

**WASA DAILY**

**Nr 14 Sunday, April 6, 2025**

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**Happiest in the World - Finland**

**And we are happy in Vaasa too**

**Roman quotes**

**Microplastics**

**Wärtsilä area**

**Election coming**

# WASA DAILY

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**vpress.ovh**

**32 pages**



# TODAY

## Your Voice Matters: Young People, Take Control of Your Future!



### APRIL 13TH IS COMING.

It's not for a concert, a festival, or a long weekend, but for something far more important: the municipal and welfare area elections. That's the day you, yes you, have the chance to shape your future and your surroundings.

Many young people shrug off politics. "It doesn't concern me," they say. "Politics is for old guys in suits." But the truth is, politics concerns us all, every day, every hour. And on April 13th, you have the chance to show that young voices matter.

Think about this: welfare areas are responsible for your health, your mental health, your access to care. Municipalities control schools, roads, public transport, housing, culture, and leisure activities. Everything that affects your daily life, your quality of life, your future.

Are you tired of poor bus connections? Do you want more bike lanes? Do you want

schools to invest more in mental health? Do you want a more vibrant cultural life? Then it's time to act. And you do that at the ballot box.

I know, politics can feel complicated. Parties, platforms, debates – it's easy to get lost in the jungle of information. But don't let that intimidate you. There are plenty of ways to find out what parties think about the issues that are important to you. Check party websites, use voting compasses, talk to friends and family. And most importantly: trust your gut feeling.

Young people often have a strong sense of justice and a desire to change the world. You are the future, you have the energy and creativity to create a better society. But for that to happen, you need to make your voices heard. And you do that by voting.

Don't let anyone else decide your future. Don't let anyone else take con-

trol of your life. April 13th is your turn. Go vote!

And remember: every vote counts. Your vote could be the one that decides the election. Your vote could be the one that changes the future.

So what are you waiting for? Make your voice heard. Show the politicians that young people care. Show that young people have power. Go vote on April 13th!

## Photo Supplement

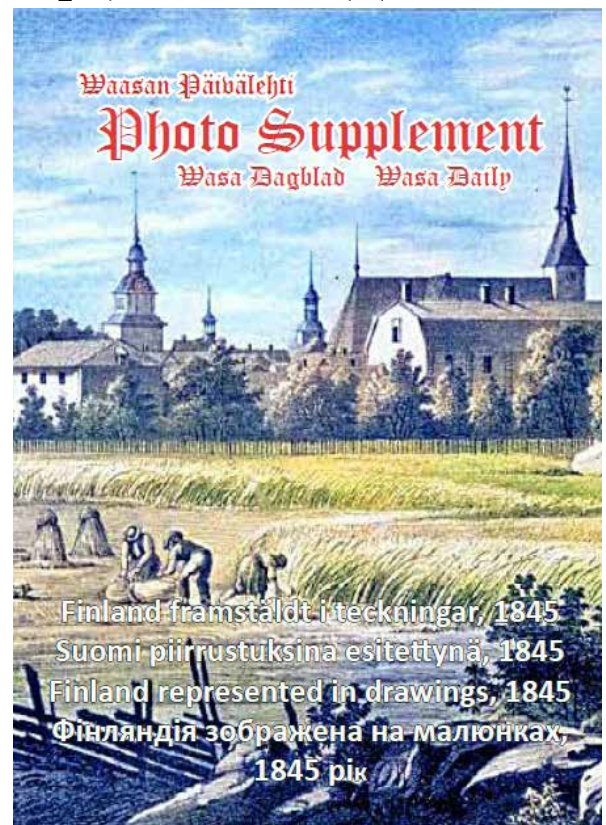


Photo Supplement - bpress.ovh

Cover: Election coming

## UNIVERSITY OF VAASA

# Poor Sleep Harms Work Performance, Reveals Study from the University of Vaasa



*In her doctoral thesis in personnel management, Jenni Tuomilehto suggests that workplaces should not only create a more open culture of discussion about sleep, but also develop methods to deal with the challenges posed by fatigue. Photo: Jenni Tuomilehto.*

**INSUFFICIENT SLEEP** is a widespread but often overlooked issue in the workplace. A new study from the University of Vaasa shows that fatigue significantly impairs job performance, yet the topic remains rarely discussed openly in professional settings. Jenni Tuomilehto, who will defend her doctoral dissertation in human resource management on April 8, emphasizes that the importance of sleep for occupational well-being is

frequently underestimated. Her research presents concrete strategies for identifying and managing sleep deprivation in the workplace.

### **Fatigue Reduces Productivity and Increases Accident Risks**

While workplace well-being is widely discussed, sleep quality often takes a backseat. According to Tuomilehto, poor sleep affects nearly all professions and industries.

"Insufficient sleep weakens concentration, slows decision-making, and makes emotional regulation more difficult. At the same time, it raises the risk of sick leave, burnout, and workplace accidents," Tuomilehto explains.

Her study is based on interviews with 24 professionals across different sectors, revealing that the effects of fatigue are multifaceted. Many reported a noticeable drop in productivity when sleep-deprived. Additionally, poor sleep disrupts workplace dynamics—irritability and communication breakdowns become more common.

### **"We Should Be Able to Talk About Sleep Without Fear"**

A major concern is that sleep deprivation remains a taboo topic. Many employees fear their professionalism will be questioned if they admit to struggling with fatigue.

"Sleep deprivation impacts well-being and performance so profoundly that it should be openly discussed without stigma. Workplaces should treat sleep as a shared priority and develop collective solutions," Tuomilehto argues.

She suggests practical interventions at both individual and organizational levels:

**Task scheduling** – Assign demanding tasks during peak energy hours.

**More breaks** – Short rest periods improve focus.

**Workload adjustments** – Employers should consider lighter duties for chronically fatigued employees.

**Flexible hours** – Later start times could help those with sleep difficulties.

### **Managers and HR Play a Key Role**

Tuomilehto's dissertation introduces a theoretical model to help identify sleep-related challenges and offers tools to address them. Supervisors and HR professionals, in particular, must understand fatigue's impact and provide support.

"Employers must recognize sleep as part of occupational health. While individual strategies help, organizational support is a game-changer," Tuomilehto stresses.

She recommends workplaces implement sleep hygiene training and foster open discussions about fatigue. Additionally, occupational health services could offer targeted guidance to prevent sleep disorders.

### **Good Sleep—A Competitive Advantage for Companies?**

The study indicates that prioritizing sleep benefits not only employees but also business outcomes. Fatigued workers make more errors, are less innovative, and face higher burnout risks. Conversely, well-rested teams are more productive, motivated, and resilient to stress.

"When workplaces invest in sleep quality, it pays off in both well-being and profitability," says Tuomilehto.

Her research sparks an important conversation about recognizing sleep's critical role in work life. By breaking the silence on sleep deprivation and taking proactive measures, organizations can become both healthier and more efficient.



# NEWS

**YOU CAN READ THIS NEWSPAPER ANYWHERE**



You can read this paper wherever You are. Like here in the Sundom archipelagg

## ELECTION

### Advance Voting Begins on April 2 – Here's How to Vote in Advance



**ADVANCE VOTING** in Finland takes place from April 2 to April 8. All eligible voters can cast their vote in advance at any general advance polling station in the country, regardless of their municipality of residence. Each municipality has at least one advance polling station, and a complete list is available at [www.valfinland.fi](http://www.valfinland.fi).

It is also possible to vote in advance at designated polling stations abroad. Addresses and further details about these locations can be found on the same website.

When voting, you must present a valid photo ID, such as a passport, identity card, or driver's license. The voting rights notification is not required.

## EU

### Henriksson Proposes EU-Wide Preparedness Guide – Finland's Model at Europe's Forefront!



#### MEMBER OF THE EUROPEAN PARLIAMENT

Anna-Maja Henriksson (Swedish People's Party of Finland), has launched a significant initiative that could revolutionize the European Union's crisis preparedness.

Together with her colleagues, she has proposed to Commission President Ursula von der Leyen the creation of an EU-wide preparedness guide. This project elevates Finland's comprehensive security model to an exemplary position across Europe!

"It's fantastic to see how Finland's long-term work on citizen preparedness is receiving well-deserved attention. This is proof that our investment in comprehensive security has been correct and forward-thinking," Henriksson comments on the initiative.

Henriksson's proposal is based on President Sauli Niinistö's report, which emphasizes the central role of citizens in preparedness. This is an excellent foundation for the EU's preparedness union strategy, which aims to improve the security of 450 million Europeans.

"This initiative is a brilliant example of how

we can collectively enhance Europe's security. It's crucial that every citizen feels part of a shared security network," Henriksson states.

The national preparedness guides of Finland, Sweden, and Denmark serve as inspiration for the entire continent. In these countries, citizens are already provided with practical guidelines for preparing for various crisis situations.

"The European Commission now has a unique opportunity to act in a coordinating role and ensure that best practices are disseminated everywhere. Together, we are stronger!" Henriksson concludes.

This initiative is a significant step towards a safer and more unified Europe. Finland's role as a pioneer in this process is invaluable.

*PHOTO: ©European Union  
non, ON1998 – 2025*

# NEWS

## OPERA

# Finnish National Opera and Ballet Unveils 2025–2026 Season: A Fusion of Classics and Innovation



**THE FINNISH NATIONAL OPERA** and Ballet's 2025–2026 season promises a dynamic mix of contemporary operas, timeless ballet masterpieces, and bold street dance performances.

### Opera Highlights:

The season kicks off with fresh interpretations of classics, including a 1950s Italy-set *Giselle* and *Hansel and Gretel* in a new Finnish-language production. Spring brings *Morgonstjärnan* – The Morning Star, based on Karl Ove Knausgård's novel, along with *Festen*, an opera adaptation of Thomas Vinterberg's cult film.

A deeply intimate take on Duke Bluebeard's Castle explores dementia's emotional toll, while the season concludes with a double bill of *Luonnotar* and *Iolanta*, celebrating both Finnish and Russian operatic heritage.

### Ballet and Dance:

Romantic and contemporary ballet shine with *Giselle*, the return of *Cinderella*, and the explosive street dance-infused *Pulse*, blending classical and urban styles.

*Don Quixote* makes a long-awaited comeback, while *The Nutcracker* and the *Mouse King* delights holiday audiences once

again.

### Concerts and Special Events:

The FNO Orchestra, led by Chief Conductor Hannu Lintu, continues its Musiikkitalo concert series, highlighted by a gala for the Chorus of the FNO's 80th anniversary.

A new collaboration with the Finnish Baroque Orchestra aims to expand Baroque opera productions in Finland.

### Guest Performances and Young Talent:

The Almi Hall will feature independent Finnish productions, including Saari's *ooppera*'s

*Ihminen parhaan kykynsä mukaan*, a thought-provoking opera by Joel Järventausta.

The Finnish National Ballet's youth company takes center stage with *Shining Through*, showcasing a mix of classical ballet and street dance.

This season is a celebration of storytelling through movement and music, bridging tradition with modernity for an unforgettable cultural experience.



# NEWS

## WIND POWER

**Magnificent wind farms in our neighbourhood – Finland's largest investment in renewable energy is launched. Halsua's finances improve dramatically**



**THE TRANSITION TO RENEWABLE** energy in Finland is gaining new momentum when the energy company OX2 launches Finland's largest wind power investment ever. The wind farms in Rajamäenkylä and Honkakangas will bring clean electricity and economic benefits to the surrounding areas – and at the same time strengthen Finland's position as a pioneer in green energy.

### **A significant energy transition begins**

OX2 will invest approximately EUR 700 million in two wind farms with a combined capacity of 472 megawatts. It is the largest single investment in renewable energy in Finland and the entire Nordic region since 2022.

In the future, **the Rajamäenkylä wind farm** in Isojoki and Karijoki (367 MW) will produce 1.25 terawatt hours of electricity per year, which corresponds to the annual consumption of approximately 250,000 households.

**The Honkakangas** (105 MW) wind farm in Halsua produces 360 gigawatt hours per year, which is equivalent to the electricity consumption of 73,000 households.

When completed (2027–2028), the farms will produce a total of 1.6 TWh of renewable electricity per year.

Benefits for the local population and the environment

Wind farms bring significant economic and social benefits to regions:

Municipalities' real estate tax revenue is EUR 2.5 million per year.

During the construction phase, local companies and professionals will be hired.

The grid connections will be implemented in an innovative way with a 400 kV DC transformer – for the first time in Finland.

Juha Herrala, Mayor of the Ii River, emphasizes the importance of the project:

This is the largest renewable energy project in our municipality and an important step for the vitality of the entire region. The benefits are visible to residents in many ways."

### **Finland's green energy continues to grow**

OX2 is Finland's leading wind power developer, and the new wind farms will be the first to remain in the company's ownership.

"The investment decision sends an encouraging message to the entire energy market. Sustainable growth requires concrete measures, and this is one of them," says Veli-Pekka Alkula, Country Manager of OX2 Finland.

The increase in wind power will also strengthen Finland's independence from fossil fuels. The new wind farms are a step towards a greener future – and at the same time, they create jobs, tax revenues and clean energy in Finnish homes.

## PARLIAMENT

**Conversion Therapies to Be Banned in Finland**

**FINLAND'S PARLIAMENT** has voted to ban therapies that attempt to change a person's sexual orientation or gender identity. The decision was made on March 28, with 125 MPs voting in favor of the ban and 49 against. The Christian Democrats and Finns Party opposed the proposal.

### **What Are Conversion Therapies?**

Conversion therapies are practices that aim to change a gay, bisexual, transgender, or intersex person's sexual orientation or gender identity to heterosexual or cisgender (where gender identity aligns with sex assigned at birth). Such therapies have been widely criticized as harmful and a violation of human rights.

### **Why Are They Being Banned?**

The citizens' initiative "A Person Is Whole – Ban Conversion Therapies" highlighted that these methods can lead to severe mental health issues and discrimination. Parliament found that current laws are not clear enough to prevent such practices, making a specific ban necessary.

### **What Happens Next?**

A legislative committee will begin drafting a law to explicitly ban conversion therapies. The goal is to protect the rights of LGBTQIA+ individuals and ensure no one is subjected to these harmful practices.

The decision marks a step toward a more inclusive and respectful approach to all people's identities and sexual orientations.

# NEWS

## VAASA

### We in Vaasa are Happy. Truly Happy!

**VAASA HAS REASON** to celebrate, as the results of the city's latest happiness survey are nothing short of spectacular! The average happiness score among Vasaites has reached a record high of 74.7 points on a scale of 0 to 100. This is a remarkable achievement that speaks to the positive outlook on life and the ability to enjoy the small joys of everyday life among the city's residents.



Joy: Volunteering and physical activity are linked to a higher level of happiness. The Power of Small Moments: The ability to find joy in the small things of everyday life is the most important source of happiness. Even with Happiness Thieves, People Adapt

The survey also identified "happiness thieves," or factors that diminish happiness. The most common were pains and aches, excessive sensitivity, financial difficulties, and efficiency pressures. However, it is encouraging that people are able to adapt to their problems. Happiness only decreases when there are five or more thieves.

#### Vasa – A Model City for Happiness

The happiness scores of Vasaites are consistent with the other studies by Emeritus Professor Markku Ojanen, which confirms the reliability of the results. Vasa can proudly call itself a model city for happiness, where residents know how to appreciate the good things in life.

"This survey is a valuable tool for us to develop the city into an even better place to live," says a city representative. "We want to continue to invest in the well-being of our residents and create the conditions for a happy life."

Source: Vaasa.fi

#### Rising from Dark Times to a Brighter Future

The year 2022 was exceptionally challenging for Vasaites. Russia's invasion of Ukraine created feelings of insecurity and economic uncertainty, which were reflected in the happiness scores. However, now, just three years later, Vasaites have demonstrated incredible resilience and the ability to rediscover happiness.

"This is a significant testament to the strong community spirit and the ability to overcome difficulties among Vasaites," says a city representative. "We are proud that Vasaites feel they are living a happy and fulfilling life."

#### The Secrets of Happiness Revealed

A record number of Vasaites, a total of 2,306 people, participated in the survey, making the results particularly significant. The study revealed several key factors that contribute to the happiness of Vasaites:

**Personal Attitude Matters:** Nearly half of the respondents believe that happiness is largely up to oneself. **Optimism Pays Off:** Vasaites look to the future with confidence, with five times more optimists than pessimists. **Community and Activity Bring**

## STUDENTBLADET

### Pensioner changes direction – from scalpel to school desk!



#### HERE ARE SOME COMMENTS

on an informative and easy-to-read article written by Jessica Nygård that was published in Studenbladet this week.

The student magazine can be found here:  
[www.stbl.fi](http://www.stbl.fi)

And here are some comments on this:

Hans Björknäs, 79, has decided that retirement was not exciting enough. After 52 years as a doctor, six books and a heart attack, he thought: "Why not become a journalist?" So now he's sitting at Soc&kom and learning about gender in society, which is apparently like learning a whole new language.

Björknäs, who apparently has a penchant for avoiding household chores ("That way I didn't have to participate in the cleaning at home"), has also managed to start three newspapers. But he realized that a little formal education might not hurt. Despite being older than most of his fellow students (and probably some of their parents),

he has not encountered any age discrimination. However, he has drawn the line at "getting-to-know-you-games" during the introduction week, preferring to go home to his wife instead.

Björknäs, who apparently was involved in the occupation of Czechoslovakia in the 60s, can also tell us how much university studies have changed. From blackboards and crayons to computers and smartphones. And apparently the typewriter course was one of the most important of his time.

His advice for young students? Read books and get a calendar. And don't stress, if you don't become a candidate, it's not the end of the world. Björknäs, who is apparently an expert at taking it easy, believes that today's 60-year-olds are yesterday's 40-year-olds. So why not take the opportunity to do something new? Especially if it means that you don't have to clean at home

# ART EXPERIENCE OF THE WEEK



**Alexandra Theodoraa Frosterus-Sältin**

6.12.1837, Ingå

29.2.1916, Vaasa

Old woman gathering sticks, 1875



# 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-Sältin.

### 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 Wäritsilä 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](http://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](http://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.

## NEWS

## MIGRI

## Finland Streamlines Reception System as Asylum Numbers Decline. Oravais will close in December

**THE FINNISH IMMIGRATION SERVICE** (Migri) has announced the closure of multiple reception centres, including the Oravais facility in December, as the need for asylum accommodation continues to decrease.

## Fewer Arrivals, More Local Integration

The decision follows a significant drop in asylum applications—down 45% in 2024 compared to the previous year. Additionally, the number of displaced Ukrainians seeking temporary protection has steadily declined. At the same time, an increasing number of reception centre residents have successfully transitioned to permanent municipal housing, reducing the demand for centralized accommodation.

## Cost Efficiency Without Compromising Welfare

To maintain a financially sustainable reception system, Migri will terminate contracts with 18 reception centres by July, saving an estimated €21 million in 2025. A further eight centres will close by February 2026.

Elina Nurmi, Director of Reception Services, emphasized that the closures have been carefully timed:

“The first centres will not shut before the end of June, ensuring school-aged children can complete their academic year without disruption. Our priority remains the well-being of vulnerable groups, particularly minors.”

## Pathway to Independence

Over 2,200 current residents are now eligible to apply for municipal residency, granting them the freedom to settle anywhere

in Finland. Nearly half could relocate immediately if they choose. Those not yet ready for independent living will be transferred to other reception centres, with Migri providing tailored support throughout the transition.

“We’re committed to a smooth process,” Nurmi added. “Each case will be assessed individually, and clients retain the option to move into private housing if preferred.”

## A Shift in Finland’s Migration Landscape

This move reflects broader trends in migration—fewer new arrivals and greater emphasis on long-term integration. While the closures signify a reduction in immediate capacity, they also highlight the success of Finland’s resettlement policies in helping asylum seekers establish stable lives.

## What’s next?

With further adjustments possible in 2026, Finland’s reception system appears poised for a more targeted, cost-effective future—one that balances fiscal responsibility with humanitarian commitments.

This rationalization was inevitable given the sharp decline in asylum seekers. However, the real test will be ensuring that those still in the system—particularly families and unaccompanied minors—receive adequate support as they transition to independence.

The €21 million savings are a win for taxpayers, but the human aspect of integration must remain a priority.

## MIGRI

## Фінляндія оптимізує систему прийому, оскільки кількість біженців зменшується. Oravais

**ІМІГРАЦІЙНА СЛУЖБА ФІНЛЯНДІЇ** (Migri) оголосила про закриття кількох центрів прийому, включаючи заклад Oravais, у грудні, оскільки потреба в притулках продовжує зменшуватися.

Менше прибуттів, більше локальної інтеграції

Це рішення послідувало за значним падінням кількості заявок на надання притулку — на 45% у 2024 році порівняно з попереднім роком. Крім того, кількість переміщених українців, які шукають тимчасового захисту, неухильно зменшується. У той же час, все більша кількість мешканців приймальних центрів успішно перейшли на постійне муніципальне житло, що зменшило попит на централізоване житло.

Економічна ефективність без шкоди для добробуту

Щоб підтримувати фінансово стійку систему прийому, Migri розірве контракти з 18 центрами прийому до липня, заощадивши приблизно 21 мільйон євро у 2025 році. Ще вісім центрів будуть закриті до лютого 2026 року.

Еліна Нурмі, директор служби прийому біженців, наголосила, що закриття було ретельно розплановано:

«Перші центри не закриються до кінця червня, щоб діти шкільного віку могли завершити навчальний рік без збоїв. Нашим пріоритетом залишається благополуччя вразливих груп населення, особливо неповнолітніх».

## Шлях до незалежності

Понад 2200 нинішніх жителів тепер мають право подати заявку на муніципальне проживання, що надає їм свободу проживання в будь-якому місці Фінляндії. Майже половина може переїхати негайно, якщо захоче. Ті, хто ще не готовий до самостійного життя, будуть переведені в

інші центри прийому, а Migri надаватиме індивідуальну підтримку протягом усього переходу.

“Ми прагнемо до безперервного процесу», — додав Нурмі. “Кожен випадок буде оцінюватися індивідуально, і клієнти зберігають можливість переїхати в приватне житло, якщо це бажано».

Зміни в міграційному ландшафті Фінляндії

Цей крок відображає ширші тенденції в міграції — менша кількість новоприбулих і більший акцент на довгостроковій інтеграції. Хоча закриття означає скорочення негайної пропускної здатності, воно також підкреслює успіх політики переселення Фінляндії у допомозі шукачам притулку налагодити стабільне життя.

## Що далі?

З можливими подальшими коригуваннями у 2026 році система прийому у Фінляндії, схоже, готова до більш цілеспрямованого та економічно ефективного майбутнього — такого, яке збалансує фінансову відповідальність із гуманітарними зобов'язаннями.

Така раціоналізація була неминучою з огляду на різке зменшення кількості шукачів притулку. Однак справжнім випробуванням буде забезпечення того, щоб ті, хто все ще перебуває в системі, особливо сім'ї та неповнолітні без супроводу, отримували належну підтримку на шляху до незалежності.

Економія у розмірі 21 мільйона євро — це вигравш для платників податків, але людський аспект інтеграції має залишатися пріоритетом.



# ART

HELENE SCHJERFBECK

## Helene Schjerfbeck Exhibition Comes to The Metropolitan Museum of Art in New York – A Historic First for Finnish Art

Ateneum Art Museum | News |  
April 2, 2025

**A LANDMARK MOMENT** in Finnish art history is approaching as the works of Helene Schjerfbeck will be displayed at The Metropolitan Museum of Art (The Met) in New York from December 5, 2025, to April 5, 2026. This marks the first time a Finnish artist has been granted a dedicated exhibition at one of the world's most prestigious art museums. The showcase is the result of long-term collaboration between the Ateneum Art Museum and the Klassikot maailmalle (Classics to the World) initiative, supported by the Jane and Aatos Erkko Foundation.

### A Dream Come True for Finnish Art

"This is a dream come true—not just for me but for Finnish art as a whole. The Met is in a league of its own, and it's an incredible honor that Helene Schjerfbeck's works will grace its walls," says Anna-Maria von Bonsdorff, Director of the Ateneum Art Museum.

The exhibition spans Schjerfbeck's (1862–1946) entire career, from her early academic works to her introspective late self-portraits. Over 60 pieces will be on display, including portraits, still lifes, and landscapes, featuring iconic works such as *The Convalescent* (1888), *The Seamstress* (1905), and a series of self-portraits. A speci-

*Helene Schjerfbeck: Self-Portrait with a Black Background (1915). Finnish National Gallery / Ateneum Art Museum, Hallonblad Collection. Photo: Finnish National Gallery / Yehia Eweis.*

al highlight is *The Lace Collar* (1920), acquired by The Met in 2023—the first work by a Finnish artist to enter the museum's collection.

### International Collaboration and Contemporary Art Spotlight

The exhibition will be held in The Met's Robert Lehman Wing, curated by Dita Amory, with Anna-Maria von Bonsdorff serving as consulting curator. A comprehensive exhibition catalog, including an essay by von Bonsdorff, will accompany the showcase.

Alongside Schjerfbeck's retrospective, Finnish con-

temporary art will also take center stage in New York. The *Remix the Archive* exhibition (May–June 2025) will feature generative art created using open-access data from the Finnish National Gallery's collections, including the award-winning *Loom of Reality* by Ilmo and Aarni Kapanen.

### Finnish Art's Global Reach

Schjerfbeck's works have previously captivated international audiences, with a celebrated 2019 exhibition at London's Royal Academy of Arts and a 2014–2016 tour across Japan and Germany.

The Klassikot maailmalle project continues to bring Finnish masters to global audiences: a Pekka Halonen exhibition will open at Paris's Petit Palais in November 2025, following the recent Akseli Gallen-Kallela showcase at Vienna's Belvedere Museum.

### Who Was Helene Schjerfbeck?

Schjerfbeck developed a distinctive modern style, stripping her paintings of unnecessary detail. Her self-portraits—painted from youth to old age—reveal a profound artistic journey. The Ateneum holds the world's largest Schjerfbeck collection, with over 200 works.



# BOOKS

## HISTORICAL LITERATURE

### Karl August Tavaststjerna: Nobleman

### A romantic in the whirlwind of hard times

### *Hårda tider* will be published by Wasa Daily

**KARL AUGUST TAVASTSTJERNA**, the controversial and great star of Finland-Swedish literature, was born in 1860 into a noble family in the municipality of Mikkeli. Already in her childhood, he experienced the shadows of upper-class life, when her mother died of typhoid fever while caring for beggars during the famine years. This tragic event made an indelible impression on the young Karl August, which was later reflected in his works.

The road to school was rocky. After his father's death, he was placed under the guardianship of Colonel Constantin Ruin, and his studies at the Helsinki Polytechnic School did not inspire him much. He longed to return to the Parisian art scene, but eventually returned to Finland disappointed. After this, however, his literary career began to flourish.

Tavaststjerna was a controversial figure, a "patriot of the fatherland" who hated the intellectual atmosphere and language battles in Finland. He thirsted for international recognition and moved around in Parisian artistic circles, but at the same time he depicted the conflicts and injustices of Finnish society in his works. The novel *Hårda tider*, (Hard Times) (1891) is a brutal depiction of the famine years of the 1860s, where noble romanticism collides with grim reality.

Tavaststjernas pen was sharp and satirical. He did not shy away from depicting the dark side of society, and his work aroused much discussion in his time. He was a realist who did

not embellish reality, but at the same time he had the soul of a romantic who longed for beauty and harmony.

**Tavaststjerna's book *Hårda tider* and the Finnish translation *Kovina aikoina* will be published on Wasa Daily's website.**

His life came to a tragic end in Pori in 1898, only 37 years old. According to the story, instead of medicine, she was given a lethal dose of lamp oil, according to other sources, it was a nurse's mistake. This seemingly absurd death is the end of his contradictory life.

The legacy of Tavaststjerna lives on in Finland-Swedish literature. His works are timeless depictions of the role of man in difficult times, and his satirical pen continues to scratch the surface of society. He was a noble romantic who dared to look reality in the eye and describe its brutality.

His book *Hårda tider* is a milestone in Finnish literature that depicts the misery and despair of the famine years. Häme-star does not spare the reader, but shows the horrible face of hunger, disease and death. He also describes people's desperate attempts to survive and even exploit each other. The book is a harsh depiction of the time



Karl August Tavaststjerna (1860-1898) Wikimedia Commons when Finland was a poor and hungry country.

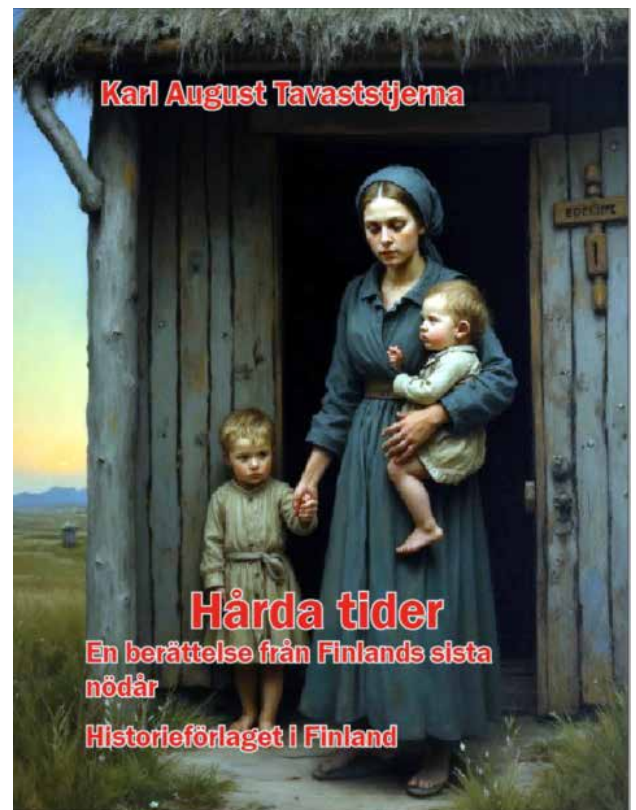
Tavaststjerna's humour was black and sarcastic. He mocked the hypocrisy of the nobility and the greed of the bourgeoisie. He did not mince words, and his works are full of sharp

observations and apt comparisons. He was a writer who dared to laugh even at serious things.

Tavaststjerna was also very talented. He wrote poems, plays, and novels, and he was also a skilled journalist. He started his own newspaper, but it was not financially successful. He was a visionary who wanted to change the world, but he also had a realistic understanding of its brutality.

Karl August Tavaststjerna was a controversial and fascinating figure who left an indelible mark on Finland-Swedish literature. His works are still relevant today, and they are still read and studied.

He was a noble romantic who dared to look reality in the eye and describe its brutality.





# EXHIBITION

## AMOS REX

### Anna Estarriola's "Staged Circumstances and Piles of Things" – A Multisensory Journey Through Constructed Realities at Amos Rex



**WHAT HAPPENS** when reality is not what it seems? When the objects, sounds, and spaces around us are staged, manipulated, and deliberately arranged? The new exhibition Staged Circumstances and

Piles of Things by Catalan-born, Helsinki-based media artist **Anna Estarriola** at Amos Rex invites visitors to peel back the layers of perception and step into a labyrinth of shifting realities.

Opened to the public on April 2, this is Estarriola's largest solo exhibition to date, transforming Amos Rex's underground galleries into an immersive, ever-changing environment. Each of the 17 installations acts as a portal into a different dimension—sometimes startlingly tangible, sometimes hauntingly abstract.

#### Constructed Spaces and the Fluidity of Meaning

Blending sculpture, moving image, sound, and interactive electronics, Estarriola's works challenge the viewer's senses and assumptions. The exhibition's title (Staged Circumstances and Piles of Things) hints at its core themes: How do the objects around us gain meaning? Can we trust our own perception?

"Estarriola's work doesn't just tell stories—it turns the viewer into an active participant. Her installations are like intimate theatrical experiences where everyone plays a role," says curator Katariina Timonen.

#### Where Art and Science Collide

Drawing inspiration from quantum physics, neuroscience, and belief systems, Estarriola's practice explores how the brain processes reality and constructs order from

chaos.

"I want people to question what they see. Is what's in front of me really there? Or is it just a construct I've learned to accept?" Estarriola reflects.

Her work has been exhibited internationally and is held in collections such as the Finnish National Gallery and the Saastamoinen Foundation. In 2015, she received the prestigious AVEK Award, followed by a five-year state artist grant.

#### Touch, Interact, Disrupt Expectations

This is not a traditional art exhibition where visitors observe from a distance. Here, every movement, glance, or touch can reshape the experience. Estarriola's installations provoke thought, defy expectations, and leave the audience wondering: What is real, and what is staged?

Staged Circumstances and Piles of Things runs at Amos Rex from April 2 to September 1, 2025, alongside Enni-Kukka Tuomala's Expanding Empathies, offering a fascinating counterpoint to Estarriola's explorations.

Images: Anna Estarriola, System-Amos Rex-Aukusti Heinonen  
AnnaEstarriola\_03\_Amos Rex-StellaOjala



# ENVIRONMENT AND HEALTH

## MICROPLASTICS

### Microplastics: An Invisible Threat to Environme-

**M**icroplastics, solid plastic particles less than five millimeters in size, have emerged as a significant environmental and health concern in recent years. The THL seminar on March 25, 2025, provided a comprehensive overview of the current state of microplastic research, revealing the scope and severity of this complex issue. The information presented at the seminar, combined with my own observations, paints an alarming picture of the impact of microplastics on our environment and potentially our health.

Microplastics are solid plastic particles composed of mixtures of functional additives. They have been detected almost everywhere in the environment, from the deep seas to high mountains. Due to their small size, they are easily transported by water and air, eventually entering the food chain.

The seminar emphasized that microplastic research is multidisciplinary, involving researchers from fields such as technical physics, environmental and life sciences, photonics, pharmacy, clinical nutrition, and even law. This multidisciplinary approach reflects the complexity of microplastics and their broad impact on various aspects of life.

The explosive growth in research volume in recent years underscores the urgency of microplastics and the growing concern among researchers. The seminar highlighted that the number of studies has increased twenty-fold in five years. This development is positive, but it also emphasizes the need for uniform research methods and comparable results. Currently, there are up to 17 different methods used in Europe



for identifying microplastics, which hinders the comparison of results and the formation of a comprehensive picture.

One of the seminar's central themes was the presence of microplastics in water bodies. In Finland, the occurrence of microplastics in surface water, sediment, lakes, stormwater, ice, and even fish has been studied. The results are concerning: microplastics have been found in about one in four of the fish examined (fish from Lake Kallavesi). This shows that microplastics are already widely dispersed in Finnish waters and have entered the food chain.

The seminar revealed that we ingest an amount of microplastics equivalent to the size of a bank card weekly through food. The long-term health effects of this are still largely unknown, but the potential risks are alarming. Microplastics have been found to cause cell toxicity, oxidative stress, inflammatory

reactions, and even genotoxicity. Additionally, the over 10,000 different additives in plastics can pose additional risks.

Particularly concerning is the potential interaction of microplastics with the gut microbiota. The gut microbiota is crucial for the immune system and overall health. The effects of microplastics on this delicate ecosystem are still largely unknown, but research is ongoing. Furthermore, it has been observed that nanoplastics can cross the blood-brain barrier, raising concerns about their potential effects on brain function.

My own concern focuses particularly on the potential effects of microplastics on cardiovascular health. Although a direct link between microplastics and coronary artery disease has not yet been established, there are several mechanisms through which microplastics could potentially affect cardiovascular health. For example, the inflammatory reac-

tion caused by microplastics can promote atherosclerosis, or hardening of the arteries. Additionally, the chemicals contained in microplastics can affect blood pressure and blood clotting. The ability of nanoplastics to cross the blood-brain barrier also raises questions about their potential effects on the regulation of heart function.

The seminar highlighted several challenges and opportunities in combating microplastics. A key challenge is the inability of people to live completely "plastic-free" in today's society. Plastic is present in almost all areas of life, and completely replacing it is a huge challenge. Another major concern is the entry of microplastics into the soil, which can affect global food production.

The seminar mentioned the Single-Use Plastics Directive as an example of how political decisions can influence the spread of microplastics. Additionally, the possibility of using plastic-degrading microbes to combat microplastics was discussed.

This is a promising area of research that may offer new solutions to this global problem.

In summary, microplastics are a serious threat to the environment and potentially to health. We need more research on the effects of microplastics, uniform research methods, and effective measures to prevent the entry of microplastics into the environment. It is also important to raise awareness of the harms of microplastics and promote more sustainable alternatives to plastic.



# ANCIENT ROME

## ROMAN QUOTES

### Indeed, the Romans Were Wise!

**Y**es, they were. These quotes, used if not daily, then very frequently, all originated in the Roman Empire.

#### Introduction

The Roman Empire was a cradle of wisdom and intellect. Many of the proverbs and quotes coined during this period have survived the centuries and continue to inspire and provide us with insights today. In this article, we will explore some of the most memorable Latin quotes and their meanings.

#### Memorable Latin Quotes

- "Carpe diem"
  - o Meaning: Seize the day.
  - o Explanation: This famous quote by the poet Horace urges us to make the most of every moment and enjoy life to the fullest.
- "Veni, vidi, vici"
  - o Meaning: I came, I saw, I conquered.
  - o Explanation: These words were uttered by Julius Caesar after a swift victory in war. They symbolize efficiency and determination.
- "Alea iacta est"
  - o Meaning: The die is cast.
  - o Explanation: Also from Julius Caesar, this quote was said when he crossed the Rubicon River with his army, thus starting a civil war.
- "Errare humanum est"
  - o Meaning: To err is human.
  - o Explanation: This proverb reminds us that no one is perfect and that we all make mistakes.
- "Dum spiro, spero"
  - o Meaning: While I breathe, I hope.
  - o Explanation: This



quote expresses a sense of unwavering hope and perseverance in the face of adversity.

- "Ad astra per aspera"
  - o Meaning: To the stars through difficulties.
  - o Explanation: This quote, often used as a motto, emphasizes that success requires effort and overcoming obstacles.
- "Memento mori"
  - o Meaning: Remember that you must die.
  - o Explanation: This quote is a reminder of the transience of life and the importance of living in the present.
- "Si vis pacem, para bellum"
  - o Meaning: If you want peace, prepare for war.
  - o Explanation: This quote, often attributed to Publius Flavius Vegetius Renatus, suggests that military strength may be necessary to maintain peace.

- "O tempora, o mores!"

- o Meaning: Oh times, oh customs!
- o Explanation: This expression by Cicero is used to express concern or dissatisfaction with the prevailing situation.

- "Festina lente"
- o Meaning: Make haste slowly.

- o Explanation: This quote, attributed to Emperor Augustus, urges a balanced approach that combines speed with accuracy.

- "Vox populi, vox Dei"

- o Meaning: The voice of the people, the voice of God.

- o Explanation: This quote expresses the idea that public opinion has a certain authority or validity.

- "Amor vincit omnia"

- o Meaning: Love conquers all.
- o Explanation: This

quote by Virgil celebrates the power of love and its ability to overcome obstacles.

- "Audere est facere"
- o Meaning: To dare is to do.

- o Explanation: This quote emphasizes the importance of taking risks and acting to achieve one's goals.

- "De gustibus non est disputandum"

- o Meaning: There is no disputing about tastes.

- o Explanation: This quote reminds us that taste is subjective and that arguing about it is pointless.

The Latin quotes above are just a small selection of the wisdom that the Roman Empire has given us. These proverbs and quotes continue to be relevant today and provide us with valuable insights into life, love, success, and much more.

## ECONOMY

# "Shrinkflation" and "Cheapflation" in the Age of Inflation

**P**aying More for Less: Decoding "Shrinkflation" and "Cheapflation" in the Age of Inflation

While inflation pinches wallets at the checkout stand, consumers are facing a double whammy: a phenomenon known as "shrinkflation" and its stealthier cousin, "cheapflation."

### Shrinkflation: A Familiar Foe

Shrinkflation, a portmanteau of "shrink" and "inflation," is a well-documented practice where manufacturers subtly reduce the quantity of a product while maintaining, or even raising, the price. This means you're essentially paying more for less of the same product.

For instance, your favorite chocolate bar might have shrunk slightly in size, or your cereal box might now hold a few fewer flakes. While the change may seem insignificant at first glance, it can add up significantly over time, especially for budget-conscious consumers.

### Enter Cheapflation: A Sneaky Strategy

Cheapflation takes this strategy a step further. Here, manufacturers not only reduce the quantity but also tweak the recipe itself, replacing higher-quality ingredients with cheaper alternatives. This can go unnoticed by consumers relying solely on brand recognition.

Foodwatch, a Belgian consumer protection organization, recently



exposed this practice. They identified instances where products like surimi sticks contained less fish, mayonnaise had a lower egg yolk content, and chocolates skimmed on cocoa. Disturbingly, these changes often coincided with price increases, leaving consumers feeling doubly deceived.

### The Manufacturers' Defense

Manufacturers often cite rising raw material costs as justification for these practices. While inflation does put pressure on production, critics argue that the lack of transparency surrounding recipe changes and price hikes is unacceptable.

### The Fight for Fairness

Foodwatch's investigation highlights the need for increased transparency from manufacturers. Consumers deserve to know exactly what they're paying for, especially when faced with rising

food costs. Regulatory bodies also have a role to play in ensuring fair practices and protecting consumer rights.

### So, what can you do?

**Become a label detective:** Read ingredient lists carefully and compare product sizes and prices across brands.

**Choose value brands:** You might be surprised by the quality of store-brand alternatives.

**Embrace bulk buying:** If you have the storage space, buying in bulk can offer better value for staple items.

**Advocate for transparency:** Support organizations like Foodwatch that promote consumer rights and fight for fair practices.

By staying informed and making informed choices, we can navigate the complexities of inflation and ensure we're getting the best bang for our buck.



## ART

# Eero Järnefelt: Finland's eminent nature and portrait painter

**E**ero Järnefelt (1863–1937) was a prominent figure in Finnish art, known for his captivating landscapes and insightful portraits. Born into a prominent family of artists, Järnefelt was surrounded by creativity from a young age.

His father was a general and his mother was a baroness with artistic interests. His sister Aino married the acclaimed composer Jean Sibelius. The artistic milieu undoubtedly approached Järnefelt's own artistic talents. Järnefelt's artistic journey began in Paris, where he studied under the tutelage of famous French artists such as Fernand Cormon. He absorbed the

influences of naturalism and impressionism, which is evident in his use of light and focus on capturing fleeting moments.

After returning to Finland, Järnefelt was captivated by the natural beauty of his homeland, especially the majestic landscapes around Koli National Park. His paintings captured the stillness and grandeur of these landscapes, often with a muted colour palette and an emphasis on the vastness of the Finnish wilderness. These Koli-themed paintings remain some of his most recognizable works. Järnefelt was also a gifted portrait painter. He painted prominent figures in Finnish society, capturing their personali-

ties and expressions with remarkable detail. His portraits were known for their psychological depth and ability to convey the inner world of their subjects. In addition to his artistic endeavours, Järnefelt played a significant role in shaping Finnish art education. He worked as a professor at the University of Helsinki's drawing studio for more than two decades, inspiring generations of aspiring artists. Key features of Eero Järnefelt's art:

**Landscapes:** Focus on capturing the beauty of the Finnish wilderness, especially Koli National Park. Use of muted colors and emphasis on vastness.

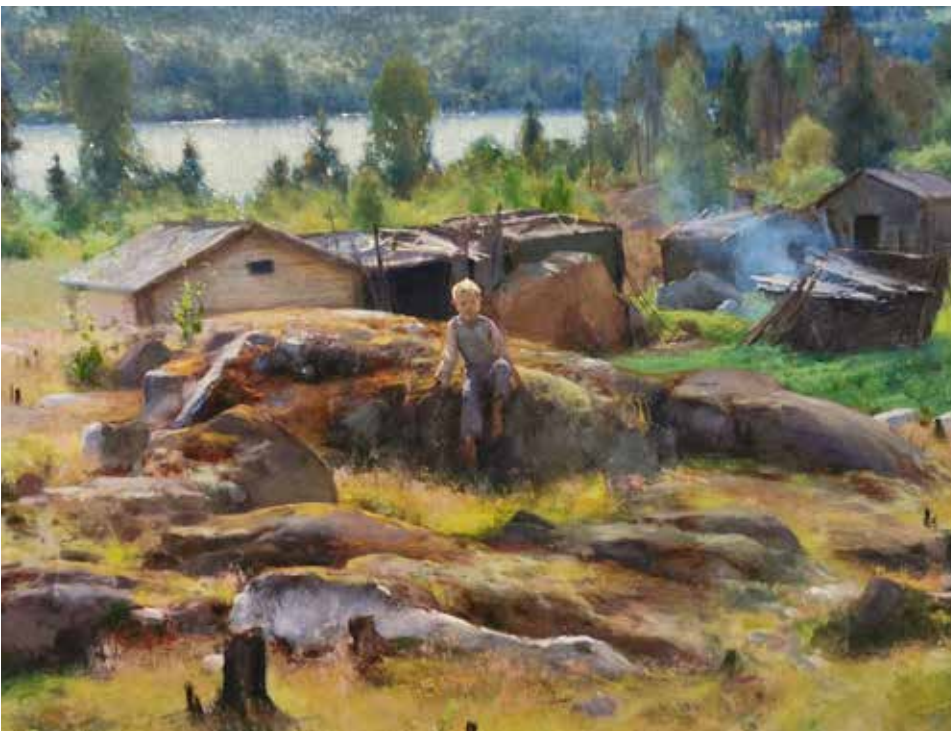
**Portrait:** Psychological depth and







*J K Paasikivi's portrait*



ability to depict the inner world of subjects.

Influences: Naturalism and impressionism evident in his use of light and focus on capturing fleeting moments. Legacy: Eero Järnefelt is regarded as one of the leading figures in the Golden Age of Finnish art. His paintings continue to be admired for their beauty, technical skill, and ability to capture the essence of Finland's landscape and people.

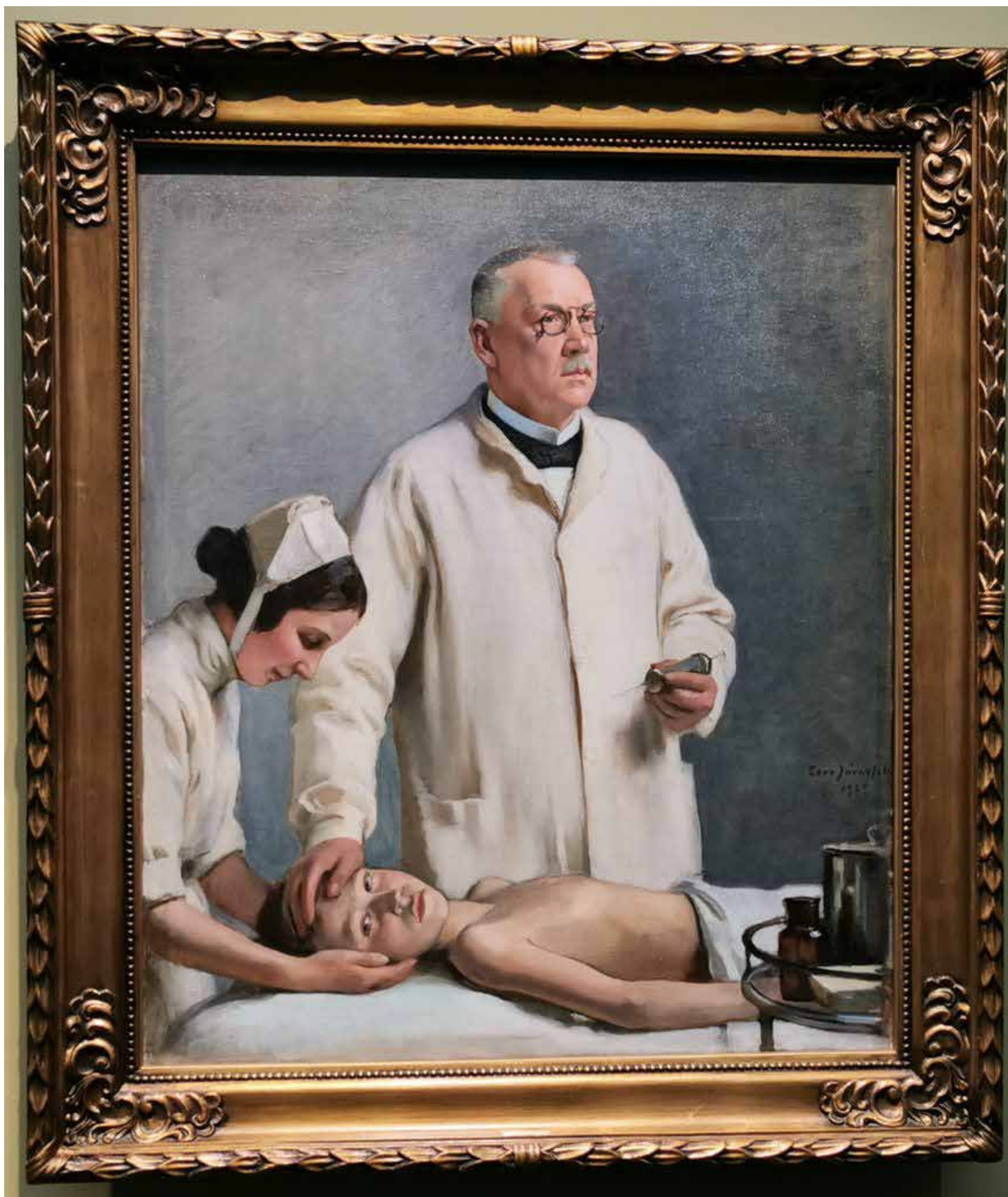
### **Some of Järnefelt's paintings:**

"Under the Yoke" (1893): This is widely considered to be Järnefelt's most iconic work and a milestone in Finnish art. It depicts a group of weary farmers who clear land by burning rice. The painting is a powerful social commentary and highlights the harsh realities of rural life in Finland at the time. The figures are stoic and silhouetted against a smoke-filled sky, conveying a sense of hardship and resilience.

"Saimi in the Meadow" (1892): This portrait shows Järnefelt's wife, Saimi, sitting gracefully in a sunlit meadow. The painting is known for its idyllic atmosphere and the soft light that seeps through the trees. Järnefelt's skill in capturing light and shadow is evident, as is his tenderness in portraying his wife. The use of a muted color palette with hints of vivid green and yellow creates a harmonious and peaceful composition.

"Koli" (1935): Painted later in Järnefelt's career, this landscape represents his long-standing fascination with the magnificent nature of Koli National Park. The vastness of the lake and the rolling hills dominate the foreground, while the distant mountains rise majestically in the background. The use of a cool blue and green color scheme conveys the serenity of the Finnish wilderness. This painting exemplifies Järnefelt's ability to translate the grandeur of nature into canvas.





*Frans Ali Krogius' porträtt*

with a sense of calm and awe.

Most of Eero Järnefelt's paintings are in public collections in Finland, especially those focusing on Finnish art. Here are some prominent places where you can find his work:

**Ateneum Art Museum, Helsinki:** This is Finland's National Gallery and houses the largest collection of Järnefelt's paintings, including iconic works such as "Under the Whip (Burning Rice)" and "Saimi in the Meadow".

**Järvenpää Art Museum:** Located in Järvenpää, a city with a rich artistic history, this museum has a significant collection of Järnefelt's works and offers a more focused exploration of his artistic journey.

**Other Finnish Museums:** Many museums across Finland feature Järnefelt's paintings, including regional art museums and those with broader collections of Finnish art. Some examples include:

HAM Helsinki Art Museum

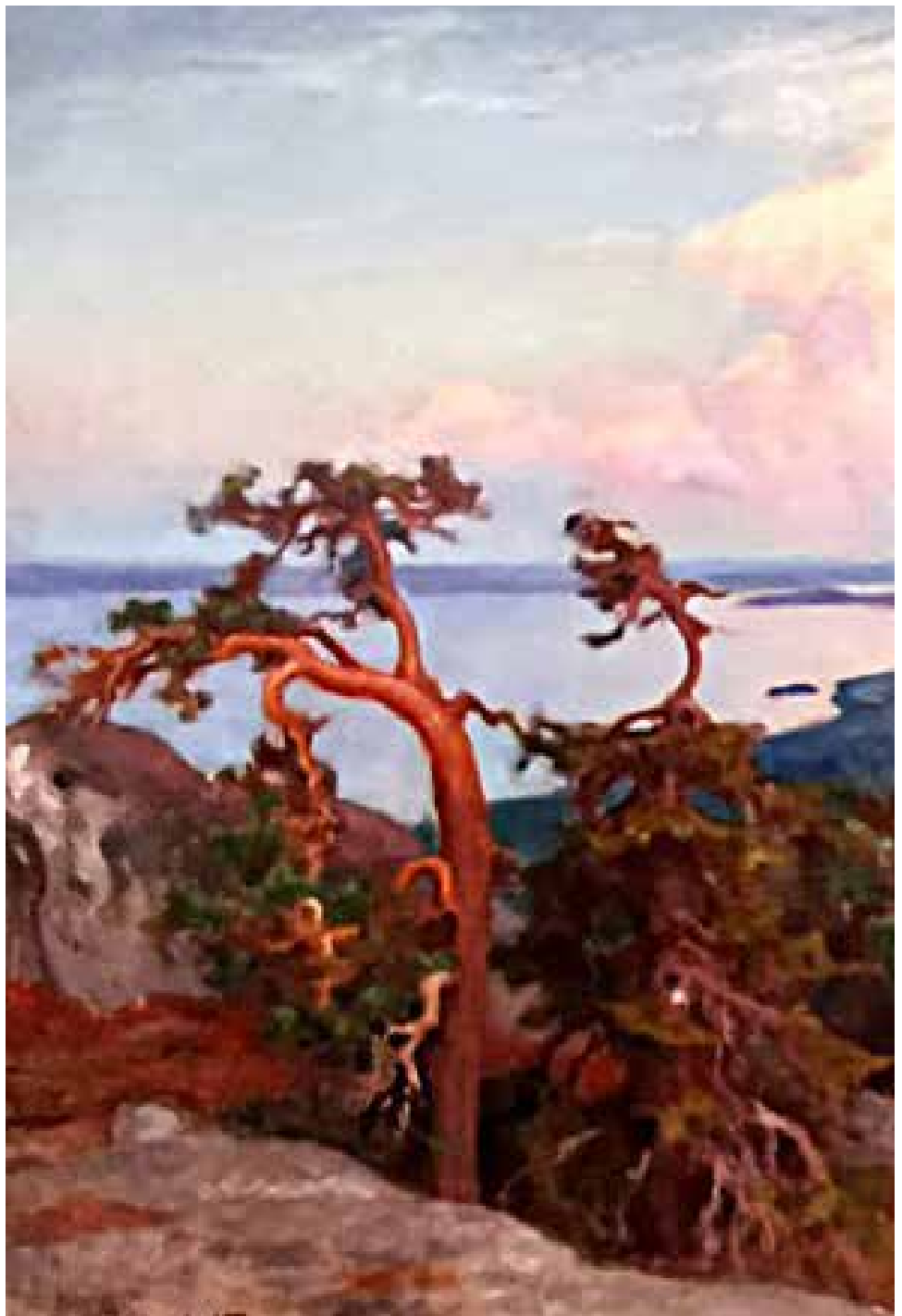
Turku Art Museum

Sara Hildén Art Museum, Tampere

The collections of various university museums

**Private collections:** While most of Järnefelt's works are in public museums, a smaller portion can be found in private collections.

An exhibition of 80 paintings by Eero Järnefelt is still open in Tikanoja, Vaasa.





# HAPPINESS

## HAPPINESS

### The Geography of Happiness – A Chronicle from Finland and Vaasa

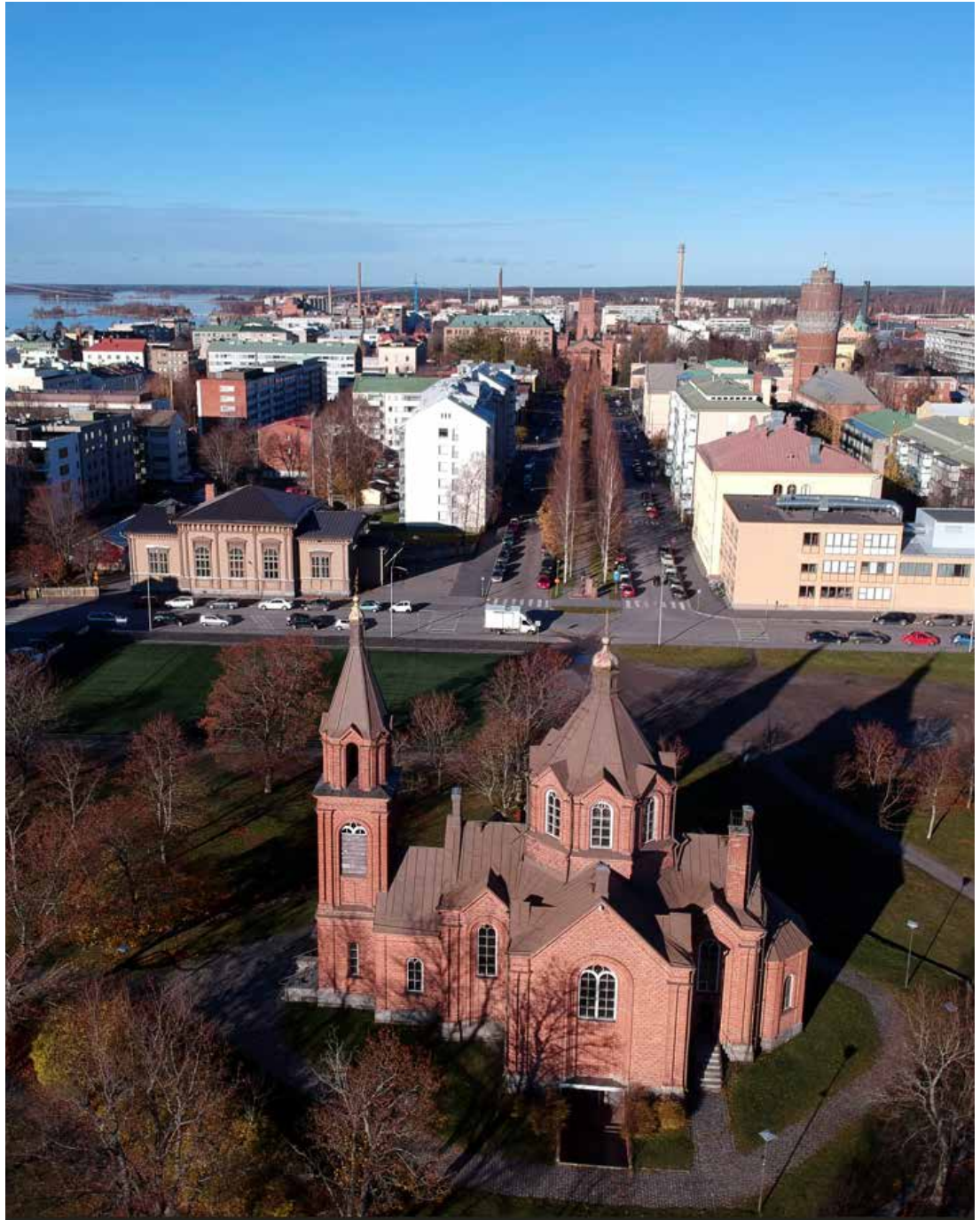
**E**ight years in a row! It's like an Olympic gold medal in a marathon, but in happiness. Finland, this northern country with thousands of lakes and even more mosquitoes, has once again been crowned the happiest country in the world. The World Happiness Report 2025 is here and Finland is once again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

# 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?**

**O**n 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 addressed.

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-

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.

# 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 Miika 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



**F**ebruary 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  $13.36^{\circ}\text{C}$ . While only a sliver ( $0.03^{\circ}\text{C}$ ) 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  $1.59^{\circ}\text{C}$  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  $1.5^{\circ}\text{C}$  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  $1.59^{\circ}\text{C}$  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  $20.88^{\circ}\text{C}$ . 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  $1.5^{\circ}\text{C}$  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

**T**he 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 Lång-Ritter, Marko Keskinen, and Henrikki 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>



## BOOK

# Rediscovered classic offers new insight into today's society

**W**asa Dagblad has translated "1984"

into Swedish and the book can be read on the newspaper's website: [www.vpress.ovh](http://www.vpress.ovh). The English version is also ready-

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 manipulation 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.

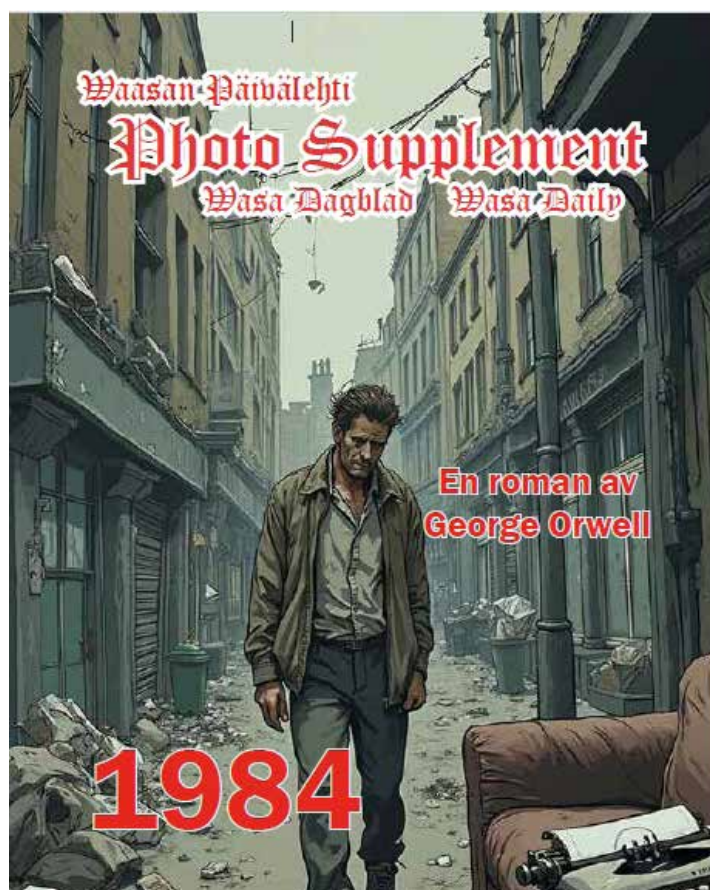
Orwell also depicts how the state uses "newspeak" to limit citizens' ability to think and control their perception of reality. By eliminating words that express opposition and criticism, the regime creates a language that makes it impossible to think "non-authoritarian" thoughts.

"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 impor-



George Orwell (1903 - 1950). Wikimedia Commons



tance of safeguarding 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.



# **RUSSIAN WAR AGAINST UKRAINE**

## **President and First Lady Attend Events Marking the Third Anniversary of Bucha's Liberation from Russian Invaders**



# AI

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

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



**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 re-defining creative processes. One of the most groundbreaking developments is Google's NotebookLM, an advanced language model with the potential to revolutionize the podcasting world. With its ability to generate human-quality audio content, NotebookLM is paving the way for a new era of AI-driven storytelling, education, and entertainment.

### The Emergence of AI-Generated Podcasts

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

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

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

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

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



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

1. **LOL:** Laughing Out Loud (This one might already be a classic for many!)
2. **BRB:** Be Right Back (Perfect for a quick bathroom break during a chat)
3. **OMG:** Oh My God (Expresses surprise or strong emotion)
4. **IMHO:** In My Humble Opinion (A way to preface your opinion politely)
5. **\*\* ASAP:** As Soon As Possible (Lights a fire under someone... nicely)
6. **FYI:** For Your Information (A heads-up for someone)
7. **ETA:** Estimated Time of Arrival (Lets you know when to expect someone)
8. **RSVP:** Please Reply (Formal request for a response to an

- 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!

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

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Email: [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com)





## HOROSCOPE FOR APRIL 2025

### April Horoscope – The Stars Are Mumblin' (And Maybe Making Some Sense)

□ Aries (March 21 – April 19)  
You're full of energy and initiative, but don't pick a fight with the coffee machine – it always wins.

□ Taurus (April 20 – May 20)  
Your patience will be tested this April. Maybe it's time to accept that sighing loudly won't make the check-out line move faster.

□ Gemini (May 21 – June 20)  
You have a thousand ideas and zero time to execute them. Try finishing one thing before jumping to the next – or just embrace the chaos!

□ Cancer (June 21 – July 22)  
April might be an emotional month, but remember: no one expects you to save the world... just to deal

with your own stuff.

□ Leo (July 23 – August 22)  
You love being the center of attention, but maybe let someone else tell the joke at the coffee break – just once.

□ Virgo (August 23 – September 22)  
You have a plan, a backup plan, and a backup plan for the backup plan. Breathe – the worst that could happen is... well, not much, really.

□ Libra (September 23 – October 22)  
Decisions are tough. If you're spending over an hour choosing what to eat, maybe that's a sign you should just cook something yourself. Or not.

□ Scorpio (October 23 – November 21)  
Your magnetism is at its peak. Use it wisely – or you'll once again find yourself at a party you don't know how to leave.

□ Sagittarius (Novem-

ber 22 – December 21)  
Your adventurous spirit is soaring, but maybe start small? Like taking a different route to work before booking a one-way ticket to Mongolia.

□ Capricorn (December 22 – January 19)  
Your hard work is finally paying off! Soon, you can reward yourself with something big – like an overpriced coffee, guilt-free.

□ Aquarius (January 20 – February 18)  
Your ideas are brilliant, but not everyone is ready for them yet. Maybe wait a bit before suggesting that all meetings should be replaced by memes.

□ Pisces (February 19 – March 20)  
You're daydreaming more than ever. That's adorable – as long as you remember to get off at the right bus stop.

□ The stars whisper – but you do whatever you want anyway! □





# HUMOUR ONE HUNDRED YEARS AGO

## DANGEROUS

A.: »Is dyeing the hair as dangerous as the doctors say?"

B.: »Yes, it is even more dangerous! One my old uncle once tried to dye his hair and less than in three months he was married to a widow with 7 children.

## DEEP PARTICIPATION

The mother is at an art exhibition with her children. Kalle: Mother, what does that picture show? Mother: Persecution of Christians in Rome. There is an arena, and tigers pounce on the Christians, to tear them to pieces. Kalle: Oh, mother, Look at that tiger cub in the corner of the picture, which is completely without a Christian.

## 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.

## The astronomic picture of the week:



Scandinavian Peninsula in Winter (February 19, 2003).jpg

Scandinavian peninsula in winter

Jacques Descloitres, MODIS Land Rapid Response Team at NASA GSFC

Public domain

Scandinavian Peninsula in Winter (February 19, 2003).jpg [Copy](#)

[[File:Scandinavian Peninsula in Winter (February 19, 2003).jpg|Scand... [Copy](#)

February 19, 2003

540 x 611

Image/jpeg

## Next week:



## From our readers

We very much welcome submissions from our readers. Comments, stories, memories, debate, news from home. Probably this will be the most important part of this spring paper. But space is limited, so please write as short as possible! So please send posts to: [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com)

## Advertise in Wasa Daily

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