning cities receiving €200,000 in prize money and the opportunity to host several international events during the winner year.

For Vaasa, reaching the finals already represents a significant recognition of the city's work on sustainability and environmental issues, with high hopes of securing the title.

Bird Flu Vaccine Still Available for High-Risk Groups in Ostrobothnia

Ostrobothnia Well-being Services has issued a reminder that the bird flu vaccine is still available, free of charge, to individuals aged 18 and over who are at increased risk of infection due to their occupation.

An estimated 800 people in the Ostrobothnia region are considered to be in a high-risk group. However, only a few dozen have received the vaccine so far.

"The low interest in the vaccine has been surprising, although it is understandable given that it's the holiday season," said Silvia Grönroos-Pada, Senior Physician for Infectious Diseases. "We hope that people in the risk groups will seek out the vaccine now in August. It provides effective protection against severe disease."

Who is eligible? Individuals aged 18 and over who are at increased risk of infection due to their occupation, such as those working in poultry farms or laboratories, are eligible for the free bird flu vaccine.

Why get vaccinated? The bird flu vaccine offers effective protection against severe illness caused by the avian influenza virus. It's particularly important for those who are at higher risk of exposure.

For more information, please contact your local healthcare provider or the Ostrobothnia Well-being Services.

Finland's most popular barbecue restaurants – Foodora lists restaurants and dishes
Malmönkatun Grilli

third

Finns enjoy grilled food especially when staying at their cottages in the summer, but barbecue flavours are also attractive in many popular grill restaurants during the summer season. Foodora has compiled a list of Finland's most popular grill restaurants, and this time it is not the restaurants in the Helsinki metropolitan area that come out on top.



Foodora listed the most popular grill restaurants and dishes.

In summer, tourists and summer cottages move around Finland, and although many people enjoy cooking food outdoors, ordering food is still a popular option during the summer months. Consumers may want to take a break from cooking, or summer events may also attract barbecue lovers. In any case, the popularity of barbecue restaurants is at its peak, especially in summer.

Foodora has compiled a list of Finland's most popular barbecue restaurants around the country. The delicacies offered by these restaurants are definitely worth tasting, as they are also Foodora's most popular grill restaurants in winter. In addition, Lahti is particularly different from the list, as the list includes as many as three grill restaurants in Lahti.

Kino Grilli, Oulu
Itäharjun Grilli, Turku
Malmönkatu Grilli, Vaasa
Lounaispuiston grilli 21, Jyväskylä

Best burger, Joensuu
Jykän Grilli, Seinäjoki
Eepin Grilli, Mikkeli
Jonen Grilli, Lahti
Burger Mafia Kivimaa, Lahti

Burger Mafia Fly, Lahti
Ohana Grille, Tampere
Grilli Veskari, Savonlinna
City Burger, Porvoo
(Foodora.fi)

Finnish Youth Drinking Less, But Nicotine Pouches on the Rise

Fewer young people are drinking alcohol, but nicotine pouch use is increasing

A new study from the Finnish Institute for Health and Welfare (THL) shows that fewer Finnish young people are drinking alcohol. A full 35% of ninth-graders reported never having consumed alcohol. Smoking rates have also declined.

Nicotine pouches pose a new threat

However, there's a worrying trend: the use of nicotine pouches has increased significantly since the sales ban was lifted in 2023. A quarter of ninth-graders now report using nicotine pouches.

Decline in binge drinking has stalled

While fewer young people are drinking alcohol overall, the decline in binge drinking has plateaued. The proportion of young people who get drunk weekly has even slightly increased in recent years. Additionally, many young people underestimate the health risks associated with excessive drinking.

What does this mean?

The THL study reveals both positive and concerning trends in young people's substance use. It's encouraging to see that more young people are choosing to abstain from alcohol, but the rise in nicotine pouch use is alarming.

What's next?

The results of the study emphasize the importance of prevention. It's crucial to offer young people alternative activities and support them in making health

choices. More research is needed on the long-term effects of nicotine pouches and potential regulations.

Sources:

Finnish Institute for Health and Welfare (THL) study on young people's alcohol and drug use (ESPAD)



Fanny Churberg's exhibition in Stockholm

Vaasa-based 1800s artist Fanny Churberg's unique nature-themed paintings are on display in Stockholm.

The Sven-Harry Art Museum's exhibition "Mot ett nytt landskap" is open until 15 September.

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

University of Vaasa to award top experts at the Conferment of Doctoral Degrees in 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.

July 21, 2024 - The Warmest Day in History

The Earth has reached an unprecedented milestone in its climatic history. According to the Copernicus Climate Change Service (C3S), July 21, 2024, has set a new record for the highest daily global average temperature ever recorded, peaking at 17.09°C. This narrowly surpasses the previous record of 17.08°C, set on July 6, 2023.

Preliminary data released by C3S on July 23 confirm that Sunday, July 21, marked the hottest day since at least 1940 by a margin of just 0.01°C. Although the increase may seem minimal, it highlights a significant trend when viewed in the context of climate records. The difference between the temperatures of the past 13 months and previous years is striking, illustrating a rapid escalation in global warming.

The data, which is accessible through Climate Pulse—C3S's application providing historical and real-time temperature data from the ERA5 reanalysis dataset—reveals a disturbing pattern.

EVENTS



PÖRTOM CHURCH Music in the August evening

in Pörtom church
Thursday 8.8.24 at 8 pm
Närpes Male Choir
Tobias Udd, conductor and trumpet
Thursday 15.8.24 at 8 pm
Barnabas Mebrahtu from Eritrea, vocals
Mirella Rantamäki, vocals
Thursday 22.8.24 at 8 pm
Fredrik Teir, vocals
The Pörtomkören
Arr: Närpes parish's music activities



TOVE TEUVALLA-OPERA

Östermark kyrka .Teuvan kirkko
3.8.24 - 11. 8.2024
<https://www.korsholm-musicfestival.fi/tove-teuvalla/operan-tove-teuvala>

NIGHT OF THE ARTS



In Vaasa
15.8.2024

The Night of the Arts will be celebrated in Vaasa on Thursday, August 15, 2024. This year, a record number of 180 participants have registered for the event. The theme for this year's festive parade is peace.

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VAASAN MARSSI

9.-11.8.2024
Vaasan Kävelyklubi ry/rf
www.vaasanmarssi.fi

COELIAC DISEASE WEEK

2-8.9.2024
Many events in different places
www.keliakialiitto.fi
IX JORMA PANULA INTERNATIONAL CONDUCTING COMPETITION"
SEPT 3 - 7
www.panulacompetition.fi



VASA CITY THEATRE CABARET-musical

Premiere Sept 12, 2024
www.vaasankaupungintenteri.fi

HELSINKI BOOK FAIR



24-27.10.24
Helsningin Messuhalli
<https://kirjamessut.messukeskus.com/>

LAUTASELLA-messut

Ablujt special diets
Helsningin Messuhallissa
26-27.10.24

www.keliakialiitto.fi/messut

RUSK

Chamber Music in Jakobstad
19-23.11.2024
The Beauty of Longing
International creativity at the darkest time of the year
ruskfestival.fi

TIKANOJA

THE ART EVENT OF THE YEAR!



Eero Järnefelts exhibition opens on Nov 23, 2024

MEDIALANGUAGE (In Swedish) 2025: Seminar XX

Vaasa 22-23 Januari 2025
Media Language 2025 is organised by the Swedish Press Service and the Centre for Lifelong Learning at Åbo Akademi University in collaboration with Svenska Yle, Hufvudstadsbladet Ab, HSS Media, ÅU Media, Friends of Swedish Public Schools, the Åbo Akademi University Foundation, the Swedish Cultural Foundation in Sweden, the Harry Schauman Foundation and Konstsamfundet.



Media Language's language leaders are Jennie Storgård, Minna Levälähti and Leni Sundman at the Swedish Press Service (SPT). In January 2024, the well-attended seminar was held at Hanasaari in Helsinki.

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

CHURCH



Teuva (Östermark) Church: A Venue of the Tove Teuvalla-Opera

Address: Porvarintie 44,
64700 Teuva
Parish: Teuva Parish
Year Built: 1953
Architect: Elsi Borg
Material: Brick
Seating Capacity: 750

Teuva Church is an architectural gem located in the heart of Östermark, built in 1953 according to the designs of architect Elsi Borg. This long church with a front tower, constructed from brick, offers a unique setting for both historical and spiritual events.

The church was built after the old church was destroyed in a fire in 1950. It was protected by a decision of the Church Council in 2019, highlighting its cultural

and historical significance. Due to inflation, the insurance compensation for the previous church was insufficient, so the new church was built mainly with donated funds, demonstrating the community's strong commitment and unity.

The architectural details of the building are impressive: a steep gabled roof, a two-aisle nave, and decorative pillars create a harmonious atmosphere. The church bells, dating from 1865 and 1972, still call the congregation to gather.

The Beauty and Art of the Interior

The church's interior is as impressive as its exterior architecture. With an area of 800 square meters, the church accommoda-

tes 750 seats, and the altarpiece "The Ten Virgins," which is Tove Jansson's only altarpiece, captures the eye. Completed in 1953, the altarpiece remains a significant part of the church's decor.

Elsi Borg designed the pulpit, and T. J. Korpi carved the wooden sculptures depicting Apostle Paul, the evangelists, and Moses, adding to the room's dignity. The church's chandeliers, originally made for Lumivaara Church in the ceded Karelia, were brought to Östermark due to the war and installed in the church in 1978. The parish hall features a work by textile artist Kaarina Heikinheimo.

The church's organs are also an essential part of its musical heritage. The original organs, made

by the Kangasala Organ Factory in 1953, were replaced in 1994 with new organs built by Organ Builder Veikko Virtanen, with a facade designed by Carl-Johan Slotte.

Experience the Unique Atmosphere of Teuva Church

Östermark Church is not just a religious center but also a cultural landmark that offers a venue for music, art, and community. Come and experience this historic church, which has served as the setting for the opera "Tove in Östermark," and let its rich history and beautiful architecture inspire you.



CLIMATE CHANGE

July 2024: Second-Hottest Month on Record Globally, Close on the Heels of 2023

The latest data from Copernicus Climate Change Service reveal that July 2024 was the second-warmest month ever recorded globally, narrowly missing the top spot held by July 2023. With an average surface air temperature of 16.91°C, the month was 0.68°C above the 1991-2020 July average, and just 0.04°C cooler than last year's record.



This statistic marks the end of a remarkable 13-month streak where each month set a record as the hottest of its kind since reliable measurements began. This kind of prolonged heatwave is unusual but not unprecedented—an analogous pattern occurred during the strong El Niño event of 2015/2016.

A Closer Look at the Heat

While July 2024 didn't surpass the overall record set by July 2023, it did see Earth's two hottest days on record, with global average temperatures hitting 17.16°C and 17.15°C on July 22nd and 23rd. Given the small margin and the inherent uncertainty in the data, it's impossible to say definitively which day was hotter, but the significance of such extreme heat is clear.

This July was also a stark reminder of the ongoing trend of rising temperatures. The month was 1.48°C warmer than the estimated pre-industrial average (1850-1900), a sobering indicator of

how far global temperatures have shifted due to human activity.

The Year So Far and What Lies Ahead

The broader picture of 2024 is equally concerning. The year-to-date global temperature anomaly (January–July) stands at 0.70°C above the 1991-2020 average, making it 0.27°C warmer than the same period in 2023. This anomaly suggests that 2024 is on track to potentially surpass 2023 as the warmest year on record, unless there is an unexpected and significant drop in temperatures over the coming months—an occurrence that is extremely rare in the historical data.

Europe and Beyond: Regional Heatwaves and Cool Spots

In Europe, July 2024 was particularly hot, with temperatures averaging 1.49°C above the 1991-2020 baseline, making it the second-warmest July for the continent, trailing only July 2010. Southern and eastern Europe bore the brunt of the heat, while

northwestern Europe experienced more moderate conditions.

Globally, regions such as the western United States, western Canada, most of Africa, the Middle East, Asia, and eastern Antarctica saw the most significant deviations from average temperatures. In contrast, areas like western Antarctica, parts of the United States, South America, and Australia recorded temperatures below average, illustrating the complex and uneven nature of climate impacts.

Oceans Also Feeling the Heat

The world's oceans mirrored this warming trend. The sea surface temperature (SST) over 60°S–60°N reached 20.88°C in July 2024, the second-highest ever recorded for the month, just 0.01°C shy of the record set in July 2023. This data point ends a 15-month period where the SST had consistently set monthly records.

Notably, while parts of the

equatorial Pacific showed cooler-than-average temperatures, hinting at a developing La Niña, many other ocean regions remained unusually warm, compounding the effects of global warming.

Implications for the Future

The persistence of such high temperatures underscores the urgency of addressing climate change. As 2024 edges closer to becoming the warmest year on record, the data from July serves as both a warning and a call to action. The patterns we're seeing are not isolated anomalies but part of a larger trend that demands global attention and a concerted effort to mitigate the worst impacts of a rapidly warming planet.

As these trends continue, the repercussions will be felt across ecosystems, economies, and communities worldwide, making it more crucial than ever to accelerate efforts toward sustainable solutions.

CLIMATE CHANGE

Urban Heat Islands: A Growing Threat Exacerbated by Climate Change



Cities, particularly large ones, are becoming increasingly hotter than their surrounding rural areas. This phenomenon, known as the "urban heat island effect," means that the temperature in urban environments can be significantly higher than in the countryside.

The consequences are serious and can negatively impact human health, increasing the risk of cardiovascular and respiratory problems, heatstroke, and other health issues. With climate change threatening our planet, the urban heat island issue is becoming increasingly acute.

The reason behind the heat island effect is the artificial infrastructure and human activities that characterize cities. Compared to rural areas, which are often covered in grass, crops, shrubs, or forests, urban areas have a significantly higher propor-

tion of paved surfaces. Vegetation helps to cool the air, while asphalt and concrete, on the other hand, absorb heat, leading to temperature increases. Additionally, buildings and narrow streets contribute to trapping heat by restricting airflow. Human activities, such as heating buildings and driving cars, also add heat to the urban environment.

Overall, all of these factors lead to the urban heat island effect, which is most pronounced at night. Then, the temperature in cities can be up to 10°C higher than in rural areas. This is because the heat stored in buildings and roads during the day is released at night.

The effect is particularly evident in larger cities. For example, temperatures in central London and Paris are regularly recorded to be around 4°C higher than in the surrounding countryside at night. Both of these cities, as well as many others around Europe and the

world, experience heat stress that leads to public health problems.

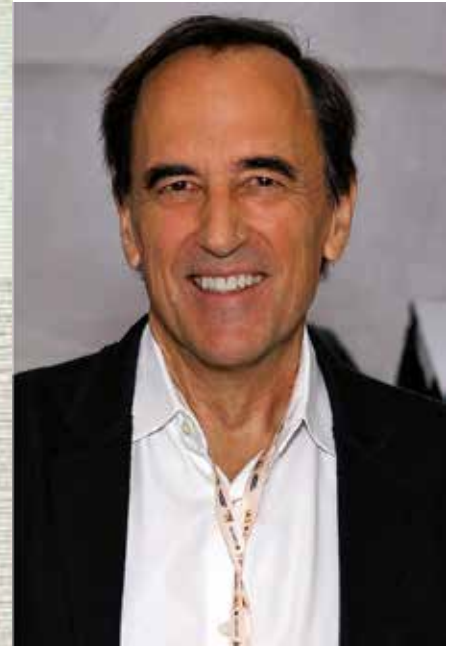
To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs, and more water surfaces. However, to implement these changes, they first need to get a detailed picture of how temperature varies within the urban environments they are responsible for.

Managing urban heat islands is an important part of making cities more sustainable and livable, especially in light of future climate change. By reducing heat stress, we can create a better quality of life for residents while also contributing to a more sustainable future.

(Source: C3S)

LITERATURE

Jeff Goodell: The Chronicler of Climate Change



Jeff Goodell has emerged as one of the most prominent voices on climate change in the literary world. His two most recent works, “The Heat Will Kill You First” and “The Water Will Come,” provide a sharp but necessary picture of the kind of world that climate change is preparing for us.

Jeff Goodell is a well-known American author who has dedicated his career to studying and reporting on climate change. Born in 1959 in Palo Alto, California, Goodell has experienced a varied life before his career as a writer. He has worked as a blackjack dealer, glass fitter, cleaner, bartender, professional motorcyclist, editor of a Russian literary maga-

zine, and technology writer at Apple.

Goodell’s diverse background may have influenced his ability to approach climate change from different perspectives. He has managed to combine scientific rigor and human storytelling in a way that makes his books both informative and engaging.

Goodell is also an active social influencer. He has been a visiting scholar in New America and received a Guggenheim Fellowship in 2020. In addition, he is a regular commentator in various media.

Although Goodell’s life has been full of adventure and work experiences, he has found his calling in studying climate change. His writings are important voices that help us understand the scope and implications of this global challenge.

“The Heat Will Kill You First” is a deep dive into the

devastating effects of a heat wave. Goodell not only describes rising temperatures, but studies its concrete consequences for people, society and ecosystems. The book is both scientifically informative and humanly touching, and it has received a lot of praise from critics and readers alike.

“The Water Will Come,” on the other hand, focuses on the threat of rising sea levels. Goodell is carefully examining how climate change is changing life in coastal areas and what consequences it will have globally. The book is both a warning and a call to action, and it has sparked a debate about how we can prepare for future challenges.

Goodell’s writing style is clear and informative, but at the same time he manages to convey a sense of urgency to the reader. She combines scientific facts with personal stories, making her books both

informative and inspiring.

“Goodell is a master at telling stories that make us think and act,” wrote The New York Times Book Review. “The Heat Will Kill You First” is a disturbing and necessary book.”

“Water Is Rising” has been praised for providing a realistic and concrete picture of the effects of sea level rise. “Goodell has managed to capture the reader’s attention and raise concerns about the future,” wrote The Guardian.

Kuva: Author Jeff Goodell at the 2023 Texas Book Festival in Austin, Texas, United States. Larry D. Moore
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ASTRONOMY and ASTROLOGY

Mercury Retrograde: Understanding the August 2024 Phenomenon

As August 2024 unfolds, the astrological event known as Mercury retrograde once again captures the attention of sky-watchers and astrology enthusiasts alike. This phenomenon, often blamed for communication breakdowns, travel disruptions, and technological glitches, is steeped in both celestial mechanics and cultural lore.



What Is Mercury Retrograde? Mercury retrograde occurs when Mercury appears to move backward in its orbit from our vantage point on Earth. This optical illusion happens three to four times a year, each lasting for about three weeks. In reality, Mercury isn't moving backward, but rather, it is overtaking Earth in its orbit. This creates the impression of retrograde motion when observed from Earth.

The August 2024 retrograde period spans from August 4th to August 28th. During this time, Mercury will traverse the zodiac sign of Virgo, which it also rules, amplifying the astrological effects attributed to this period.

The Astrology of Mercury Retrograde In astrology, Mercury governs communication, travel, technology, and information exchange. When it enters retrograde, these areas are be-

lieved to be more prone to misunderstandings, delays, and errors. Contracts signed, emails sent, or travel plans made during Mercury retrograde are often thought to be more susceptible to problems. Astrologers often advise caution during Mercury retrograde, suggesting people review details carefully, double-check communications, and avoid making major decisions until the retrograde has passed. It's a time often recommended for reflection and reevaluation rather than initiation of new ventures.

The August 2024 retrograde in Virgo emphasizes attention to detail, practical concerns, and daily routines. This period may bring challenges related to organization, health, and analytical thinking. Miscommunications may arise more frequently in professional environments or in matters related to health and service.

The Cultural Impact of Mercury Retrograde Beyond the technicalities of astrology, Mercury retrograde

has become a cultural touchstone, often invoked humorously to explain everyday mishaps. From missed appointments to computer crashes, many people cite Mercury retrograde as a convenient scapegoat for life's little annoyances.

However, it's important to approach this phenomenon with a balanced perspective. While some people find it useful to align their activities with astrological insights, others view Mercury retrograde as a reminder to slow down and practice patience, regardless of their belief in astrology.

Navigating Mercury Retrograde Whether you're a firm believer in astrology or simply curious, there are practical ways to navigate Mercury retrograde:

Double-Check Everything: From travel plans to work projects, ensure all details are confirmed and back-up plans are in place.

Embrace Reflection: Use this time to review past projects, relationships, or deci-

sions. Reflect on what might need adjustment rather than launching into new ventures.

Stay Flexible: Expect the unexpected, and try to remain adaptable when plans go awry.

Communicate Clearly: Take extra care in how you convey information, and be mindful of potential misunderstandings.

Looking Ahead As Mercury retrograde in August 2024 draws to a close on the 28th, many will breathe a sigh of relief. Whether or not you believe in its astrological implications, this period can serve as a reminder of the importance of mindfulness, preparation, and adaptability in our fast-paced world.

For those who follow astrology, the end of Mercury retrograde marks a return to smoother sailing in areas of communication and planning. For others, it may simply signal the end of an intriguing period where celestial events meet human curiosity and cultural expression.

ASTRONOMY

Look up! Perseid meteor swarm illuminates July and August nights



All stargazers, rejoice! The annual Perseids meteor shower is now underway and offers a celestial fireworks display from mid-July to the end of August. While you may catch a glimpse of the occasional meteor earlier in the month, the real show kicks off this week, culminating in mid-August.

This year, the Perseids are expected to reach their peak on the night of August 13. Under ideal conditions, with a dark sky free of light pollution, observers can

expect to see up to 90 meteors per hour streaking across the sky.

What are the Perseids? The Perseids' meteor swarm occurs when the Earth passes through the dusty debris field left behind by comet Swift-Tuttle. When these small rocks and ice particles collide with our atmosphere at high speeds, they burn up, creating the bright streaks we call meteors or shooting stars.

The Perseids are known for their fast and bright meteors, which often leave behind light tails. They also generally produce more meteors per hour compared to other meteor

swarms.

How to see the Perseids To maximize your chances of catching a glimpse of the Perseids meteor shower, follow these tips:

Find a dark place far away from light pollution. Light pollution can significantly reduce the number of meteors you see.

Head out after midnight, as that's when the radiant, the area of the sky where the meteors seem to come from, is at its highest in the sky.

Be patient! Let your eyes get used to the darkness for at least 30 minutes.

Bring a blanket or camping chair to make it comfortable. You will be looking

upwards for a longer period of time.

Don't let the moon ruin the show

This year, stargazers get a bonus! The peak of the Perseids coincides with a first quarter moon, which means that the moon's light is minimal and will not interfere with the meteor shot.

So gather your friends and family, pack a picnic blanket, and head to a dark place. With a little patience and a clear sky, you can witness a breathtaking display of celestial fireworks courtesy of the Perseids' meteor swarm.

HEALTH

Processed Meat and Dementia: New Evidence Highlights a Troubling Link



Recent research has intensified concerns about the health risks of processed meats, particularly their potential impact on brain health. A study presented at the Alzheimer's Association International Conference has added to the growing body of evidence suggesting that a diet high in processed red meat may be linked to an increased risk of dementia.

The Study and Its Findings

The study, which monitored over 460,000 adults for more than four decades, found that individuals who consumed at least two servings of processed red meat per week had a 14% higher risk of developing dementia compared to those who consumed fewer than three servings per month. Processed red meats, such as bacon, sausages, and deli meats, are often laden with preservatives like nitrites and high levels of sodium, which are thought to contribute to cognitive decline.

Interestingly, the study also

highlighted that each additional daily serving of processed red meat was linked to an equivalent of 1.6 years of cognitive aging. This aging effect was particularly evident in areas of the brain responsible for language and executive function, which are crucial for decision-making and behavior control.

Processed vs. Unprocessed Meat: A Key Distinction

It's important to note that unprocessed red meat, like fresh beef or lamb, was not associated with the same cognitive risks. In fact, moderate consumption of unprocessed meat might even have a protective effect on brain health, though this area requires further research. The distinction between processed and unprocessed meat is critical, as it suggests that the harmful effects are likely due to the additives and preservation methods used in processed meats rather than the meat itself.

Broader Health Implications

This research aligns with ear-

lier studies that have linked processed meats to a range of health issues, including heart disease, cancer, and diabetes. The high levels of saturated fats, sodium, and chemical preservatives in processed meats are known to contribute to these conditions, which are also risk factors for dementia.

Dietary Recommendations for Brain Health

Given these findings, health experts recommend reducing the intake of processed red meats and replacing them with healthier alternatives. Incorporating more plant-based foods like nuts, beans, and vegetables into your diet not only reduces the risk of dementia but also supports overall well-being. For those with limited access to fresh produce, options like canned beans (with reduced sodium) and frozen vegetables can be practical and nutritious substitutes.

The Bigger Picture

While the study's findings are compelling, it's essential to

remember that diet is just one piece of the puzzle when it comes to dementia prevention. A holistic approach to health also includes regular physical activity, adequate sleep, social engagement, and mental stimulation.

As we continue to live longer, the choices we make today about what we eat can have long-lasting impacts on our cognitive health. Reducing processed meat consumption could be a simple yet significant step towards preserving brain function and reducing the risk of dementia as we age.

In conclusion, the growing evidence against processed meats underscores the importance of dietary choices in maintaining brain health. While the case isn't closed, the current research strongly suggests that when it comes to processed meats, less is more – not just for our hearts, but for our minds as well.

HEALTH

It is Possible to Cure Type II Diabetes – Not Easily Though

Type 2 diabetes has long been considered a chronic, incurable condition. However, recent research and real-world interventions are challenging this notion. A groundbreaking study, the NHS Type 2 Diabetes Path to Remission (T2DR) program, has shown promising results in reversing the disease.

The T2DR program is a 12-month behavioral intervention focused on weight loss, with an initial intensive phase involving total diet replacement (TDR). This approach, while demanding, has proven effective in inducing remission in a significant number of participants.

Remission in this context means achieving normal blood sugar levels without the need for diabetes medication for at least three months. The study found that around 27% of participants who started the program and had two HbA1c measurements achieved remission. This number increased to 32% among those who completed the entire 12-month program.

These results are particularly encouraging as they were obtained in a real-world setting, rather than the controlled environment of a clinical trial. It demonstrates that remission is achievable for a substantial proportion of people with type 2 diabetes through a structured, supported weight loss program.

However, it's essential to acknowledge the challenges involved. Not everyone who starts the program completes it, and weight loss, while crucial, is not guaranteed. The study also highlights the difficulty of collecting comprehensive data in a real-world setting compared to a clinical trial.

Despite these limitations, the T2DR program offers hope for

millions of people living with type 2 diabetes. It underscores the importance of lifestyle interventions, particularly weight loss, in managing and potentially reversing the disease.

While not a magic cure, the program represents a significant step forward in diabetes care. It emphasizes the need for continued research, improved access to support services, and personalized treatment plans to maximize the benefits of weight loss interventions for people with type 2 diabetes.

Ultimately, the T2DR program's success story is a testament to the power of human resilience and the potential of lifestyle changes in combating chronic diseases.

The T2DR Program:

A Deep Dive into Interventions
The NHS Type 2 Diabetes Path to Remission (T2DR) program is a comprehensive approach to diabetes management that focuses on weight loss as a primary driver of remission. To achieve this, the program employs a multi-faceted strategy involving:

Initial Intensive Phase:

Total Diet Replacement (TDR)
The program begins with a three-month period of total diet replacement (TDR), where participants consume meal replacement products exclusively. These products are formulated to provide balanced nutrition while significantly reducing calorie intake. This phase is crucial for rapid weight loss and improvement in blood sugar control.

Behavioral Support and Education
Alongside TDR, participants receive intensive behavioral support and education. This includes:

One-to-one support: Dedicated healthcare professionals provide personalized guidance and encour-



agement throughout the program. **Group sessions:** Participants attend group sessions to share experiences, learn from others, and build a support network.

Education on healthy eating: Participants receive comprehensive education on healthy eating habits, portion control, and meal planning. **Physical activity:** The program emphasizes the importance of physical activity and provides guidance on incorporating exercise into daily life.

Psychological support: Addressing emotional and psychological factors related to weight management is crucial. **Transition to Sustained Weight Loss**

After the initial three-month TDR phase, participants transition to a sustained weight loss phase. This involves gradually reintroducing regular food while maintaining the healthy ea-

ting habits learned during the program. Continued behavioral support is essential during this phase to prevent weight regain.

Long-Term Management
The T2DR program aims to equip participants with the tools and knowledge necessary for long-term weight management and diabetes control. This includes ongoing support, regular monitoring, and strategies for managing potential challenges.

It's important to note that the success of the T2DR program is dependent on a combination of factors, including participant motivation, adherence to the program, and access to appropriate support services. While the program has shown promising results, it's not a one-size-fits-all solution and individual needs and circumstances should be considered.

HEALTH

Tooth inflammation causes stroke in young people, according to a Finnish study



Prevention of stroke!

A new Finnish study has linked periodontitis, a serious form of gum disease, to an increased risk of stroke in young adults. The research, published in the *Journal of Dental Research*, found that people aged 18 to 49 with periodontitis were significantly more likely to suffer cryptogenic ischemic stroke (CIS), a type of stroke with unknown cause. The study also found a link between recent invasive dental procedures and an increased risk of stroke, especially in people with a heart defect called patent foramen ovale (PFO). Researchers believe that the inflammation caused by periodontitis may play a role in the development of blood clots, which can lead to stroke. Additionally, dental procedures can introduce

bacteria into the bloodstream, potentially increasing the risk of stroke in susceptible individuals. The study emphasized the importance of good oral health, especially for young people. Regular dental check-ups and proper oral hygiene can help prevent periodontitis and its associated health risks.

The new Alzheimer's drug will arrive in Finland next year?

Alzheimer's disease is a devastating disease that gradually takes away memory and thinking ability. Although there is no perfect cure yet, there is light at the end of the tunnel on the horizon. The US Food and Drug Administration (FDA) has approved a new

Alzheimer's drug, Lecanemab, for the early treatment of the disease.

Lecanemab is a so-called disease-modifying drug that removes plaque from the brain, so-called beta-amyloid. These plaques have been linked to the development of Alzheimer's disease. Although the drug has not yet been shown to prolong the life of patients or cure the disease, it has shown promising results by slowing the progression of the disease.

Lecanemab has been shown in clinical trials to significantly reduce amyloid plaques in the brain. This is an important step forward, as previous studies have suggested that amyloid plaques are a key factor in the pathology of Alzheimer's disease. While Leca-

nemab is a promising drug, it's important to remember that it's not yet widely available. The safety and efficacy of the medicine still need to be studied in more detail. Additionally, the price may be high at first, which may limit its availability.

In Finland, lecanemab is expected to arrive next year if it is approved by the Finnish Medicines Agency Fimea, but the introduction of the drug will require careful evaluation and a clear selection of patients.

It is important to emphasize that research into Alzheimer's disease is ongoing and that new treatments are being developed all the time. Lecanemab is one of the promising alternatives, but it is not yet the solution to all problems for people with Alzheimer's disease. More research and development is needed to defeat Alzheimer's once and for all.

However, there is reason to hope that in the future there will be opportunities for more effective treatments and even prevention of the disease.

NB:

This article does not replace the information provided by the doctor. People with Alzheimer's disease should discuss their treatments with their own doctor.

ART HISTORY

Fanny Churberg: A Painter with Her Whole Heart

Fanny Churberg was born on December 12, 1845, in what was then Nikolainkaupunki, now known as Vaasa. She was the third child in a family of seven, where her father, Matias Christian Churberg, was a doctor, and her mother, Maria Ulrika Perander, was a homemaker. Four of the children died young, and Fanny grew up with her two younger brothers, Waldemar and Torsten.

As a teenager, she was sent to Porvoo to attend school at Emma Christina Perander's girls' boarding school from 1857 to 1859. She also attended a girls' school in Vyborg from 1860 to 1861. Her mother died in 1858, when Fanny was only 12 years old, and her father passed away in 1865, when Fanny was 20. The siblings moved to Helsinki to live with their aunt. Fanny was possibly engaged to Berndt Lindholm, but they never married.

In Helsinki, Fanny Churberg began her art studies by taking private lessons. Her teachers included Selma Schaeffer and Alexandra Frossterus-Sältin (1865–1866), Emma Gylden and Berndt Adolf Lindholm (1866–1867). She continued her studies as a private student under Carl Ludwig from 1867 to 1868 and from 1871 to 1874 in Düsseldorf, Germany, which had a prestigious art academy. However, she always returned to Finland to paint during the summers. She was also one of the first Finnish artists



to study in Paris. Churberg was a private student of Vilhelm von Gegerfelt in Paris in 1876. In 1878, she visited the Paris World's Fair, and her interest in folk art grew.

Churberg is one of the most significant figures in Finnish art his-

tory. Her short but intense career left a lasting mark on the national art scene. Churberg's work is exceptionally powerful and personally marked, and her paintings continue to fascinate and inspire.

Churberg was one of the bold wo-



men of her time who broke traditional gender roles. She studied art in Düsseldorf, which was rare for women at the time. Her years in Germany strengthened her interest in landscape painting, which later became her main style.

In Churberg's paintings, nature is more than just a background; it is the main character. She captured the deepest essence of Finnish nature, its light, colors, and moods. Her works contain both strength and rawness, but also deep love and understanding.

Churberg's most famous paintings include "After the Thunderstorm," "Autumn in Porvoo," and "Pine Forest." These works are like win-

dows to another world, where nature is both beautiful and frightening, calm and stormy. Churberg managed to convey a holistic experience to the viewer that lingers long.

Unfortunately, Churberg's artistic career was cut short for several reasons, including her brother's and her own illness. Her career ended in 1880. Before that, however, she had painted about 300 works. She died in 1892. Her death was a great loss to the art world, although her significance to Finnish art became clear only in the early 20th century.

In Arena magazine, issue 1 in 1920, Signe Tandefelt wrote a long article about Fanny Churberg. The last paragraph of the article reads:

"The intensity that she put into all her work throughout her life, in external and internal experiences, could not help but consume her vitality and by 1892 it was forever gone. Her continuous, tireless life full of work, Fanny Churberg devoted only a few years to artistic creation, but what she produced during those years belongs to the best and most personal Finnish art."

Fanny Churberg remains one of the brightest stars in Finnish art. Her work continues to inspire and amaze generations.

(Source: e.g., Wikipedia)

RUSSIAN WAR AGAINST UKRAINE

Russia Brought the War to Our Land, and It Should Feel What It Has Done – Address by the President



I wish you good health, fellow Ukrainians!

Today, three reports have already been made by Commander-in-Chief Syrskyi – productive reports, exactly the kind our country needs now.

I am grateful to each warrior, each soldier and commander who ensures the defense of our Ukrainian positions and the fulfill-

ment of our defensive tasks. Ukrainians know how to achieve their goals. And achieving the goals at war was not our choice. Russia brought the war to our land, and it should feel what it has done. We strive to achieve our goals as soon as possible in peacetime – under just peace conditions. And it will happen.

Today, there was also a report by Minister of Defense

Umerov on the supply of our ground and providing weapons and equipment to Ukraine with new opportunities. We are working to ensure that the supplies are consistently delivered on time. Head of the Security Service of Ukraine Maluk also reported today – on our operations and on the sensitive work of the Security Service, which protects Ukrainians – protects them from Russian sabotage and assassination attempts inside our country.

And one more thing. I held a long meeting with our international experts: the Ministry of Foreign Affairs, the Ministry of Defense, the military, the Defense Intelligence, the Office. On our cooperation with NATO – with the Alliance in general and with our neighbors in the region who are NATO members in particular. It is obvious that together we can bring more security and stability to our region and to all of Europe. And we need to translate that obviousness into practical steps, into ways in which we can bring more real security to each other through cooperation. Today we discussed our joint capabilities to defend against Russian missile and drone strikes – we are working on their implementation. I thank everyone who is helping!

Today, I also thank the entire development team of our new digital state service, Army+. We have presented this application. Now it is important that all our commanders in the Defense Forces start using it – obtain the necessary IDs and learn all the technical details. And the "army of paperwork" should be left in the past. We will continue to develop our Diia by adding services to it, and soon our Mriia – the third element of the state digital infrastructure – will start working – for children and parents, for teachers and schools. Will start working truly for the future of Ukraine. Ukrainians should not waste their time with outdated and useless bureaucracy. The world sees what Ukrainians can spend their time on – with results for Ukraine. We are holding

Glory to Ukraine!

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AI

The best AI is yet to be decided



In the rapidly evolving landscape of artificial intelligence, a handful of models have emerged as frontrunners in the race to create the most capable and versatile AI assistants. GPT-3.5, GPT-4, GPT-4.0, Gemini Pro, Monica, and Claude 3.5 are all vying for the top spot, each with its own strengths and weaknesses.

As the AI industry continues to advance at breakneck speed, the question of

which model reigns supreme remains open for debate.

GPT-3.5 and GPT-4, developed by OpenAI, have garnered significant attention for their impressive natural language processing capabilities. GPT-3.5 offers a good balance of performance and cost-effectiveness, making it accessible to a wider range of users. GPT-4, on the other hand, boasts enhanced reasoning abilities and improved context understanding, but comes with a heftier price tag.

Google's Gemini Pro has entered the fray with promising multimodal capabilities, able to process and

ability to engage in more nuanced, emotionally aware dialogues sets it apart.

Claude 3.5, developed by Anthropic, has gained recognition for its strong emphasis on safety and ethical considerations. With built-in safeguards and a commitment to responsible AI development, Claude 3.5 appeals to users who prioritize trustworthiness and ethical alignment in their AI interactions.

As these models continue to evolve, their relative strengths and weaknesses shift. GPT-4.0, for instance, promises even greater capabilities than its predecessor, but details remain scarce.

generate both text and images. This versatility gives it an edge in certain applications, particularly those requiring visual understanding alongside language processing.

The rapid pace of development means that today's leader could be overtaken by tomorrow's innovation. Each model presents its own set of advantages and drawbacks. While some excel in raw processing power and breadth of knowledge, others shine in specific domains or in their approach to user interaction.

Monica, a lesser-known contender, has carved out a niche for itself with its focus on emotional boundaries of what's possible and empathy in conversations. While it may not match the raw processing power of some competitors, its

As researchers push the boundaries of what's possible in AI, we can expect to see even more powerful and sophisticated models emerge. The competition between these AI giants drives innovation, pushing each to improve and differentiate itself from the pack.

For now, the crown of "best AI" remains unclaimed, with each model offering its own unique contribution to the field. As these technologies continue to advance, users and developers alike will need to carefully consider their specific requirements and ethical considerations when choosing an AI model.

The AI landscape is far from settled, and the best may indeed be yet to come. As we stand on the cusp of even greater breakthroughs in artificial intelligence, one thing is certain: the race to create the ultimate AI assistant is far from over.

AI

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



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

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)

6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positi-

oning System (Helps you navigate the world)

16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

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

the wonderful world of shorthand communication!

Wasa Daily

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

The magazine contains quotations from old daily newspapers taken from the National Archives (digi.kansalliskirjasto.fi). GPT3, Gemini and Monica do some of the routine editing work, such as translation, corrector reading, and short notice writing. All texts have been checked by journalists and the editorial staff is responsible for all the content of the texts.

Wasa Daily is a daily newspaper type publication, so far it is published on Sunday mornings. But our goal is for it to come out every morning in the future.

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

The magazine is locally owned and will remain so. For ever!

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What is this house?



Viime viikon talo:
Rewell

ROAD CHURCH

Kauhajoki Church: a beacon of faith and community



In the picturesque riverside landscape rises the majestic Kauhajoki Church, which is a testament to the city's rich history and enduring faith. With its soaring tower and grand architecture, the church has served as a beacon for spiritual guidance and community gathering for more than six centuries.

The church's roots go back to the 1500s and the first chapel was built in 1584. Over the years, the church has undergone several changes, each reflecting the changing architectural styles of the time. The

current building, designed by renowned Finnish architect Veikko Larkas, was inaugurated in 1958 and is a significant example of post-war modernist architecture.

In addition to its architectural significance, Kauhajoki Church holds an important place in the hearts of the community. The spacious interior, adorned with fine stained glass windows and intricate woodwork, provides a peaceful environment for worship, contemplation, and celebration. The church regularly hosts a variety of religious services, including weekly Sunday services, baptisms, weddings, and funerals.

In addition to the spiritual

offerings, Kauhajoki Church is also a vibrant cultural center. Throughout the year, the church hosts a variety of events, from fascinating concerts and thought-provoking lectures to heartwarming community gatherings. These events not only enrich the lives of the locals, but also contribute to a sense of unity and belonging.

The Church's commitment to accessibility extends beyond the physical structure. With dedicated wheelchair ramps, accessible restrooms, and hearing loops, the Church ensures that all members of the community can fully participate in its activities and services.

A visit to Kauhajoki Church

is not just a religious pilgrimage; It's a deep dive into the soul of the city. The church's enduring presence, architectural beauty, and vibrant sense of community make it a cherished landmark that inspires and unites generations.

Information about the church:

- Address: Topeeka 9, 61800 Kauhajoki
- Opening hours: weekdays 9.00 - 21.00
- Sunday services: 10:00 a.m.
- Services:
 - Free parking
 - Wheelchairs
 - Toilets
 - Accessible toilets







ROAD CHURCH

The Church in Ylistaro - an interesting road church



"A Handsome Church (Komia kirkko)" is an apt name for Ylistaro Church, which is the pride of the Seinäjoki parish. This stone and brick church is the third in Ylistaro and was completed in 1850. The church was consecrated in May 1852. It was designed by state architect E. Lohrman and supervised by Jaakko Kuorikoski. This majestic church is the third largest in Finland, with galleries on two floors on its sides.

The original seating capacity of the church was 2500, but today there are slightly fewer seats. You can read more about Ylistaro Church in Finnish, Swedish, German and English via the Android and iOS mobile app, which can be downloaded from Play Store and App Store (Nettikirkko - Seinäjoki Parish).

Opening hours and events

Ylistaro Church is open in summer 8.6.-4.8. every day from 11 am to 6 pm. On Wednesdays 5.6.-7.8., summer evening devo-

tionals are held in the chapel at 6 pm, when the church is open until 7 pm. On Midsummer's Eve and Midsummer's Day, the church is closed. During opening hours, there will be a guide who will tell you about the history of the Church and answer questions.

Services are held on Sundays at 10 a.m., and everyone is welcome to attend. The address of the church is Lapuantie 138, 61400 Ylistaro. Other events and events can be viewed on the website of the Seinäjoki parish: events.

Services

On the church grounds there is free parking, a guide, accessible access, a toilet and a toilet for disabled people. Ylistaro Church offers its visitors the opportunity to experience the atmosphere of the historic building and learn about the local cultural heritage.

This magnificent road church is definitely worth a visit on a summer holiday





HOROSCOPE FOR AUGUST 2024

Aries (March 21 - April 19)

You'll be the life of every barbecue, Aries! Just remember: the grill master controls the tongs and your ego. Try not to challenge them to a duel.

Taurus (April 20 - May 20)

Your determination is legendary, Taurus, but maybe it's time to admit that the lawn chair assembly instructions aren't a personal vendetta against you.

Gemini (May 21 - June 20)

Social butterfly? More like social dragonfly this month! You'll flit from event to event, dazzling everyone. Just don't forget where you parked your broomstick.

Cancer (June 21 - July 22)

Home is where the heart is, Cancer, and also where the A/C is. Let others battle the heat while you become a blanket burrito with a book.

Leo (July 23 - August 22)

August is your month to roar, Leo! Just make sure your majestic mane

doesn't get too tangled in your party hat. It's hard to be the life of the party when you're stuck in a tinsel trap.

Virgo (August 23 - September 22)

Organization is your game, Virgo, but even you can't alphabetize the clouds. Take a break from your color-coded planner and enjoy some spontaneous sunbathing.

Libra (September 23 - October 22)

Balance is key, Libra, but if you spend any more time weighing the pros and cons of watermelon versus cantaloupe, summer will be over. Just pick a fruit!

Scorpio (October 23 - November 21)

Your mysterious allure will be in full force, Scorpio. Be careful though, too much brooding by the pool can lead to unwanted tan lines... and conspiracy theories.

Sagittarius (November 22 - December 21)

Adventure calls, Sagittarius! Whether it's hiking a new trail or trying the latest ice cream flavor, go

boldly. But maybe pack a map and a Lactaid, just in case.

Capricorn (December 22 - January 19)

Work hard, play hard, Capricorn. Just remember, your boss doesn't need a 15-slide PowerPoint on why your beach day was productive. Enjoy the sand between your toes!

Aquarius (January 20 - February 18)

Your inventive spirit will have you devising the perfect summer cocktail. Just ensure it doesn't involve a chemistry set or you might end up reinventing the hangover.

Pisces (February 19 - March 20)

Dreamy Pisces, August is perfect for your daydreams. Just don't let them take you so far away that you forget sunscreen. Sunburns are real, even in fantasy lands.

Enjoy the quirky twists and turns of August, and remember: it's all in the stars, but you control the sunscreen!



HUMOUR ONE HUNDRED YEARS AGO

CHILDREN AS POSTMEN

"Where have you been, my little darling?" asked little Albert's mother, when he came home after being gone for a couple of hours.

"Yes, we were out with Kalle and Olle playing postman," answered the darling.

"So! How did it happen then?"

»Well, we went around to all the houses around here and put letters in all the boxes.»

"But were they really real letters?"

»Yes then!»

»Where did you get them then?»

»Yes, yes, we found them in mother's desk drawer. It was open, and they were so beautiful, and there was a whole bunch of them, and they were tied with cut silk ribbons.»

BÄ BÄ

Doctor K- and his brother the veterinarian get into a dispute about whose profession requires the greatest ability to diagnose. Both hold their ground, but the vet's argument seems to be the strongest because the animals cannot tell where their pain is. Some time later the vet falls ill and the doctor is called.

— Well, where do you hurt?

No answer.

— You can tell where the evil is, right?

The only answer that

comes from the sick person is; BÄ BÄ The doctor writes out a prescription, which he hands to the nurse with the words:

"Give him this and if he's not well the day after tomorrow, we'll shoot him."

THE DAD IN A GOOD MOOD

The daughter:

— You know, mother, father was in an unusually good mood today, when he went to the office.

Mother:

— Crosses in all the world! That reminds me I forgot to ask him for money.

AT THE PHOTOGRAPHER'S

The photographer:

— Should it be a bust?

The customer:

— No, I'd like to include some of the face as well.

Astronomical image of the week:

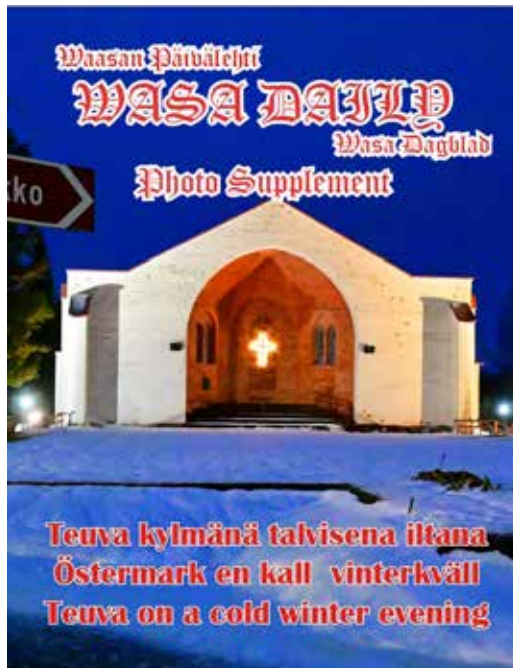


Mercury in color - Prockter07-edit1.jpg
Enhanced-color image of Mercury from first MESSENGER flyby.

**National Aeronautics and Space Administration/
Johns Hopkins University Applied Physics Laboratory/
Carnegie Institution of Washington**

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NEXT WEEK:



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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