

# 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!

**Does an apple a day  
keep the doctor  
away?**

**CALORIE  
RESTRICTION -  
CAN IT PROLONG  
YOUR LIFE?**

**RUSSIAN WAR AGAINST  
UKRAINE - DOCUMENTS**

**TYPE II DIABETES**

**CABARET!**

**42**

**informative  
pages**

**HERE WE ARE:**

**[vpress.ovh](http://vpress.ovh)**

# Forced Labor Is Not the Solution to the Welfare Regions' Problems

Recently, a legislative proposal has sparked considerable debate, suggesting that newly graduated doctors and dentists be required to work within the public healthcare system for at least three years.

The idea behind the proposal is to address the shortage of doctors, particularly in health centers, but the proposed law presents several significant issues that could harm the reputation of welfare regions and the healthcare system as a whole.

Firstly, this proposal risks reinforcing the perception that working in the welfare regions is undesirable and obligatory. Young doctors may feel that their careers are beginning with forced labor, something they must unwillingly endure before moving on to more meaningful or better-paying roles. This could reduce motivation and hinder natural workplace development. There is a real danger that doctors will view the mandatory three years as a hurdle to get through as quickly as possible, rather than an opportunity to engage in long-term development of public healthcare.

Secondly, the motivation for welfare regions and

municipalities to improve working conditions may diminish due to the proposal. Why invest in better work environments when part of the workforce is obtained through legal compulsion? In reality, the solutions to the doctor shortage should focus on improving working conditions and salaries, for example by adopting a family doctor model, which would enhance job satisfaction and continuity in patient care. A mandate to work does not solve long-term problems and may, in fact, further weaken the attractiveness of the public sector.

Thirdly, the proposal raises significant equality issues. It targets only students in medicine and dentistry, despite the fact that many other professions, such as nurses and teachers, also suffer from severe staff shortages. Why are these two professions being singled out and placed in an unequal position compared to others? Furthermore, doctors who studied abroad would not be subject to this law, putting Finnish students at a disadvantage compared to their international counterparts.

Another critical issue is that study durations vary for different individuals. According to the proposal,

students who started their studies before the law's implementation would not be subjected to the mandatory work period, even if they graduate at the same time as those who began their studies after the law comes into effect. This creates inequality among new graduates and could lead to unnecessary disputes.

The fact that the law allows individuals to buy their way out of the obligation by paying half of the societal costs of their studies creates an unreasonable barrier for those, for example, who wish to go abroad for further education or experience. Having to pay tens of thousands of euros before

being allowed to leave the country does not promote international mobility or the development of medical expertise in Finland.

In conclusion, this legislative proposal is not a sustainable solution to the doctor shortage. Instead of addressing healthcare crises with forced labor, we should focus on improving working conditions and wages, so that public healthcare becomes an attractive choice for newly graduated doctors. The welfare regions' operations and workplaces should be designed in such a way that they attract professionals voluntarily, not through coercion.



Tampereen raitiovaunut  
Spårvagnar i Tammerfors  
Trams in Tampere

# NEWS



## Vasa's Musical Event of the Season: Cabaret!

This autumn, Vasa City Theatre brings one of the world's most beloved musicals, Cabaret, to the stage for the first time in 20 years. This production is not just an entertainment spectacle but also a significant cultural event. Cabaret delves into timeless themes of freedom, love, fear, and destruction that still resonate with audiences today. In a city like Vasa, where history and multiculturalism meet, the relevance of this musical feels particularly poignant. It reminds us of the lessons of the past and how art can reflect the society we live in.

Cabaret is set in 1930s Berlin, a time when the world was torn by political upheaval and the rise of Nazism. At the heart of the story is the Kit Kat Klub, where the enigmatic singer Sally Bowles performs. Sally's life is one of hedonism and a search for love, while the world around her darkens under the growing Nazi influence. Meanwhile, we follow the American writer Clifford Bradshaw as he becomes entangled in Berlin's

vibrant nightlife and the political turmoil. The musical intertwines love, dreams, and moments of beauty, all while exploring fear and oppression.

### **Jewish Persecution and the Rise of Nazism**

Cabaret doesn't just focus on individual stories; it highlights larger societal issues, particularly the rise of Nazism and

the persecution of Jews. This theme is most vividly portrayed through the character of Herr Schultz, a Jewish greengrocer who tries to continue living his life despite the looming threat. Schultz represents those who hoped the storm would pass, only to realize too late that the danger had escalated. The musical's message serves as a stark reminder of how oppression and

violence can grow insidiously, from small attitudes and words to unimaginable brutality.

### **Lessons for Today**

Despite being set nearly a century ago, Cabaret's message remains strikingly relevant. It warns of the danger of silence in the face of injustice and oppression. The lesson it offers is clear: the dark sides of society do not



### THIS PAPER CAN BE READ ANYWHERE:



Like here in the Malax Archipelago

emerge out of nowhere—they grow when we fail to actively counter them. Cabaret calls on us to examine our own time and think critically about how we can act to promote justice and equality.

#### The Performance

Premiering on September 12, the production was met with enthusiasm from an audience that clearly relished every moment. Mika Haaranen’s set design was both functional and brilliant. To-

gether with director Reija Wäre, they created a visually striking whole where every element of the stage served the storytelling.

The acting performances were impressive across the board, but it was Emma-Sovia Hautala who truly shone in the role of Sally Bowles. She brought energy, life, and a sensitivity to the character that captivated the audience. Hautala’s performance felt as if it were made for this role, her charisma holding us spellbound

from the start.

Another standout was Timo Luoma as Herr Schultz. He portrayed the character with dignity and warmth. Combined with Sauli Perälä’s enjoyable musical direction, the production offered not only a visual experience but a rich musical one as well.

Vasa City Theatre’s Cabaret is a powerful and timely musical that delivers an entertaining yet thought-provoking theatre experience. It serves as a reminder of how history can repeat itself if we aren’t vigilant, and how art can be a potent tool for societal change.



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

#### Hanken Among the Top Three Business

### Schools in the Nordic Region

The Hanken School of Economics has achieved an outstanding ranking in this year’s Financial Times Masters in Management list. Hanken’s master’s program secured the 57th spot, placing it among the top three business schools in the Nordic region. This result reinforces Hanken’s position as a leading business school both in Finland and internationally.

Rector Ingmar Björkman expressed his satisfaction with the result: “We are proud that Hanken’s master’s program continues to rank highly among the best in the world. We are constantly developing our education, and this year we welcomed a record number of new students, both from Finland and abroad.” Hanken, Finland’s oldest business school, operates campuses in Helsinki and Vaasa. The university is known for its high-quality research, close ties to the business world, and an extensive alumni network of over 14,000 members.

**This weeks art experience:**



**Helene Schjerfbeck**

10.7.1862 - 23.1.1946

Portrait of a Girl in Blue and Brown (Inez), 1944



## Vaasa's new mural next to Rock-Werstas

In the Klemettilä district of Vaasa, a new mural has been completed, inspired by the legendary guitarist Jimi Hendrix. The artist Jon Gredmark is behind the work, which is located near Rock-Wersta at the intersection of Tukkuatan and Myllykatu. The painting enlivens the urban environment and creatively brings together music and street art.

The mural is inspired by Hendrix's iconic song "Voodoo Child," which symbolizes musical innovations and cultural revolt. Jon Gredmark's work captures the energy and influence of Hendrix, not only in music but also in popular culture. The purpose of the work is to both

honour Hendrix's legacy and create a new cultural meeting place in Klemettilä.

### Enlivens the urban environment

The mural is located in an area known for its music scene. With its location near Rock-Wersta and Graffitilandia, it blends into Vaasa's broader cultural development, where music and street art become part of the city's expression.

"The visual elements in the painting are linked to the activities in the area and reflect the cultural life here," says Ilkka Nyqvist from the City of Vaasa's Culture and Library Services.

In recent years, several murals



have been erected in Vaasa, created by local artists in collaboration with the city's cultural services.

Jon Gredmark, who studied at the University College of Arts, Crafts and Design in Stockholm, has created several public works of art in Ostrobothnia, Tampere and Stockholm. His way of working is common, and Gredmark is known for projects where local residents are involved. For example, a few years ago, he carried out an art project in Ristinummi in Vaasa together with the residents of the area and students from Variskan yhtenäiskoulu.

In 2022, Gredmark was awarded by the Arts Council of Ostrobothnia for her work with public art and co-creation. His latest work in Vaasa strengthens the city's profile as a centre for street art and public art projects.

### Do a good deed: Go out with the elderly!

The City of Vaasa and the Vaasa Elderly Council are now challenging everyone to participate in the Elderly Institute's Go Out with the Elderly campaign, which runs between 16 and 29 September 2024. The aim of the campaign is to promote outdoor activities for older people who need companionship or support, and at the same time create an opportunity for residents to do a good deed.

How to participate

If you know a loved one or neighbor who would appreciate company on a walk, this is a great opportunity to invite them on a joint outing. If no one in your vicinity needs walking companions, there is the opportunity to become an outdoor buddy through the Red Cross Friend Service. To participate in this ac-



tivity, you must complete a free friendship course. The next course will be held on 12 September at 17:30–20:30 and will be bilingual (Finnish and Swedish).

For older people who want walking companions, or who need help with minor everyday chores, it is possible to contact the friend service on telephone number 040 087 8910, Monday to Thursday between 12 noon and 3 pm.

#### Create memorable walks

Spending time outdoors doesn't have to be complicated. A simple walk around the block, a visit to a park or a walk in the woods can provide great experiences for both the elderly and the person who offers company. The campaign pages for Go Out with the Elderly also offer creative tips, such as nature experience bingo and umbrella exercise, to make spending time outdoors more fun and engaging.

#### Talking to a stranger

The Talk to a Stranger campaign runs in parallel with the Go Out with the Elderly initiative. This campaign encourages residents to start conversations with people they don't know, especially with a focus on older people. A simple greeting or a few kind words can make a big difference for a single person, and contribute to a happier and more connected society.

"Saying hello to someone in the checkout queue or exchanging a few words can mean a lot to an elderly person who lives alone," says Irmeli Mandell from the Elderly Council.

Now is the time to give some of your time, create new meetings and make Vaasa an even more caring city! (vaasa.fi)

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

**Long Play strengthens the cultural offering of the Finnish**

## press

Long Play has taken a bold step in the field of Finnish cultural journalism by establishing a new cultural editorial office with the aim of presenting deeper and more topical perspectives on art and culture. This is a welcome addition to the Finnish media field, which in recent years has suffered from cultural content shifting more and more towards lifestyle journalism.

Behind the new editorial team are journalists Sonja Saarikoski and Oskari Onninen, whose vision of restoring the honour of cultural journalism has received strong support from Kone Foundation, among others, which awarded the project a significant grant.

One of the key problems in cultural journalism that Long Play seeks to address is the news deficit. Onninen sees that not enough is reported on culture, and news competition is almost non-existent. The aim of the new editorial office is to produce more cultural news and in-depth analysis of art, which can increase discussion outside of art as well. This is particularly important at a time when cultural content often remains superficial and entertainment-oriented.

Long Play's cultural editorial staff does not limit itself to traditional criticism or news coverage, but aims to broaden its perspectives on more comprehensive questions of art and culture. According to Saarikoski, one of the shortcomings of contemporary journalism is that works often do not receive enough attention to their circumstances and artistic processes. Long Play wants to highlight these deeper levels, providing readers with insights that help them understand art as part of a broader social context.

The change in cultural journalism is also reflected in Long Play's decision not to publish only work-specific criticisms. Instead, the editorial office aims to examine the background, meanings and phenomena of art more broadly. This is an important development at a time when many cultural stories focus more on portraits and individual works of

art, forgetting the larger cultural and political issues.

Topicality and perseverance Long Play's editorial staff emphasizes topicality, but not only in the form of quick reactive news coverage. Instead, the goal is to set your own cultural agenda and highlight topics that do not always follow publication schedules. This allows for a more in-depth discussion of topics that are easily overshadowed by superficial phenomena.

This editor's way of looking at art and culture with a long-term and in-depth perspective is a significant addition to the field of Finnish cultural journalism. A critical and reflective approach helps to shed light on art from new perspectives that are not often discussed in ordinary media.

A new direction in art journalism Long Play's cultural editorial staff is starting its operations at a time when cultural journalism has been the subject of much debate. Some media have increasingly moved towards entertainment, and in many newspapers cultural content has decreased.

## Doctors in forced labor!

This is the bill that is commented on on the second page of this issue:

Legislative proposal for an act amending the Universities Act To Parliament

Suna Kymäläinen SD

Timo Suhonen SD

Riitta Mäkinen SD

Hanna Holopainen green

Juha Hänninen Kok

Petri Honkonen Centre

Mikko Savola Centre

MAIN CONTENT OF THE INITIATIVE

The initiative proposes that a new section 41 b be added to the Universities Act (558/2009), which would oblige those admitted to education leading to a degree for a Licentiate of Medicine or Licentiate of Dentistry to give a written commitment that, after completing the degree, they will work in a position corresponding to their education referred to in the Health Care Act (1326/2010) in a post in the wellbeing services county or municipality or in a

corresponding post in the Province of Åland or in a corresponding position or in a post in the administrative branch of the Ministry of Social Affairs and Health for at least 3 years (commitment period).

The purpose of the proposed new article is to respond to the shortage of doctors in public health care, especially in health centres. Obliging licentiates of medicine or dentistry to work for at least three years in a public health care post corresponding to their education after graduation could better secure the number of doctors in public health care.

## WHO: Decline in Condom Use is Worrying

A new report from the World Health Organization (WHO) has sounded the alarm over a significant decline in condom use among sexually active adolescents in Europe. This alarming trend is contributing to a rise in sexually transmitted infections (STIs) and unintended pregnancies.

The report, based on data from the Health Behaviour in School-aged Children (HBSC) study, revealed that a substantial proportion of 15-year-olds are engaging in unprotected sex, despite the potential risks. This indicates a lack of access to comprehensive sexuality education and contraceptive methods.

"The decline in condom use is a concerning development," said Dr. Hans Henri P. Kluge, WHO Regional Director for Europe. "Age-appropriate comprehensive sexuality education is crucial in addressing this issue and promo-

## EVENTS

**VAASA-VASA BAROQUE**

15.9.24 that is today at 15.00  
Elisabeth & Antonia -  
Aurinkokuninkaan hovissa  
Kuntsi museum  
www.vaasabaroque.com

**PALOSAARI CHURCH  
TOIVON LAULUJA - SÄNGER OM HOPP**

19.9.24 KLO 18  
Suomalainen ja ruotsalainen seurakunta

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

Premiere in Vaasa:  
3.10.2024  
Together with Klockrike-teatern, Wasa Teater offers a performance based on the life and works of the Swedish singer and poet Carl Michael Bellman.  
www.wasateater.fi

**VAASA-VASA BAROQUE**

10.10.24  
Vaasa church  
Bach: H-mollimessu  
www.vaasabaroque.com

**KUPARISAAREN KANSANJUHLA**

18.10.24  
VAASAN SÄHKÖ  
AREENA  
- KLAMYDIA  
- PETRI NYGÅRD  
- KUNINGAS PÄHKINÄ  
- SETÄ TAMU

**RITZ****21.10.24****Myrskyluodon Lasse**

- Lasse Mårtensons unforgettable melodies  
Ami Aspelund  
Jannike  
Nicke Lignell

**NATIONAL ENTREPRENEUR DAYS**

Seinäjoki

11-12-10.2024

Entrepreneurship is a force that unites us all!  
<https://me.yrittajat.fi/valtakunnalliset-yrittajapaivat/>

**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**

Abluigt special diets  
Helsingin Messuhallissa  
26-27.10.24  
[www.keliakialiitto.fi/messut](http://www.keliakialiitto.fi/messut)

**RUSK**

Chamber Music in Jakobs-tad  
19-23.11.2024  
The Beauty of Longing  
International creativity at the darkest time of the year  
[ruskfestival.fi](http://ruskfestival.fi)

**TIKANOJA**

**THE ART EVENT OF THE YEAR!**



Eero Järnefelts exhibition opens on Nov 23, 2024

**RITZ**

16.11.24

at 14 and 19  
AUTIOTALO

Musikaali Dingo-huumasta  
[www.ritz.fi](http://www.ritz.fi)

**RITZ**

30.11.24

at 14 and 19  
Paradise  
BADDING-musical  
[www.ritz.fi](http://www.ritz.fi)

**MEDIALANGUAGE (In Swedish) 2025: Seminar XX**

Vaasa 22-23 Januari 2025

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

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

**VAASA CITY THEATRE****TOSCA-ooppera**

Premiere Jan 12.2025  
<https://www.vaasa.fi/koe-ja-nae/kulttuuria-vaasassa-ja-seudulla/vaasan-kaupunginteatteri/tosca/>

**ILMAJOKI MUSIC FESTIVAL**

"BIG Wrath 1713-1721"  
6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of the Kyrönjoki River.

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time,





# SCREENTIME



## The Public Health Agency of Sweden: Recommendations for balanced screen use among children

As digital media becomes an increasingly integrated part of children and young people's lives, the Public Health Agency of Sweden has issued new recommendations to promote a balanced use of screens.

According to the latest guidelines, which were developed on behalf of the government, children under the age of 2 should avoid digital media completely, while older children are advised to limit their screen time to prioritize important aspects of life such as physical activity, sleep, and social relationships.

### Recommendations

The Public Health Agency of Sweden's recommendations prescribe a maximum screen time of 1 to 3 hours

per day, depending on the child's age. Specific guidelines include:

**Children 2–5 years: Maximum 1 hour of screen time per day.**

**Children 6–12 years: Maximum 1–2 hours of screen time per day.**

**Young people 13–18 years: Maximum 2–3 hours of screen time per day.**

In addition, it is recommended that screens are not used before bedtime and that mobiles and tablets are left outside the bedroom during the night. This is intended to protect children's sleep and create a healthier environment for recovery.

### Parental responsibility and cooperation

Olivia Wigzell, acting director general at the Public Health Agency of Sweden, emphasizes the importance of these guidelines being a support for both parents and children. She says: «We

hope it will contribute to a better balance, counteract problematic use and be a help in families' everyday lives.» It is important that parents actively control what content children take part in and discuss their activities on digital media. The guidelines also encourage parents to reflect on their own screen habits, as these also affect their children's behaviors and habits.

### State of knowledge and research

A report presented in June by the Public Health Agency of Sweden and the Swedish Media Agency highlights the negative consequences of excessive screen use. Research shows that high use of digital media can lead to problems such as poorer sleep, depressive symptoms and dissatisfaction with one's own body. Many children and young people themselves confirm that they often get stuck in their screens at the expense

of important activities such as sleep, relationships and physical exercise.

Helena Frielingsdorf, doctor and investigator at the Public Health Agency of Sweden, adds: «Many young people have both positive and negative experiences of digital media and feel worried about how they are affected by their use. Through our recommendations, we hope to help them change their habits.»

With these new recommendations, the Public Health Agency of Sweden sets a clear framework for how children and young people should manage their screen time. By encouraging balance and awareness around digital media, we can help create a healthier upbringing for future generations. It is a joint effort where both parents, children and society need to work together to ensure that screen use does not affect the other important aspects of life.

# HEALTH

## Calorie Restriction: Can It Really Prolong Your Life?



In the quest for a longer, healthier life, calorie restriction (CR) has emerged as a fascinating concept that's been gaining momentum in both the scientific community and popular health circles.

The basic premise is simple: by reducing calorie intake—while still ensuring proper nutrition—people might extend their lifespan and improve overall health. But does this practice hold up under scrutiny? Here, we delve into the science behind calorie restriction and explore whether it truly has the potential to unlock the secret to longevity.

### What Exactly Is Calorie Restriction?

Calorie restriction refers to the intentional reduction of daily caloric intake without compromising essential nutrition. Unlike specific diets that focus on particular foods or macronutrients, CR is all about the total number of calories consumed. This concept has been rigorously studied across various species, from yeast to humans, offering insights into its effects on aging and health.

### The Core Principles of Calorie Restriction

There are several guiding principles to effective calorie restriction:

**Reduction Without Malnutrition:** The goal is to consume fewer calories while ensuring that your body gets all the necessary vitamins, minerals, and nutrients it needs.

**Long-Term Commitment:** Calorie restriction is not a quick fix—it requires consistent, long-term practice to potentially yield benefits.

**Personalized Responses:** Not everyone responds to calorie restriction the same way. Genetics, age, and lifestyle factors all play a role in how individuals experience its effects.

### What Does the Science Say?

**Animal Studies: Promising Results**

Studies conducted on animals have shown promising connections between calorie restriction and increased longevity:

**Rodents:** Research has consistently demonstrated that rats and mice on a calorie-restricted diet tend to live longer than their well-fed counterparts, often showing improved health in old age.

**Primates:** Long-term studies on rhesus monkeys reveal that those on calorie-restricted diets expe-



perience fewer age-related diseases, better metabolic health, and extended lifespans compared to those with unrestricted diets.

#### Human Studies: A Mixed Picture

Research on calorie restriction in humans is more complex, with results that are less definitive than those in animals. However, certain benefits have emerged:

**Metabolic Health:** Some studies suggest that calorie restriction can enhance insulin sensitivity, lower inflammation, and reduce blood pressure—all factors linked to healthier aging.

**Weight Management:** Reducing calorie intake is a well-established method for weight loss, which in turn lowers the risk of conditions such as heart disease, diabetes, and other age-related health issues.

#### Potential Benefits of Calorie Restriction

**Extended Lifespan:** Although more research is needed, some findings indicate that calorie restriction may extend lifespan by reducing oxidative stress and supporting cellular repair mechanisms.

**Improved Health Metrics:** Participants in CR studies often show marked improvements in cholesterol levels, blood pressure, and other critical health indicators, suggesting better overall health.

**Lower Risk of Age-Related Diseases:** By supporting healthier metabolic function, CR may reduce the likelihood of developing chronic diseases such as cancer, cardiovascular issues, and neurodegenerative conditions like Alzheimer's.

#### The Challenges of Calorie Restriction

Despite its potential, calorie restriction comes with a host of challenges:

**Adherence:** Sticking to a long-term calorie-restricted diet can be difficult for many people, leading to feelings of deprivation or, conversely, the temptation to binge.

**Nutritional Deficiency:** If not managed carefully, CR can lead to insufficient intake of essential nutrients, which could undermine overall health.

**Individual Variation:** The effects of calorie restriction can vary widely from person to person, depending on factors such as age, medical history, and genetic makeup. It's important for individuals to consult healthcare professionals before making significant changes to their diet.

#### A Balanced Approach

So, will calorie restriction really help you live longer? While animal studies show encouraging results, the evidence in humans remains inconclusive. For those

contemplating CR as a strategy for improving health and extending lifespan, it's important to approach it cautiously and ensure that nutritional needs are met.

Ultimately, there's no single magic bullet for longevity. A balanced diet, regular physical activity, and other healthy lifestyle choices remain the foundation for a long and fulfilling life.

While calorie restriction may offer some benefits, it should be viewed as part of a broader, more holistic approach to health and well-being.

The pursuit of longevity is a marathon, not a sprint—and calorie restriction might just be one of the tools available along the way.

## DIET AND HEALTH



# An Apple a Day Does Not Keep the Doctor Away—But You May Need Fewer Visits to the Pharmacy

The age-old saying “An apple a day keeps the doctor away” has been a staple of health advice since it first appeared in 19th-century Wales. The proverb, with its catchy rhyme, has long been a reminder of the benefits of eating apples and, by extension, adopting a healthy diet. But does this simple piece of wisdom hold up under modern scientific scrutiny?

The origins of the proverb can be traced back to 1866, when a version of it was recorded as, “Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” By the end of the 19th century, the phrase had evolved into its more familiar form and has since been used to promote the health benefits of fruit consumption, particularly the apple, which has come to symbolize healthy living.

But what does the science say? A 2013 study took a closer look at the relationship between apple consumption and health outcomes, comparing the effects of eating an apple a day to taking a common cholesterol-lowering drug. The results were intriguing: for people over 50, eating an apple daily could potentially match the cholesterol-lowering benefits of a statin, with fewer side effects and a similar annual cost. This suggested that while apples may not replace modern medicine, they certainly hold their own as a part of a healthy diet.

Further research aimed to determine if apple eaters truly do keep the doctor away. A study involving a large sample of U.S. adults found that

those who consumed at least one small apple per day, were marginal. The performance has been had more likely to avoid Theatre Academy and brings out the fresh perspectives and creative energy of theatre education.

However, after adjusting for various health and demographic factors, the difference was not statistically significant. In other words, while apple eaters appeared to have slightly fewer doctor visits, the evidence did not strongly support the idea that apples alone are responsible for this.

Interestingly, the study did find that apple eaters were more likely to have fewer prescription medications. This suggests that while an apple a day might not keep the doctor away entirely, it could potentially reduce your need for certain medications.

The health benefits of apples, rich in fiber, vitamins, and antioxidants, may contribute to overall wellness and a decreased reliance on pharmaceuticals.

As we continue to explore the wisdom of traditional proverbs in the light of modern science, it's clear that while an apple a day may not completely protect you from all ailments, it can still play a valuable role in maintaining good health. The next time you reach for a snack, remember that this simple fruit might just help you make fewer trips to the pharmacy, if not the doctor.

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



# 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

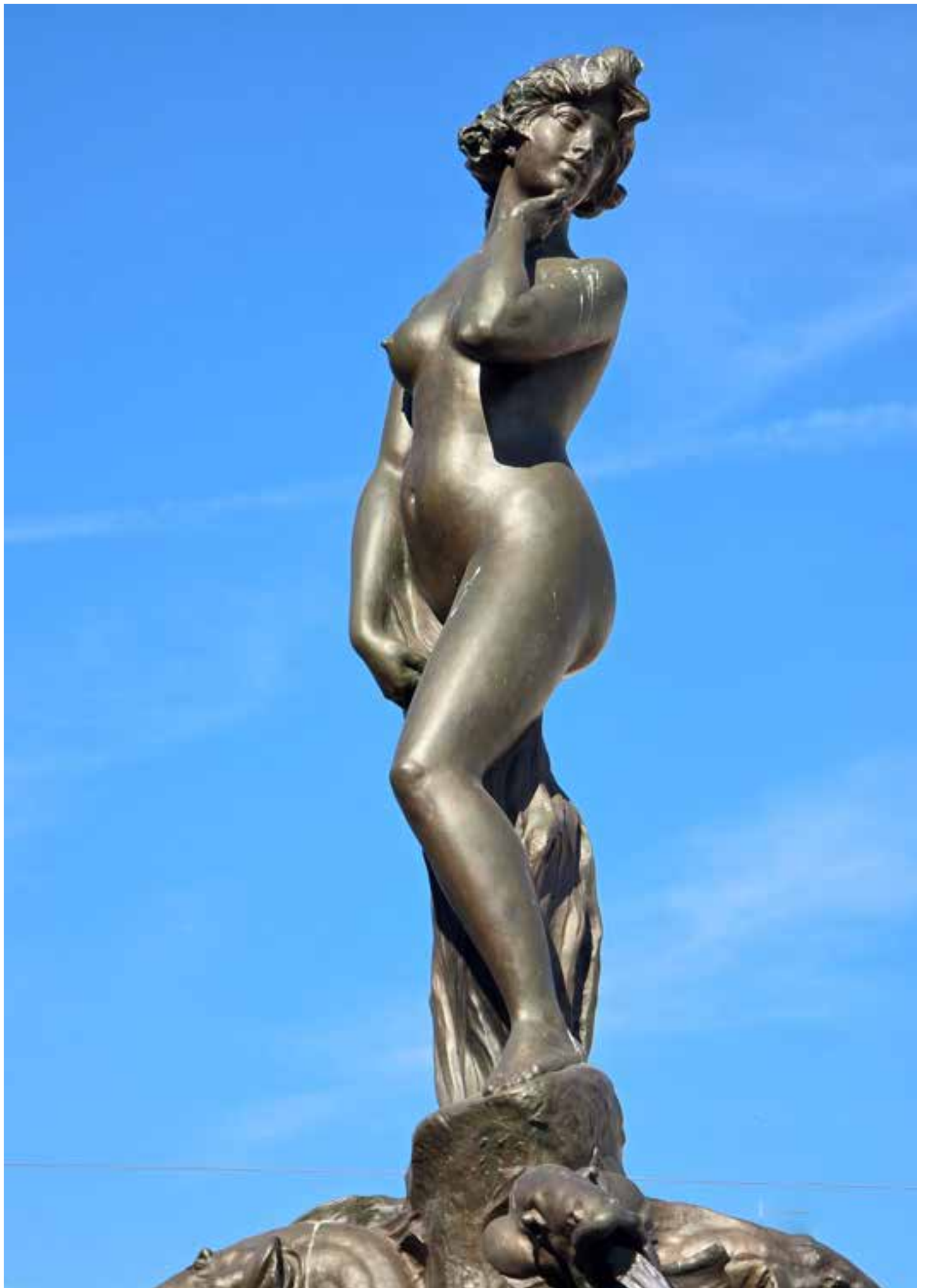
to the people of Helsinki. Particularly on May Day, Havis Amanda becomes the focus when students gather to wash and crown the statue with a student cap, a tradition known as "Manta's Cap". Over the years, the statue has faced wear and tear, especially during celebrations following ice hockey world championships,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

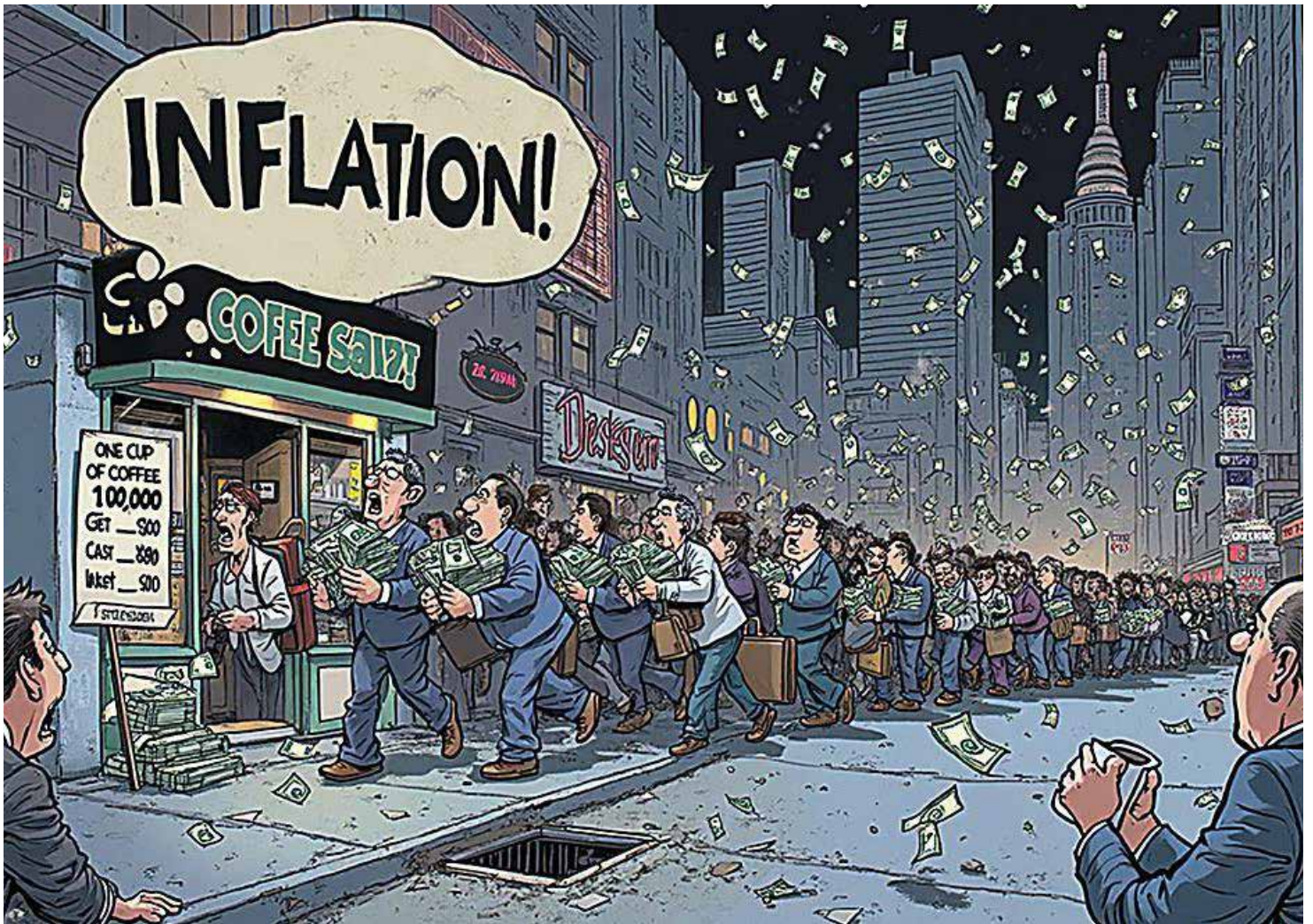
#### **The uniqueness of sea buckthorn**

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 thumbtack 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

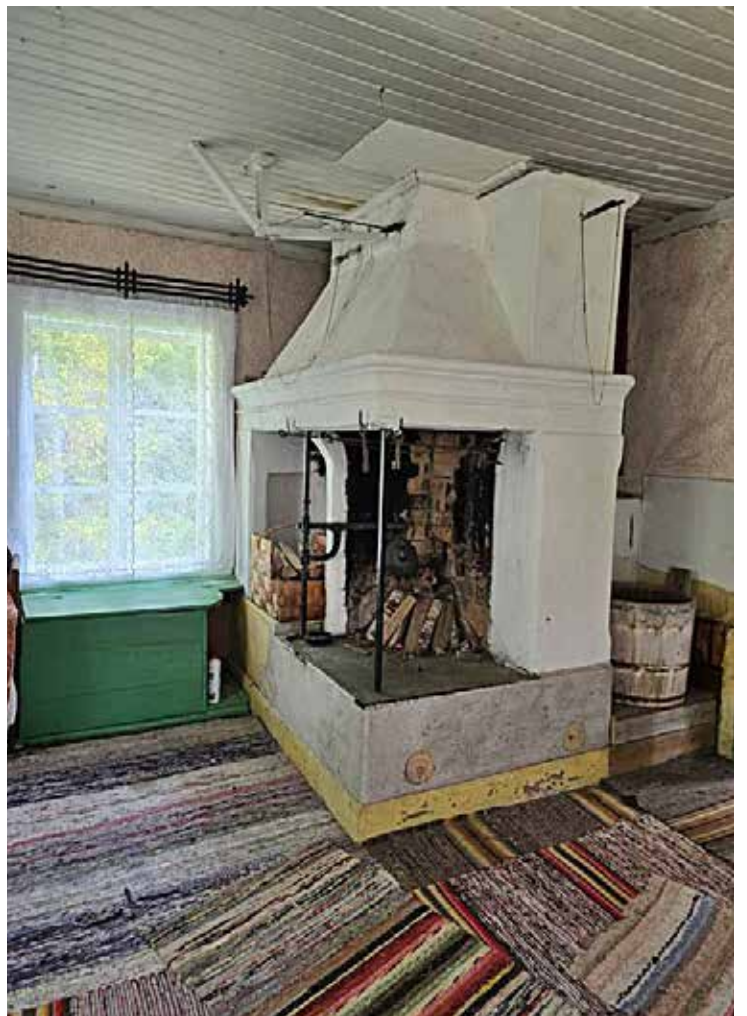
1900s, has been carefully restored to its original condition. Inside, visitors can explore the authentic furniture and appliances that once belonged to the tenant families. The torp also features a number of outbuildings, including a barn, a stable, and a granary.

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



## Arizona Swelters Under Extreme Heat Wave

The scorching heatwave gripping Arizona shows no signs of abating, with temperatures expected to soar well above 43 degrees Celsius (110 degrees Fahrenheit) for the coming days. The National Weather Service has issued an Excessive Heat Warning for much of the state, urging residents to take precautions to avoid heat-related illnesses.

"This heatwave is a serious threat to public health," said a spokesperson for the National Weather Service. "It's important to stay hydrated, limit outdoor activities, and check on vulnerable individuals, especially the elderly and young children."

The extreme heat is being caused by a high-pressure system that is trapping hot air over the region. Temperatures are expected to peak on Thursday, with some areas potentially reaching as high as 46

degrees Celsius (115 degrees Fahrenheit).

While relief from the heat is expected to come this weekend, temperatures will remain above normal for the foreseeable future. There is also a slight chance of isolated thunderstorms on Friday, Saturday, and Sunday, but these will likely be limited to the higher elevations of the state.

As the heatwave continues, it's crucial to take steps to protect yourself and others from the dangers of extreme heat. Stay

hydrated by drinking plenty of water, even if you don't feel thirsty.

Avoid strenuous outdoor activities, especially during the hottest parts of the day. Seek shade and air conditioning whenever possible.

And if you experience symptoms of heat-related illness, such as dizziness, headache, or nausea, seek medical attention immediately.

# CLIMATE CHANGE

## Copernicus: Summer 2024 – Hottest on record globally and for Europe



The summer of 2024 has officially been declared the hottest on record globally, with August 2024 matching the extreme temperatures of August 2023. The Copernicus Climate Change Service (C3S) has reported that the global average surface air temperature for August reached 16.82°C, which is 0.71°C above the 1991–2020 average. This marks the 13th time in 14 months that global temperatures have exceeded the critical 1.5°C threshold above pre-industrial levels.

### Record-Breaking Temperatures

**August 2024's global average temperature was 1.51°C above pre-industrial levels, continuing a trend of unprecedented warmth.**

**The period from September 2023 to August 2024 now holds the record for the warmest 12-month stretch in recorded history, with an anomaly of 0.76°C above the 1991–2020 average and 1.64°C above pre-industrial temperatures.**

**The year-to-date (January to August 2024) temperatures have already surpassed those of the same period in 2023 by 0.23°C, making it increasingly likely that 2024 will go down as the warmest year on record. For this not to occur, temperatures in the remaining months of 2024 would need to drop by an unprecedented margin, something that has never happened in recorded history.**

### European and Global Heatwaves

In Europe, August 2024 was

the second hottest August on record, coming in at 1.57°C above the 1991–2020 average. Southern and eastern Europe experienced the most extreme heat, while cooler-than-average conditions were reported in parts of northwestern Europe, including Ireland, the UK, and Iceland. Globally, regions such as Texas, Mexico, northeast Africa, and eastern Antarctica also faced temperatures far above average. Meanwhile, cooler conditions persisted in areas like Alaska, parts of the eastern United States, and Pakistan.

### Rising Sea Surface Temperatures

The global average sea surface temperature (SST) for August 2024 was the second highest ever recorded, only slightly lower than August 2023. Despite signs of a deve-

loping La Niña in the equatorial Pacific, SSTs in many regions remained abnormally high.

Samantha Burgess, Deputy Director of C3S, warned that the ongoing string of record temperatures is alarming: "The world has just experienced the hottest June and August on record, along with the hottest day ever. Without urgent action to reduce greenhouse gas emissions, these temperature extremes will only intensify, leading to even more devastating impacts on people and the planet."

The continued rise in global temperatures and the increasingly frequent temperature-related extreme events underscore the need for immediate and decisive climate action. Without such measures, the warming trend seen in 2024 could become



# 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.

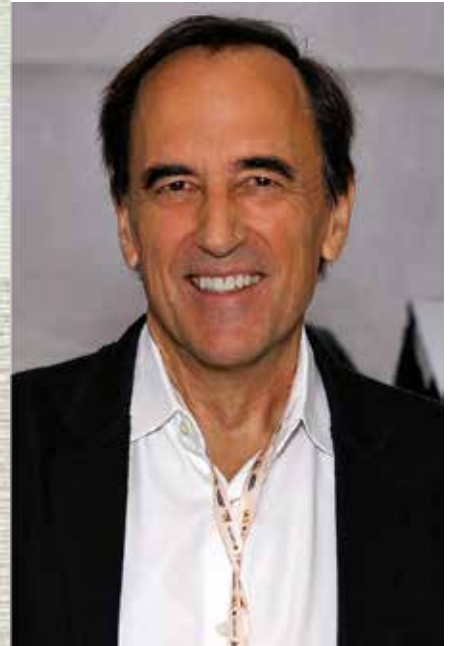
To address this growing problem, urban planners and local governments are working to develop strategies to reduce heat stress in cities. Solutions may include increasing the amount of so-called green-blue infrastructure. Examples of this include increased vegetation cover, such as through green roofs,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



# RUSSIAN WAR AGAINST UKRAINE

## The War Must Become Significantly Harder for Russia – President’s Speech at the Opening of the 20th Annual Yalta European Strategy Meeting



13 September 2024

**Dear participants of this year’s Yalta European Strategy meeting!**

**Dear friends of Ukraine!**

Thank you for the invitation! I’m glad to welcome you all to Ukraine today – and for many of you not for the first time. And it is extremely important in a time of war like this – to be in Ukraine, to be with our defenders, defenders of Ukraine, with all our people – people who are going through the hardest thing that could ever happen – a full-scale war. I’m grateful to all of you for being with Ukraine.

But it is also important for all of

us to have the same understanding of what it means to be with Ukraine. It’s not just about presence. It is not just about an emotional connection to our state, to Ukrainians, to our battle for independence.

Yesterday, the Russian army carried out one of its many attacks on Ukraine. It was an artillery strike. It hit the village of Viroliubivka in the Donetsk region.

The Russians saw where they were hitting. The trucks of the International Committee of the Red Cross were burned. Two people were wounded in this strike. Unfortunately, three people were killed. My condolences. They were employees of the humanitarian mission – their lives were taken by Russian artillery. And it is disappointing, deeply disappointing,

to see that the Red Cross, in its official communication, was afraid to even say that this was a Russian strike. This is our reality. But this is their face... And it’s not just the truth – it was a Russian strike, Russian terror. Yesterday, the Russian army conducted an equally blatant strike. A Russian missile hit a civilian vessel in the Black Sea, I think it took place near Romanian waters already. It was a bulk carrier transporting wheat. The port of destination was in Egypt. And it was just luck that none of the crew was killed by that missile. And there was no reaction from Egypt, no reaction at all, even though it is their food security. But this is how Russia treats Egypt, food security, and free navigation – it treats it like a typical terrorist. As long as there are double standards in the realm of morality, Putin may continue to seek something other than peace.

We are now in the third year of this full-scale war. And after so much killing and destruction in Ukraine, after so many Russian war crimes, after so many terrorist strikes, Putin can still afford to destroy life in Ukraine as he pleases, can buy and produce missiles, bombs and artillery, can even afford to issue ultimatums to the world. And he expects the world to give in to his madness.

It is the third year of the war, and Putin still believes that it is he to whom concessions must be made. Why is that?

These days, there have been very important meetings with our partners, and there have been important guests in Ukraine. In particular, representatives of the US and the UK.

Of course, we cannot fully disclose the content of closed negotiations between our partners and us. But I would like to share my feelings.

Now in Ukraine, as in many other countries, the school year has started. Children are going to school. In Ukraine, we really want as many children as possible to learn not online, but together with other children, in a normal school atmosphere, where they acquire not only knowledge but also social skills, communication skills and life skills. For this, we need air defense systems, primarily Patri-

ots, which are available in sufficient quantities globally and which we have long been expecting from our partners.

And when you say at important closed meetings with partners that we need air defense, it is difficult, really difficult to hear the same answer every time – “we are working on it.” Russian missiles and Iranian-supplied “Shaheds,” unfortunately, are also “working”, but they are working in our skies and against our people. And Putin doesn’t need any permissions or approvals for long-range strikes.

You have all heard, many have seen, and some have even experienced firsthand how difficult it is now on the frontline everywhere, especially in the Donetsk region. Near Pokrovsk, first of all. Our heroic warriors are there – I would like us to support them, applaud them, thank them for their feat – they are really strong people, very strong. We all understand that they need reinforcement. This means equipped and ready-to-fight units, enough not only to hold their positions but to reclaim them.

We have been talking with our partners for months about this – about equipping our brigades. I’m grateful to all the leaders and states that have made responsible commitments and are actually fulfilling them on time. But frankly, we are still far from fully implementing what we have agreed on a long time ago.

**Glory to Ukraine!**

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# 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

=====  
**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.

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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.

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**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.

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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.

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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 Kremls 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."

## RUSSIAN WAR AGAINST UKRAINE - DOCUMENTS

# Dmitry Medvedev's Rhetoric on Ukraine: A Glimpse into His Language and Ideology

Dmitry Medvedev, the former President of Russia and current Deputy Chairman of the Security Council, has once again attracted attention with a provocative and incendiary statement about the ongoing conflict in Ukraine. On August 30, Medvedev posted a message on Telegram that stands out for its harsh language and extreme accusations, revealing the extent to which Russian political discourse has escalated in recent years.

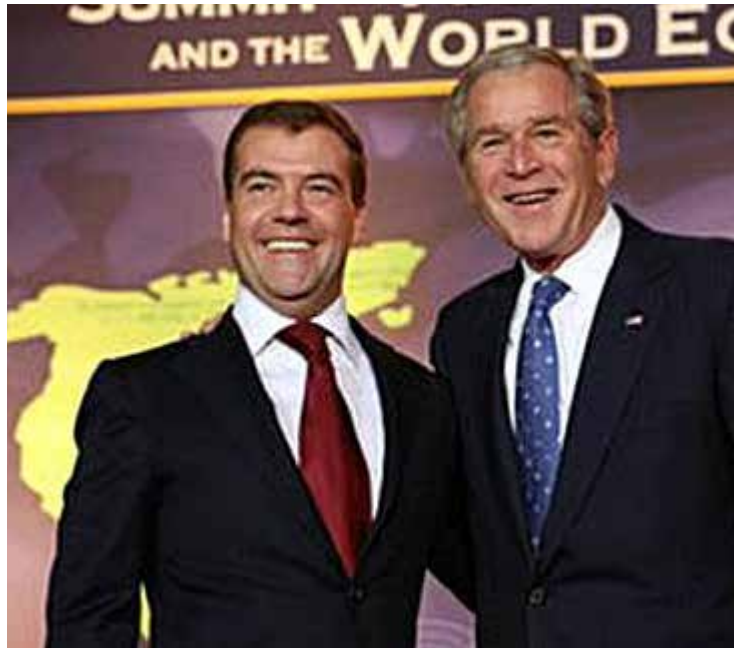
In his post, Medvedev launches into a tirade against the Ukrainian government and its Western allies, labeling them with a string of derogatory terms. He refers to Ukrainian leaders as "Kyiv neo-Nazis" and claims that they are "desperately supported" by what he describes as "rabid animals who guard the Western world today." These comments not only reflect a starkly hostile stance but also employ dehumanizing language, a tactic often used to demonize opponents and justify aggressive actions.

Medvedev goes on to make sweeping accusations about the motivations behind Ukraine's efforts to regain control over the Donbass region. He asserts that the Ukrainian leadership is driven solely by a desire for money, claiming, "The reason is banal: they need money. Cash - or money, in other words." According to Medvedev, this financial desperation stems from the alleged corruption and economic mismanagement by President

Zelensky's administration, which he describes as a "criminal clique" that has led Ukraine to "disaster."

One of the most striking elements of Medvedev's message is his use of grotesque metaphors and insults to describe both Ukrainian and Western figures. For instance, he refers to U.S. President Joe Biden's administration as "Biden's half-dead dog" and dismisses other Western leaders as "insignificant homunculi standing by a stinking trough in the so-called Baltics." Such language is unusually coarse for a former head of state, suggesting a deliberate attempt to provoke and appeal to a specific audience that resonates with such rhetoric.

Medvedev also delves into the economic aspects of the conflict, specifically focusing on Ukraine's mineral resources. He argues that Western countries are primarily interested in Ukraine because of its vast mineral wealth, particularly in the Donbass region. He notes, "according to open sources, the total value of Ukraine's mineral resource base is estimated at almost \$14.8 trillion," with a significant portion located in regions that are now controlled by Russia. This framing suggests that Medvedev views the conflict as not just a geopolitical struggle but also a resource war, with the West exploiting Ukraine for its natural riches.



*Dmitry Medvedev and George W. Bush*

In a particularly alarming section of his post, Medvedev accuses Western powers of having no regard for Ukrainian lives, claiming they are pushing for a war "to the last Ukrainian" in order to gain access to these resources. He writes, "The lives of ordinary Ukrainians do not matter. That is the entire cynical interest of the green meat and hairy dung flies from the Anglo-Saxon world." This vivid and repugnant imagery serves to further dehumanize both Western leaders and the Ukrainian people, painting them as mere pawns in a larger, malevolent scheme.

Medvedev's rhetoric culminates in a grim prediction for Ukraine's future, suggesting that the country is on the brink of "rapid decomposition and inevitable collapse." He argues that with much of its resource base now under Russian control, Ukraine

has little left to sustain itself and will soon face economic ruin. This apocalyptic vision is presented with a sense of satisfaction, as Medvedev concludes that the "resource base illegally obtained by Bandera's creatures at the end of the 20th century has returned to their native country."

Overall, Medvedev's Telegram post is a stark example of how the conflict in Ukraine is being framed within Russian political discourse. The use of inflammatory language, dehumanizing metaphors, and extreme accusations reflects not only the depth of hostility but also a deliberate strategy to vilify opponents and justify Russia's actions. For a former president of a global power, such rhetoric is both surprising and unsettling, highlighting the extent to which the norms of political communication have shifted in the current geopolitical climate.

# 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.



## Aria: Opera's Generative AI Revolution

Opera, the renowned web browser, has been making waves in the tech world with its groundbreaking generative AI, Aria. This powerful tool is designed to enhance user experiences, streamline tasks, and provide innovative solutions.

But how does Aria stack up against other AI models, like Gemini?

### Key Differences Between Aria and Gemini

While both Aria and Gemini are generative AI models, they have distinct characteristics that set them apart:

**Focus and Integration:** Aria is specifically tailored to enhance the Opera browser

experience. It's deeply integrated into the browser's functions, providing real-time assistance and suggestions across various tasks. Gemini, on the other hand, is a more general-purpose AI model that can be applied to a wider range of applications.

**Contextual Understanding:** Aria excels at understanding the context of user queries within the browsing environment. It can leverage information from the current webpage, search history, and user preferences to provide highly relevant and tailored responses. Gemini, while also capable of understanding context, may not be as deeply integrated with a specific application like Opera.

**Privacy and Security:** Opera has emphasized privacy

and security as core principles in the development of Aria. The AI model is designed to handle user data responsibly and protect sensitive information. While Gemini also prioritizes privacy, its general-purpose nature might require additional considerations when used in specific contexts.

### Aria's Unique Capabilities

Aria offers a range of impressive capabilities that make it a valuable tool for users:

**Summarization:** Aria can quickly summarize complex articles, web pages, or documents, saving users time and effort.

**Translation:** It can translate text between different languages, facilitating communication and access

to information.

**Creative Writing:** Aria can assist with creative writing tasks, such as generating ideas, writing outlines, or even composing complete pieces.

**Code Generation:** For developers, Aria can help write code snippets or entire programs, increasing productivity and reducing errors.

### The Future of Aria and Generative AI

As AI technology continues to advance, we can expect Aria and other generative AI models to become even more sophisticated and versatile. Opera's commitment to innovation ensures that Aria will remain at the forefront of this exciting field, offering users new and exciting ways to interact with the digital world.

# AI

## The best AI is yet to be decided



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

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

which model reigns supreme remains open for debate.

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

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

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

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

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

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

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

Monica, a lesser-known contender, has carved out a niche for itself with its focus on emotional 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!

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

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

Email: wasadagblad@gmail.com

### What is this house?



Last weeks house:  
The Library in Palosaari, sceduled to close in winter

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

Wasa Daily  
Wasa Dagblad  
Photo Supplement

Karifestival  
detta  
vecka!

Republiken president Alexander Stubb i Vaasa 27.4.2024

Kalevaspeleinen i Vaasa 27-30.6.2024

Kremlin gör natt av sina motståndare - 1939 liksom nu

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En ny press: Grunden för lycka och demokrati

Kor-festivalen

Sinebryhoffin taidemuseum

Kremlin gör natt av sina motståndare - 1939 liksom nu

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Pain-maja, en Pörtomdiktare

Puccinis "TOSCA" KOMMER TILL VASA I JANUARI

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Pörtom kyrka  
Pirttikylän kirkko  
The Church in Pörtom

WASAAN Päivälehti  
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Ihana kuofestivaali tulossa!

Hylkeenpyynti Raippaluodossa 1895

Jussi Adler-Olsen

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MAA LEHDISTÖ: Ummellisuuden ja demokratian perusta

KUORO-FESTIVAALI

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Painamis "Tosca" Näin löydät tie-oppaan on tulos kirkkoon!

NAISTEN ÄÄNI-elämäkertakirjasto

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Mysterious green giants in the Laasi-palatsi square, Helsinki

Mystical East in Ika-noja  
All EU-candidates

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ROAD CHURCHES  
The Kremlin mocks its opponents

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What a wonderful start week we have ahead of us!

Cycling Week in Vaasa this week

Climate Change's Profound Impact on Finland

Hylkeenpyynti Raippaluodossa 1895

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Eero Järnefelt (1863-1937)

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

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Hylkeenpyynti Raippaluodossa 1895

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Vaasan istutetaan 70 000 puita

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Finland's president Alexander Stubb in Vaasa 27.4.2024

Vaasa War Museum is open today 12-14

A tree for everyone in Vaasa

ROAD CHURCHES

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# 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

## BORN TO DANCE

"Don't you think, captain, that one must be born to dance?"  
"Sure. . . I have never seen an unborn dance".

»It takes quite a while.»  
»And before doss there are no trains at all?»  
"No."  
»And not any passenger trains?»  
"No."  
»Some freight train then?»  
»No, no trains at all.» "Is it absolutely safe?"  
»Yes, absolutely sure!»  
"Then, John, can we cross the track."

## THE MORE YOU GET, THE MORE YOU WANT

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

## NO TASTE

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

## WITH A MAN ON THE BEACH

Him: A week ago you had no idea that you would now be sitting on the beach with a man you didn't know at all.  
Her: Well, I probably did.  
Him: But dear little friend, you didn't know me then.  
She: No, but I knew myself

## 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.

## DO NOT STAND THE LIGHT OF DAY

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

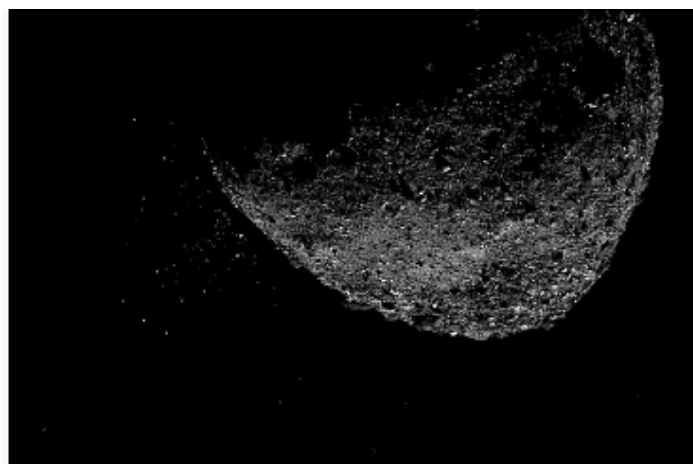
## WOMEN'S CLOTHING

Nothing dresses a woman better than nothing.

## NERVOUS LADY

An anxious, nervous woman, accompanied by her husband, approached the station inspector at a small outlying railway station and asked: "Has the quarter-past train leaving already?"  
»Yes, ten minutes ago,« was the reply.  
"When does the four-and-twenty train come?"

## Astronomical image of the week:

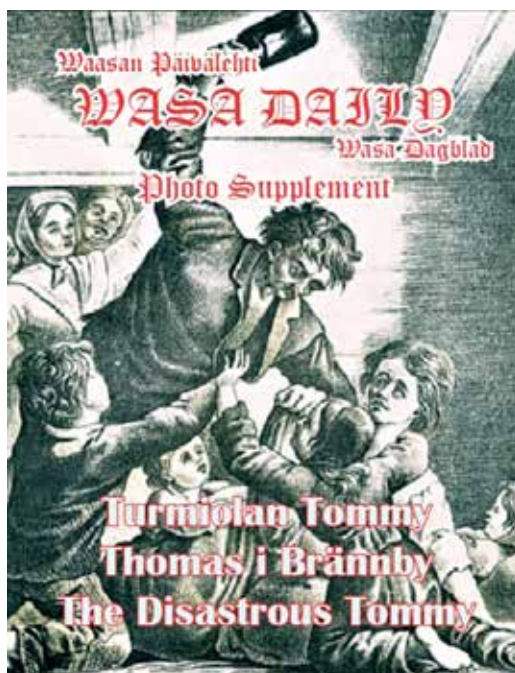


[PIA23554-AsteroidBennu-EjectingParticles-20190106.jpg](#)

This view of asteroid Bennu ejecting particles from its surface on Jan. 6, 2019, was created by combining two images taken by the NavCam 1 imager aboard NASA's OSIRIS-REx spacecraft: a short exposure image, which shows the asteroid clearly, and a long-exposure image (five seconds), which shows the particles clearly. Other image-processing techniques were also applied, such as cropping and adjusting the brightness and contrast of each layer.

NASA/Goddard/University of Arizona/Lockheed Martin  
 Public domain

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

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