

VAASA DAILY

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Вітаємо всіх українців у
Ваасі! Сподіваємося, вам тут
сподобається і навіть залишитеся
після закінчення війни в Україні! ▲
warm welcome to all Ukrainians in Vaasa! We
hope you will enjoy yourself here and even
stay after the war in Ukraine is over!

**OUR ARCHIPE-
LAGO IS FULL OF
VITAMIN C!**

**RUSSIAN WAR AGAINST
UKRAINE - DOCUMENTS**

**TYPE II DIABETES
CAN BE CURED!**

**Alexander Stubb:
Today, we are li-
ving a new era.**

40
informative
pages

HERE WE ARE:

vpress.ovh

TODAY

Our Archipelago is Full of Vitamin C!



The coasts of Finland are brimming with nature's treasures, often overlooked by many of us. One of these hidden gems is sea buckthorn, a berry that thrives among the rocky shores and bushes, waiting to be harvested.

Sea buckthorn is not just a shrub that endures harsh conditions – it is a true vitamin powerhouse that we should all take advantage of.

Sea buckthorn is undoubtedly one of the healthiest berries in the world. Its vitamin C content is astoun-

ding, up to ten times higher than that of oranges. This small, bright orange berry is packed with nutrients that support health, strengthen the immune system, promote heart health, and help maintain the skin and mucous membranes. And the best part? This superb berry grows abundantly in our own archipelago.

Unfortunately, sea buckthorn remains an unfamiliar and underutilized berry for many of us. Perhaps it's the shrub's thorns or the berry's tart flavor that makes us hesitant to pick it. Often, the berries are left on the bushes, despite being ripe and ready to be harvested. This is a shame, as there are nu-

merous easy and delicious ways to use sea buckthorn. Instead of spending money on imported superfoods, you can make the most of our own archipelago's treasures and use the powder – berries full of vitality and health benefits.

buckthorn's flavor pairs wonderfully with apples or peaches, adding a refreshing note to various dishes.

The next time you head to the archipelago or a coastal area, bring a bucket and some gloves and start picking this natural vitamin-packed berry. Our archipelagos are full of vitamin C – it's time to make the most of it in a way that is rare today.



NEWS



Photoreads: Kimmo Räisänen,
MFAFinland

Alexander Stubb: The concept of values-based realism

On August 27, 2024, President Alexander Stubb addressed the Annual Meeting of Heads of Mission in Helsinki, offering a comprehensive analysis of Finland's evolving role in global politics amidst a changing geopolitical landscape. Drawing on past experiences, including his 2008 speech on the resurgence of power politics, Stubb emphasized the significance of values-based realism in shaping Finland's foreign and security policy.

Return of Geopolitics and the Role of Diplomacy

President Stubb highlighted the return of geopolitics and the critical role of diplomacy in this new era. With global power relations in flux and a war raging in Europe, he urged Finnish diplomats to contribute to shaping the emerging world order. He stressed the importance of strengthening Finland's global position by adopting a values-based realism—a

blend of universal values like freedom and human rights, tempered by the realities of global diversity and history.

Euro-Atlantic Relations and NATO Membership

A significant portion of the speech was dedicated to Finland's Euro-Atlantic relations, particularly its integration into NATO. Stubb noted that Finland's swift and decisive move to join NATO was a rational response to the changing security environment, reflecting the Finnish people's pragmatic approach.

He praised Finland's successful integration into NATO, highlighting the nation's respected defense capabilities and the seamless cooperation between Finland's foreign, defense, and internal security sectors. Stubb emphasized that Finland is no longer in a "grey area" but fully aligned with Western values and security

frameworks.

Support for Ukraine and Relations with Russia

Stubb reaffirmed Finland's unwavering support for Ukraine, aligning it with both national values and interests. He argued that a Ukrainian victory is essential for European stability and warned against the long-term risks if Russia's aggression succeeds. He also addressed Finland's relationship with Russia, asserting that it has changed permanently due to the ongoing conflict. While acknowledging the need for eventual coexistence with Russia, he cautioned against impulsive reactions to Russian provocations and emphasized patience and resilience.

Global Influence and Multilateral Cooperation

Looking beyond Europe, Stubb underscored the importance of increasing Finland's global in-

fluence, particularly in relation to the Global South. He argued that as multilateral cooperation structures retreat, bilateral relationships and regional groupings will become increasingly vital. Stubb urged Finnish diplomats to deepen ties with key nations across Africa, Latin America, the Middle East, and Central Asia, seeking common ground even with those who may not share Finland's values.

Values-Based Realism as Finland's Guiding Principle

Throughout his speech, President Stubb repeatedly returned to the concept of values-based realism. He described it as Finland's guiding principle in navigating the complexities of international relations. This approach, he argued, is not black-and-white but acknowledges the contradictions inherent in global politics. He concluded by emphasizing that Finland's international influen-

THIS PAPER CAN BE READ ANYWHERE:

Like here in Athen

ce will be enhanced by setting a positive example, rather than dictating terms from a position of superiority.

In closing, Stubb thanked the Government, Parliament, and the Ministry for Foreign Affairs for their cooperation, expressing confidence that Finland's active and principled approach will continue to strengthen its global standing. He expressed hope that in the coming years, Finland's commitment to values-based realism will contribute to greater global stability and an enhanced international role for the country.

The Upcoming Season at Wasa Teater: A Year of Collaborations and Human Stories

Wasa Teater is set to embark on its 2024–2025 season with an inspiring program characterized by collaborations and touching stories that explore what it means to be human. In partnership with various domestic theaters and groups, the season offers a wide

array of productions and guest performances, appealing to a broad audience, whether they are looking for a single show or an entire year of theatrical experiences.

The fall season on the Main Stage kicks off with *Tårtljus*, a dramatic comedy that takes the audience on an emotional journey through the life of the main character, Stina, from the age of 17 to 107. This unique play, starring Tove Qvickström in the lead role, unfolds across 90 birthday celebrations.

While the guests change over the years, one thing remains constant—the cake that Stina bakes for each birthday. The scent of freshly baked cake is expected to fill the theater by the end of the performance when the cake is finally ready. *Tårtljus* explores the continuous changes and choices in life, presented so intensely and captivantly that no actor leaves the stage during the entire 90-minute performance.

For the first time in seventeen years, Wasa Teater will present a Christmas play in November.

Snöfall is a heartwarming story based on NRK's popular Christmas calendar series. The play runs from November 15 until Epiphany and promises everything one could wish for in a Christmas show—magic, warmth, and a strong sense of togetherness. The entire Wasa Teater ensemble is involved in the production, supported by guest actors and a rotating group of twelve children from Ostrobothnia. *Snöfall* offers a theatrical experience for the whole family and promises a Christmas full of hope and community.

Another significant production in the upcoming season is the musical *Katrina*, based on Sally Salminen's 1936 novel. The story follows Katrina, a woman from Ostrobothnia who leaves her home to become a sailor's wife in search of a new life. The musical is the result of a collaboration with Åbo Svenska Teater and Lilla Teatern, where it has already premiered.

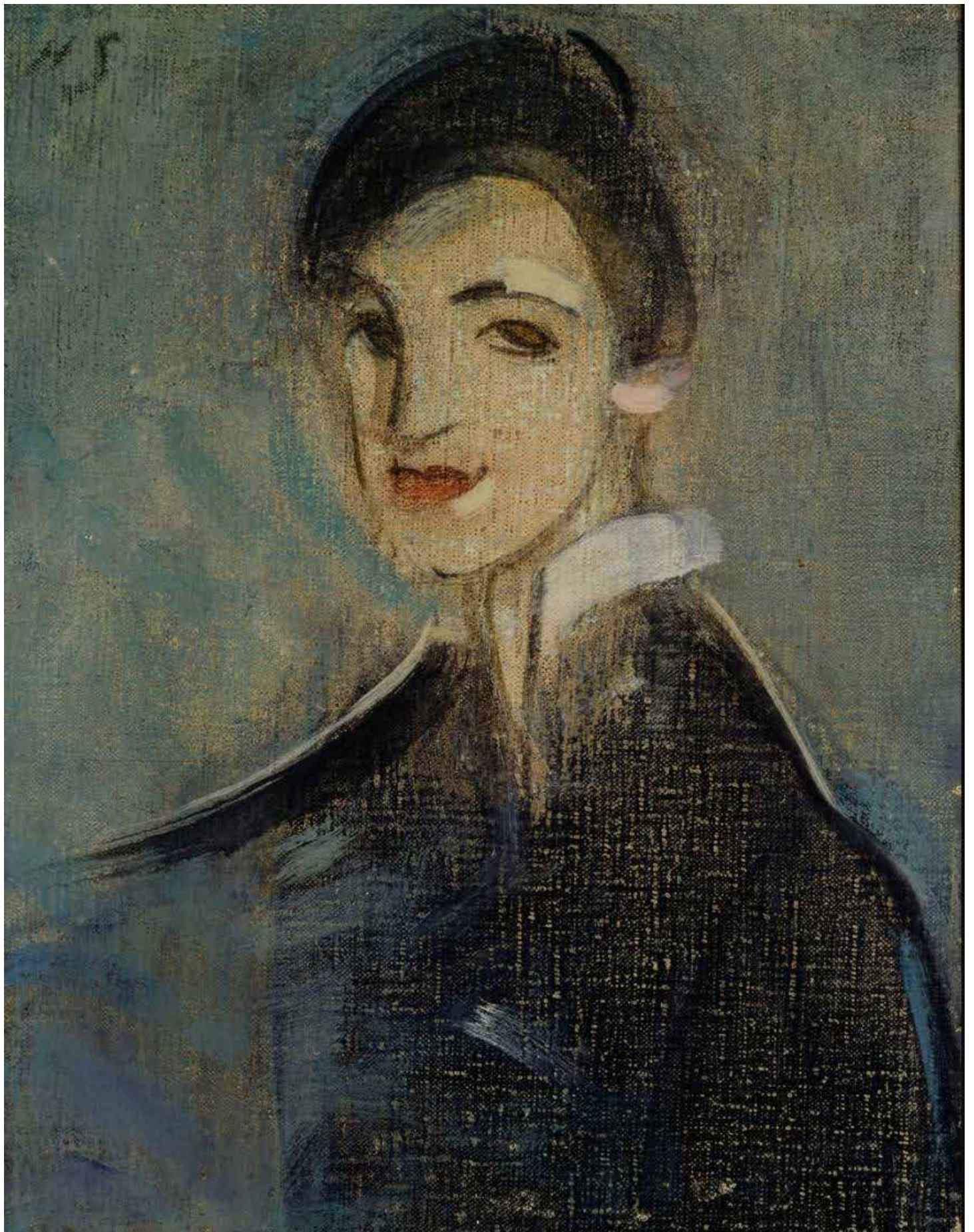
At Wasa Teater, *Katrina* will be portrayed by Emma Klingenberg, accompanied by three of Finland's leading folk musicians,

under the direction of Jakob Höglund. This unique performance will be shown at Wasa Teater only in January 2025, making it a short but unforgettable part of the season.

In addition to these major productions, Wasa Teater actor Tove Qvickström will debut as a playwright with her monologue *Vila kan man göra i graven*. This partly autobiographical performance is aimed at those in mid-life and those who have already crossed that threshold. Through a strong and personal narrative, Qvickström shares her insights and experiences, both on the Vasallen stage and on tour.

Wasa Teater's 2024–2025 season promises to be a profound and meaningful theater experience. Through collaborations, premieres, and rediscovered classics, the audience is invited to a year where every performance offers something new to discover, reminding us of the power of theater to reflect the many facets of humanity.

This weeks art experience:



Helene Schjerfbeck
10.7.1862 - 23.1.1946
Singer in black, 1917



”Huvioikeus” opens a new season of Vaasa City Theatre

Vaasa City Theatre’s performance year 2024-2025 starts on Thursday 5 September with the action-packed children’s play ”Huvioikeus”. This joyful and energetic performance ushered in a new era of theatre with the theme of power. During the season, the theatre’s stage will feature classics, world premieres, contemporary drama and diverse guest performances, all of which deal with different dimensions of power.

”Huvioikeus” offers its viewers a unique and humorous experience in which actors from Vaasa City Theatre play child roles. What makes the show pivotal is that the adult actors try their best to empathize with the world of children, but their limited understanding creates hilarious situations. At the centre of the play is the main hearing, conducted by the President of the Amusement Court, which takes place in Julia Hall and to which everyone is invited.

The director of the play is Eeva Rajakangas, a student of directing at the Theatre Academy of the University of the Arts Helsinki, and the scenography is by scenography student Toini Nissinen. The performance has been made in cooperation with the Theatre Academy and brings out the fresh perspectives and creative energy of theatre education.

Vaasa City Theatre’s season 2024-2025 promises to offer diverse and in-depth productions

in which the theme of power is examined from different perspectives, and ”Amusement” opens the season in a joyful and insightful way.

Joy and power as a volunteer

Volunteer work is discussed in the Alma Adult Education Centre’s institute forum In the event open to the public and free of charge, Vaasa Region Valikkoryhmä will talk about volunteering at Vaasa Adult Education Centre Alma on Thursday 5 September 2024 at 5.30–7.30 pm, Raastuvankatu 31, banquet hall. The event will be held in Finnish, Swedish and English.

Volunteering is a good opportunity to influence and participate, and to increase the cohesion and well-being of one’s own life and society. During this inspiring event, you can get to know the versatility of volunteering in Vaasa and Ostrobothnia and find your own place in volunteering. During the evening, you can hear stories about volunteer experiences and network with associations and other volunteers. The event is organised in cooperation with Valikkoryhmä of the Vaasa region. The Vaasa Region Valikkoryhmä, or better known as Verkkarit, is a voluntary activity group that operates in Ostrobothnia.

The group is part of Kansalaisareena – Citizens’ Arena Valikkoverkosto and supports and strengthens the area’s volunteer activities, volunteers and volunteer coordinators. The focus is on peer support, networking and

collaboration. An important goal is also to increase the visibility and appreciation of volunteering and to highlight the importance of volunteering. Program:

17.30 Open doors and coffee for the first 100 visitors, thank you bag for the first 50 visitors

18.00 Welcome! / Marianne Waltermann, Vaasa Adult Education Centre Alma

18.10 Strength from the Community – a lecture on volunteering / Hannakaisa Pernaa, VAMK

18.50 Discussion / Break

19.00 Panel discussion of volunteer organisations

19.20 Closing speech 19.30 Event ends

Vaasa Adult Education Centre Alma’s academic year 2024–2025 starts on 9.9.2024

The courses at Vaasa Adult Education Centre Alma during the academic year 2024–2025 will start from 9.9.2024. Registration for the courses during the academic year 2024-2025 began already in May this year and is still continuing. In addition to the courses in autumn 2024, you can already register for a large part of the courses in spring 2025. ”Enrolment for courses in the 2024–25 academic year started briskly in May, and the number of registered students is expected to rise to at least the same level as in the previous academic year by the beginning of September. Although some of the most popular courses were filled in just a few minutes in May, there is still room for several courses in all course categories. Alma has such a wide range of courses that there is sure to be an appealing hobby for everyone for the coming autumn,” says Sannasirku Autio, Rector of the Alma Adult Education Centre. Alma offers over 1000 courses annually for 16,000 students in ten different subject areas. We continuously update our offerings and add courses to our online service throughout the year. Therefore, it is advisable to actively follow our online service and social media channels. You can register for Alma’s courses throughout the academic year. In

addition to Vaasa, Alma also operates in Vähäkylä, Laihia and Isokyrö. Alma also has an extensive range of online courses and courses for which you receive credits. The courses and lectures are open to everyone. This year, no printed course brochure will be published, but you can get acquainted with the range and register for the courses online at uusi.opistopalvelut.fi/vasa/sv/. In addition to online registration, you can also register for the courses on site and by phone at Alma’s service points in Vaasa: Raastuvankatu 31, tel. 0400 868 110 (Mon–Fri 8 am–4 pm) and Kirkkoesplanadi 15, tel. 040 6299 133 (Mon–Thu 10 am–2 pm). Alma Adult Education Centre offers the joy of learning new skills and hundreds of opportunities to develop oneself and one’s competence. (Vaasa.fi)

Pilvilampi water utility’s ozonation and activated carbon plant at crest height

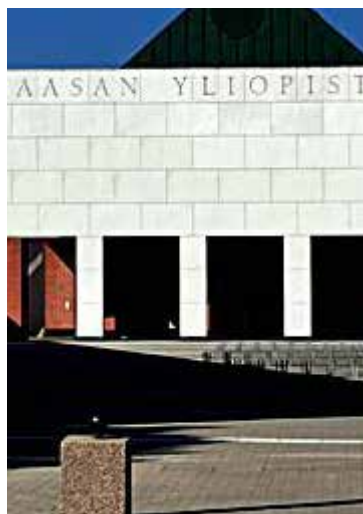
The renewal of the Pilvilampi water plant is progressing as planned, and the new after-treatment plant, the so-called H-building, has reached crest height. The new post-treatment plant will be commissioned in autumn 2025.

When building H is completed, the plant’s new ozonation and activated carbon filtration technology will improve the quality of drinking water and meet the requirements of the Drinking Water Directive far into the future. Ozonation and activated carbon filtration technology improves the taste and smell of water and removes impurities from the water. The technology of the new building contributes to reducing precipitation accumulating in the water supply network. The design of building H has also taken into account the plant’s reliability, energy efficiency and ease of use.

”An important long-term investment for Vaasan Vesi is nearing completion. Construction with skilled contractors and professionals has proceeded smoothly. Vaasa residents can continue to be supplied with

clean and high-quality drinking water,” says Pekka Rouhiainen, Director of Vaasan Vesi.

”The construction work has progressed on schedule and in good cooperation with the client and subcontractors. Now the construction work of the interior design phase is underway at the site, and at the same time the installation of technologies continues. The commissioning readiness of the plant will be reached in early spring 2025,” says Markku Ihämäki, Director of the business unit at Skanska. (Skanska. oy)



University of Vaasa's extensive campus renovation completed

With the completion of the renovation of the Tervahovi building of the University of Vaasa, the entire campus renovation has been completed. The entire university area will be presented to the press on 5.9.

Minister Strand pointed out the challenges ahead but also expressing hope for the future.

Minister for European Affairs and Ownership Steering, Joakim Strand, delivered a speech at the Annual Meeting of Heads of Mission on 27 August 2024, addressing the challenging global and European landscape. The speech emphasized Finland's unwavering commitment to the European Union, the importance of a united Europe, and the key policy priorities Finland will pur-



Photocreds: Kimmo Räisänen, MFAFinland

sue in the new EU term.

Global and European Challenges Strand began by acknowledging the challenging times both globally and within Europe. With significant elections recently held in the EU and more upcoming in other parts of the world, the international political landscape is at a pivotal moment. He highlighted the ongoing Russian aggression in Ukraine, which is now in its third year, stressing that Finland's support for Ukraine is steadfast and should remain the EU's top priority. This support is crucial for both European security and the broader future of Europe. Strand also noted the intensifying great power rivalries, particularly between the United States and China. He called on the EU to enhance its global competitiveness, emphasizing the need to diversify supply chains, break free from harmful dependencies, and focus on economic, environmental, and societal sustainability.

Finland's EU Policy and Influence

The minister reaffirmed that Finland's EU policy is rooted in the belief that a strong and united EU is in Finland's best interests. As the EU succeeds, so does Finland. However, he also stressed the need for Finland to play an active role in shaping and developing EU policies. Strand called for a solutions-oriented, pragmatic approach to influencing EU affairs, emphasizing the importance of advancing Finland's objectives through timely, consistent, and constructive engagement.

Strand outlined Finland's EU policy priorities for the next term: strengthening Europe's strategic competitiveness, improving comprehensive security, and promoting a clean transition, bioeconomy, and circular economy. These priorities align with the strategic agenda adopted by the European Council and the new Commission's program. Strand underscored the importance of continuing to influence these policies to ensure Finland's priorities are implemented.

Support for Ukraine and Comprehensive Security

Finland's unwavering support for Ukraine was a central theme of Strand's speech. He highlighted the need for the EU to maintain its unity in supporting Ukraine, even as other global challenges demand attention. Strand emphasized that supporting Ukraine is an existential issue for Finland and Europe, calling for increased military and financial aid, particularly in light of the upcoming winter and the damage to Ukraine's energy sector.

Strand also spoke about the importance of comprehensive security, a concept that Finland has successfully promoted within the EU. He discussed the significance of preparedness for crises, the security of supply, and the challenges posed by Finland's eastern border with Russia. He stressed the need for EU support in managing these issues, particularly in the context of the next financial framework.

EU Strategic Competitiveness

Strand discussed the EU's strategic competitiveness, which he noted is now a key priority for Member States. However, he highlighted differing views on how to achieve this. Finland advocates for a focus on the single market and a horizontal strategy for developing it, rather than solely on industrial policy. Strand expressed concerns about recent flexibilities in state aid rules, which have distorted competition and emphasized the need for market-based solutions to ensure genuine competitiveness.

He also discussed the need for the next financial framework to allocate more funding to strategic competitiveness and the importance of research, development, and innovation (RDI) funding being based on high standards of quality and open competition. Strand emphasized the role of the clean transition in promoting both security and self-sufficiency in Europe.

Rule of Law and EU Enlargement

The rule of law was another key topic in Strand's speech. He reaffirmed Finland's commitment to promoting the rule of law and fighting corruption within the EU. Strand welcomed positive developments in Poland but expressed concerns about Hungary's adherence to EU values, particularly during its current EU Council Presidency. He stressed that democracy, the rule of law, and fundamental rights must be continuously defended.

EVENTS

**COELIAC DISEASE WEEK**

2-8.9.2024

Many events in different places
www.keliakialiitto.fi

COELIAC WEEK WEBINAR:

Wednesday 4.9.2024 at 18-19

"As a gluten-free customer in a café"

Going to cafés is a nice pastime for many, but for someone on a gluten-free diet, it can also be an exciting moment. Are you wondering about the safety of gluten-free offerings in cafés or the different and varying meanings of the G label?

<https://www.keliakialiitto.fi/ajankohtaista/keliakiaviikko/>

IX JORMA PANULA INTERNATIONAL CONDUCTING COMPETITION"

SEPT 3 - 7

www.panulacompetition.fi

RITZ

Friday 6.9.2024 19:00 - 21:30

"Stop Cancer" concert

Stop Cancer 2024 at Ritz is a charity concert organized by Korsholm cancer club, the proceeds of which go to Österbottens cancerförening.

Abela, Cornelia Björk, Fredrik Furu, Edit Koskinen, Sofie Lundell, Lotta Borg, Månskensbonden, Sam's Garage, Rebecka Sretenovic, Peter Svanström
 Kirkkokuistikko 22A, Vaasa
www.ritz.fi

KONSTRUNDAN

- Open studios

7-8.9.2024

Hundreds of artists invite us to their studios. Nearly 30 from Ostrobothnia, including Karin Lipkin-Forsén and Carina Ahlskog. And Anders Lindman at Oskar's bell foundry in Sundom.
www.konstrundan.fi

**VASA CITY THEATRE****CABARET-musical**

Premiere Sept 12, 2024

www.vaasankaupunginteatteri.fi

WASA THEATRE**CAKE CANDLES**

Premiere 14.9.24

A drama comedy that takes you on a journey through a woman's life, from the time she is 17 until she turns 107. Went to Broadway 2022 with the name "Birthday Candles".

www.wasateater.fi

SEINÄJOKI CITY THEATRE**Själö**

Musical about the island of broken hearts

Release date: 14.9.2024

Själö tells of a time just a few generations ago. The musical takes place in the Archipelago Sea, on the island of Själö, where Finland's first mental hospital operated until 1962. For the past 70 years of operation, Själö has functioned as a closed mental hospital for women.

The stories of these women deserve to be told. If only we could also keep hope as bright as the women of Själö in their own closed community. – Director Pauliina Salonius

<https://seinajoenkaupunginteatteri.fi/ohjelmisto/seili/>

WASA THEATRE**Bellman – If I am born, I want to live!**

Premiere in Vaasa: 3.10.2024

Together with Klockriketeatern, Wasa Teater offers a performance based on the life and works of the Swedish singer and poet

Carl Michael Bellman.

www.wasateater.fi

NATIONAL ENTREPRENEUR DAYS

Seinäjäki

11-12-10.2024

Entrepreneurship is a force that unites us all!

<https://me.yrittajat.fi/valtakunnalliset-yrittajapivat/>

HELSINKI BOOK FAIR

24-27.10.24

Helsingin Messuhalli

<https://kirjamessut.messukeskus.com/>

WORLD OPERA DAY**25.10. 2024**

World Opera Day is celebrated on 25 October, the birthday of Georges Bizet and Johann Strauss II

<https://www.worldoperaday.com/>

LAUTASELLA-messut

Abluht special diets

Helsingin 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!**

Ero 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.

STATUE AND FOUNTAIN



Havis Amanda is back!

Helsinki's iconic statue, Havis Amanda, affectionately known as Manta, has returned to its place by the Market Square after more than a year of restoration.

This fountain, completed in 1906 and erected in Helsinki's center in 1908, is one of the city's most beloved landmarks. At the heart of the fountain stands a statue sculpted by Ville Vallgren in Paris, depicting a naked woman symbolizing Helsinki rising from the sea.

Havis Amanda portrays a

mermaid who has left her home in the sea and stepped onto land. According to Vallgren, this mermaid embodies Helsinki, drawing strength from the waves along the city's shores. The work is Vallgren's most famous and is a perfect example of his Art Nouveau-style production. Despite its monumental scale, Havis Amanda reflects the same delicacy and skill found in Vallgren's smaller sculptures.

Over the years, the statue has become known not only for its artistic value but also

for its special significance

to the people of Helsinki. Particularly on May Day, Havis Amanda becomes the focus when students gather to wash and crown the statue with a student cap, a tradition known as "Manta's Cap". Over the years, the statue has faced wear and tear, especially during celebrations following ice hockey world championships, when enthusiastic revelers have climbed onto it.

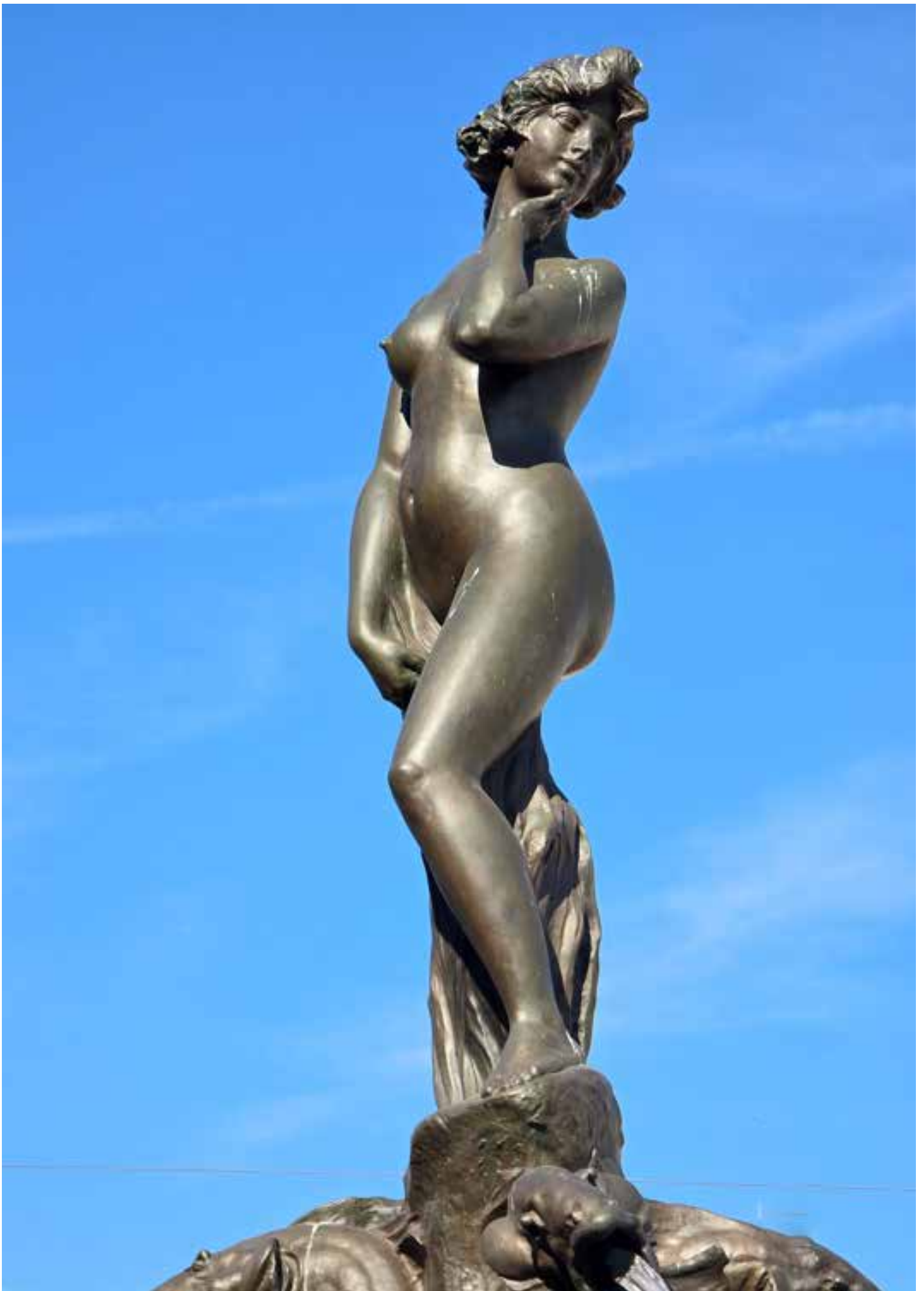
Due to this, a weather-resistant protective cage is being planned around the statue to safeguard it during future celebrations.

Havis Amanda was re-un-

veiled at the Market Square last Thursday, August 29, during a ceremonial event that even included two horses. Celebrants were once again able to admire the flowing fountain, which was turned on the day before. Manta's return marks a return to normal city life in Helsinki, and the statue now awaits eager May Day revelers and other visitors.

Helsinki has regained one of its most cherished symbols, and the city can proudly showcase the restored Havis Amanda statue to future generations.





GOOD AND HEALTHY



Sea buckthorn – The healthiest berry in the world

Sea buckthorn, that thorny shrub growing on the barren shores of the North, is a true superfood of nature's own. Although it is not as popular as many other domestic berries, it is a real vitamin bomb with amazing health benefits.

The history of sea buckthorn dates back far to Asia, where it has long been considered a valuable medicinal plant. Although sea buckthorn is not eaten in large quantities in Finland, it has slo-

wly established itself as one of the healthiest berries in the world.

Prickly but useful

Sea buckthorn (*Hippophae rhamnoides*) is native to Asia and has been an important part of traditional medicine in China and Russia. In Finland, sea buckthorn grows wild mainly on the coasts of the Gulf of Bothnia, where it thrives in rocky and sunny areas. Sea buckthorn is a dioecious plant, that is, the male and female flowers are located in different specimens, which means that there must be fruit bushes near the bushes producing berries for pollination to be successful.

Sea buckthorn is hardy and requires plenty of light to grow, but it is not demanding on nutrients.

The bacteria that live in its root buds bind nitrogen from the air, which helps the bush survive in harsh conditions. This makes sea buckthorn an excellent plant for tying soil on erosion-prone slopes, among other things.

Nutritional values of sea buckthorn – a real health bomb

Sea buckthorn is known for its particularly high vitamin C content. One hundred grams of sea buckthorn provides up to 10-20 oranges of vitamin C, which makes it one of the most effective sources of vitamin C. However, the health benefits of sea buckthorn are not limited to this; It is also rich in polyunsaturated fatty acids, which are vital for cardiovascular health.

Sea buckthorn oil, which is obtained from the seeds and husks of the berry, is especially nutritious. It is rich in vitamin E, which is an important antioxidant. Sea buckthorn oil has been found to lower both total cholesterol and LDL cholesterol, making it a good addition to a diet that promotes heart health. In addition, sea buckthorn has a diverse range of vitamins, including vitamins of groups A and B, as well as minerals such as potassium, magnesium and iron.

Sea buckthorn at the dinner table – Versatile uses

Although sea buckthorn berries are known for their health benefits, their use in the home kitchen



is still quite limited. The tangy taste of sea buckthorn can be challenging for many, but when handled correctly, it makes a versatile ingredient for both sweet and savory dishes. The most traditional way to use sea buckthorn is to squeeze juice from it, but you should also use the husks and seeds. The husks contain a lot of fiber, and the remaining part after juicing can be mixed, for example, with bread dough or porridge.

The tangy taste of sea buckthorn pairs perfectly with sweet fruits such as apple or peach. It can be used to make jams and marmalades, or mixed into smoothies for an extra boost. In addition, sea buckthorn powder is easy to add to snacks, yoghurts or milkshakes to provide nutrients throughout the day. Especially with game dishes, sea buckthorn is an excellent taste cup, and its strong aroma complements the rich flavors well.

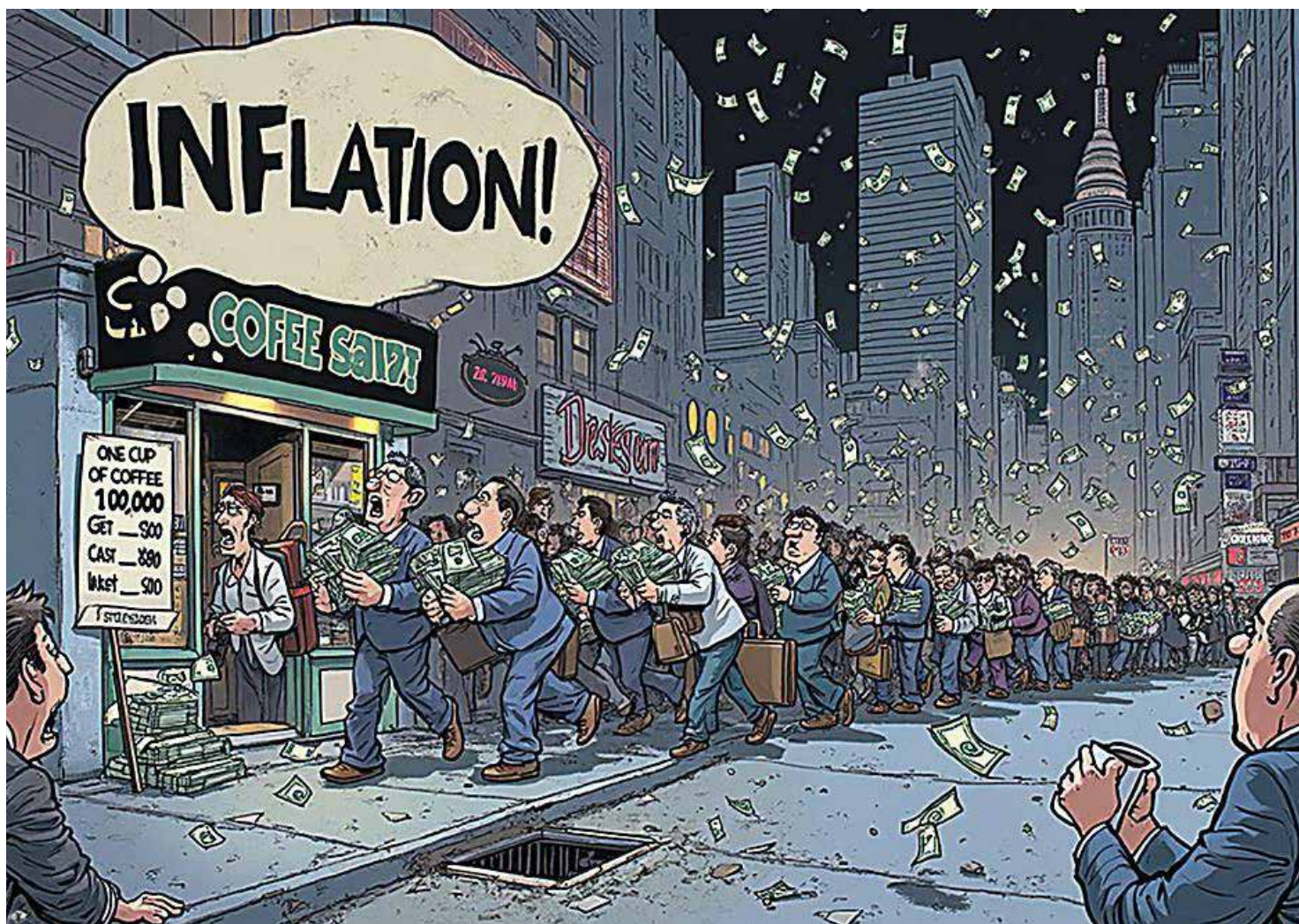
The uniqueness of sea buckthorn

Although sea buckthorn is not eaten in large quantities, its impact on health is significant. Nutrients in sea buckthorn berries develop during a long growing season, which makes them especially valuable. The content of vitamin C and antioxidants in sea buckthorn make it a berry that is not only a delicious addition to the diet, but also a real health bomb. The healthiest berry in the world – a title that sea buckthorn deserves.

Although picking and using sea buckthorn may require a little more effort than other berries, its benefits are worth the effort. It's a berry that offers much more than just a mouthful – it's nature's own pharmacy, full of strength and vitality that helps maintain health and well-being. Whether it's part of breakfast, snack or dinner, sea buckthorn is a berry that deserves a place at your dinner table.



ECONOMY



Pirouettes of inflation: A wheelbarrow with money for the store and the crazy price of coffee

One Saturday morning, with the sun shining gently through the curtains, I decide to buy a cup of coffee at the local café. I'm not a coffee connoisseur, but something about the aroma of freshly ground coffee is hard to resist. With my hand in my pocket, I reach for my wallet, but instead of just grabbing for a couple of bills, I find a thumbled map of the residential area. On the map, I've drawn a route that takes me from home, past the bank to pick up a wheelbarrow full of money, and on to the café.

It's easy to marvel at how the world is changing, but just

this morning, inflation has taken hold of me. I look out the window and see the neighbors struggling to drive their own wheelbarrows to the convenience store. It's a sight that could belong in an absurdist play, but it's reality.

A cup of coffee for the price of a month's salary?

We've all heard stories about how much a cup of coffee costs in some high-end places. But it's not exotic coffee beans from the Andes or gold flakes on top that are driving up the price. No, it is simply money that loses its value faster than an ice cream melts in

the sun. I remember a conversation I had with a friend who was visiting Zimbabwe during their inflation peaks. He told me about how he paid several billion Zimbabwean dollars for a single cup of coffee. It's like asking someone to trade with Monopoly money – even though those notes were actually real money, and the craving for coffee was very real.

Hungary in the 40s: An inflation record

But nothing beats inflation in Hungary during the 1940s. At that time, people lived in a time where numbers on banknotes began to look like phone numbers rather than money. In 1946, in

the midst of the chaos of World War II, prices rose so quickly that it became almost impossible to keep track of them. The prices of all goods doubled every 14 hours. If you bought a cup of coffee in the morning and waited until the afternoon to drink it, the price could have doubled. And no, I'm not exaggerating. In fact, they finally launched a banknote, 100 quadrillion money, as a desperate measure to deal with the situation.

Try to estimate how high inflation was in Hungary at this time. 100%? 1000%? Even higher? Ok, let me tell you! In July, 1946, the inflation rate was 41,900,000,000,000,000%

Imagine walking into a store and handing over a note with so many zeros that you can barely count them, to buy a loaf of bread. It's almost comical, but for those who lived in it, it was a nightmare. The value of money became so devalued that people had to put their faith in something else. In Hungary, the use of the pengő was finally stopped and the forints were switched to, and with that the economy stabilized.

What is actually driving inflation?

But what is it that drives inflation? Why are we going from buying coffee for a couple of coins to needing wheelbarrows to shop for basic goods? There are several factors, but perhaps the most common culprit is an excessive amount of money in circulation. When central banks print more money than is needed in the economy, this money loses its value. Imagine you're in a market where everyone has a thousand apples to sell, but there's only one buyer. What happens to the price of apples? They fall, because there are too many of them. The same thing happens with money – when there is too much of it, its value drops.

Another reason is cost-driven inflation, where it becomes more expensive to produce goods and services. When commodity prices, wages, and other production costs rise, these costs are passed on to the consumer, driving up prices. And as we all know, when prices go up, and wages don't keep up at the same rate, we all start to feel it in our wallets.

Wheelbarrow logistics and everyday life

Now I'm back at my door, ready to go out for that cup

of coffee. The wheelbarrow is ready, filled with money that is almost worthless if I wait too long. I think back to the stories of Germany in the 1920s, where children played with bundles of money as if they were Lego. Or how families lit fire in their stoves with banknotes because firewood was more expensive than money.

But what exactly is value? It may not be the coffee or the money, but the ability to trust that one's money still has the same value tomorrow as it has today. And therein, my dear readers, lies perhaps the greatest challenge for all economies – maintaining confidence in the currency. Because when it's lost, we're all standing there with our wheelbarrows, ready to shop – but with wallets that feel emptier than ever.

So, with this in mind, I'm going to trudge down to the café. And while I enjoy my cup of coffee, I will reflect on the value of money, both historically and in my own life. Because no matter how much inflation rises, there's one thing that always retains its value – a great story to share with friends, maybe over a cup of coffee, or two, if I can afford it.



The image above shows banknotes with a total value of \$150,010,850,000. If you would have these and if it were US dollars, well, I would be a rich man! But unfortunately, these dollars are from Zimbabwe.



The banknote with the largest face value ever, a Hungarian banknote from 1946, with a face value of 100.000.000.000.000.000 zeros pengő. Image from Wikipedia Commons, public domain.

CHURCH CROFT



Pörtom church croft: A timeless glimpse into Finland's past

Nestled in a quiet forest clearing in Velk-moss, about 10 km from Pörtom church village, lies a unique testimony to a bygone era – The church croft in Pörtom.

As one of Finland's three remaining church cottages, this historic site provides a fascinating insight into rural life over a hundred years ago. Kyrkotorp was founded in Finland in the 1700s as a way to provide income to the church. They were usually located in remote areas, where the Church owned large areas of forest. The croft was managed

by a tenant family, who were responsible for managing the forest and paying part of the profits to the church. In return, the family was given the right to cultivate the land for their own living.

Pörtom church croft dates back to 1752, when the local congregation was given 100 hectares of forest land. The crofters' lives were challenging, they had to clear land, chop wood and take care of their livestock. Despite the difficulties, they managed to support themselves and start a family with many children.

Today, Pörtom church cottageremains as a beautifully preserved example of a traditional Finnish farm. The main building, from the early

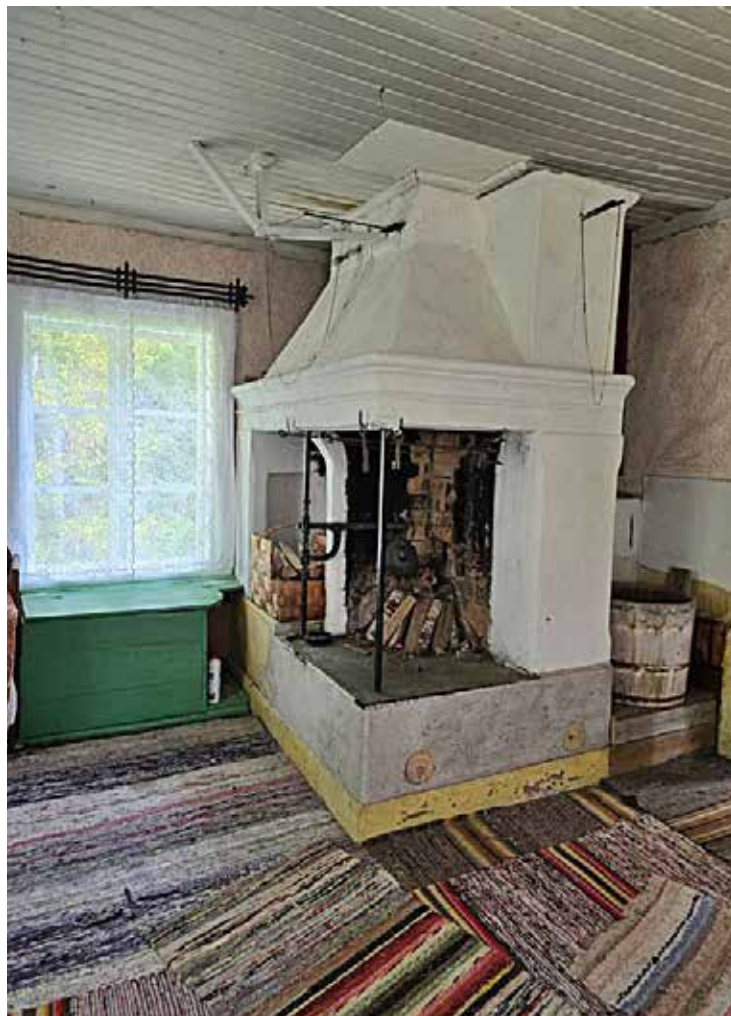
1900s, has been carefully restored to its original condition. Inside, visitors can explore the authentic furniture and appliances that once belonged to the tenant families. The torp also features a number of outbuildings, including a barn, a stable, and a granary.

One of the most striking features of Pörtom kyrkotorp is its peaceful and idyllic setting. Surrounded by lush forests and tranquil meadows, the site offers a sense of tranquility and escape. Visitors can enjoy leisurely walks through the woods, explore the historic buildings, and learn about the fascinating history of this unique place.

In recent years, Pörtom kyrkotorp has become a popular

destination for visitors from both Finland and abroad. The site is open to the public throughout the year, and guided tours are available. In addition to the historical tours, the torp also hosts a variety of events, including concerts, exhibitions, and traditional Finnish crafts demonstrations.

A visit to Pörtom kyrkotorp is a journey back in time to a simpler era. Here, visitors can experience the sights, sounds, and smells of rural life in Finland as it once was. It is a place where the past comes alive and where visitors can connect with the rich history and heritage of this beautiful country.



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

National Oceanic and Atmospheric Administration in USA: July Hottest in History



The National Oceanic and Atmospheric Administration (NOAA) has confirmed that July 2024 was the hottest month ever recorded on Earth. This alarming milestone marks the fourteenth consecutive month of record-breaking global temperatures, a stark indicator of the accelerating climate crisis.

According to NOAA's National Centers for Environmental Information (NCEI), the average global surface temperature in

July soared to a staggering 2.18 degrees Fahrenheit above the 20th-century average. This unprecedented heatwave scorched vast swathes of the planet, with Africa, Asia, and Europe enduring their most blistering Julys on record. While North America experienced its second-warmest July, the impact of extreme heat on populations and ecosystems was still severe.

The oceans, too, are showing signs of unprecedented stress. July's sea surface temperatures were the second-warmest on record, a slight reprieve from the fifteen consecutive

months of record-breaking marine heat. However, experts warn that this temporary cooling is unlikely to signal a reversal of the long-term warming trend.

The consequences of this sustained heat are far-reaching. Extreme weather events, such as heatwaves, droughts, and wildfires, have become increasingly frequent and intense. These disasters not only cause loss of life and property but also disrupt economies, food supplies, and ecosystems.

Looking ahead, NOAA scientists are predicting a 77% chance that 2024 will

be the hottest year on record, with an almost certain top-five ranking. This grim forecast underscores the urgent need for global action to reduce greenhouse gas emissions and mitigate the worst impacts of climate change.

The scientific community is sounding the alarm. These record-breaking temperatures are not anomalies but rather symptomatic of a planet in crisis. As the world grapples with the escalating climate emergency, it is imperative that policymakers, businesses, and individuals work together to transition to a sustainable future.

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.

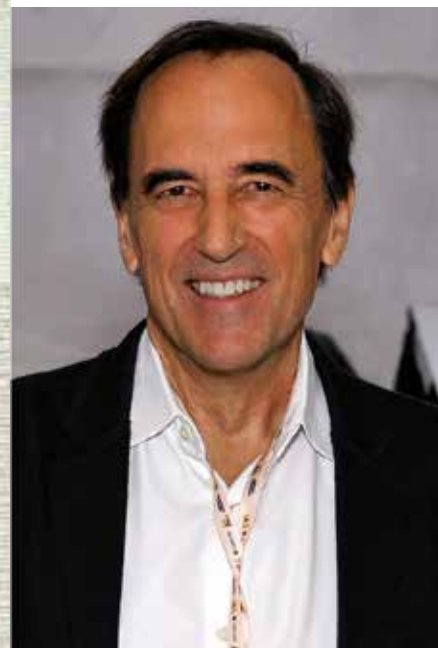
To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs, 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 Creative Commons Attribution 4.0

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 brain 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.

TRAMS



Tampere tramways – A modern investment with historical roots

Tampere trams are a relatively new addition to the Finnish public transport system, but have quickly become an important part of the city's infrastructure. Despite its young age, the tramway system has an interesting history that stretches back over a century.

A dream that came true

Plans to introduce trams in Tampere have been in place since the early 1900s. Despite several initiatives and studies, it took until 2021 before the first tram rolled in the city. There are many reasons for

the long wait, but one important factor was the economic situation in Finland during much of the 20th century.

It was only when the City of Tampere began to experience rapid growth in the 2000s and when awareness of sustainable transport increased that the tramway project was given new life. The decision to invest in a modern tramway system proved to be wise, as the trams quickly became popular among residents and helped to reduce car traffic in the city centre.

A growing network

Today, the Tampere tram network consists of two lines that connect important parts of the city, such as the city

centre, the university and residential areas. The network is under constant development and there are plans to expand it further in the future. Ylöjärvi, northwest of Tampere, is expected to have tram traffic within a few years.

Tampere trams are an impressive example of modern tram technology and design. They are designed to meet the high demands placed on a public transport system in a growing city.

Low floor level: One of the most prominent features of Tampere trams is the low floor level, which makes it easy for all passengers to get on and off, whether they are using a wheelchair or have a stroller. Spacious spaces: The carri-

ages are spacious and offer plenty of space for both seated and standing passengers. There are also designated spaces for wheelchairs and strollers.

Modern technology: Tampere trams are equipped with the latest technology in information systems, safety systems and energy-saving solutions, among other things. For example, passengers can follow their journey on digital screens and get information about the next stop.

Durable design: The carts are made with sustainability in mind. Material selection and energy solutions are optimized to minimize environmental impact.

Where are the vans manufactured?

The Tampere trams are manufactured by the Finnish company Transtech, which has its factory in Otanmäki. Transtech is a leading manufacturer of trams and buses in the Nordic region and has delivered trams to several cities in Finland and Sweden.

Some of the advantages of trams in Tampere:

Environmentally friendly: Trams are usually powered by electricity from renewable energy sources and therefore emit significantly less carbon dioxide than buses or cars.

Efficient: Trams have a high capacity and can transport many passengers at once. In addition, they are less sensitive to traffic jams than buses.

Comfort: Trams offer a comfortable and quiet journey, which is appreciated by many passengers.

Urban planning: Tramways can contribute to more sustainable urban development by stimulating growth along the tramway lines and creating attractive residential areas.



The future of Tampere tramways

It is clear that trams have a bright future in Tampere. The city continues to grow and the need for an efficient and sustainable public transport system will only increase. By investing in tramways, Tampere shows that it takes responsibility for future generations and contributes to a more sustainable world.

Tampere tramways are an excellent example of how a city can address challenges such as climate change and urbanization by investing in modern infrastructure. It is also proof that the residents of Tampere value sustainability and convenience.

It is exciting to follow the development of the tram network in Tampere and see how it will contribute to shaping the city in the future. It is certain that the trams will continue to be an important part of Tampere's identity and that they will inspire other cities, such as Turku, to make similar investments.



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 Frosterus-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)

CAUSERIE

Soil floor or concrete – an unexpected health issue?

We have long seen concrete floors as a sign of modernity and hygiene. But what if the old truth that dirt floors are unhealthy isn't true?

An ongoing study in Bangladesh is now challenging our prejudices about the role of flooring for our health.

The official name of the study is «Cement floors and child health (CRADLE): a randomized trial in rural Bangladesh» and it can be found online. The study is led by Jade Benjamin-Chung, a researcher at Stanford University in the United States.

Researchers in Bangladesh are now comparing whether small children in houses with soil floors get more intestinal infections than children in houses with concrete floors. The results of the study could have major consequences, not only for developing countries, but also for our own home environments.

What if it turns out that soil floors, with their natural materials, can actually have a positive impact on our health? Perhaps soil floors can contribute to a more balanced microbiome, that is, the billions of bacteria that live in and on us. There is



a growing body of research that shows that our gut flora plays a crucial role in our health.

If the study in Bangladesh shows that soil floors can be healthier, what does that mean for us here in our Nor-

dic countries? Should we start tearing up our concrete floors and replacing them with dirt floors? Maybe not fully, but it can force us to rethink our homes and our relationship with nature.

Perhaps we can be inspi-

red by other cultures where dirt floors are a natural part of the living. Perhaps we can find ways to combine modern conveniences with more natural materials.

It's important to remember that a single study doesn't provide the whole truth. But it can ignite new thoughts and discussions. Maybe it's time to question some of our ingrained notions of what is hygienic and healthy.

So, while we wait for the results from Bangladesh, we can consider the following questions:

What advantages and disadvantages do we see with earth floors and concrete floors?

How can we create homes that are both healthy and comfortable?

How can we balance our needs for modernity and contact with nature?

Whatever the results of the study, it can contribute to an important discussion about our living environment and our health. Maybe it's time to look at our homes with new eyes and discover new ways to live more sustainably and healthily.

RUSSIAN WAR AGAINST UKRAINE

We Must Strengthen Ourselves and Take Care of People, of Personnel – of All Our Warriors – Address by the President



Dear Ukrainians!

Rescue operations are currently underway in Kharkiv where Russian bombs hit. Unfortunately, there are dead people. Among them is a child. A girl, Sofia. She would have turned 15 this fall. My condolences to all the families and friends. There are many injured. Everyone is receiving help, and the rescuers are doing everything they can to save as many lives as possible. I thank everyone who is involved and who is supporting Kharkiv and Kharkiv residents. These are terrible, vile Russian strikes directly on buildings, on a city

park. Russia will definitely be held accountable for all its evil. But everyone in the world must remember that the most effective tactic is to prevent evil from acting. We need decisions that can be made by our partners, by those countries on whom it depends – whether we have the ability to destroy Russian military aircraft exactly where they are based, exactly where the elimination of these terrorists and their aircraft can be the most effective. We in Ukraine, along with our friends around the world, are not just talking about long-range decisions. About strong decisions. About things that can bring us closer to

ending this war, because, for Putin, the most important aspect of his wars is the terror against civilians, the intimidation, and the abuse of people. This is how the Russian evil came everywhere, to Syria, and Georgia, and Ukraine. They have the same terror tactics everywhere, and we must put a stop to this. It can be ensured by our, Ukrainian, long-range capabilities, with appropriate support for our Defense Forces and air defense systems for Ukraine. All the things we are talking about with our partners.

Today we had many meetings about our military work. There was a report by the Chief of the Defense Intelligence of Ukraine. Today, I also held a meeting of the Staff. First, there was a report by the Commander-in-Chief about the front, with a focus on the Pokrovsk direction. Toretsk. Defense against Russian assaults. The most challenging areas. It is crucial that everyone, at all state levels, who is involved in this, really make their maximum efforts to ensure our resilience and that of our warriors. And I thank everyone who is now really effectively destroying the occupier and protecting our positions. I thank every soldier and commander, everyone who produces and supplies the necessary weapons, shells, drones. Also today, the Commander-in-Chief reported on the development of our actions in the Kursk region. The daily result there, which is important for all of us, is the replenishment of the exchange fund for Ukraine. And the more this replenishment is, the more of our people we will be able to bring back from Russian captivity. This is our strategic priority.

Glory to Ukraine!

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RUSSIA

Strange news from Moscow

Satan interfered in the Paris Olympics

The Moscow newspapers tell us that Satan caused the failure of the Olympic Games in Paris.

Russian national team coach Pokrovskaya is said to have said: "I think this Olympics has surpassed any Olympics ever held. There were problems in TGokyo as well, but they were somehow solved quickly... Has Satan come to earth? And then the queue at these games was in the first place. I have a nasty overall impression."

This report was published in the newspaper "Ura".

Some readers comment:

- An athlete got wet in the bay, drank water and got sick. Now let's consider together whether Satan influenced the IOC:

Ex-President Medvedev ill

According to information in Russian Telegram channels, ex-president Dmitry Medvedev is seriously ill.

He has been diagnosed with prostate cancer that has metastasized to several organs. According to Russian doctors, he has a maximum of 2 years left.

And so is Razman Kadyrov. Doctors say that he has two years at the most because of his serious illness.

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

TASS a few days before the Russian invasion into Ukraine

TASS 20 Feb 2022, 22:56

Russia not invading Ukraine and has no such plans – Russian ambassador to US

The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy, Anatoly Antonov said

Federation, the United States, or any other country is no exception. Russian troops are on our sovereign territory. We don't threaten anyone. Why do other countries try to dictate to us where can we deploy our troops and how many. I would like to emphasize once again that this is our own territory. Can one even imagine that Russia will demand the U.S. not to deploy its troops in Alaska or Florida? I am sure that such a requirement would be unacceptable for the United States.," he said.

WASHINGTON, February 20. /TASS/. Russia has no plans of any "invasion" of Ukraine and is not implementing it now, Russian Ambassador to the United States Anatoly Antonov said in an interview with CBS.

"There are no such plans," he said.

"The leadership of our country has repeatedly declared and continues to declare its readiness to continue solving outstanding problems through diplomacy. <...> Every state has the right to protect its territory and borders. The Russian

The interview was aired on CBS on Sunday. The transcript released later demonstrated that the TV company has abridged Antonov's answers. The interview was not aired live.

The West and Kiev have recently been echoing allegations about Russia's potential invasion of Ukraine. Kremlin Spokesman Dmitry Peskov castigated these claims as "empty and un-

We don't threaten anyone.



founded", serving as a ploy to escalate tensions

Ukraine would have serious consequences.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone.

Peskov pointed out that Russia did not pose any threat whatsoever to anyone. However, Peskov did not rule out the possibility of provocations aimed at justifying such claims and warned that attempts to use military force to resolve the crisis in southeastern

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Comment:

"Peskov warned that attempts to use military force to resolve the crisis in southeastern Ukraine would have serious consequences."

Yes. He was perfectly right. It did have serious consequences. Above all for Russia.

Image: Lexica.art

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

Parts of Putin's speech on February 24, 2022, the day when Russia attacked Ukraina

"It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force"

I consider it necessary today to speak again about the tragic events in Donbass and the key aspects of ensuring the security of Russia.

I will begin with what I said in my address on February 21, 2022. I spoke about our biggest concerns and worries, and about the fundamental threats which irresponsible Western politicians created for Russia consistently, rudely and unceremoniously from year to year. I am referring to the eastward expansion of NATO, which is moving its military infrastructure ever closer to the Russian border.

It is a fact that over the past 30 years we have been patiently trying to come to an agreement with the leading NATO countries regarding the principles of equal and indivisible security in Europe. In response to our proposals, we invariably faced either cynical deception and lies or attempts at pressure and blackmail, while the North Atlantic alliance continued to expand despite our protests and concerns. Its military machine is moving and, as I said, is approaching our very border.

In December 2021, we made yet another attempt to reach agreement with the United States and its allies on the principles of European security and NATO's non-expansion. Our efforts were in vain. The United States has not changed its position. It does not believe it necessary to agree with Russia on a matter that is critical for us. The United States is pursuing its own objectives, while neglecting our interests.

In 1940 and early 1941 the Soviet Union went to great lengths to prevent war

Of course, this situation begs a question: what next, what are we to expect? If history is any guide, we know that in 1940 and early 1941 the Soviet Union went to great lengths to prevent war or at least delay its outbreak. To this end, the USSR sought not to provoke the potential aggressor until the very end by refraining or postponing the most urgent and obvious preparations it had to make to defend itself from an imminent attack. When it finally acted, it was too late.

As a result, the country was not prepared to counter the invasion by Nazi Germany, which attacked our Motherland on June 22, 1941, without declaring war. The country stopped the enemy and went on to defeat it, but this came at a tremendous cost. The attempt to appease the aggressor ahead of the Great Patriotic War proved to be a mistake which came at a high cost for our people. In the first months after the hostilities broke out, we lost vast territories of strategic importance, as well as millions of lives. We will not make this mistake the second time. We have no right to do so.

We had to stop that atrocity, that genocide of the millions of people

As I said in my previous address, you cannot look without compassion at what is happening there. It became impossible to tolerate it. We had to stop that atrocity, that genocide of the millions of people who live there and who pinned their hopes on Russia, on all of us. It is their aspirations, the feelings and pain of these people that were the main motivating force behind our decision to recognise the independence of the Donbass people's republics.



In this context, in accordance with Article 51 (Chapter VII) of the UN Charter, with permission of Russia's Federation Council, and in execution of the treaties of friendship and mutual assistance with the Donetsk People's Republic and the Lugansk People's Republic, ratified by the Federal Assembly on February 22, I made a decision to carry out a special military operation.

To protect people who, for eight years now, have been facing humiliation and genocide

The purpose of this operation is to protect people who, for eight years now, have been facing humiliation and genocide perpetrated by the Kiev regime. To this end, we will seek to demilitarise and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

It is not our plan to occupy the Ukrainian territory

It is not our plan to occupy the Ukrainian territory. We do not intend to impose anything on anyone by force.

We will seek to demilitarize

and denazify Ukraine

To this end, we will seek to demilitarize and denazify Ukraine, as well as bring to trial those who perpetrated numerous bloody crimes against civilians, including against citizens of the Russian Federation.

I would also like to address the military personnel of the Ukrainian Armed Forces.

Comrade officers,

I urge you to refuse to carry out their criminal orders. I urge you to immediately lay down arms and go home. I will explain what this means: the military personnel of the Ukrainian army who do this will be able to freely leave the zone of hostilities and return to their families.

I want to emphasise again that all responsibility for the possible bloodshed will lie fully and wholly with the ruling Ukrainian regime.

Russia will respond immediately, and the consequences will be such as you have never seen in your entire history

I would now like to say something very important for those who may be tempted to interfere in these developments from the outside. No matter who tries to stand in our way or all the more so create threats for our country and our people, they must know that Russia will respond immediately, and the consequences will be such as you have never seen in your entire history. No matter how the events unfold, we are ready. All the necessary decisions in this regard have been taken. I hope that my words will be heard.

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

The advance of Russia and the new world

Here are parts of an article published by Ria Novosti (a Russian news agency surely never publishing anything without Kreml's permission") on February 26, 2022, two days after the start of the Russian military operation in Ukraine.

Two days after the start of the war - and Ria Novosti is declaring the victory over Ukraine. "Now this problem is gone - Ukraine has returned to Russia."

This article is also proof that the goal of Russia's war of aggression was to conquer all of Ukraine, incorporate it into Russia, and recreate the former Soviet Union."Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome."

"Russia is returning."

"A new world is being born before our eyes. Russia's military operation in Ukraine has opened a new era - in three dimensions at once. And of course, in the fourth, domestic Russian one. Here a new period begins both in ideology and in the very model of our socio-economic system - but this is worth discussing separately a little later.

Russia is restoring its unity - the tragedy of 1991, this terrible catastrophe of our history, its unnatural dislocation, has been overcome. Yes, at a great cost, yes, through the tragic events of a de facto civil war, because now brothers, divided by their belonging to the Russian and Ukrainian armies, are still shooting at each other - but Ukraine as anti-Russia will no longer exist. Russia is restoring its historical completeness, gathering the Russian world, the Russian people together - in all its totality of Great Russians, Belarusians and Little Russians. If we had refused this, had allowed the temporary division to become entrenched for centuries, then we would not only have betrayed the memory of our ancestors, but would also have been cursed by our descendants - for allowing the disintegration of the Russian land.

Vladimir Putin has taken upon himself - without a drop of ex-

aggeration - historical responsibility, deciding not to leave the solution of the Ukrainian question to future generations.

After all, the need to solve it would always remain the main problem for Russia - for two key reasons. And the issue of national security, that is, the creation of an anti-Russia and an outpost for the West to put pressure on us from Ukraine, is only the second most important of them.

The first would always remain the complex of a divided people, the complex of national humiliation - when the Russian house first lost part of its foundation (Kyiv), and then was forced to come to terms with the existence of two states, not one, but two peoples. That is, either to renounce its history, agreeing with the crazy versions that "only Ukraine is the real Rus'", or helplessly gnash its teeth, remembering the times when "we lost Ukraine". Returning Ukraine, that is, turning it back to Russia, would be more and more difficult with each decade - the recoding, de-Russification of Russians and setting Little Russians-Ukrainians against Russians would gain momentum. And in the case of the consolidation of complete geopolitical and military control

of the West over Ukraine, its return to Russia would beco-

me completely impossible - it would be necessary to fight for it with the Atlantic bloc.

Now this problem is gone - Ukraine has returned to Russia. This does not mean that its statehood will be liquidated, but it will be restructured, re-established and returned to its natural state of being part of the Russian world. Within what borders, in what form will the union with Russia be secured (through the CSTO and the Eurasian Union or the Union State of Russia and Belarus)? This will be decided after the period in the history of Ukraine as anti-Russia is put to rest. In any case, the period of the split of the Russian people is ending.

And here begins the second dimension of the coming new era - it concerns relations between Russia and the West. Not even Russia, but the Russian world, that is, three states, Russia, Belarus and Ukraine, acting in geopolitical terms as a single whole. These relations have entered a new stage - the West sees Russia returning to its historical borders in Europe . And it loudly resents this, although deep down it must admit to itself that it could not have been otherwise.

Did anyone in the old European capitals, in Paris and

Berlin , seriously believe that Moscow would abandon Kiev ? That the Russians would forever be a divided people? And at the same time, when Europe is uniting, when the German and French elites are trying to wrest control over European integration from the Anglo-Saxons and assemble a united Europe? Forgetting that the unification of Europe became possible only thanks to the unification of Germany , which happened by Russian good will (even if not very smart). To then set their sights on Russian lands is the height of not even ingratitude, but geopolitical stupidity. The West as a whole, and even more so Europe separately, did not have the strength to keep Ukraine in its sphere of influence, much less take it for itself. Not to understand this, one would have to be a geopolitical fool.

More precisely, there was only one option: to bet on the further collapse of Russia, that is, the Russian Federation. But the fact that it did not work should have become clear twenty years ago. And already fifteen years ago, after Putin's Munich speech, even the deaf could hear - Russia is returning."

RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

What Russia Should Do with Ukraine

Published by Ria Novosti 09:15 04.04.2022

If Russia were to win the war of aggression against Ukraine and take control of the entire country, this would not mean an end to the suffering of the people of Ukraine, on the contrary, it would be the beginning of a new severe suffering for the next 25 years. This article, published in April 2022 by Ria Novosti, the state and state-controlled news agency that never publishes anything without the Kremlin's permission, shows the fate that Ukraine would be deprived of after a defeat.

Here are some important parts of this article.

RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed. "RIA Novosti columnist Timofey Sergeytsev shared his thoughts on what the denazification of Ukraine implies and why it is needed."

A significant part of the people are Nazis

"Denazification is necessary when a significant part of the people - most likely, its majority - is drawn into the Nazi regime's policy. That is, when the hypothesis "the people are good - the government is bad" does not work. Recognition of this fact is the basis of the policy of denazification, all its measures, and the fact itself is its subject."

"Nazis who have taken up arms must be destroyed on the battlefield to the maximum extent possible.

No significant distinction should be made between the Ukrainian Armed Forces and the so-called national battalions, as well as the territorial defense that has joined these two types of military formations. All of them are equally involved in extreme cruelty towards the civilian population, equally guilty of the genocide of the Russian people, and do not

comply with the laws and customs of war. War criminals and active Nazis must be punished in an exemplary and demonstrative manner. Total lustration must be carried out."

A significant part of the masses are also guilty

"However, in addition to the top, a significant part of the masses, who are passive Nazis, accomplices of Nazism, are also guilty.

The further denazification of this mass of the population consists of re-education, which is achieved by ideological repression (suppression) of Nazi attitudes and strict censorship: not only in the political sphere, but also necessarily in the sphere of culture and education."

"The period of denazification cannot be shorter than one generation, which must be born, grow up and reach maturity under the conditions of denazification."

"In this case, the necessary initial steps of denazification can be defined as liquidation of armed Nazi

formations (which are understood to mean any armed formations of Ukraine, including the Armed Forces of Ukraine), as well as the military, information, and educational infrastructure that ensures their activity;

the formation of organs of popular self-government and militia (defense and law enforcement) of liberated territories, protecting the population from the terror of underground Nazi groups;

installation of the Russian information space;

confiscation of educational materials and prohibition of educational programs at all levels that contain Nazi ideological principles;

mass investigative actions to establish personal responsibility for war crimes, crimes against humanity, the dissemination of Nazi ideology and support for the Nazi regime;"

Forced labor as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied)

"lustration, publication of the names of accomplices of the Nazi regime, their forced labor to restore the destroyed infrastructure as punishment for Nazi activities (from among those to whom the death penalty or imprisonment will not be applied);

the adoption at the local level, under the supervision of Russia, of primary normative acts of denazification "from below", the prohibition of all types and forms of the revival of Nazi ideology;

the establishment of memorials, commemorative signs, and monuments to the victims of Ukrainian Nazism, perpetuating the memory of the heroes of the fight against it;

inclusion of a set of anti-fascist and denazification norms in the constitutions of the new people's republics;"

This will go on for 25 years

"creation of permanent denazification bodies for a period of 25 years."

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, 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 intelligence 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?



Last weeks house: Övningskolan (Swedish gymnasium)



HOROSCOPE FOR SEPTEMBER 2024



Aries (Mar 21 - Apr 19): This month, you'll feel like you're constantly on a treadmill—running, but getting nowhere. Take a deep breath and step off before you accidentally sprint into a wall. Love life? Expect sparks. Whether they start a fire or a romance is still up in the air.

Taurus (Apr 20 - May 20): September has you craving comfort food and naps, but your to-do list says otherwise. If you must choose between productivity and indulgence, remember: calories don't count in autumn.

Gemini (May 21 - Jun 20): Your dual nature is in full swing—one minute you're the life of the party, the next, you're a hermit. Try not to confuse your friends by RSVP-ing "yes" and "no" to the same event. Mercury's in retrograde, so double-check those texts before sending!

Cancer (Jun 21 - Jul 22): You're feeling extra sensitive this month, Cancer. But don't worry—by October, everyone will forget the time you cried because your coffee was too strong. Lean on your loved ones for support; just try not to drown them

in your tears.

Leo (Jul 23 - Aug 22): The spotlight's on you, as always, Leo. Just make sure it's not for accidentally replying all on an email meant for one. Your charm is on point, but your filter might be on vacation.

Virgo (Aug 23 - Sep 22): Your organizational skills are on fire this September, Virgo. Too bad your social life is not. Try to remember that not everyone loves spreadsheets as much as you do—though color-coded plans for brunch might actually be a hit.

Libra (Sep 23 - Oct 22): Balance is key for you, Libra, but this month might feel more like a seesaw. Don't worry if things get wobbly—it's just the universe's way of giving you an excuse to buy those new shoes.

Scorpio (Oct 23 - Nov 21): Your mysterious vibe is extra strong this month, Scorpio. Just be careful not to accidentally ghost your boss instead of your latest Tinder match. Miscommunication is a risk—especially when you're muttering sarcastic comments under your breath.

Sagittarius (Nov 22 - Dec

21): Your adventurous spirit is in overdrive, Sag. Just remember that "adventure" doesn't always mean "spontaneous road trip" or "llama adoption." Sometimes, it's trying a new cereal. Start small.

Capricorn (Dec 22 - Jan 19): Your work ethic is unmatched, Capricorn, but even you need a break. September might bring unexpected challenges, like trying to figure out who ate your lunch from the office fridge. Spoiler: It wasn't you, but you'll find out who.

Aquarius (Jan 20 - Feb 18): You're feeling rebellious, Aquarius, but maybe wait until after your performance review to express your radical ideas—like a four-day workweek. Use your charm to persuade, not to provoke.

Pisces (Feb 19 - Mar 20): Daydreaming will be your favorite pastime this month, Pisces, but don't get too lost in your thoughts. The world needs you—especially your roommate who can't find the remote. Your creativity is your superpower, just don't forget where you put your keys.



HUMOUR ONE HUNDRED YEARS AGO

NO TASTE

Lisa, to the guest: Do you like this cake, Mrs. Li-nusson? Yes, it tastes very good.
So funny! Mother said you had no taste.

SUSPECTED

Mrs. A.: Are you going home already?
Mrs. B.; Yes, I wrote to my husband and asked for more money, and he sent it without a fuss, so I must go home and find out what he is up to.

SEMI-HOT BATH

- This time you can't write a penny on the bill for a hot bath.. The water was only lukewarm. Hostess: A hot bath costs a kroner and a cold fifty öre. It will be one and fifty for a lukewarm.

CAN HE CARRY HER

Him: Darling, I promise to carry you in my arms.
Girlfriend: Spit in your fists and try!

WATCH OUT FOR THE WORMS

The well-meaning gentleman to the little boy, who is eating an apple: ■—
Watch out for the worms, boy! The young man: If I eat an apple, let the worms see for themselves!

THE EXPLANATION.

Police constable: I cannot understand where you got the strength to hold the big, strong thief. Wife: Well, you see, it was really dark, and so

I thought it was my husband who wanted to run away with the maid.

FISHING LUCK

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

ADVERTISEMENT FROM THE DAILY PRESS.

"Impure fantasies" cleaned at Augusta Blomberg's.

THE CAUSE.

I just can't stand the sound of a car horn. Why not? I will tell you that some time ago my driver stole my car and ran away with my wife, and every time I hear a car horn, I fear that he will come back with her.

Astronomical image of the week:



Io, moon of Jupiter, NASA.jpg

Public domain

Io, moon of Jupiter, NASA.jpg | Copy

[[File:Io, moon of Jupiter, NASA.jpg|Io, moon of J... | Copy

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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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