

WASA DAILY

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Vaasa Energy Week

Mikko Ollikainen

Coffee is good for Your health

To a private doctor for 28 €

H-Buildings Air Quality

ADHD

WASA DAILY



HERE WE ARE:

vpress.ovh

41 pages

TODAY

Copernicus: Global Sea Ice Cover at a Record Low - A Stark Warning for Our Planet



slow-motion disaster unfold. The Copernicus data provides irrefutable evidence that our planet is changing rapidly, and not for the better. The urgency to address climate change has never been greater.

The scientific community has been sounding the alarm for decades, but the pace of change is accelerating, exceeding even the most pessimistic projections. The record lows in sea ice are not just a statistical anomaly; they are a stark warning that we are running out of time.

It's easy to feel overwhelmed by the scale of the challenge, but inaction is not an option. We need to transition to a sustainable, low-carbon economy with unprecedented speed and determination. This requires a global effort, with governments, businesses, and individuals all playing their part.

The Earth's polar ice caps are shrinking at an alarming rate, with global sea ice extent plummeting to a record low in February, according to the latest data from the Copernicus Climate Change Service. This stark revelation, released in a recent press statement, serves as a chilling reminder of the accelerating impact of climate change on our planet.

consequence of this accelerated warming.

The situation in Antarctica is equally concerning. Although not reaching a record low like the Arctic, Antarctic sea ice extent was the fourth-lowest for February, a significant 26% below the average. What's particularly alarming is that the daily sea ice extent may have reached its annual minimum near the end of the month. If confirmed in early March, this would be the second-lowest minimum in the satellite record, following closely behind the devastating lows of last year.

These findings are not just numbers on a graph; they represent a fundamental shift in our planet's climate system. Sea ice plays a crucial role in regulating Earth's temperature. Its white surface reflects sunlight back into space, helping to keep the polar regions cool. As sea ice melts, darker ocean water absorbs more sunlight, leading to further warming and accelerating the melting process – a vicious cycle with potentially catastrophic consequences.

The implications of these record lows are far-reaching. Shrinking sea ice disrupts marine ecosystems, affecting everything from polar bears and seals to microscopic plankton.

It also contributes to rising sea levels, threatening coastal communities around the world. Moreover, the loss of sea ice can alter global weather patterns, leading to more extreme weather events.

As a journalist, observing these trends feels like witnessing a

Copernicus, the European Union's Earth observation program, revealed that the daily global sea ice extent, a crucial metric combining the Arctic and Antarctic ice covers, hit an unprecedented minimum in early February. Throughout the rest of the month, it remained stubbornly below the previous record set in February 2023. This persistent deficit paints a worrying picture of the rapid changes occurring in our polar regions.

In the Arctic, sea ice reached its lowest monthly extent for February, registering a significant 8% below the long-term average. This marks a troubling trend, as it's the third consecutive month that Arctic sea ice has set a record low for the corresponding period. The Arctic, often referred to as the "Earth's refrigerator," is warming at a rate far exceeding the global average, and the shrinking sea ice is a direct

Cover: Vaasa from above

Photo Supplement



Photo Supplement - bpress.ovh



ENERGY WEEK

Vaasa EnergyWeek: A Week of Electrifying Innovation and Global Collaboration!

Prepare to be Energized! Vaasa Transforms into a Global Hub of Sustainable Energy Solutions.

This week, the vibrant city of Vaasa is pulsating with energy—literally! The annual Vaasa EnergyWeek has arrived, transforming the city into a global epicenter for energy innovation. From March 17th to 20th, energy enthusiasts, industry leaders, and policymakers from around the world converge in the heart of the Nordic energy technology powerhouse, ready to ignite conversations, forge partnerships, and shape the future of sustainable energy.

Nestled in the heart of the EnergyVaasa cluster, the largest energy technology hub in the Nordics, Vaasa City Hall is buzzing with activity. This

week isn't just a conference; it's a dynamic platform where cutting-edge technologies, groundbreaking research, and visionary ideas collide. With a focus on renewable energies, smart energy, gas energy, and energy storage, EnergyWeek is a microcosm of the global energy transition, showcasing the latest advancements in digitalization, batteries, circular economy, and future smart cities.

Monday: Setting the Stage with Energy & Climate Discussions

Kicking off the week with a bang, the Energy & Climate Seminar on Monday, March 17th, brought to-

gether decision-makers and business representatives to tackle pressing energy challenges. This national influencer event, now in its 20th year, addressed critical questions surrounding climate targets, investments, and Finland's industrial policy within the European context. With growing geopolitical tensions and the urgency of climate action, the seminar explored how EU policies impact Finnish businesses and investment environments. Discussions centered on coordinating support policies and streamlining permitting processes to truly serve businesses.

The seminar's theme, "Are

Climate Goals and Investments Slipping Away? - Finland's Industrial Policy as Part of European Industrial and Support Policy," sparked vital conversations about navigating trade wars, state aid competition, and the battle for critical resources. As the EnergyVaasa cluster boasts planned investments of 1.9 billion euros in energy technology infrastructure by 2030, these discussions are more relevant than ever.

Tuesday: Riding the Wave of Wind & Renewable Energy

Tuesday, March 18th, unleashed the full force of renewable energy with the

NEWS

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here on the Molpehällorna Island

Wind & Renewable Energy day. This was the most intense and inspiring event of the week, offering a comprehensive overview of the latest wind power and renewable energy news, technologies, and services. The exhibition hall was a showcase of innovation, featuring cutting-edge solutions across the entire value chain. Seminars delved into sustainable electrification, financing, legislation, and the burgeoning offshore wind sector, highlighting Vaasa's role as a leader in renewable energy solutions.

Wednesday: Powering the Future with Energy Storage

Wednesday, March 19th, shifted the focus to the hottest industry of the moment: energy storage. The Energy Storage event, now in its fourth year, brought together international experts to explore the sustainable battery value chain. With the Nordic energy cluster's dynamic ecosystem, featuring active companies, innovative projects, and new university education programs, Vaasa is at the forefront of battery technology development. The exhibition hall buzzed with activity, showcasing the latest advancements in energy storage solutions, while free open seminars

provided valuable insights into the burgeoning market.

Thursday: Fueling Innovation with Clean Gas Energy

Closing out the week with a focus on clean gas energy, Thursday, March 20th, highlighted the fastest-growing sector in the energy industry. The Clean Gas Energy event, the largest networking event for the gas industry in the Nordics, showcased renewable gases for power generation, transport, and shipping. With Vaasa's strong research infrastructure and living labs, the event demonstrated the region's commitment to developing cutting-edge technologies for a sustainable future. The exhibition hall featured a diverse range of exhibitors, from vehicle manufacturers to waste management experts, showcasing the vast potential of the clean gas market.

EnergyVaasa: A Beacon of Innovation

EnergyVaasa's mission to create more sustainable technologies for saving the planet is palpable throughout the week. With over 180 companies, 13,000 employees, and an annual turnover of over 6 billion euros, the cluster's impact is undeniable.

able. Its 80% export rate underscores its global reach, while its 250 million euro annual investment in R&D fuels continuous innovation.

The collaborative spirit of Vaasa, where local universities, energy technology companies, and municipalities work in unison, is a testament to the region's innovative prowess. As planned investments in energy technology infrastructure soar, Vaasa is poised to lead the world in the transition to a sustainable energy future.

EnergyWeek is more than just an event; it's a catalyst for change, a platform for collaboration, and a celebration of innovation. As the week draws to a close, the energy generated in Vaasa will continue to power the world towards a brighter, more sustainable future.

VOICE OF ELDERLY Armas Festival - The voices of the elderly echo in Vaasa 17.- 23.3.2025!

Vaasa is preparing for a week filled with art, culture and life experience, when the national Armas festival, the voice of the elderly, takes over the city from 17 to 23 March 2025. The festival is a celebration of the creativity of older generations and an opportunity to experience various cultural events, the city says in a press release.

The opening ceremony of the festival will be held on 17 March in Berghemmet and on 20 March at the Vaasa Main Library the Armas Day celebrations. During the week, there are plenty of

exhibitions, film screenings, music, author visits and social gatherings.

Selection of the program:

Opening on 17 March at 13:00-15:00, Berghemmet Banquet Hall:

Accordion performance (Elmer Dahlbäck, Kuula-instituutti)

Photographer Gunnar Bäckman talks about his creative life

Poetry reading by the Runonkulkijat group

Coffee is served in Berghemmet's dining room.

Armas Day 20.3. at 12:00-15:00, Vaasa Main Library:

Vaasa Philharmonic Orchestra String Trio (12:00, Café Proosa)

Lecture with Eeva Kontiokari: Spring, Summer and Love (13:00-14:00, Drama House)

Line dance with Vaasan Pensioners' Association (14:00-14:30, Dramasalen)

Presentation of health promotion services and associations (lobby)

Conversation café with free coffee and snacks (Café Proosa)

Culture in all its forms: Gunnar Bäckman's exhibitions, beadwork and works by Chamber of Culture groups.

Movie screenings, including a preview of "The Sea That Disappeared."

Music and dance from the opening dance to the string trio of the Vaasa Philharmonic Orchestra.

Literature and theatre, author visits and theatre bingo. Special prices for City Theatre performance tickets.

The Armas Festival is a great opportunity to participate in a rich cultural offering and celebrate the contribution of the older generation to society. Follow the event on social media with the hashtag #armasfestivaali.

NEWS



CITY THEATRE

”Koiramäki’s History of Finland” Coming to the City Theatre – A Lively Time Travel Awaits!

Mauri Kunnas’ Beloved Characters Bring Finnish History to Life in a Musical for the Whole Family.

Prepare for an unforgettable theatrical experience as Mauri Kunnas’ ”Koiramäki’s History of Finland” brings history books to life on the stage of the Vaasa City Theatre! This musical for the whole family takes audiences on an exhilarating time travel journey through the twists and turns of Finnish history from the 16th to the 19th century.

The story begins intriguingly when the dog girl Alix receives a failing grade on her history test. Alone in the classroom, Alix discovers a treasure map that opens a magical portal to the past. The dull history book instantly transforms into a hilarious adventure filled with life, joy, dance, song, and dramatic turns.

Alix’s journey leads her to encounters with many historical figures, including Mikael Agricola, Gustav Vasa, Queen Christina, and Pehr Kalm. Additionally, Kunnas’ beloved characters, Mr. Hakkarainen and Heikki the Spider, will appear on stage! Expect guaranteed fast-paced and surprising encounters.

The play is based on Kunnas’ 2017 bestseller and continues the tradition of the Koiramäki series, which has delighted generations. Kunnas’ dog characters were last seen at the Vaasa City Theatre in 2023 when ”The Seven Dog Brothers” took over the main stage.

Interested? Come and hear more about the play at a presentation on Wednesday, March 19, 2025, at 5 PM in the Theatre Restaurant Kulma. Free admission.

Don’t miss this unique opportunity to dive into Finnish history in the lively company of Koiramäki!

PARLIAMENT

Ollikainen to Lead Vaasa Electoral District’s Parliamentary Cooperation Network Focus on Cross-Party Collaboration



Mikko Ollikainen (SFP), originally from Malax, has been elected Chairman of the Cooperation Network for Members of Parliament in the Vaasa electoral district, according to a press release from the SFP. The cooperation network coordinates collaboration between MPs in the Vaasa electoral district across party lines. Mikko Ollikainen emphasizes the importance of cooperation between MPs.

The work of the cooperation network is extremely important for safeguarding the interests of the region. We are actively working to raise awareness of current issues in the electoral district, so that we can better highlight the region and its projects,” says Ollikainen. The network organizes, among other things, advocacy meetings with stakeholders, municipalities, and regional councils, and makes joint budget proposals to the state budget. In addition, the network organizes a joint summer meeting to address current issues related to the electoral district.

”There are many major projects underway in the electoral district, and it is important that we promote them together and receive up-to-date information about them. For the vitality of the entire region, the network is very important, as it operates genuinely across party lines and between the government and the opposition,” Ollikainen concludes.

WELFARE AREA

New H-Building’s 6th Floor Requires Renovation Due to Air Quality Issues – Patients and Staff Fall Ill Million Dollar Renovation Necessary After Reports of Hazardous Indoor Environment



Just a few years after its inauguration, the sixth floor of the ultra-modern H-building at Vaasa Central Hospital is forced to undergo extensive renovation. The reason: severe indoor air quality problems that have caused illness symptoms in both patients and staff. The care wards, which provide critical care for cancer and neurological patients, have suffered from elevated levels of hazardous substances.

Reports of health problems began as early as 2023, but only now is it clear that an expensive renovation is unavoidable. Construction Manager Timo Koivisto expresses great surprise that materials chosen for their health safety have still caused problems. Investigations have revealed elevated levels of 2-ethylhexanol, a substance that can be released from plastic flooring and adhesives.

”It feels very unfortunate that our new premises have suffered from problems, but we will fix them as soon as possible,” says Chief Nurse Johanna Syrén in a press release.

The renovation, estimated to take six

NEWS

to nine months, will begin this summer. In the meantime, temporary care facilities must be arranged. Welfare Area Director Marina Kinnunen emphasizes that the goal is healthy and safe spaces for everyone, but admits that the journey there is long.

“Our goal is that all our operations have healthy premises, but we know it will take some time to achieve that,” Kinnunen says.

A silver lining in all of this is that the construction alliance Bothnia High 5, which was responsible for the construction, is still liable. This means that the renovation will not burden the welfare area’s own budget. In addition, the construction alliance has decided to expand air quality investigations to other floors of the H-building to ensure that no further surprises await.

WELFARE AREA Medication Dis- pensers Revoluti- onize Home Care in Ostrobothnia – Medication Safe- ty Reaches New Heights!W

Forget Medication Spills and Mix-ups – Smart Devices Ensure Correct Medication Every Time!

There’s reason to celebra-
te in the Ostrobothnia
welfare area! Medica-
tion safety for home
care clients has taken a giant
leap forward thanks to smart
medication dispensers. These
innovative devices ensure that
every client receives the correct
medication dose at precisely the
right time, making medication
management safer and more
worry-free than ever before.

Imagine no longer having
to worry about whether you
remembered to take your medi-
cation. The medication dispen-
ser reminds you kindly, and

if the medication is forgotten for any reason, it locks the dose safely and alerts the home care nurse. This prevents overdoses and misuse of medications, and everyone can enjoy peace of mind.

“We are constantly working to ensure that home care services are the same for everyone,” rejoices Chief Nurse Paula Olin. “Now medication dispensers are free of charge for all who receive regular home care, and we are also piloting them for service voucher clients. This is a big step towards equitable and safe home care.”

Approximately 230 medication dispensers are already in use in Ostrobothnia, and their popularity is growing daily. Clients have embraced the devices with open arms, and they have proven to be easy to use and reliable.

“The medication dispenser is always a part of our home care, as it improves safety and supports independence,” Olin emphasizes. “Clients have been satisfied with the devices and have quickly become accustomed to them.”

This is a true win-win situation: clients receive safer medication management, and home care staff can focus even more on clients’ overall well-being. Medication dispensers are here to stay, and they usher in a new era for home care in Ostrobothnia!

SPORTING City of Vaasa Celebrates 2024’s Sporting Successes – An Evening of Joy and Pride!



The City of Vaasa recently honored its successful athletes with a grand awards ceremony at City Hall. The evening was filled with joy and pride as 194 local heroes, who achieved success at national and international levels during 2024, received their well-deserved recognition.

This impressive group of athletes, nominated by the city’s sports clubs, included both juniors and seniors who had won medals at Finnish Championships, Nordic Championships, European Championships, World Championships, and the Olympics. Para-athletes from

Vaasa and those representing Vaasa sports clubs were also included on the prestigious list.

The awards ceremony, held on March 10, 2025, at Vaasa City Hall, was a tribute to the talent and hard work of these athletes. The city showed its appreciation not only by praising their achievements but also by awarding scholarships to those who excelled in major international competitions.

The event was a brilliant demonstration of Vaasa’s rich sporting life and the strong community spirit surrounding sports in the city. It was an evening where heroes were celebrated, achievements

were recognized, and future sports stars were inspired.

On Monday, March 10, representatives from the West Coast Vikings Cheerleaders and Wasa Royals were among those awarded at Vaasa City Hall.

Photo: City of Vaasa / Christoffer Björklund

NEWS

CONCERT

Salasaari and a secret concert – the magical world familiar from Pikku Kakkonen comes to life in Vaasa!

Get ready to enter a magical world when Salasaari opens its doors in Vaasa! Author and actress Silja Sillanpää promises that everyone is welcome to Salasaari as they are, the city writes in its press release. Next week, the Vaasa City Orchestra will lead us into this enchanting world, which is also familiar from Pikku Kakkonen. Salasaari's secret concerts will be held on Wednesday 19 March at 18:00 at Länsimetsä School and on Thursday 20 March at 18:00 at Variska Comprehensive School.

The same week also marks Equality Day, in honour of which the Helsinki Philharmonic Orchestra offers discounted tickets for the whole family so that as many people as possible can enjoy the concert experience. Children's tickets cost two euros and adult tickets five euros. But what does the secret concert actually mean, Silja Sillanpää?

"It means a journey of imagination, classics of symphony and film music and, of course, an adventure in the secret passages of Salasaari and singing the Salasaari anniversary song together," Sillanpää reveals.

Many families are familiar with Salasaari from Pikku Kakkonen, where two children aged 6–8 travel to a fairytale world in a balloon. In the concert, two adventurers set out to unravel the secrets of the island: the cotton candy tree, the inhabitants of the secret island – especially the constant observer and spy

Maja-Akka – and the secret passages of the secret island, to which the audience has also been invited. As always in Salasaari, the concert will culminate in a celebration and sing-alongs.

During the evening, the audience is not just a spectator, but a part of the story. In addition to Sillanpää and the orchestra, actor Ville Mononen and orchestra conductor Jukka Mylly will perform on stage. It will be an unforgettable evening full of music, adventure and community!

CULTURAL DEED

Vaasa's Cultural Deed of the Year 2024 voting begins!

The nominees for the Vaasa Cultural Deed of the Year 2024 award have been announced! The jury has selected three wonderful candidates from among the residents' proposals, from which the public will be able to vote for their favourite during March.

The candidates are:

Wasa Sinfonietta: A 95-year-old amateur orchestra that delights both students and pensioners with its music. The orchestra cooperates with other cultural operators in Vaasa and gives concerts actively, for example in assisted living facilities.

Vaasa Artists' Association: Moving to Kunsthalle Helsinki has brought art closer to the city's residents. In addition to exhibitions, the art lending service offers everyone the opportunity to acquire art at an affordable price.

Malviniemi Company: A contemporary dance group that produces dance performances annually and offers applied dance content for the elderly, for example. The

group's dance film "In the Same Boat" has been successful in Finland and around the world.

Come and meet the candidates!

Everyone is welcome to meet the candidates at the Vaasa City Theatre's restaurant Kulma on 5 March at 6–7 pm. Coffee will be served at the event.

Vote for your favorite!

You can vote during March on the city's website. Go and cast your vote for the Vaasa Cultural Deed of the Year 2024!

ECONOMY

Bank of Finland: Global Situation Brings Uncertainty – Slow Economic Recovery, Trade War Threatens

The global political situation has changed in a way that is dangerous for Europe, and uncertainty is casting a shadow over Finland's and Europe's economic growth, warns the Bank of Finland in a recent press release. Governor Olli Rehn emphasizes that Europe must quickly find ways to support Ukraine and strengthen its own defense.

Uncertainty is weighing down investments and exports in the euro area, and the risks are tilted towards weaker development. Inflation is stabilizing towards the target, but economic growth is subdued. On the other hand, a significant increase in defense spending and investments in Europe could boost euro area output.

According to the Eurosystem's joint forecast, inflation

will be 2.3% in 2025 and 1.9% in 2026. Core inflation indicators also suggest that inflation will settle sustainably at the 2% target.

"We decided in the Governing Council of the European Central Bank to continue lowering interest rates in March, as inflation has slowed and the economic outlook has weakened. We do not commit to any interest rate path, but decisions will be made meeting by meeting, next time in April. The Council maintains full freedom of action when uncertainty is high," says Rehn. The key interest rate was now lowered for the sixth time, by 0.25 percentage points to 2.5 percent.

Finland's Economic Recovery is Slow

Finland's economy is recovering from the recession, but economic growth is modest and is particularly hampered by low investment. In the Bank of Finland's March 2025 interim forecast, the economy is expected to grow at the same pace as in the December forecast, but the risks of weaker-than-forecast development have increased. The economy will grow by 0.8% this year, and growth is expected to accelerate to 1.8% in 2026. At the end of the forecast period in 2027, growth will slow to 1.3%.

A Broad Trade War Would Weaken Global Output

According to the Bank of Finland's calculations, US import tariffs on EU countries and China could cut global output by more than 0.5% this year and next year. The effects on the euro area economy could be slightly greater than this.

ART EXPERIENCE OF THE WEEK



Alexander Lauréus

4.1.1783, Turku

20.10.1823, Rooma, Italia

Portrait of a Young Woman, 1809

EVENTS

TIKANOJA
THE ART EVENT OF THE
YEAR!

The exhibition covering the entire career of the masterful nature and portrait photographer Eero Järnefelt (1863–1937) will be on display until 25.5.2025 at the Tikanoja Art Museum - so there is still plenty of time.

Järnefelt is connected to Vaasa in that his father Alexander served as the governor of the province of Vaasa from 1888 to 1894. Alexander lived on Rantakatu and the family rented Tottesund Manor in Maksamaa for the summers of 1891–1892. Eero Järnefelt's sister Aino married Jean Sibelius there. The exhibition has been curated by Timo Huusko, Chief Curator of the Ateneum, and the exhibition at the Tikanoja Art Museum has been produced by the Ateneum Art Museum / Finnish National Gallery in cooperation with the Vaasa Museums.

ATENEUM

When the Ateneum opens the doors to the *Crossing Borders* exhibition on 7 March 2025, visitors will be invited on a fascinating journey through time and space.

For the first time, the works of the brave women who, despite the limitations of their time, crossed geographical and social boundaries to create art are collected. Among the prominent names are two artists from Vaasa – the bold landscape painter Fanny Churberg and the skilled portrait and genre painter Alexandra Frosterus-Såltin.

Vaasa-Vasa Baroque

Sat / Sat 22.3 at / kl. 16.00

Music in Veturitalli

Symphonies for one violin – Sonatas and Letters by Stradella Symfonier för en violin – Stradellas sonater och brev Pirkanmaa Baroque & Aira Maria Lehtipuu

This concert is free of charge! Open house in Veturitalli all day, come and explore the Wärtsilä area.

<https://vaasabaroque.com/>

VAASA humour FESTIVAL 2025

2-4.4.2025

Sov. Finland-Swedish cultural development

The churches' sounding week:

During the Sounding Week of Churches, you can listen to almost all the choirs and orchestras of the Vaasa Evangelical Lutheran congregations. Admission to



Miss Concordiae on Friday 28.3 at 7 pm in the Trinity Church. Sing the Joy, conducted by Sini Usmi.

Children's party on Saturday 29.3 at 3 pm in Vähäkylä church. The parishes' children's choirs.

Canticum Maris a cappella Sunday 30.3 at 7 pm in the Trinity Church. Conductor Tarja Viitanen.

The church choirs and cantors on Wednesday 2.4 at 7 pm in the Trinity Church.

The Merina Youth Choir on Thursday 3.4 at 7 pm in Brändö church. Conductor Tarja Viitanen.

Vaasa-Vasa Baroque

Sun / Sö 27.4 at / kl. 17.00
City Hall Ballroom / Stadshuset's festsal

Handel and Roman in London – Handel möter Roman i London

Kajsa Dahlbäck, soprano / sopran Drottningholms barockensemble (SWE)

<https://vaasabaroque.com/>

VAASA CHOIR FESTIVAL XXXI 22-24.5.2025

Vaasa Choir Festival is a significant international choral music event. The joyful and social closing celebration of the singing season is open to all choirs.

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, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

KASKINEN'S SUMMER OF MUSIC

9-12.7.25

A classical music festival in Finland's smallest town.

"The proximity of the sea, the history of the city of Kaskinen, bilingualism, the beautiful wooden house environment"

Artistic directors Anna-mari and Samuli Peltonen

LOHTAJA CHURCH MUSIC FESTIVAL

22-27.7.25

Church music from thousand-year-old traditions

www.kirkkomusiikkijuhlat.fi

NÄRPES THEATRE

"Maskinisterna (The Machinists)", a Swedish-language play about the Wickström Brothers and their engine factory, with a script and direc-

tion by Erik Kiviniemi.

World premiere 28.6.25 klo 19

Other events:

1-.7 at 7 pm

3.7. at 7 pm

7.7. at 7 pm

8.7. klo 19

10.7 at 7 pm

13.7. at 5 pm

15.7. at 19

16.7. at 19

17.7. at 19

19.7. at 19

KORSHOLM MUSIC FESTIVAL

23.7.–30.7.2025

"Korsholm Music Festival 2024 and Tove Teuvalla Opera are over and autumn is approaching. Now we are already working on the Summer 2025 Music Festival. However, we want to return to the warm days and festival atmosphere of July and August."

A greeting from festival director Viktor Nygård: "I am very much looking forward to working with the Korsholm Music Festival and I have many exciting ideas for how we can continue to develop the festival. I can already promise that next year it will be a fantastic festival with something for everyone."

Korsholm Music Festival will be held next summer 23.–30.7.2025.

RITZ

25.7.25 at 7 pm

MARI PALO – TANGO

One of Finland's most sought-after sopranos dives into the world of tang.

Korsholm Music Festival

VAASA CITY HALL

27.7.25

CONCERT ROYAL

Amélie goes to Belgrade with her friends

Korsholm Music Festival

WASA FUTURE FESTIVAL

11-16.8.2025

The Wasa Future Festival 2026 is set to take place from 11th to 16th August.

HEALTH



ADHD

Up to 19% of Boys on ADHD Medication – Is Overdiagnosis to Blame? Explosive Rise in ADHD Diagnoses Raises Concerns Among Experts.

The number of ADHD diagnoses among children and adolescents in Finland continues its worrying upward trend, according to the latest data from the Finnish Institute for Health and Welfare (THL). Particularly alarming is the prevalence of ADHD medication use among boys, which in some welfare regions has risen to as high as 19 percent among elementary school-aged boys. This raises serious questions about whether this reflects a genuine increase in neurodevelopmental disorders or potentially, overdiagnosis.

The statistics paint a stark picture: in 2023, approximately 11 percent of elementary school-aged boys had an ADHD diagnosis, and among 13-17-year-old boys,

the corresponding figure was about 10 percent. While diagnoses among girls have also increased, the rate among boys remains significantly higher. Especially in Eastern Finland, ADHD diagnoses and medication use are most common, whereas they are rarer in Ostrobothnia and Eastern Uusimaa.

THL's Chief Physician Terhi Aalto-Setälä acknowledges that ADHD symptoms are now well-recognized, and more people are seeking assessments. However, she emphasizes that symptoms can be explained by many factors other than ADHD, requiring thorough evaluations. "This is a significant challenge, especially for school and student healthcare, where the burden of these evaluations is increasingly concentrated," Aalto-Setälä states.

Kela's Special Researcher Mii-ka Vuori echoes these con-

cerns. He points out that the significant regional variations in diagnoses and medication suggest substantial regional differences in assessment and treatment practices. "This needs more attention than it currently receives," Vuori stresses.

Experts are concerned that ADHD treatment practices and potential misdiagnosis have raised concerns not only in Finland but also in other countries, such as Iceland and Sweden. In Iceland, ADHD medication use among children and adolescents is even more prevalent than in Finland.

It is clear that ADHD in children and adolescents is also a societal issue. Overdiagnosis can lead to children and adolescents receiving medication they may not need, potentially causing harmful side effects. Conversely, untreated ADHD can lead to serious problems, such as diffi-

culties in school, social issues, and mental health problems.

According to THL and Kela experts, the annual prevalence of ADHD diagnoses among elementary school-aged boys in Finland is expected to rise to about 15 percent, and among 13-17-year-old girls to about 8-10 percent, before the growth plateaus. This means that more and more children and adolescents are receiving an ADHD diagnosis and medication.

Therefore, it is crucial that ADHD diagnosis and treatment are based on thorough evaluations and that the individual needs of the child or adolescent are considered. Furthermore, more research is needed on the factors contributing to the increased prevalence of ADHD and how overdiagnosis can be prevented.

CLIMATE CHANGE

February 2025: A Whispered Warning in Warmth



February 2025 etched another concerning mark in the climate record, solidifying the relentless trend of escalating global temperatures. Copernicus, through its ERA5 dataset, revealed it as the third warmest February ever recorded, with a global average surface air temperature of 13.36°C . While only a sliver (0.03°C) separated it from the fourth warmest in 2020, the broader narrative is one of persistent, alarming heat.

The numbers paint a stark picture: February 2025 soared 1.59°C above the pre-industrial baseline (1850-1900), a critical threshold highlighting the accelerating pace of global warming. Notably, 19 of the last 20 months have breached this 1.5°C mark, a statistic that, while potentially varying

slightly across datasets, underscores the gravity of our current climate trajectory.

The boreal winter (December 2024 to February 2025) mirrored this trend, registering as the second warmest on record, just shy of the previous year's peak. Furthermore, the 12-month period from March 2024 to February 2025 also clocked in at 1.59°C above pre-industrial levels, reinforcing the long-term warming trend.

»February 2025 continues the streak of record or near-record temperatures observed throughout the last two years,« stated Samantha Burgess, Strategic Lead for Climate at ECMWF. This persistent warmth isn't merely a statistic; it translates to tangible consequences, most notably the unprecedented melting of sea ice. The

»record or near-record low sea ice cover at both poles« has driven global sea ice cover to an all-time minimum, a chilling testament to the planet's rapid transformation.

Europe, while experiencing pockets of intense warmth, presented a nuanced picture. The continent's average February temperature was above the 1991-2020 average, but not among the top ten warmest. Northern Fennoscandia, Iceland, and the Alps sweltered, while Eastern Europe experienced cooler than average temperatures. This regional variability underscores the complex interplay of climate patterns.

Beyond land temperatures, the oceans are also heating up. The average sea surface temperature (SST) for February 2025 was the second highest on record,

reaching 20.88°C . While slightly cooler than the record-breaking February 2024, SSTs remained alarmingly high in many ocean basins, with the Gulf of Mexico and the Mediterranean Sea witnessing expanding record-breaking areas.

This press release from Copernicus is more than just a collection of numbers. It's a stark reminder that the planet's climate is in flux, and the consequences are becoming increasingly visible. The persistent breach of the 1.5°C threshold, the unprecedented sea ice loss, and the record-breaking ocean temperatures are all symptoms of a warming world. They serve as a call to action, urging us to accelerate efforts to mitigate climate change before the whispers of warning become a deafening roar.

HEALTH

Processed Meat and Dementia: New Evidence Highlights a Troubling Link



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

The Study and Its Findings

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

Interestingly, the study also

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

Processed vs. Unprocessed Meat: A Key Distinction

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

Broader Health Implications

This research aligns with ear-

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

Dietary Recommendations for Brain Health

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

The Bigger Picture

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

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

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

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

HEALTH

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

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

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

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

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

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

Despite these limitations, the T2DR program offers hope for

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

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

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

The T2DR Program:

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

Initial Intensive Phase:

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

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

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



agement throughout the program.
Group sessions: Participants attend group sessions to share experiences, learn from others, and build a support network.
Education on healthy eating: Participants receive comprehensive education on healthy eating habits, portion control, and meal planning.
Physical activity: The program emphasizes the importance of physical activity and provides guidance on incorporating exercise into daily life.
Psychological support: Addressing emotional and psychological factors related to weight management is crucial.
Transition to Sustained Weight Loss
After the initial three-month TDR phase, participants transition to a sustained weight loss phase. This involves gradually reintroducing regular food while maintaining the healthy ea-

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

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

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

HEALTH

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



Prevention of stroke!

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

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

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

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

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

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

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

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

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

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

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

NB:

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

TRAMS



Tampere tramways – A modern investment with historical roots

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

A dream that came true

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

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

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

A growing network

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

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

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

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

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

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

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

Where are the vans manufactured?

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

Some of the advantages of trams in Tampere:

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

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

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

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



The future of Tampere tramways

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

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

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



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.

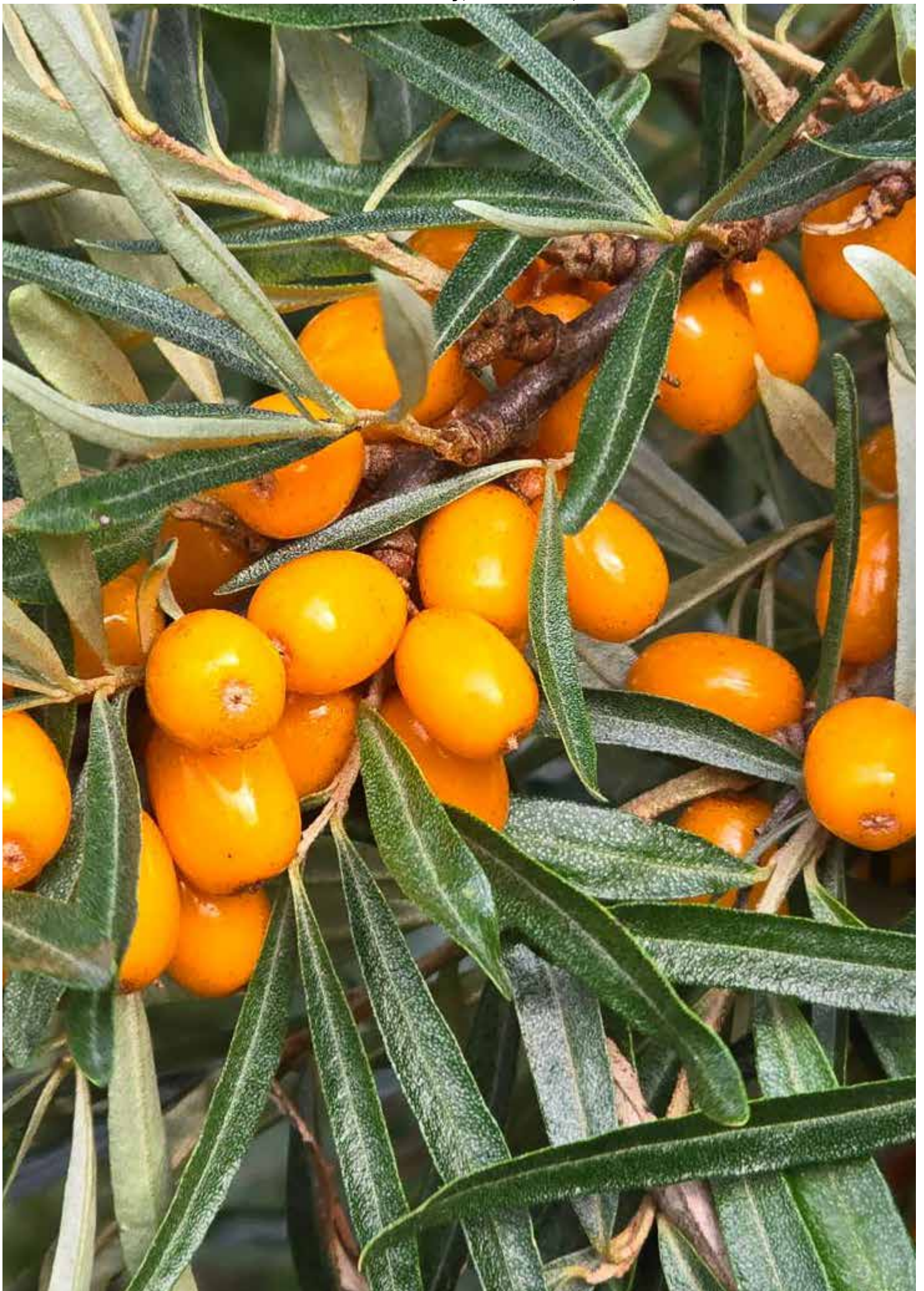
Nutritional values of sea buckthorn – a real health bomb

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.

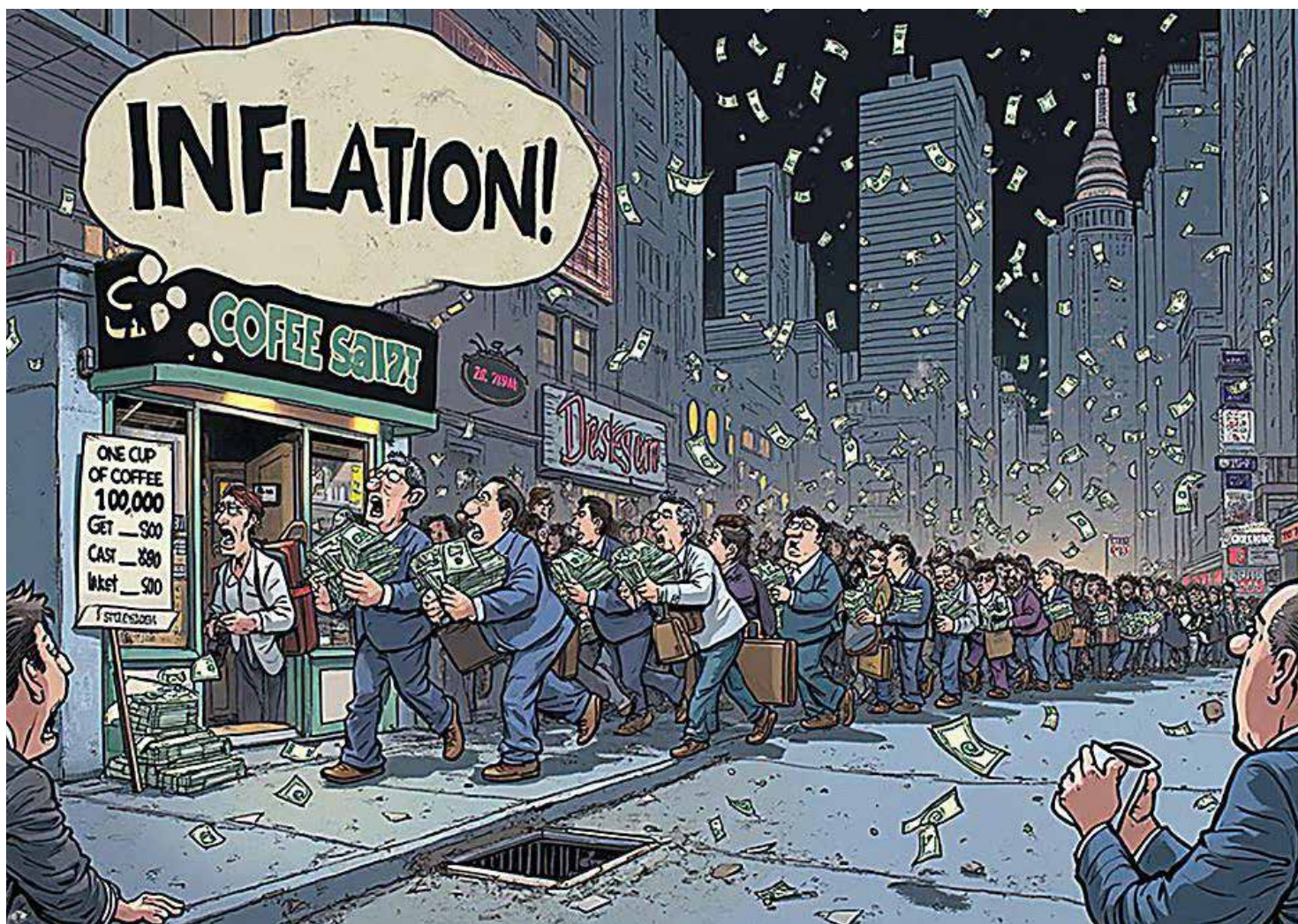
The uniqueness of sea buckthorn

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 thumbtacked 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

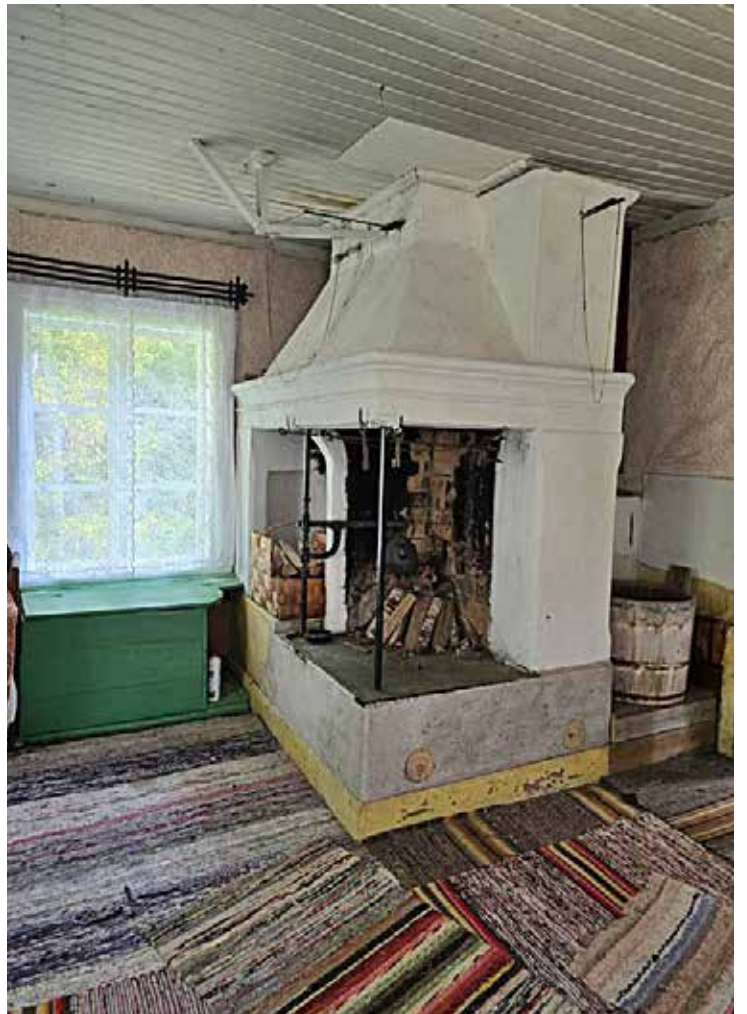
1900s, has been carefully restored to its original condition. Inside, visitors can explore the authentic furniture and appliances that once belonged to the tenant families. The torp also features a number of outbuildings, including a barn, a stable, and a granary.

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.



KONST



Maria Martinau: The Girl (undated). Finnish National Gallery / Ateneum Art Museum. Photo: Finnish National Gallery / Hannu Aaltonen..

ATENEUM

The exhibition at the Ateneum revolutionises the perception of women artists of the 19th century. Vaasa artists Fanny Churberg and Alexandra Fros-terus-Sältin are well represented

On 7 March 2025, the Ateneum Museum opened its doors to the exhibition "Boundary Crossers", which provides a unique perspective on the lives

and work of women artists during this period. The exhibition highlights forgotten artists and their networks and presents works that have never been shown in Finland before.

In the 19th century, wo-

men artists had to travel abroad, especially to Germany, in order to receive a high-quality education. Travel was slow and dangerous, and women had to adhere to strict social norms. The exhibition presents works by more

than 50 female artists who broke the boundaries of their time. They created careers for themselves at a time when women did not have the right to vote and were expected to choose between family and career.



The Savoyard Boy painted by Alexandra Frosterus is normally in the Office of the President of Finland and thus not accessible to the public. But now it can be seen at the Ateneum.

The exhibition features works by Fanny Churberg, Alexandra Frosterus-Sältin and Helene Schjerfbeck, among others. In addition, drawings

by Finland's first female scientific illustrator, Hilda Olson, will be on display. "Breaking the Boundaries" is a continuation of the Ateneum's work as



The Little Broomboy, a copy of the painting in the Runeberg Museum in Porvoo. Alexandra Frosterus-Sältin painted this painting at the behest of J L Runeberg and the painting was - and still is - in his bedroom. The small copy is normally in the Museum of Ostrobothnia, but is now on display at the Ateneum.

a pioneer in research on women artists. The exhibition highlights Germany's importance as a country of art and provides a new perspective on the art his-

tory of the 19th century. The exhibition is open until 24.8.2025.

Source: 18.2.2025 Ateneum, Press release





Above: Trip to the cemetery, a painting by Alexandra Frosterus, showed an event that was not unusual, infant mortality was high in the 1800s. Below is a painting painted by Fannu Churberg, Rapakivi rocks





Above Ellen Favorin's "Landscape" below Elisabeth Jerichau-Baumann's "Mermaid"







A detail of Viktoria Åberg's painting "Monrepos". This painting is also normally in the President's Office, but can now be seen at the Ateneum

BOOK

Rediscovered classic offers new insight into today's society

Wasa Dagblad has translated "1984" into Swedish and the book can be read on the newspaper's website: www.vpress.ovh

In an era marked by digital surveillance and the influence of social media, George Orwell's novel "1984" has gained new relevance. Although the book was written in 1948, long before the internet and smartphones, its depiction of a totalitarian society is frighteningly relevant.

The novel, which takes place in a dystopian future, describes a society where the state controls every aspect of citizens' lives. Through advanced surveillance and manipulation of information, the regime maintains its power and creates an atmosphere of fear and suspicion.

"It is fascinating how pinpoint-accurate Orwell was in his description of a surveillance society," says a well-known literary critic. "Although technology has developed enormously since 1948, the underlying mechanisms for control and manipu-

lation are still the same."

In "1984," the state uses "telescreens" to monitor citizens 24/7. In today's society, we have surveillance cameras, internet tracking, and facial recognition. Although these technologies are often justified on security grounds, they raise questions about privacy and civil liberties.

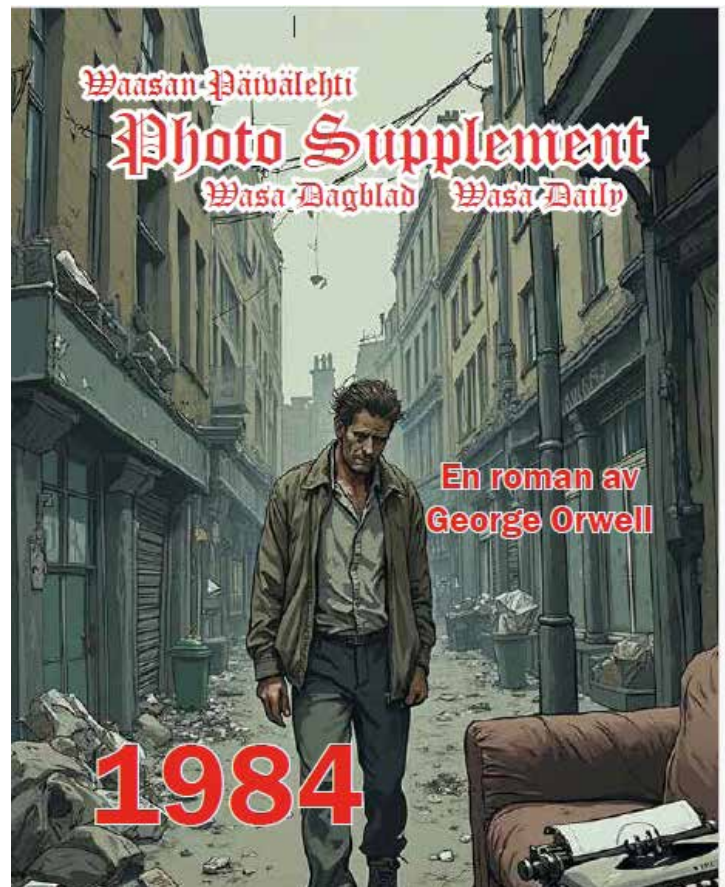
Orwell also depicts how the state uses "newspeak" to limit citizens' ability to think and control their perception of reality. By eliminating words that express opposition and criticism, the regime creates a language that makes it impossible to think "non-authoritarian" thoughts.

"It is a frightening thought that language can be used as a tool of control. In today's society, we see how politicians and the media use 'spin' and 'fake news' to manipulate public opinion. Orwell's newspeak may not be so far from our own reality."

"1984" is not only a warning against totalitarianism, but also a reminder of the importance of safeguarding



George Orwell (1903 - 1950). Wikimedia Commons



freedom of expression, privacy, and critical thinking. In a time when these values are being challenged, Orwell's novel is more relevant than ever.

'1984' can be recommended to everyone. It is a book that makes you think about our own time and the challenges we face.

LOVE

LOVE

There Are Four Types of Romantic Love



A groundbreaking study published in *Personality and Individual Differences* has unveiled a sensational truth: romantic love isn't a monolithic experience. Instead, it manifests in four distinct, and sometimes wildly contrasting, forms. Researchers, utilizing data from the 2022 Romantic Love Survey, meticulously analyzed 809 partnered young adults, revealing a startling landscape of love characterized by varying degrees of intensity, obsession, commitment, and sexual frequency.

The Mild Romantics: This group, comprising 20% of participants, represents the quietest expression of love. They exhibit the lowest levels of intensity, obsession, commitment, and sexual activity. Often male and heterosexual, they are frequently dating but not cohabiting.

Their love stories are marked by a higher number of past relationships, shorter durations of current love, and a lower perception of reciprocated affection. Intriguingly, they report the lowest health and functioning, and the highest rates of ASD diagnoses, suggesting a potential link between neurodiversity and a less intense experience of romantic love. They're also prone to risk-taking behaviors like reckless driving and substance use.

The Moderate Romantics: The largest group, representing 41% of participants, these individuals are defined by their "unremarkable" experience of love. They display average levels of intensity and obsession, with relatively high commitment and moderate sexual activity. Primarily male, they are the least likely to have children and are characterized by their self-confidence and lack of reported emotional extremes.

They are the "everyday" lovers, content and balanced.

The Libidinous Romantics: This passionate, yet small, group (10%) is defined by an insatiable sexual appetite, averaging an astonishing 10 sexual encounters per week. They experience high intensity, obsession, and commitment, coupled with a remarkable level of openness and reported well-being. They are often in committed relationships, but not cohabiting, and report the highest use of SSRIs. Their lives are marked by high energy, a desire for travel, and a penchant for spending. This group embodies the "love as pure fire" archetype.

The Intense Romantics: This group, making up 29% of participants, represents the pinnacle of romantic love. They exhibit the highest intensity, obsession, and commitment, with a high, though not extreme, frequency of sex. Predominantly female, they report the highest relationship satisfaction and the lowest

rates of ASD. Their love stories often begin before the relationship itself, and they display the greatest disparity between their perceived self and partner mate value. These individuals are highly agreeable, conscientious, and report a range of positive psychological traits, including sociability, planning, and a generally elevated mood. They are the true "love addicts," immersed in the exhilarating highs of romantic connection.

This study shatters the illusion of a singular romantic experience, revealing a spectrum of love that varies dramatically based on individual characteristics and relationship dynamics. It provides a fascinating glimpse into the diverse ways humans experience one of the most powerful emotions, offering a rich tapestry of love stories and a profound understanding of the human heart.

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NEWS

MOON

The First Cellular Phone System on the Moon, by Finnish Nokia: A Giant Leap for Lunar Communication



The lunar landscape is about to witness a technological milestone, a moment that will forever alter how we perceive communication beyond Earth. As Intuitive Machines' IM-2 mission, carrying a suite of NASA experiments, prepares for its March 6th landing in Mons Mouton, it also carries a pioneering piece of Finnish innovation: Nokia's Lunar Surface Communications System (LSCS), the first cellular phone system designed for the Moon.

This isn't just a symbolic gesture; it's a critical step towards establishing a sustainable human presence on the Moon and beyond. Funded through NASA's Tipping Point initiative, Nokia's LSCS is a 4G/LTE communication system, a testament to the company's long-standing expertise in mobile technology. It's designed to facilitate seamless communication between the Intuitive Machines lander, a Lunar Outpost rover, and the Micro Nova hopper, demonstrating the feasibility of cellular connectivity in the harsh lunar environment.

Imagine a future where ast-

ronauts on the Moon can effortlessly transmit high-definition video, send and receive command-and-control messages, and share vital sensor and telemetry data, all through a reliable cellular network. This is the promise of Nokia's LSCS. It's not just about making phone calls; it's about building the foundation for a robust communication infrastructure that will support future lunar missions, scientific research, and even potential lunar settlements.

The challenges of establishing a cellular network on the Moon are immense. The lunar environment is characterized by extreme temperature variations, radiation, and the absence of an atmosphere. Nokia's LSCS has been engineered to withstand these challenges, showcasing the company's commitment to developing rugged and reliable technology for space exploration. The system's ultra-compact design is also crucial, minimizing the payload weight and maximizing efficiency for lunar missions.

This initiative is a significant leap for Finland, solidifying its position as a leader in space

technology. Nokia's involvement in the Artemis campaign is a testament to the country's growing expertise in this field. It's a source of national pride and a demonstration of Finnish ingenuity on the global stage.

This is more than just a technological demonstration; it's a visionary step towards the future of space exploration. The ability to establish reliable communication networks on the Moon is crucial for enabling long-term human presence and scientific research. It's like laying the groundwork for a lunar city, ensuring that astronauts can stay connected and share data in real-time.

The fact that a Finnish company is leading this effort is particularly noteworthy. Nokia's long history of innovation in mobile technology is now being applied to the challenges of space exploration. This project highlights the importance of public-private partnerships in driving technological advancements.

However, this is just the beginning. The next step will be to evolve this 4G/LTE sys-

tem into a more robust and scalable network, potentially incorporating 5G or even future generations of cellular technology. The ultimate goal is to create a seamless communication infrastructure that can support a wide range of lunar activities.

This project also raises important questions about the future of space exploration. As we venture further into the cosmos, we need to consider the ethical and environmental implications of our actions. It's crucial that we develop sustainable technologies and practices that minimize our impact on the lunar environment.

Ultimately, Nokia's LSCS is a symbol of human ambition and our relentless pursuit of knowledge. It's a reminder that even the most ambitious dreams can become a reality with innovation, collaboration, and a spirit of exploration. The Moon is calling, and Nokia is helping us answer.

HEALTH

When food doesn't go down: Achalasia

Achalasia is a rare disease of the oesophagus that makes eating painful and difficult. It's like a gate that doesn't open: the sphincter in the lower part of the oesophagus doesn't relax properly, preventing food from reaching the stomach. This can lead to a wide range of symptoms and have a significant impact on quality of life. There are different treatments, and although treatment cannot cure the disease, the symptoms can usually be calmed down.



Thomas Willis (1671-1675)

This is not a new disease. The English physician Thomas Willis (1621-75) wrote an account of this disease in 1674 and he treated the disease by dilating the esophagus with a whale bone.

Rare, but not unknown

Achalasia is a relatively rare disease, but it is not unknown. Among 150,000 thousand people (i.e. in the wellbeing services county of Ostrobothnia, for example), an average of one person falls ill with this disease every year. It occurs in people of all ages, but most commonly it breaks out between the ages of 30 and 60. The cause of the disease is not fully understood, but researchers suspect that it is an autoimmune disease in which the body's own

immune system attacks nerve cells in the oesophagus. A viral infection can potentially act as a trigger.

The nerve fibers that cause the upper gastric port to open no longer work, so the gastric port remains closed. Genetic factors can also play a role.

If a person has been in South America, it should be taken into account that they may have Chagas disease, a parasitic disease that causes the same symptoms as achalasia.

Symptoms vary

The symptoms of achalasia can vary from person to person. When a patient visits a doctor in the early stages of the disease, it is often assumed that it is acid reflux disease and medication is given for it.

The most common symptoms include:

Difficulty swallowing: Food, especially solid food, doesn't seem to go down, and it feels like food is "stuck" in the oesophagus. Hiccups may occur.

Chest pain: Esophageal cramps can cause pain behind the sternum.

Regurgitation: Food or liquid may rise back into the mouth, even hours after eating.

Weight loss: Eating can be so difficult that it leads to weight loss.

Cough and lung infection: Getting food back up can cause coughing and even lung infections if food gets into the respiratory tract.

When food does not freely enter the stomach, it accumulates in the oesophagus, which gradually expands.

Diagnosis requires examinations

Diagnosing achalasia can be challenging, as the symptoms can be similar to those of other diseases of the oesophagus. To reach a diagnosis, a number of examinations are usually required, such as:

Oesophageal endoscopy (gastroscopy): The oesophagus is scanned through a flexible



Enlarged esophagus on X-ray

tube, which allows changes in the mucous membrane to be seen and biopsies to be taken, if necessary.

Manometry is the most important examination. It measures the function and pressure of the muscles of the oesophagus. In achalasia, manometry reveals typical changes, such as inrelaxation of the sphincter and the absence of esophageal contractile movements. Nowadays, the examination is usually done as precision manometry, where the catheter has sensors at centimeter intervals,

X-ray: An X-ray of the esophagus can help detect dilation of the esophagus and slowing the passage of food.

There are several treatments

There is no cure for achalasia, but the symptoms can be alleviated and the quality of life can be improved with various treatments. Treatment methods include:

Medication: Medications can help relax the esophageal sphincter. Medication, such as nitro

and calcium blockers, relieves symptoms and is used while waiting for treatment or in situations where other treatment is not possible for some reason.

Botulinum injections are also used for this purpose, the problem with them is the short duration of the effect, after six months of the injections, only one in two is asymptomatic.

Pneumatic dilation: The esophageal sphincter is dilated with the help of a balloon. Usually, 2-3 extensions are needed to get a good result.

Surgery: In surgery, the oesophageal sphincter is weakened to allow food to pass through better.

POEM procedure: A newer, endoscopic assisted procedure in which the oesophageal sphincter is weakened. Surgical robots are now used in surgery, which have improved surgical results and reduced complications.

Percutaneous endoscopic myotomy (POEM) is a new treatment method in which the procedure is performed through a gastroscop,

The prognosis is usually good

The prognosis for achalasia is usually good, as long as the disease is diagnosed and treated in time. With the help of treatments, the symptoms can usually be well controlled and patients can live a normal life, and the disease usually does not affect life expectancy when treated. However, it is important to remember that achalasia is a chronic condition that requires regular monitoring and sometimes repeated treatments.

VAASA UNIVERSITY



UNIVERSITY OF VAASA

University of Vaasa Turning Buildings into Flexible Energy Sources

The University of Vaasa has received significant funding from Business Finland for a research and development project that will revolutionize how buildings use energy. The FlexiPower project is developing a "Building as a Battery" (BaaB) solution, which will allow existing building infrastructure to be used as flexible energy sources.

The project aims to create and commercialize a solution that enables buildings' heating and cooling systems to dynamically respond to the needs of the electricity grid. This innovation offers a cost-effective and scalable way to balance the grid

without large initial investments in batteries or other infrastructure projects.

"Among property owners, the project has been warmly received, primarily because no large initial investments are required," says Edi Sandblom from the University of Vaasa. "The markets are very uncertain, and therefore it is difficult to calculate the pay-back period for investments."

The BaaB solution can generate significant revenue for property owners. In addition, it supports them in reducing their carbon footprint and promoting responsible energy management and sustainable development.

The increasing use of renewable energy sources requires flexible solutions to balance the electricity system. The solutions offered by the FlexiPower project provide an innovative and efficient approach to this.

In the initial phase of the project, the focus will be on testing and validating the solution in real buildings in cooperation with partners. The goal is to study the suitability of the solution in several different markets, both in Finland and abroad. The project continues until spring 2026.

Why is this interesting news?

New Perspective: Using buildings as energy sources is a new

and innovative approach to energy production and distribution. Cost-Effectiveness: The solution does not require large initial investments, making it attractive to property owners. Sustainable Development: The project supports the use of renewable energy sources and reduces the carbon footprint. Economic Potential: The BaaB solution can generate significant revenue for property owners. This news is interesting to many readers, such as property owners, energy sector players, researchers, and those interested in the environment. It provides information about a new and promising technology that can revolutionize energy use in buildings and promote sustainable development.

Source: University of Vaasa

YOUR HEALTH

Coffee Protects Against Alzheimer's – But Without Sugar!

For years, coffee has been touted as more than just a morning pick-me-up. Studies have hinted at its potential to protect against neurodegenerative diseases like Alzheimer's and Parkinson's. Now, a large, long-term study has provided compelling evidence, confirming the link and, crucially, revealing a vital caveat: the protective effect only applies to unsweetened and caffeinated coffee.

The research, published in the *American Journal of Clinical Nutrition*, followed over 200,000 participants in the UK Biobank for a median of nine years. Researchers meticulously tracked their coffee consumption, categorizing it by type: sugar-sweetened, artificially sweetened, unsweetened, caffeinated, and decaffeinated. They then analyzed the incidence of Alzheimer's disease and related dementias (ADRD), Parkinson's disease (PD), and mortality related to these conditions.

The results were striking. Individuals who consumed the highest amount of unsweetened, caffeinated coffee (at least three cups a day) showed a significantly reduced risk of both ADRD and PD compared to those who didn't drink coffee. Specifically, they had a 25% lower risk of ADRD and a 29% lower risk of PD. This protective effect extended even to reducing the risk of death from neurodegenerative causes, although this

finding was not statistically significant.

However, the study also revealed a crucial detail: this protective effect vanished when sugar, either natural or artificial, was added to the coffee. Neither sugar-sweetened nor artificially sweetened coffee showed any significant association with a reduced risk of neurodegenerative diseases. Similarly, decaffeinated coffee offered no protective benefits.

This distinction is key. While previous studies have suggested a link between coffee and reduced dementia risk, they often failed to differentiate between various coffee types. This new research clarifies the picture, emphasizing that the benefits are specifically tied to the combination of caffeine and the absence of sweeteners.

Why does this matter?

Alzheimer's and Parkinson's are devastating neurodegenerative diseases affecting millions worldwide. Finding ways to reduce the risk of these conditions is a major public health priority. This study offers a simple, accessible lifestyle modification that could potentially make a significant difference.

What's the science behind it?

While the exact mechanisms are still being investigated, several theories exist. Caffeine, a known stimulant, has been shown to have neuroprotective properties. It can block adenosine receptors in the brain, which are involved in slowing down nerve activity and promoting sleep. By blocking these receptors, caffeine may help to protect brain cells from damage.

Furthermore, coffee beans contain a variety of other compounds, including antioxidants, which can help to protect cells from damage caused by free



radicals. These antioxidants may also play a role in the neuroprotective effects of coffee. However, the addition of sugar might counteract these beneficial effects through various mechanisms, such as promoting inflammation or impacting insulin sensitivity. Further research is needed to fully understand the complex interplay between coffee, caffeine, sugar, and the brain.

What should you do?

If you enjoy coffee and are concerned about your risk of neurodegenerative diseases, this study suggests that switching to unsweetened, caffeinated coffee could be a beneficial choice. Aiming for at least three cups

a day appears to offer the most significant protection. However, it's essential to consult with your doctor before making any significant changes to your diet, especially if you have underlying health conditions.

This new research provides strong evidence that unsweetened, caffeinated coffee can play a role in protecting against Alzheimer's and Parkinson's disease. While more research is needed to fully understand the mechanisms involved, this study offers a valuable insight into the potential benefits of this popular beverage – as long as you skip the sugar.

RUSSIAN WAR AGAINST UKRAINE

Security Partnership for Peace: The Presidential Office Hosted a Coordination Meeting with Nordic and Baltic Countries



14 March, 2025

Deputy Head of the Office of the President of Ukraine, Ihor Brusylo, held a meeting with the heads of diplomatic missions and military attachés from the Nordic and Baltic countries (NB8).

The meeting was also attended by Deputy Minister for Strategic Industries Anna Gvozdiar, Deputy Minister of Defense of Ukraine, Valerii Churkin, and a representative from the Command of the Logistics Forces of the Armed Forces of Ukraine.

The key topics of discussion included strengthening

international military and technical cooperation, priority areas for enhancing Ukraine's defense capabilities, and the urgent needs of Ukrainian warriors.

Ihor Brusylo thanked the diplomatic representatives for their assistance in our fight against Russian aggression.

“Your region plays an extremely important role in ensuring an effective security architecture for the European continent. Today, the support of our Northern European partners is crucial for deterring the aggressor and strengthening Ukraine's defense capabilities,” he noted.

The parties also exchanged views on the global situation and the agreements reached by the Ukrainian and U.S. negotiation teams in Saudi Arabia.

Particular attention was given to consolidating efforts within the framework of the UK-France initiative to establish a “coalition of the willing” – a mechanism aimed at developing effective security guarantees for Ukraine.

Representatives of the NB8 countries reaffirmed their readiness to continue supporting Ukraine both bilaterally and within multilateral cooperation formats.

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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

AI

AI-Generated Podcasts: A New Era of Audio Content with NotebookLM

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



In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and redefining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

The Emergence of AI-Generated Podcasts

As the podcasting industry continues to grow at an unprecedented rate, content creators and media companies are always on the lookout for innovative tools to streamline production and enhance creativity. NotebookLM, initially celebrated for its ability to generate high-quality written content, has now ventured into the realm of audio. This cutting-edge

technology is capable of producing podcasts that are nearly indistinguishable from those created by human hosts, opening up exciting possibilities for the future of digital content.

The appeal of NotebookLM-generated podcasts lies in several key features that set them apart from traditional podcasts:

Natural-Sounding Voice: NotebookLM can produce audio content with a voice that mimics the natural cadence and tone of human speech. This makes it difficult for listeners to discern that the podcast is AI-generated, offering a seamless listening experience.

Diverse Range of Topics: Whether it's breaking news, current events, or light-hearted storytelling, NotebookLM can tackle a wide array of subjects. Its versatility makes it an ideal tool for content creators looking to explore different genres without the constraints of time and labor-intensive production.



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

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 Positioning 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 Osthrobotnia region

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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HOROSCOPE FOR MARCH 2025

Fabulous March Horoscope

Aries (March 21–April 19)

Spring energy is rushing through your veins! Unfortunately, you keep forgetting your umbrella everywhere. No worries — you're not made of sugar (probably).

Taurus (April 20–May 20)

The slushy remains of winter make you grumpy, but you pretend to be fine. Curl up on the couch, drink a liter of tea, and refuse to acknowledge that March is technically a spring month.

Gemini (May 21–June 20)

Your brain is overflowing with ideas and plans! Too bad you'll only follow through with one. But hey, thinking about doing something is practically the same as doing it, right?

Cancer (June 21–July 22)

You're feeling extra emotional and nostalgic. Try not to call your ex or cry over old weather

forecasts. Spring is coming — promise!

Leo (July 23–August 22)

The sun is finally peaking out, and you can return to your natural habitat — the center of attention. Just remember, wearing sunglasses doesn't make March a summer month.

Virgo (August 23–September 22)

You're already spring-cleaning, but spring doesn't seem to be cleaning up for you. Breathe deeply and accept that dust bunnies, like old friends, always come back.

Libra (September 23–October 22)

Do you know what you want? No. But that's okay, because you just accidentally mixed up three different coffee orders at the café. Let the adventure begin!

Scorpio (October 23–November 21)

You are mysterious and irresistible — except when you're struggling to put on your winter boots in a hurry. Let spring arrive at its own pace, like a really good thriller.

Sagittarius (November 22–December 21)

March brings big opportunities! Or maybe just more slush. But your attitude is everything, so keep your shoes dry and your spirits high.

Capricorn (December 22–January 19)

You have a plan for spring. The universe has another. Flexibility is the key to success — and to losing your temper when the bus is late.

Aquarius (January 20–February 18)

Your creative mind is inventing a new spring fashion trend. Too bad it involves sandals and wool socks. Maybe not yet, but we admire your vision!

Pisces (February 19–March 20)

Birthdays and spring vibes turn you into a hopeless romantic. Just make sure you don't wander straight into a snowdrift while gazing at the sunshine. Dream big — but watch where you're going!



HUMOUR ONE HUNDRED YEARS AGO

FROM A SMALL CHILDREN'S SCHOOL IN VYBORG

The children had been given the task of drawing figures that would illustrate what the children intended to be when they grew up. Thus one boy had designed a sailing ship, so he wanted to be a sailor, another an automobile, he was to be a driver, etc.

Little Elsa had not drawn at all. When the teacher asked why she had not made any drawings, the girl replied "I'm going to get married, but I don't know how it's drawn."

IN PRISON

Prison Director: What, you're here again! I thought your last visit here would have improved you? Prisoner: It did, sir, but I want to be even better.

THEFT ON THE WAY

Movie actress: I beg you to write in your newspaper about the theft of my jewels! Reporter: When did it take place? Film actor: Next Monday.

EXPENSIVE DRESS

Wife: I want a new dress. Doctor-man: Oh yes, then I have to look through my patient list, maybe someone still has their appendix.

TO COUNT CORRECTLY. AND WRONG.

Teacher: Why do you always add wrong? Student: I don't know. Teacher: Is someone helping you? Student: Yes, my dad. Teacher: What is he then? Student: Waiter.

TRYING TO LOSE WEIGHT

"I told you that you would say no the second time you were offered cake.

"I did, but they invited me three times and then I didn't know what to do.

To complain to a newspaper

The editor: — And this joke you say must be new? My grandmother already told me that when she was a little girl.

CHILD MAIDEN

— My miss, how can you read your novel when the child screams so terribly. The nanny: — Bad, my lord, and since you're also bothering me, I cannot read at all.

IN COURT

— Mr. Judge, my husband called me "you old cow", and then he threw me out. I request that he be punished. — Good, Mrs. H. We judge him to take you in again.

The astronomic picture of the week:



Cyclone storms encircle Jupiter's North Pole, captured in infrared light by NASA's Juno spacecraft.png

Cyclone storms encircle Jupiter's North Pole, captured in infrared light by NASA's Juno spacecraft.

NASA
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

Advertise in Wasa Daily

Being among the first to advertise in this historic and hyper-modern daily may have some PR value.

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