

WASA DAILY

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Happiest in the World - Finland

Zelensky in Finland

Art in Ateneum

Solar eclipse

Wärtsilä area

Election coming

WASA DAILY



HERE WE ARE:

vpress.ovh

52 pages

TODAY

Silent threat: When the numbers speak, it's time to act



Ninety-one percent. It is a number that tells you how many people want the products to last longer. Ninety-seven percent. This, in turn, shows how many people believe that nature increases well-being. These numbers tell us what is most important to us. They tell us what we need to protect.

So what do we do? Are we going to wait for the figures to become even gloomier? Or do we take matters into our own hands and change direction?

The choice is ours. And the time is now.

The sun rose today as well, but nothing is the same. The figures of the Climate and Nature Barometers 2025 do not lie. They are cold, hard facts that tell one truth: we are late. Much late.

Eighty-six percent. This is a figure that shows how many Finns already see the effects of climate change, according to a press release by the Ministry of Agriculture and Forestry. Eighty-eight percent. This, in turn, tells us how many people understand that biodiversity loss is a reality. These are not opinions, but observations. An everyday reality that each of us lives.

Milder winters. Impoverished nature. Worry about the future. These are words that you hear more and more often. But words are not enough. It's time to act. Now.

Municipalities, companies,

individuals. Everyone has a role to play in this game. Green investments are no longer just a trend, but a necessity. Clean technologies are not just an export asset, but a means of survival. And consumers' choices are not just purchases, but voices for the future.

Seventy-six percent. This is a figure that indicates how many people believe that municipalities can strengthen their vitality through green investments. Sixty-two percent. This, in turn, tells us how many people want Finland to be carbon neutral by 2035. These are not wishes, but demands. The voice of the people, which cannot be ignored.

But the numbers don't tell the whole truth. They don't tell us about the silent threat that grows day by day. The

feeling that time is running out. From the awareness that every moment we don't act is a missed opportunity.

Photo Supplement

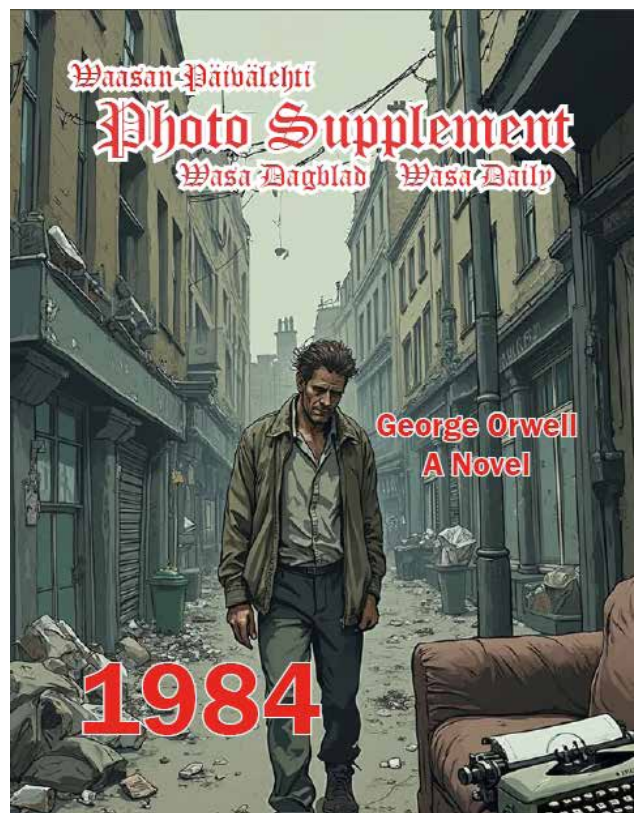


Photo Supplement - bpress.ovh

Cover: Solr Eclipse on March 29



Illustration of the workshop area in the future. Photo: City of Vaasa/Architects Helamaa & Heiskanen Oy

URBAN PLANNING

Wärtsilä Area: Shops, Culture, Businesses – and Possibly a Music Center

Vaasa's skyline is set to transform. The legendary Wärtsilä workshop area in the Vöråstan district, long a beating heart of industry, is about to receive a complete revitalization. A new zoning plan promises a diverse urban environment combining residential, business, cultural, and service functions.

Imagine a seaside landscape where old factory buildings blend with modern architecture. Imagine a vibrant urban space where you can enjoy a coffee in the shadow of a historic brick wall or attend a concert in a former machine hall. This is the vi-

sion Vaasa city is pursuing.

The area is zoned for approximately 130,000 square meters of building rights, with the majority allocated for residential construction. In the future, the area is estimated to house 1,800–2,400 residents, bringing new life to Vaasa's city center. In addition to housing, business spaces, shops, and restaurants are planned, creating a lively and diverse urban environment.

Particularly interesting are the plans to repurpose the old factory buildings. Residents have expressed desires for cultural and sports facilities, as well as museums, a shopping center, and even a

music and congress center. The city council has decided to explore the feasibility of building a music center, which would add significant cultural appeal to the area.

The zoning plan also considers sustainable development principles. New transport connections will be built, favoring sustainable mobility such as cycling and walking. Additionally, green spaces and urban greenery will play a vital role in the area's attractiveness and climate resilience.

A land use agreement with Wärtsilä Finland Oy enables the area's development. Wärtsilä will significantly contribute to the area's re-

storation and construction, accelerating the transformation. However, the area's development will take several years, as the process includes demolishing old buildings, cleaning contaminated soil, and building new infrastructure.

The transformation of the Wärtsilä area is a significant milestone in Vaasa's urban development. It will create a new urban space that combines history, modern architecture, and diverse services. The area is set to become Vaasa's new attractive district, drawing residents, businesses, and tourists.

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NEWS

WITH A TABLET YOU CAN READ THIS PAPER ANYWHERE:



Like here on the Molpehällorna Island

ELECTION

Regional and municipal elections 2025: Vote and influence your everyday life for the next four years



Advance voting in the county and municipal elections 2025 will be held in Finland on 2–8 April and abroad on 2–5 April.

The actual election day is Sunday, April 13, 2025. By voting in the elections, you can influence who decides on issues that affect your everyday life for the next four years.

In Vaasa, you vote on two important tasks:

The county of Wellbeing Services County Council of Ostrobothnia – they decide on the health and social services in your area.
Vaasa City Council and other

decision-making bodies of the city – they influence the city’s everyday life, such as education, transport and cultural services.

Vote and make an impression – every vote counts!

You can vote in advance at any advance polling station in Finland.

Here you can vote in Vaasa:

Visit Vaasa info, Market Square

2–4 April, from 10 to 20

5–6 April, from 10 to 16

7–8 April, from 10 to 20

Prisma, Liisanlehto, Elementtitehtaantie 1

5–6 April, from 10 to 18

7–8 April, from 10 to 20

Youth Club Ristikka, Jyrsijänkatu 2

2–4 April, from 10 to 18

7–8 April, from 10 to 20

Följy Youth Workshop, Loukontie 6

7 April, from 10 to 20

Siltaranta, Jokivarsitie 786

8 April, from 10 to 20

Vähäkyrö Joint Service Point, Vähäkyröntie 11

2–4 April, from 10 to 18

5–6 April, from 10 to 15

7–8 April, from 10 to 20

Citizen Services, Tammipiha, Teräksenkuja 1

2–4 April, from 10 to 18

7–8 April, from 10 to 18

Palosaari Library, Pikitehtaankatu 19–23

2–4 April, from 10 to 19

7–8 April, from 10 to 19

University of Vaasa, Wolffintie 32

2–4 April, from 10 to 15

K-Citymarket Kivihaka, Kokkoliontie 2–6

5–6 April, from 10 to 18

Lemonsoft Stadion, Rantamaantie 6

2–4 April, from 10 to 20

5–6 April, from 10 to 16

7–8 April, from 10 to 20

Mobile polling station

K-Market Sundom, Sundomintie 128

2 April, from 10 to 20

K-Supermarket Huutoniemi, Kunkkaantie 69

3–4 April, from 10 to 20

S-market Gerby, Västervikintie 2

5–6 April, from 10 to 16

WELLBEING SERVICES COUNTY

Cleaning and food service providers are likely to be allowed to continue – Regional Government sets strict savings targets

However, the decision of the Regional Board is not absolute. Companies are required to take concrete measures to reduce costs. The cost level must be reduced by EUR 3.6 million by 2026 and by a further EUR 1.5 million the following year. In addition, the wellbeing services county will redefine the expected level of service, which aims to achieve additional savings of EUR 900,000. At the moment, food and cleaning services form a total of EUR 34.1 million, of which food services account for EUR 16.7 million and cleaning services for EUR 17.4 million.

“Continuing with the current arrangement is the most risk-free change for us from an operational point of view, and therefore a good thing. However, the companies are



The wellbeing services county’s cleaning and food service providers have been given a breather. The county board has decided to give the current in-house companies the opportunity to continue their operations, but at the same time set strict savings targets, according to the wellbeing services county’s press release. The decision means that the companies now have time to prove their ability to reduce costs, and an estimate of the realized savings will be made at the end of July 2026.

required to make real changes during the assessment period,” says Marina Kinnunen, Director of the Wellbeing Services County. She points out that well-functioning food and cleaning services are very important for customers and the operations of the wellbeing services county. “Savings made from outsourced services mean that there is no need to find a corresponding amount of savings in services or in the service network,” Kinnunen says.

The companies have confirmed their commitment to

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seeking savings through discussions with the wellbeing services county. A steering group will be appointed to support the change, and the in-house company Stöd Botnia is urged to expand its customer base, as the wellbeing services county currently buys 95 per cent of the company's services. The wellbeing services county, on the other hand, will redefine the service level and introduce the new service level descriptions at the beginning of October 2025. At the same time, the wellbeing services county will strengthen its own expertise as a service provider.

The decision of the county board gives the current providers the opportunity to continue, but at the same time it sets clear expectations and requirements for reducing costs. The next few years will show whether the companies are able to respond to these challenges and at the same time secure high-quality services for the residents of the wellbeing services county

ALKO Alko Expands Offerings: Alcohol-Free and Energy Drinks Now Available

Alko is no longer just a purveyor of alcoholic beverages. February sales data reveals that Finnish consumers are increasingly turning to Alko for alcohol-free options. Simultaneously, Alko is piloting the sale of energy drinks, available to customers aged 18 and over, broadening its appeal. While Alko's overall sales volume in liters decreased by 13.6 percent in February

compared to the previous year, sales of alcohol-free beverages skyrocketed by 47.6 percent. This indicates a growing appreciation for non-alcoholic alternatives among Finns, who are finding them within Alko's selection.



"Sales of alcohol-free beverages have been on the rise since the beginning of the year, and we are committed to further developing our selection in this area," says Alko's Product Group Manager, Mika Kauppinen. "In addition to alcohol-free beers and wines, we will be piloting the sale of energy drinks from March 25th, a product our customers have been eagerly requesting."

The introduction of energy drinks at Alko is a new venture, responding to customer demand and diversifying Alko's product range. It is important to note that energy drinks will only be sold to customers aged 18 and over, reinforcing Alko's commitment to responsible retailing. The surge in popularity of alcohol-free beverages reflects a broader trend towards health and wellness among consumers. According to Kauppinen, these choices are driven by a desire to promote physical and mental well-being or aid in physical recovery.

"Alcohol-free options cater to the demands of physical and mental wellness," Kauppinen states.

Traditional alcoholic beverages continue to hold their place in Alko's selection. Wines trending include classics, sweet varieties, and value-priced options. Customers appreciate new offerings, but classic drinks like Bordeaux reds and champagne remain popular.

"We are attuned to our customers' pulse," Kauppinen says. "Our wine selection spans a wide price range, offering something for every budget."

Alko's February sales data demonstrates its evolution into a diversified beverage retailer, adapting to changing consumer needs. The growing popularity of alcohol-free beverages and the pilot sale of energy drinks are signs of Alko's proactive approach to product development, aiming to provide a broad spectrum of beverage choices to its customers.

FOOD The origin of meat must be indicated in restaurants – the obligation is valid until 2029

Restaurants and other catering establishments will continue to be required to indicate the country of origin of the meat they use. The obligation has been extended for the third time and is now valid until 30 April 2029.

This means that consumers will continue to be able to obtain information about where the meat in restaurant food comes from. The decision to extend the information obligation reflects consumers' growing interest in the origin of food.

More and more people want to know where the food they eat comes from and how

it has been produced. Indicating the country of origin of the meat is an important part of this transparency. The notification obligation applies to all meat served in restaurants, regardless of whether it is beef, minced meat or other meat dishes. The country of origin must be clearly indicated, for example on the menu or in some other easily accessible form.



The decision to extend the notification obligation has been well received by consumer organisations. They stress that information about the origin of meat helps consumers make more informed choices and supports domestic production.

Representatives of the restaurant industry are also largely satisfied with the decision. They see that transparency increases trust between restaurants and customers. The extension of the information obligation is part of a broader effort to increase transparency in food products and improve consumer access to information. The aim is to enable consumers to make choices that align with their values and preferences.

NEWS



STUDENT UNIONS

Helsinki Student Union's spectacular failure: Millions in losses force property sales

The Student Union of the University of Helsinki (HYY) is in a deep financial crisis, which is forcing them to sell parts of their extensive property portfolio. The Student Union's subsidiary Ylva reported a loss of 17 million euros for 2023, and the company's debts amount to 235 million euros, according to Studentbladet.

The financial problems stem from the failure of investments in two major real estate projects: the Lyyra complex in Hakaniemi and the Grand Hansa hotel in the New Student House. Both projects have been hit hard by rising interest rates and increased construction costs.

According to information in Helsingin Sanomat, Ylva has violated the banks' financing terms for several years. Several financiers, including OP, are now demanding that Ylva sell properties to reduce the debt burden. The banks want to see a quick solution, while Ylva is trying to avoid selling during the current recession.

HYY's Board of Directors has authorised Ylva to carry out real estate sales, but it is still unclear which properties will be sold. The New and Old Student House are "protected" properties and can only be sold with the approval of the Student Union's Representative Council.

Neither HUS nor Ylva want to comment further on the situation. The properties affected by the sale are expected to be clarified in the coming weeks.



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!

NEWS

GROK 3

Grok 3 - The new star on AI's heaven

In the ever-evolving cosmos of artificial intelligence, a new luminary has emerged, casting a brilliant light on the future of technology. Grok 3, developed by Elon Musk's xAI, has debuted as a contender poised to outshine its predecessors and rivals alike.

Unveiled on February 18, 2025, this advanced AI model promises to redefine how we interact with machines, solve complex problems, and explore the vast expanse of human knowledge. But what exactly is Grok 3, and why is it being heralded as a game-changer in the AI landscape?

Let's dive into the details of this celestial newcomer and explore why it's worth your attention. What is Grok 3? Grok 3 is the latest iteration of xAI's flagship AI chatbot, Grok, designed to assist users in understanding the universe and tackling a wide array of tasks. Built from the ground up by xAI—a company founded by Musk in 2023 to accelerate human scientific discovery—Grok 3 is more than just an upgrade; it's a leap forward in AI capability. Unlike traditional language models that rely solely on parroting pre-trained data, Grok 3 integrates advanced reasoning, real-time data processing, and multimodal functionality, making it a versatile tool for both casual users and professionals.

The model powers the Grok chatbot, accessible via Musk's social media platform X for Premium+ subscribers and through a standalone app and website for those with a "SuperGrok" subscription.

It comes in multiple fla-

vors, including the full-featured Grok 3 and a lighter Grok 3 mini, alongside specialized reasoning modes like "Think" and "Big Brain." Accompanying its launch is DeepSearch, a next-generation search engine that leverages Grok 3's capabilities to synthesize information from the web and X in real time. At its core,

Grok 3 is designed to be "maximally truth-seeking," a philosophy Musk has championed to differentiate it from other AI systems he's criticized for being overly cautious or politically biased.

Whether you're asking it to explain quantum physics, write code, or research a topic, Grok 3 aims to deliver clear, concise, and accurate answers—often with a dash of humor inspired by the likes of Douglas Adams and Tony Stark's JARVIS.

How Is Grok 3 More Advanced Than Older AIs?

The brilliance of Grok 3 lies in its technological advancements, which set it apart from older AI models like its predecessors Grok 1 and Grok 2, as well as competitors such as OpenAI's ChatGPT, Google's Gemini, and Anthropic's Claude. Here's a closer look at what makes it shine

TRAVELING

Be Aware When Traveling to the United States: New Gender Marker Restrictions and Tightened Entry Requirements

Be Aware When Traveling to the United States: New Gender Marker Restrictions and Tightened Entry Requirements Travelers to the United

States should be particularly cautious regarding entry requirements, as a valid ESTA travel authorization or visa does not automatically guarantee entry into the country. Additionally, the United States has implemented new restrictions concerning gender markers, which could significantly impact travelers' entry.

Tightened Entry Requirements

U.S. authorities have tightened entry requirements. Overstaying the permitted length of stay or providing false information about the purpose of the stay can result in detention or deportation. Travelers should ensure that their travel aligns with the purpose stated in their ESTA application or visa application.

New Executive Order on Gender Markers

The United States has issued an executive order (25 STATE 11402) on February 24, 2025, which requires ESTA or visa applicants to declare their gender as either "male" or "female" in their application. Applicants must declare the gender assigned at birth.

This new order may cause problems, particularly for transgender individuals whose current passport gender marker differs from their gender assigned at birth. U.S. authorities may deny entry if the applicant's passport gender marker does not match the gender assigned at birth.

Many Countries, including those in the EU, do not use X-Markings

Many countries do not use the gender marker "X" in their passports. This could cause problems for dual citizens who have a passport with an "X" marker. They should verify entry requirements with U.S. authorities in advance.

Recommendations for Travelers

Verify entry requirements with U.S. authorities in advance. Be particularly careful with the information in your ESTA application or visa application. Be prepared to provide additional information about the purpose and duration of your trip. If your passport has an "X" marker, contact the U.S. embassy or consulate before traveling. Travelers should be aware of these new requirements and ensure they meet all entry requirements before traveling to the United States.

SKYPE

Skype Shutting Down on May 5, 2025

In a significant shift for communication technology, Microsoft has announced that it will officially retire Skype on May 5, 2025. This decision marks the end of an era for the platform, which has been a pioneer in video calling and online communication.

ART EXPERIENCE OF THE WEEK



Alexander Lauréus
4.1.1783, Turku
20.10.1823, Rooma, Italia
Self portrait

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 Vähäkyrö church. The parish's 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.

HAPPINESS

HAPPINESS

The Geography of Happiness – A Chronicle from Finland and Vaasa

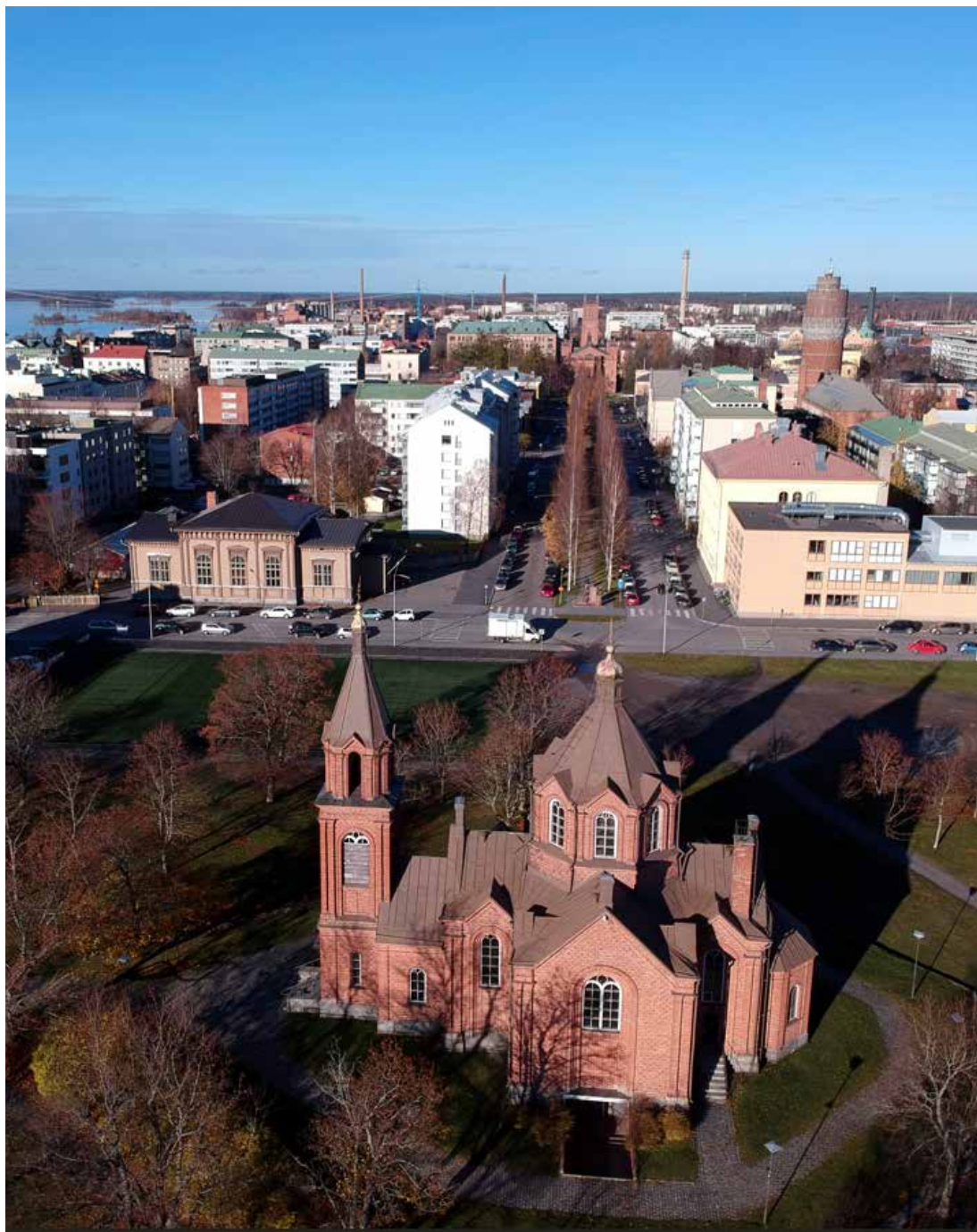
Eight years in a row! It's like an Olympic gold medal in a marathon, but in happiness. Finland, this northern country with thousands of lakes and even more mosquitoes, has once again been crowned the happiest country in the world. The World Happiness Report 2025 is here and Finland is once again at the top.

One may wonder what is in Finnish waters? Or maybe it's fresh air, long summer evenings or a licorice-scented sauna? Or maybe, just maybe, is it the quiet, yet so warm Finnish folk soul?

When you look at the list, you will see a clear pattern. The Nordic countries dominate Denmark, Iceland and Sweden close behind. Then comes the Netherlands and Costa Rica as an exotic surprise. But at the bottom of the list are countries such as Malawi, Lebanon, Sierra Leone and last but not least Afghanistan.

The contrasts are striking. From a safe and prosperous Finland to war-torn and poor countries at the bottom. It makes you think about what happiness really is. Is it material wealth or something else? Something more intangible, such as security, community and trust?

And then there is Vaasa, the city that is said to be the happiest in Finland. If Finland is the happiest country in the world, then surely Vaasa must be the happiest city in the world? I imagine happy Vaasa residents walking along the promenade, eating ice cream and laughing with seagulls. Or they can sit in peace and quiet in the park, enjoying the sun and feeling an inner peace that only a Vaasa resident



can feel.

Those who have not been to Vaasa probably feel a strong longing to someday visit this happy city. They want to see with their own eyes this Mecca of happiness. They want to breathe the happy air, taste the happy water and maybe, just maybe, get a little glimpse of the Finnish happiness that everyone is talking about.

But whether it's Vaasa, Helsinki or elsewhere in Finland, it's clear that there's something special going on in this country. Perhaps it is not a single factor, but a combination of many. Perhaps it is precisely the Finnish *sisu*, a mixture of stubbornness and perseverance, that gives Finns the opportunity to survive both dark winters and difficult neighbours. Not to

mention bada bada bastu.

Whatever the secret, we can all learn something from Finland. Maybe it's about appreciating the little things in life, being grateful for what you have and taking care of each other.

Or maybe it's just a good sauna and enough licorice and crispbread.

the European way of life.

A significant highlight of the visit was the leaders' inspection of the Merihaka civil protection shelter, Helsinki's largest underground facility. This visit, symbolic of Finland's robust civil defense preparedness, underscored the importance of resilience in the face of conflict. President Zelenskyy familiarized himself with Finland's comprehensive shelter system, capable of accommodating millions in case of emergency. The signing of a Joint Letter of Intent between Ukraine's Minister of Strategic Industries, Herman Smetanin, and Finland's Minister of the Interior, Mari Rantanen, marked the launch of a Civil Protection Shelter Coalition, a crucial step towards strengthening Ukraine's own civil defense capabilities. The fact that the shelters in Finland are used as everyday spaces, like parking garages and sport centers, showed a dual use system that impressed the Ukrainian delegation.

The First Lady, Olena Zelenska, played a pivotal role in strengthening educational and humanitarian ties. Her meeting with Finnish business leaders, philanthropists, and representatives of the cultural and educational communities resulted in a significant boost for the Olena Zelenska Foundation's School of Superheroes project. Finnish philanthropists pledged to fund the creation of two new centers, providing educational spaces for children undergoing treatment in hospitals. "By protecting their rights to health, education, and development, we are protecting our future," she stated, expressing heartfelt gratitude for Finland's support. The rapid mobilization of funds by Finnish donors, a testament to their





unwavering commitment, highlights the deep-seated empathy and solidarity felt towards Ukrainian children.

In a landmark moment for Ukrainian studies, Finland became the first nation to join the Global Coalition of Ukrainian Studies. During meetings with the rectors of the University of Helsinki and Tampere University, Olena Zelenska highlighted the importance of academic collaboration and the dissemination of accurate information about Ukraine. She praised the existing partnerships between Finnish and Ukrainian institutions, particularly the collaboration between the University of Helsinki and Karazin Kharkiv National University, which continues to thrive despite the ongoing conflict. The introduction of Ukrainian language courses and courses on Ukrainian history at Finnish universities was lauded as crucial steps in countering Russian narratives and promoting a deeper understanding of Ukraine. Furthermore, the First Lady donated collections of Ukrainian books to the university libraries, enriching their resources and fostering cultural exchange. "Books speak to Ukrainians and our friends around the world, expanding their circle," she emphasized. "Strong relationships are only built through understanding and awareness."

The Global Coalition of Ukrainian Studies, under the patronage of Olena Zelenska, aims to unite universities and research institutions worldwide in the study of Ukraine. The inclusion of the University of Helsinki and Tampere University represents a significant milestone in this initiative, underscoring Finland's commitment to academic collaboration and the promotion of Ukrai-



nian culture and history.

The visit concluded with a strong message of unity and resilience. President Zelenskyy's presence in Helsinki served as a powerful reminder of Ukraine's determination to defend its sovereignty and territorial integrity. Finland's unwavering support, demonstrated through concrete actions and heartfelt solidarity, reinforces the international community's commitment to standing with Ukraine in its fight for freedom and a just peace. The partnerships forged during this visit, spanning defense, education, and humanitarian aid, will undoubtedly strengthen the bonds between the two nations and contribute to Ukraine's long-term resilience and recovery. The images of the two presidents, side by side, in the depths of a Finnish bomb shelter, will become an enduring symbol of European resolve.

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During her visit to Finland, First Lady of Ukraine Olena Zelenska met with Rector of the University of Helsinki Sari Lindblom and Vice President of Tampere University Jarmo Takala.



Olena Zelenska



ASTRONOMY



SOLAR ECLIPSE

The Solar Eclipse on March 29, 2025: A Celestial Event to Watch

On March 29, 2025, a spectacular celestial event will occur: a partial solar eclipse. A solar eclipse happens when the Moon passes between the Earth and the Sun, blocking part or all of the Sun's light. While this eclipse will not be a total solar eclipse, it will still be a fascinating event for skywatchers in certain parts of the world, including Finland.

The Path of the Eclipse

The eclipse on March 29, 2025, will be a partial solar eclipse visible across a broad region, including parts of Europe, northern Africa, the Middle East, western Asia, and the North Atlantic. The eclipse will not reach totality anywhere on Earth, meaning the Moon will not completely cover the Sun. However, the degree of coverage will vary depending on the observer's location.

Visibility in Finland

In Finland, the partial solar eclipse will be visible, though the Moon will cover only a small portion of the Sun. The exact timing and magnitude of the eclipse will depend on your location within the country. Here are the general details for Finland:

- **Eclipse Start:** The eclipse will begin in the late morning or early afternoon, depending on your location.
- **Maximum Eclipse:** The peak of the eclipse will occur around 12:30 to 13:30 local time (UTC+2).
- **Eclipse End:** The event will conclude by mid-afternoon, around 14:00 to 15:00 local time.

In Helsinki, for example:

- The eclipse will start at approximately 11:50 local time.
- The maximum eclipse will occur around 12:45 local time, with about 10-15%

of the Sun's disk covered by the Moon.

- The eclipse will end by 13:40 local time. While the coverage of the Sun will be relatively small in Finland, it will still be a unique opportunity to observe this celestial phenomenon.

How to Safely View the Eclipse

Observing a solar eclipse requires caution. Never look directly at the Sun without proper eye protection, as this can cause permanent eye damage. Here are some safe ways to view the eclipse:

1. **Solar Eclipse Glasses:** Use certified solar viewing glasses that meet the ISO 12312-2 safety standard.
2. **Pinhole Projector:** Create a simple pinhole projector to indirectly view the eclipse.
3. **Telescope with Solar Filter:** If using a telescope or binoculars, ensure they are equipped with a proper solar

filter.

Why This Eclipse Matters

While the March 29, 2025, eclipse is not a total solar eclipse, it is still a reminder of the intricate dance of celestial bodies in our solar system. For those in Finland, it offers a chance to witness a rare astronomical event and appreciate the wonders of the universe.

The partial solar eclipse on March 29, 2025, will be visible in Finland, providing an opportunity for skywatchers to observe this celestial event. Although the Moon will cover only a small portion of the Sun, it will still be a memorable experience for those who take the time to safely view it. Mark your calendars and prepare your viewing tools to enjoy this astronomical spectacle!

DEVELOPING COUNTRIES



STARVATION IN AFRICA

The Consequences of the USA Stopping All Aid to Africa: A Looming Humanitarian Crisis

The Consequences of the USA Stopping All Aid to Africa: A Looming Humanitarian Crisis

The United States has long been one of the largest donors of foreign aid to Africa, providing billions of dollars annually to support health initiatives, food security, education, and economic development. If the USA were to abruptly halt all aid to the continent, the consequences would be catastrophic, exacerbating existing crises and creating new ones. From the potential explosion of the HIV epidemic to the rise of drug-resistant HIV strains and increased starvation, the ripple effects would be felt across Africa and beyond.

The HIV Epidemic: A Ticking Time Bomb

One of the most immediate and devastating consequences of cutting aid would be the impact on HIV treatment and prevention programs. The U.S. President's Emergency Plan for AIDS Relief (PEPFAR), launched in 2003, has been a cornerstone of the global response to HIV/AIDS. PEPFAR has provided life-saving antiretroviral therapy (ART) to millions of people, supported prevention programs, and strengthened healthcare systems in Africa.

If U.S. aid were stopped, the supply of antiretroviral drugs would be

severely disrupted. Millions of people who rely on these medications to manage HIV and prevent the progression to AIDS would be left without treatment. This could lead to a sharp increase in AIDS-related deaths, reversing years of progress. According to UNAIDS, approximately 25.6 million people in sub-Saharan Africa are living with HIV, and many depend on PEPFAR-funded programs for their survival.

Moreover, interrupted treatment could lead to the development of drug-resistant HIV strains. When patients do not take their medication consistently, the virus can mutate and become resistant to the drugs, making it harder to treat. This would not only jeopardize individual health but also pose a significant public health risk, as drug-resistant HIV could spread rapidly, undermining global efforts to control the epidemic.

Starvation and Food Insecurity: A Deepening Crisis

U.S. aid plays a critical role in addressing food insecurity in Africa. Programs funded by the U.S. Agency for International Development (USAID) and other organizations provide emergency food assistance, support agricultural development, and improve nutrition for millions of people. If this aid

were cut, countries already facing severe food shortages would be pushed to the brink.

Countries like Somalia, South Sudan, and Yemen (though not in Africa, heavily reliant on U.S. aid) would be particularly vulnerable. These nations are already grappling with conflict, climate change, and economic instability, which have left millions on the verge of starvation. Without U.S. aid, the World Food Programme (WFP) and other organizations would struggle to provide sufficient food assistance, leading to increased malnutrition, starvation, and potentially famine. Children would be among the hardest hit. Malnutrition in early childhood can cause stunting, impair cognitive development, and increase susceptibility to diseases. The long-term consequences of widespread malnutrition would be profound, affecting not only individual lives but also the economic and social development of entire nations.

Collapse of Healthcare Systems

U.S. aid has been instrumental in strengthening healthcare systems across Africa. In addition to HIV/AIDS programs, U.S. funding supports maternal and child health, immunization campaigns, and the fight against infectious diseases like

malaria and tuberculosis. Cutting aid would leave many healthcare systems underfunded and ill-equipped to meet the needs of their populations.

The COVID-19 pandemic has already strained healthcare systems worldwide, and the loss of U.S. aid would further weaken their capacity to respond to health crises. This could lead to outbreaks of preventable diseases, increased maternal and child mortality, and a general decline in public health.

Economic and Political Instability

The withdrawal of U.S. aid could also have significant economic and political consequences. Many African countries rely on foreign aid to supplement their budgets and fund development projects. A sudden cut in aid could lead to economic instability, reduced public services, and increased unemployment.

Political instability could also rise as governments struggle to meet the needs of their populations. In some cases, this could lead to social unrest, conflict, and mass migration. The resulting instability would not only affect Africa but could also have global implications, including increased refugee flows and heightened security concerns.

MINNA CANTH

MINNA CANTH

”The women’s question is a question of humanity”

Minna Canth’s Day 19 March

Why is there so much violence against women in the happiest country in the world?

On 19 March, Finland celebrates Minna Canth Day, which is dedicated to one of Finland’s most significant writers and social influencers. Minna Canth (1844–1897) was a pioneer of her time, highlighting women’s rights and social injustice in her works and speeches. Her well-known phrase, ”The women’s question is not just a woman’s question, it is a question of humanity”, describes well her view that improving the status of women is not only in women’s own interest, but it benefits the whole society. This idea is still relevant, especially when we look at today’s challenges, such as the violent treatment of women.

Minna Canth: Life and Legacy

Minna Canth was born in Tampere in 1844 and grew up in a family that valued education. She studied to become a teacher at the Jyväskylä Seminary, which was a rare opportunity for a woman at the time. After getting married, he moved to Kuopio, where he began his career as a writer and became one of Finland’s best-known authors. Canth made a rigorous social critique in her works, dealing with topics such as women’s rights, poverty and the role of religion in society. Her play ”The Worker’s Wife” (1885) is one of the most famous works dealing with the position of women in marriage and society.

Canth did not only write about women’s rights, but she herself was active in social debate. She was one of the first Finnish women to use a public platform to demand social change. Her ideas about women’s equality and



Minna Canth-statue in Kuopio

social justice remain relevant to this day.

Happiness and Conflict

Finland has often been awarded as the happiest country in the world, and it is known for its high standard of living, welfare society and equality. In global comparisons, Finland is also one of the safest countries. However, even though Finland is an exemplary society in many respects, the rate of violent treatment of women is alarmingly high. According to statistics, Finland is the country with the second highest level of violence against women in the European Union. This contradiction raises questions about why this is the case and how it can be address-

tion of humanity” is more relevant today than ever. Violence against women is not just a women’s problem, it is a problem for society as a whole. It reflects deeper structural problems, such as the use of power and control, gender inequality, and cultural norms that allow violence to become normalized.

A multifaceted approach is needed to prevent violence. Education and information are key to better understanding the causes and consequences of violence. It is also important to support victims and provide them with asylum and assistance. Society should also intervene in discriminatory structures and promote equality in all areas of life.

Minna Canth’s legacy reminds us that women’s rights are a key part of the development of society. When the position of women improves, the whole society benefits from it. Finland has come a long way in the field of equality, but Minna Canth’s message is still relevant: the women’s issue is a question for humanity, and solving it requires everyone’s contribution.

Minna Canth’s thoughts and work have inspired generations, and her legacy lives on. Her phrase ”The women’s question is not just a women’s issue, it is a question of humanity” serves as a reminder that promoting equality and justice is everyone’s responsibility. Finland has made significant progress, but the high level of violent treatment of women shows that there is still work to be done. Faithful to the spirit of Minna Canth, we should continue to fight for a society where everyone can live safely and equally.

One explanation may be that Finland has made significant progress in the field of gender equality, which may have led to more active intervention and reporting of violence against women than in some other countries. On the other hand, this does not take away the fact that violence is still a significant problem. Violence against women is often hidden and deeply rooted in the structures and attitudes of our society.

The women’s question is a question of humanity

Minna Canth’s sentence ”The women’s question is not just a woman’s question, it is a ques-

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.

WORLD POPULATION

A FINNISH STUDY

We Are Many More Than We Thought: World Population Revised in a Finnish Study

The global population has long been a subject of fascination, debate, and concern. For decades, official figures have suggested that the world is home to approximately 8 billion people. However, a groundbreaking study published in *Nature Communications* on March 18, 2025, challenges these estimates, revealing that the global population—particularly in rural areas—may be significantly higher than previously thought. Titled *Global Gridded Population Datasets Systematically Underrepresent Rural Population*, the study, led by Finnish researchers Josias Láng-Ritter, Marko Keskinen, and Henriikki Tenkanen, uncovers startling discrepancies in global population datasets, raising questions about the accuracy of our understanding of the world's population.

The Study: A Systematic Validation of Population Data

The study focuses on global gridded population datasets, which are widely used by governments, NGOs, and researchers to inform policies related to sustainable development, resource allocation, and disaster response. These datasets, such as WorldPop, GWP, GRUMP, LandScan, and GHS-POP, are typically calibrated using urban population data, as urban areas are easier to monitor and measure. However, the accuracy of these datasets in rural areas has remained largely unexplored—until now.

The Finnish research team conducted a systematic validation of these datasets by comparing them to reported human resettlement figures from 307 large dam construction projects across 35 countries. These projects, which often involve the displacement of rural populations, provided a unique opportunity to assess the accuracy of population estimates in rural areas. The results were striking: all the datasets examined showed significant negative biases, underestimating rural populations by margins ranging from -53% to -84%. Even the most accurate dataset, WorldPop, underestimated rural populations by half. Implications of the Findings



The implications of these findings are profound. If rural populations are being underestimated by such large margins, it suggests that the global population may be significantly higher than the official figure of 8 billion. While the study does not provide a revised global population estimate, it raises the possibility that the true number could be billions higher, especially considering that rural areas account for a substantial portion of the world's population.

This underestimation has far-reaching consequences.

Rural communities are often marginalized in terms of access to services, resources, and representation in policymaking. If their popula-

tions are being systematically undercounted, it exacerbates existing inequalities and undermines efforts to achieve sustainable development goals. For example, undercounting rural populations could lead to insufficient allocation of resources for healthcare, education, and infrastructure, perpetuating cycles of poverty and underdevelopment.

Why Are Rural Populations Being Undercounted?

The study identifies several reasons for the underrepresentation of rural populations in global datasets. First, urban areas are easier to monitor due to their higher population density and better infrastructure, making them the default focus for data collection. Second, rural areas often lack the administrative

capacity to conduct accurate population censuses, leading to gaps in data. Third, the models used to create gridded population datasets are typically calibrated using urban data, which may not be applicable to rural contexts.

The researchers argue that improving the accuracy of population datasets in rural areas will require a multifaceted approach. This includes strengthening population censuses, exploring alternative methods of population counting (such as satellite imagery and mobile phone data), and recalibrating population models to better reflect rural realities.

A Broader Question: What Is the True World Population?

The findings of this study invite us to reconsider what we know—or think we know—about the world’s population. If rural populations are being underestimated by such large margins, it raises the question: how many people are actually living on this planet? While the study does not provide a definitive answer, it suggests that the true global population could be significantly higher than the official estimates.

This possibility has important implications for global challenges such as climate change, food security, and resource management. A larger population would mean greater demand for resources, increased pressure on ecosystems, and heightened competition for land and water. It would also necessitate a reevaluation of global policies and strategies to ensure that they are based on accurate data.

Moving Forward: A Call for Action

The Finnish study serves as a wake-up call for the global community. It highlights the urgent need to improve the accuracy of population data, particularly in rural areas, and to ensure that this data is used to inform equitable and sustainable policies. As the researchers emphasize, “past and future applications of the datasets must undergo a critical discussion in light of the identified biases.”

In practical terms, this means investing in better data collection methods, prioritizing the inclusion of rural populations in global datasets, and recalibrating models to reflect the realities of rural life. It also means recognizing the diversity and complexity of rural communities, which are often overlooked in global narratives.

Ultimately, the study reminds us that data is not just a collection of numbers—it is a reflection of people’s lives, needs, and aspirations. By ensuring that our data is accurate and inclusive, we can create a world that is more just, equitable, and sustainable for all.

Rethinking Our Understanding of the World

The Finnish study challenges us to rethink our understanding of the world’s population. It reveals that we may be many more than we thought, particularly in rural areas that have long been marginalized and undercounted. This revelation has profound implications for global policy, resource allocation, and



sustainable development. As we move forward, it is essential to address the biases in our data and to ensure that rural populations are accurately represented. Only then can we create policies and strategies that truly serve the needs of all people, regardless of where they live. The world may be more populous than we realized, but with accurate data and inclusive policies, we can rise to the challenge and build a better future for everyone.

Reference: Láng-Ritter, J., Keskinen, M. & Tenkanen, H. Global gridded population datasets systematically underrepresent rural population. *Nat Commun* 16, 2170 (2025). <https://doi.org/10.1038/s41467-025-56906-7>

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.

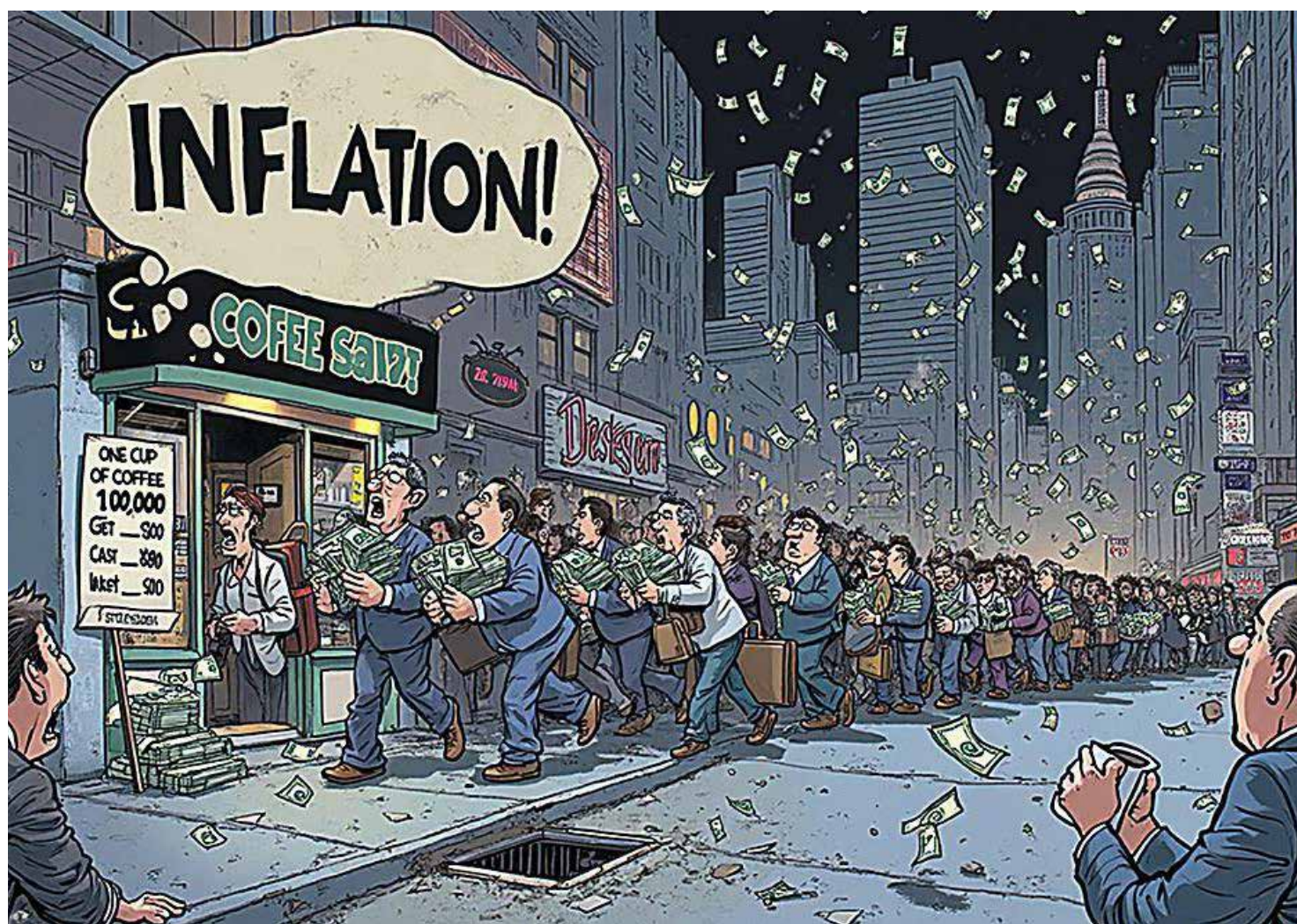
The uniqueness of sea buckthorn

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

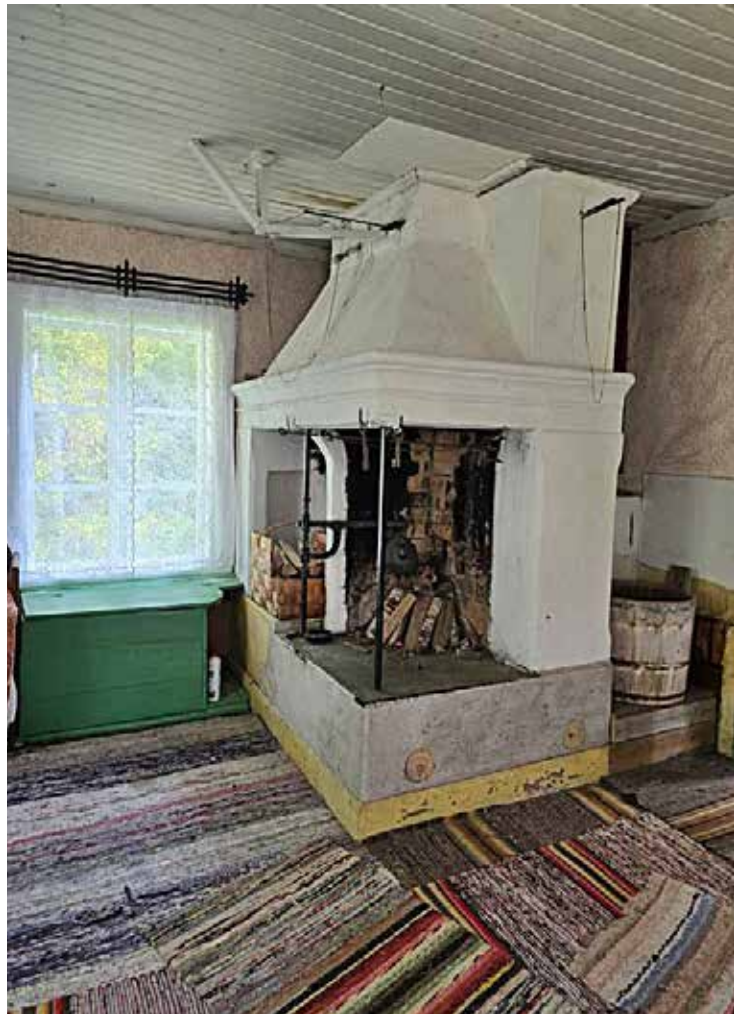
1900s, has been carefully restored to its original condition. Inside, visitors can explore the authentic furniture and appliances that once belonged to the tenant families. The torp also features a number of outbuildings, including a barn, a stable, and a granary.

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-Såltin 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.

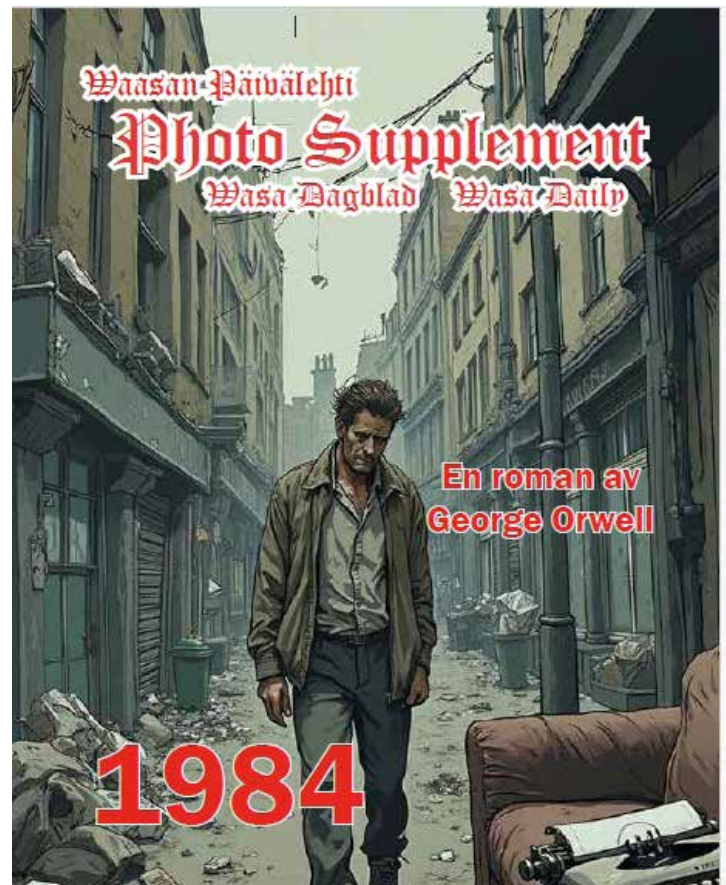
Orwell also depicts how the state uses "newspeak" to limit citizens' ability to think and control their perception of reality. By eliminating words that express opposition and criticism, the regime creates a language that makes it impossible to think "non-authoritarian" thoughts.

"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.

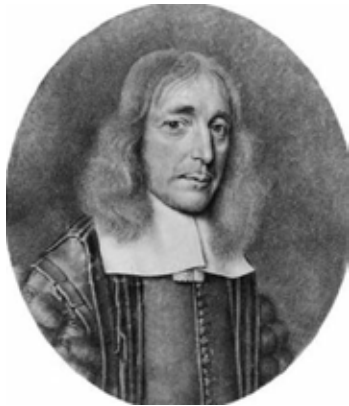
This project also raises important questions about the future of space exploration. As we venture further into the cosmos, we need to consider the ethical and environmental implications of our actions. It's crucial that we develop sustainable technologies and practices that minimize our impact on the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

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Comment:

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

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

Image: Lexica.art

AI

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



**Podcast in English:
Russian disinformation**
<https://vpress.ovh/podcasts.htm>

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.

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



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

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **** ASAP:**** As Soon As Possible (Lights a fire under someone... nicely)
6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global 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!

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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 peeking 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 not 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

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