

**WASA DAILY**

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**The Sundom Cycle Path is ready**

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# WASA DAILY



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# TODAY

## Good to Keep in Mind During Hot Summer Days

**Climate change is bringing increasingly hotter summers to Finland as well. Whereas heatwaves used to be occasional, they now can last for weeks, with temperatures rising above 30 °C for several days in a row.**

In Southern Europe, the summer of 2025 saw record-breaking temperatures of 46°C. While we may not experience such extreme heat here, high temperatures do affect our health, energy levels, and daily routines. Here are some key things to keep in mind during hot days.

### **Staying hydrated is essential**

Hot weather causes the body to lose more fluids through sweat and breathing. That's why it's important to drink water regularly throughout the day – even if you don't feel thirsty. Thirst is not always a reliable indicator of hydration, especially for the elderly.

Children, older adults, and people with chronic illnesses are particularly vulnerable to dehydration. Older individuals may have a reduced sense of thirst, and children's bodies contain less fluid. It's important to offer them water frequently and monitor their condition carefully.

### **Protect yourself from the sun**

Direct sunlight can cause sunburn and increase the risk

of heatstroke. Wearing light, loose-fitting, and pale-colored clothing helps keep the body cooler. A hat or cap is recommended, and sunscreen is essential to protect the skin. Try to avoid being outdoors during the hottest hours of the day, typically between 11 a.m. and 4 p.m.

Indoors, you can keep temperatures down by closing blinds and windows during the day, and opening them in the evening or at night when it's cooler. If possible, spend time in the shade or in air-conditioned spaces.

### **Heat affects sleep and energy levels**

Many people have trouble sleeping in hot weather because it's harder for the body to cool down for rest. A cool shower before bed, a light evening meal, and proper ventilation can all help improve sleep. Avoid strenuous exercise and heavy meals just before bedtime, as they raise body temperature further.

During the day, try to take it easier if you can. Avoid strenuous physical activity or intense exercise during peak heat. The body tires more quickly in the heat, and sweating causes you to lose both fluids and salts, which can lead to dizziness and headaches.

### **Pets and hot weather**

Pets are also affected by the heat. Avoid walking dogs during the hottest part of the day, and never leave animals alone in a hot car – not even

for a short time. Make sure they have access to plenty of water, and cool them with a damp towel or let them rest in a cool room.

### **Follow public health advice**

When a heatwave hits, the Finnish Institute for Health and Welfare (THL), the Finnish Meteorological Institute, and emergency services issue current recommendations and alerts. It's important to take these seriously – they are based on research and expert knowledge. A heat warning isn't just a formality; it means

that the heat can cause health issues and dangerous situations, especially for those in risk groups.

### **Community matters**

On hot days, it's also good to check in on others. Ask how neighbors, relatives, and friends are doing – especially if they're elderly or unwell. Looking out for one another helps us all get through the heat more safely.

While heat can bring a summery and pleasant feeling, it also comes with real health risks. With some preparation and common sense, you can stay safe and still enjoy the

best of summer – even when the temperature rises.

## Photo Supplement



Photo Supplement - bpress.ovh

# NEWS

## SUNDOM

### New Fish Shop Opens in Sundom – Kvarkens Fisk Draws Crowds on Opening Day



**On Monday, the new gourmet food store Kvarkens Fisk opened its doors in Sundom, located at the intersection of Kronviksvägen and Sundomvägen.**

Despite the warm summer weather, many curious visitors flocked to the shop to explore its wide selection of fish and delicacies.

#### **A Long-Planned Project**

The shop is the brainchild of Thomas Sund and Stefan Smedman, who spent a full year planning the venture.

The location is strategic, as the area is developing into a shopping hub. Nearby businesses include S-Market, an egg shop, and a café, making Kvarkens Fisk a perfect addition for food enthusiasts.

#### **Experienced Staff and Diverse Selection**

Seven employees will work at the store, including Nina Holmsten, Heidi Mattsson, and Tom Mäntysaari. One of the key figures is the highly experienced chef Märten Berg, who brings his culinary expertise to the team.

Kvarkens Fisk offers a broad range of fish products, including the local favorite Sundom böckling, as well as other seafood and meat delicacies. The shop caters not only to Sundom residents but also to visitors heading out to the archipelago who want to pick up fresh fish for their trips.

#### **A Welcome Addition**

The fish selection in Sundom's existing grocery stores (K-Market and S-Market) has been limited, making this new shop a highly anticipated addition.

#### **Flexible Opening Hours**

Opening hours may be adjusted based on demand, but initially, the store is open:

Tuesday–Thursday: 10 AM–5 PM

Friday: 10 AM–6 PM

Saturday: 10 AM–3 PM

With its wide selection, experienced staff, and convenient location, Kvarkens Fisk is sure to become a favorite spot for fish lovers. And as a final reminder—**fish is healthy!**



# NEWS

## YOU CAN READ THIS NEWSPAPER ANYWHERE



You can read this paper wherever You are. Like here in the Virolahti Archipelago

## BLOG WRITERS

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## UNEMPLOYMENT

### Unemployment in Ostrobothnia 7%, 11.5% in the whole country

**The employment area of Ostrobothnia retains its position as one of the most employed regions in Finland, even though the number of unemployed has increased significantly from the previous year.**

In May, the unemployment rate in the employment area of Ostrobothnia stood at 7.0 per cent, having been 11.5 per cent in the whole country.

The employment area of Ostrobothnia consists of nine municipalities: Kaskinen, Korsnäs, Laihela, Malax and Korsholm, Närpes, Nykarleby, Vaasa and Vörå. Compared to April, unemployment in the region increased by 0.1 percentage points.

**The number of unemployed**

**is increasing**

Although unemployment remains low, there has been a worrying increase in unemployment. At the end of May, there were 4,337 unemployed job seekers in the employment area of Ostrobothnia, which was 683 more than twelve months earlier. The increase was 18.7 percent.

The number of unemployed persons increased most in Vaasa, where the number of unemployed jobseekers was 546 higher than in the year before. In percentage terms, however, the increase was greatest in Kaskinen, where unemployment increased by 33 per cent, or by 13 persons.

In Malax alone, unemployment decreased by 13 per

cent from the year before. Among municipalities, the unemployment rate was highest in Kaskinen (11.6%) and lowest in Malax (3.3%). The unemployment rate in Vaasa was 8.9 per cent.

**Lay-offs have increased**

In May, the number of fully laid off persons was 338, which was 70 more than in April. The increase in the number of layoffs is a sign of the difficulties that companies are facing in the current economic situation.

**Vacancies are decreasing**

The number of vacancies advertised on Job Market Finland has decreased sharply. During May the number of new vacancies reported during May was 417, which was 330 fewer than a year

earlier. The number of open job vacancies during the month was 747, which is as much as 862 fewer than a year ago.

The decrease in the number of job vacancies indicates a tighter labour market and a more cautious attitude towards recruitment among companies.

**Labour market training popular**

A positive sign is that labour market training was still popular in employment services. Although the total number of participants in employment services decreased slightly, labour market training and self-motivated studies remained in their position.

Source; Vaasa.fi

## SUNDOM

### The Sundom cycle path is ready



**The residents of Sundom and Kronvik can finally enjoy safer and smoother travel: a new cycle path along Kronvikintie has been completed.**

The 2.6 km long combined pavement and cycle path offers an improved connection, especially for school commuters, between Kronvik and Sundom.

This is a joint project of the City of Vaasa and the South Ostrobothnia Centre for Economic Development, Transport and the Environment, the aim of which has been to improve traffic safety in the area. The new route runs between Sundomintie and Vanha Kronvikintie, crossing a beautiful countryside with forest on the left and fields on the right.

This is an important project, especially for school-

children. Now both pedestrians and cyclists can travel safely and on their own route.

The bicycle path has been in use with a crushed stone surface since last autumn, but in May 2025 it received an asphalt coating that improves comfort and durability. The finishing touches have now been made to tidy up the roadside ditches and the general appearance, and the project is complete in its entirety.

#### **Making school journeys safer**

The cycle path will especially serve the area's schoolchildren, who travel between Sundom Primary School and Kronvik School. Previously, school trips had to be partly on the side of a busy road, which caused concerns about safety.

The new separate bus will provide a solution to this problem. Now children and young people can move on their own route without fear of cycling or

walking in traffic.

This is a clear improvement on the previous one. We can be really pleased that safety is now at a much better level.

#### **Good parking for bicycles**

New bicycle parking shelters have also been built to support cycling. A total of 14 covered bicycle spaces have been placed at the ends of Stråkantie and Vanha Kronvikintie. This way, the bike can be left in a sheltered place for onward connections or the school day.

The canopies also increase the attractiveness of the route for those who want to combine cycling with bus connections or walking, for example.

#### **Cooperation ensures continuous maintenance**

The project has been the result of cooperation between the city and the ELY Centre. The City of Vaasa's street construction unit has been responsible for the implementation, but now that the

construction site has been completed, the bicycle path will be officially transferred to the management of the Centre for Economic Development, Transport and the Environment.

This means that in the future, the ELY Centre will be responsible for the maintenance of the route – for example, winter maintenance and necessary repairs. In the future, feedback and development proposals related to the use of the bicycle path can also be directed directly to the ELY Centre.

#### **An investment that makes everyday life easier**

The new cycle path in Kronvik is an example of how an infrastructure project that seems small can have a significant impact on everyday safety, smoothness and sustainable mobility. At the same time, it is an investment in the future – an encouragement to move around by bike and on foot in safe conditions.

Source: Vaasa.fi



# NEWS

## SUNDOM

### Sundom's Smoked Herring ("Böckling") and Sundom Smoked Fish Seek Protected Designation of Origin Status



**Two of Ostrobothnia's most traditional fish products – Sundom's smoked herring ("böckling") and Sundom smoked fish – are now one step closer to official recognition.**

The Finnish Food Authority has begun processing applications for Protected Geographical Indication (PGI). If successful, these valued fish products will achieve the same status as French champagne – a designation guaranteeing only products made in a specific region using traditional methods can bear the prestigious name.

#### **Preserving a Sustainable Fishing Tradition**

At the initiative of Sundom Fiskargille (Sundom Fishermen's Guild), the Ostrobothnian Fisheries Association spent 2024 preparing the PGI applications for Sundom smoked herring and Sundom

smoked fish. Submitted to the Finnish Food Authority at year's end, the applications are now under official review.

"Our goal is to ensure these traditions endure for future generations. The PGI protects both product quality and origin, preventing misuse of Sundom fish's good reputation," explains Marina Nyqvist, Executive Director of the Ostrobothnian Fisheries Association.

The PGI requires production in a defined region (here, Sundom village), though the fish itself may come from other waters. What matters most is maintaining traditional smoking methods that create the products' unique flavor and appearance.

#### **A Century of Unchanged Technique: Birch Wood and Eyeless Herring**

Fish smoking in Sundom dates to the 1700s, but the

modern method developed between 1900-1920 with the construction of special smoke ovens still used today.

"Sundom böckling is known for its golden color and soft, smoky taste. A key characteristic is being sold without eyes – traditionally, herring are skewered through the eyes before smoking," describes Tom Blom, Chairman of Sundom Fiskargille.

Exclusive use of birch wood gives the fish its distinctive aroma. The same method produces other Sundom smoked fish like whitefish, perch, salmon, and even shrimp.

#### **A Lengthy Process With Historic Potential**

The PGI approval process is slow – authorities may request application supplements, and final EU approval could take years. But local fishermen and smokehouses already recognize the project's significance.

"This is our chance to bring Sundom fish to the world. A PGI would boost our regional brand while supporting local livelihoods," says Blom.

Funding comes from the European Maritime and Fisheries Fund via Ostrobothnia's fisheries development program.

#### **What PGI Means for Consumers**

If approved, consumers can trust Sundom smoked products are made authentically in their region of origin. The designation may also increase market value and demand.

"This matters not just for Sundom but all Ostrobothnia. We're proud of our fishing heritage and want to preserve it genuinely," Nyqvist concludes.

As decisions await from Finnish and EU authorities, Sundom villagers believe their golden smoking tradition may soon earn its rightful recognition.

# NEWS

## VAASA LITTFEST

# Vaasa LittFest in November – A Cultural Festival to Look Forward To



Pajtim Statovci. Foto: Ano Kurki / Otava

**As November's darkness settles over the city, Vasa will once again light up—through literature, culture, and engaging dialogue. Vasa LittFest, taking place from November 13 to 15, 2025, brings together literature enthusiasts, renowned authors, and timely themes for a unique and thought-provoking festival weekend.**

The theme of the 2025 festival is *Border(s)*, inviting reflection on physical, cultural, linguistic, and mental boundaries—and the ways literature helps us cross them. Literature, by its nature, constantly moves beyond borders, opening windows into other realities.

Among the first confirmed

guests are a number of celebrated Finnish and Nordic authors. *Pajtim Statovci*, twice awarded the Finlandia Prize, will present his latest novel *Lehmä synnyttää yöllä* (2024), which has become an international literary sensation. Translation rights have already been sold to publishers in the U.S., Germany, Italy, and beyond. Statovci's previous works, including *My Cat Yugoslavia* and *Bolla*, have earned critical acclaim at home and abroad.

From Sweden, *Mikael Niemi* will join the festival. He is best known for his August Prize-winning novel *Popular Music from Vittula* (2000). Niemi's storytelling explores life in Tornedalen, where three cultures intersect. His latest novel, *Sten i siden* (2025), is a multigeneratio-

nal family saga set in the far north.

The festival will also feature multi-talented artist *Laura Malmivaara*, who performs with the Vaasa City Orchestra and composer-percussionist Arttu Takalo. Together, they will present excerpts from Malmivaara's recent novel *Iltatähti* through a unique combination of literature and live music—a rare treat for festival audiences.

Among the featured Finnish authors is folklorist and novelist Mikko Kamula, known for his popular *Metsän kansa* series. Kamula delves into the historical borders of Finland through richly detailed novels rooted in 15th-century Finnish folk beliefs.

Science journalist and author *Marcus Rosenlund* will explore the planet's natural boundaries. His works traverse the realms of meteorology, outer space, and microorganisms. His latest book takes a closer look at the underground world—the life and systems that exist beneath our feet.

But the tone isn't all serious. Beloved dialect poet and author *Heli Laaksonen* will bring laughter and warmth to the stage at Vaasa City Theatre. Known for her witty and nature-themed verse, Laaksonen rose to fame with her debut *Pulu uis* (2000) and has since written both

poetry and nonfiction about the Finnish landscape and environment.

One of the festival's most unique events is a late-night session that explores folklore and true crime. Author duo *Tiina and Marko Hautala* will host an evening with religious studies scholar Tuomas Äystö, whose new book *Paholaisen perilliset* (2025) dives into the history of Satanic Panic. The evening will also feature a panel on mythology and magic, with folklorist and author *Jenna Kostet*, Finland's most famous modern witch Kuparikettu, and writer-crafter Riina Peltonen, who has studied magical sites in Ostrobothnia.

— The festival program offers a chance to explore identity, politics, history, and society from both personal and global perspectives. We aim to inspire dialogue not only about literature but also about contemporary issues, says cultural producer Ilkka Nyqvist.

Vasa LittFest is more than just a literary event—it is a space for encounters that transcend generations, languages, and borders.

**Vasa LittFest 2025 – a festival that crosses borders and connects people through the power of stories.**



# NEWS

## VAASA UNIVERSITY AND VAMK

# University of Vaasa and VAMK - Stronger and More Competitive Together



**The University of Vaasa and Vaasa University of Applied Sciences (VAMK) have taken a significant step toward a shared future - a new higher education consortium has now been officially established.**

This historic merger is strengthened by the university's 70% ownership stake in VAMK, while the City of Vaasa retains 30%. Both institutions will keep their

names, but the consortium's new name will be announced this fall.

This strategic initiative creates a strong, internationally competitive higher education community in Ostrobothnia that addresses workforce skill gaps and enhances research impact. The collaboration isn't new - the institutions have long worked closely together, particularly in engineering education through Technobothnia's laboratories and the Tritonia Academic Library.

"Our goal is to create an internationally significant higher education unit that offers students flexible study paths and high-quality learning environments all the way up to doctoral education," says Minna Martikainen, Rector of the University of Vaasa.

The new consortium aims for regional, national and international influence. Resources will be used more efficiently, research groups will be strengthened, and cooperation with businesses will intensify. "We're developing research infrastructure, which will also strengthen Finland's export potential," empha-

sizes Hannu Vahtera, Managing Director of VAMK.

This merger isn't just an administrative change - it's a strategic investment in a future where education, research and working life interact even more effectively. The combined strengths of these institutions will create new opportunities for students, researchers and businesses throughout the region and beyond.

*Image: Vaasa University. The image can be freely used.*



# NEWS

## The University of Vaasa participates in Wasa Future Festival 11–16.8.2025

**The Wasa Future Festival, which will be held in August, will be bigger and more international than ever before.**

The University of Vaasa is once again strongly involved in the festival's programme throughout the week from 11 to 16 August 2025. The event offers a wealth of content for those interested in science, energy, technology, art and social issues.

The main themes of the festival in 2025 are the environment, innovations and energy. The diverse programme consists of lectures, panel discussions, exhibitions, seminars and workshops. The event will be held at the Wasa Innovation Center (Gerbyntie 16), but the program will also be held elsewhere, such as the University of Vaasa and Tritonia.

### **Sustainable development, science and art meet**

The festival week will open on Monday 11 August with a discussion event that will focus on the culture of overconsumption, climate change and solutions to biodiversity loss. In the evening, the spectacular Butterfly exhibition will also open, which combines art, science and technology. The exhibition examines global interactions between humanity, technology and the environment.

Tuesday 12.8. The University of Vaasa will have a strong presence in the morning when Rector Minna Martikainen, Chair of the Board Mari Kiviniemi and Vice Rectors Mika Grundström, Martin Meyer and Tanja Risikko open the day. Energy experts Jan Segerstam and Kimmo Kauhanen will also participate in the discussions. On the same day, a multidisciplinary Butterfly



Symposium will be held on sustainability in digitalisation, energy and business. Speakers include architects Juhani Risku and Anne Stenros.

Other themes on Tuesday include artificial intelligence, regional energy systems, greenhouse gas emissions and the resilience of society. The day will culminate in an international Thought Leaders Roundtable discussion on the energy transition and an interesting panel on the appeal and leadership of populism, which will include Professor Esa Hyyryläinen, Mari Kiviniemi and journalist Olli Seuri, among others.

### **Space, youth and lightless experiences**

On Wednesday 13 August, the theme of the festival is energy and technology. The day will begin with the Space Day event, organised by the European Space Agency Business Incubation Centre and ESA PhiLab. The Butterfly Immersive Learning

Experience for young people offers an experiential way to explore future phenomena under the guidance of Rebekah Rousi. In the evening, there will be an atmospheric Lights-off experience, where works of art and performances are experienced without electric light.

### **Towards northern innovation**

On Thursday 14 August, we will focus on the opportunities for the Nordic countries to attract investments. The panel organised by the University of Vaasa and Borenus will discuss how to make Finland a leading international investment destination. The panellists include Minister Joakim Strand, Casper Herler and Minna Martikainen.

On the same evening, the Butterfly exhibition will be open longer than usual as part of the Vaasa Night of the Arts. In addition, an art exhibition by Australian artist Katey O'Sullivan will be opened at Tritonia.

Culture and well-being

On Friday 15 August, the festival continues with a new Nordic culture and well-being. The programme includes virtual reality-based well-being at work games and classes. The weekend's program will be confirmed later.

### **The University is building a more sustainable future**

The goal of Wasa Future Festival is to bring together experts from different fields and find solutions to society's major challenges. The participation of the University of Vaasa reflects its strategic goal to be an active player in regional development and global change.

The up-to-date programme and further information can be found on the Wasa Future Festival website: [wasafuturefestival.fi](https://wasafuturefestival.fi)

PHOTO: Vaasa Futurefestival 2023

SOURCE: University of Vaasa



# NEWS

## AI-COURSE

# VAMK and University of Vaasa Offer AI Course for Entrepreneurs and Professionals – Free Online Course Explores AI's Business Potential



**Artificial intelligence (AI) is transforming businesses at an unprecedented pace, enabling automation, improved customer service, and even entirely new business models.**

But how can small and medium-sized enterprises (SMEs) and entrepreneurs harness AI in practice? Vaasa University of Applied Sciences (VAMK) and the University of Vaasa now offer a solution: a free online course to help identify AI opportunities in business.

### AI Isn't the Future—It's Here Now

The new AI2Business online course is designed for SMEs, entrepreneurs, and professionals who want to learn how AI can enhance business growth. The course provides practical knowledge without requiring deep technical expertise.

"Companies need concrete

guidance on AI implementation. Our goal is to accelerate AI competence building," says Sanna Peltonen, project manager of AI2Business at VAMK.

The self-paced course is available in English, making it ideal for busy professionals.

### How AI is Reshaping Business

While many see AI as just a tool for automation, its impact is far broader. "AI doesn't just streamline processes—it changes business logic," emphasizes Marko Kohtamäki, professor at the University of Vaasa.

The course covers AI from three perspectives:

Business – How can AI create competitive advantages?

Technology – What applications exist?

Design – How to develop user-friendly AI solutions?

"AI adoption isn't just about technology. If a solution doesn't serve users, it remains disconnected," Peltonen notes.

Real-World Examples: How Businesses Use AI Today

The course features three company-driven AI experiments demonstrating practical applications:

Document processing – Automated data extraction and report generation.

Price prediction – Dynamic pricing models based on market conditions.

Production quality control – Machine learning detects defects in real time.

"These experiments are based on real business needs, showing how AI can be applied across industries," says Jani Boutellier, assistant professor at the University of Vaasa.

How to Join the Free Course?  
Currently in pilot phase,

the course is free and ideal for SMEs, managers, and anyone interested in AI.

### Participation is simple:

Register on the AI2Business Moodle platform: <https://moodle.muovadigital.net/mod/page/view.php?id=680>

Study at your own pace – 24/7 access.

Receive a certificate upon completion.

As part of the EU-funded AI-2Business project, participants are encouraged to join the project's monitoring system to help measure AI training impact in Finland.

"No need to worry about details—we guide you every step of the way," assures Peltonen.

### AI is the Future—Start Learning Now

AI offers vast potential for businesses, but leveraging it requires understanding how it fits into operations. This course helps companies take their first steps into AI without major investments.

Ready to future-proof your business? Enroll now!

**\*AI2Business is an EU-funded project promoting AI skills for SMEs. Learn more: VAMK website.\***



# NEWS

## SUSTAINABLE HEALTHCARE

# A family doctor and a personal nurse are the key to health care

**Health care professionals see the family doctor and family nurse model as a key solution for restoring citizens' trust in the shaky health care system.**

According to a recent report by the Sustainable Health Care Network, a permanent care relationship would enable a more individual encounter with the patient and improve the continuity of care.

Finns' trust in health care has plummeted alarmingly in recent years. According to the Healthy Finland report by the Finnish Institute for Health and Welfare (THL), in 2024 only about half of Finns trusted health services, while in 2020 the corresponding share was still 76 per cent.

A total of 580 healthcare professionals responded to the survey conducted by the healthcare research company NHG in May–June 2025. According to Research Director Riikka-Lena Leskelä, strengthening trust requires corrections at both the system and everyday level.

### Permanent treatment relationship as a solution

Many professional respondents considered a permanent treatment relationship to be the most important solution. The model in which the family doctor and nurse work as a pair was seen as a way to ensure the continuity and quality of care. The family doctor and nurse model was supported regardless of the respondents' background, and it was believed that it would better enable individual and unhurried encounters with patients.



The Finnish Medical Association has set an ambitious goal: by 2030, every Finn will be guaranteed a family doctor who is easy to contact and, if necessary, can be consulted within two weeks. Achieving this goal requires immediate implementation.

### Long waiting times undermine trust

According to the report, citizens' trust in health care is undermined especially by long waiting times, lack of resources and experiences of mistreatment. The respondents emphasised the need for faster appointments, access to treatment and continuity of care – the same issues that citizens were concerned about in the Healthy Finland report.

Treatment pathways should be clear, well-described, and proceed consistently. They should be communicated enough and they should be easy for anyone to find. Sufficient human

resources were seen as the key to managing the workload of professionals and coping.

### Personal encounters must be preserved

Although digital services offer many people effective channels for organising care, the respondents emphasised the need to maintain the opportunity for personal encounters – especially for the elderly or those in need of special support. Diverse service models were seen as a solution that can take into account different needs.

The professionals also saw room for improvement in the encounter with the patient. The responses emphasised the desire to encounter the patient as an individual, not just as a case, and they also wished for more time for encounters.

### A universal system would strengthen trust

Professor Heikki Hiilamo from

the University of Helsinki proposes a universal health care system that serves all Finns equally as a solution. By universal system, he means that tax money is used to pay for the same level of services for everyone, without unequal categories.

Public health care increases citizens' trust and is also the most financially sustainable way to organise services in the long term," Hiilamo summarises. In addition, the system needs incentives that reward the prevention of diseases, not just their treatment.

Liina-Kaisa Tynkkynen, Principal Researcher at the Finnish Institute for Health and Welfare, emphasises that the weakening of trust must be taken seriously. According to her, it is important to listen better to both citizens and health care professionals when considering the next steps in the reform of national and regional health care.



# NEWS

## ASTRONOMY

### 3I/ATLAS, an autumn guest from the outer space



**Astronomers have discovered a remarkable celestial visitor that has traveled billions of miles and possibly millions of years to reach our solar system. Comet 3I/ATLAS, first spotted on July 1, 2025, by the NASA-funded ATLAS telescope system in Chile, represents only the third known interstellar object ever observed.**

The term "interstellar" refers to the vast space between stars, where objects can drift for eons in the cold darkness before being captured by the gravitational influence of another star system. Unlike comets that originate within our solar system and follow predictable elliptical orbits around the Sun, 3I/ATLAS follows what astronomers call a hyperbolic trajectory—meaning it will pass through our solar system once and continue its journey into deep space, never to return.

"This comet clearly originates from outside our solar system,"

explained NASA scientists studying the object's orbital path. "When we trace its trajectory backward, it's evident that 3I/ATLAS has been traveling through interstellar space for an extraordinarily long time before arriving here."

The comet's discovery actually began weeks before its official identification. Archive observations from multiple ATLAS telescopes worldwide and the Zwicky Transient Facility at Palomar Observatory in California revealed the object had been visible as early as June 14, 2025. At the time of discovery, 3I/ATLAS was approximately 410 million miles from the Sun, within Jupiter's orbital region.

What makes this visitor particularly fascinating is its speed and origin. The interstellar comet is racing through space at approximately 137,000 miles per hour, a velocity that will increase as it approaches the Sun. Astronomers have determined that 3I/ATLAS approached our solar system from the direction of Sagittarius, the constellation that points toward the center of our Milky Way galaxy.

The comet's naming follows established astronomical con-

ventions. The "3" indicates it's the third known interstellar object, following 'Oumuamua (discovered in 2017) and 2I/Borisov (discovered in 2019). The "I" designation specifically marks it as interstellar, while "ATLAS" honors the survey telescope system that discovered it.

Unlike its predecessor 'Oumuamua, which appeared more asteroid-like, 3I/ATLAS exhibits clear comet characteristics. Astronomers can observe its active nucleus surrounded by a coma—a bright cloud of gas and dust that forms as the comet's icy surface begins to vaporize under increasing solar radiation. This activity confirms that 3I/ATLAS contains volatile materials that have survived its long journey through the frigid vacuum of interstellar space.

The comet poses no threat to Earth. Its closest approach to our planet will be approximately 1.8 astronomical units—about 170 million miles away. On October 30, 2025, 3I/ATLAS will reach its closest point to the Sun at roughly 1.4 astronomical units, just inside Mars' orbit, before beginning its exit from our solar system.

Astronomers worldwide are racing to study this cosmic time capsule while they can. The comet should remain visible to ground-based telescopes through September 2025, after which it will pass too close to the Sun for safe observation. It will reappear on the Sun's far side by early December 2025, providing a final opportunity for detailed study.

Scientists are particularly interested in analyzing the comet's composition, which could provide insights into the formation processes of other star systems. The chemical signature of 3I/ATLAS may reveal details about its original stellar neighborhood and the conditions that ejected it into interstellar space millions or billions of years ago.

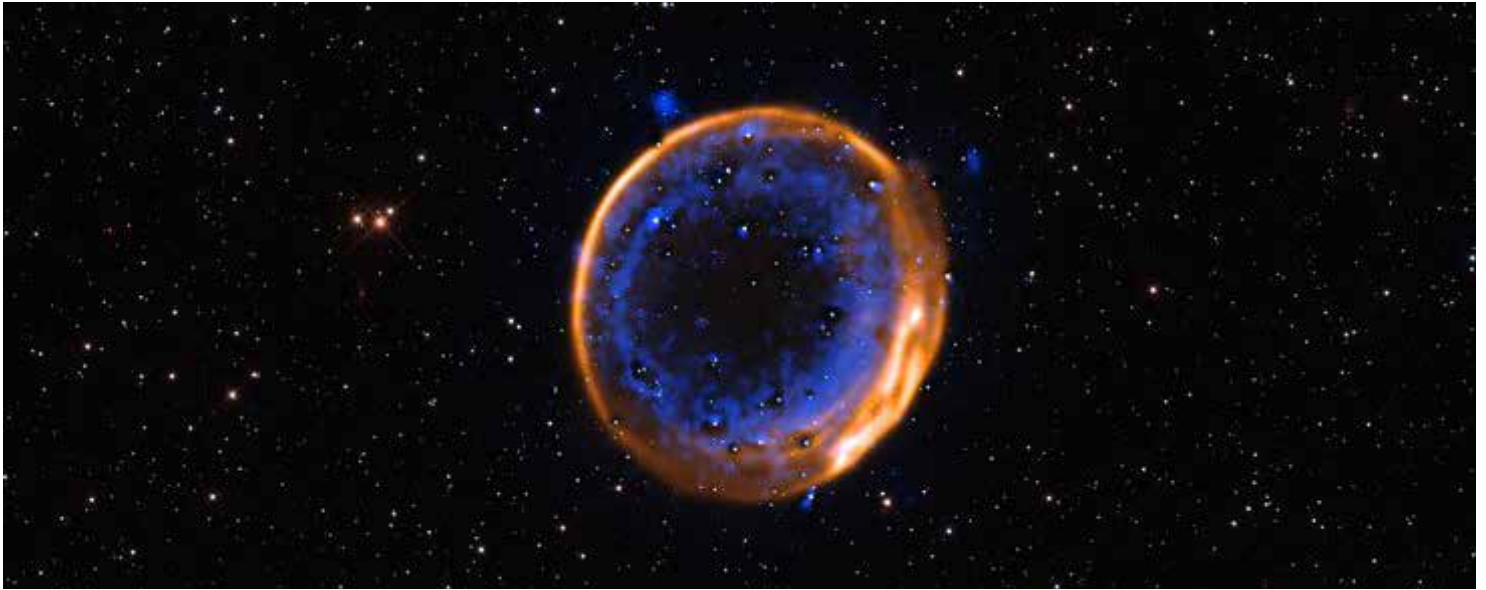
As this autumn visitor continues its brief passage through our cosmic neighborhood, it serves as a reminder of the dynamic nature of our galaxy, where objects can traverse the vast distances between stars, occasionally offering us glimpses into the broader universe beyond our solar system's boundaries.



# NEWS

## ASTRONOMY

### COSMIC DOUBLE TAP: Astronomers Capture First Proof of Star Destroyed by Twin Explosions



**A stunning new image reveals the ghostly aftermath of a stellar catastrophe—a white dwarf star that detonated not once, but twice, in a violent cosmic spectacle.**

Using the European Southern Observatory's Very Large Telescope (VLT), a team of astronomers has uncovered definitive evidence of a "double-detonation" supernova, a rare and long-theorized phenomenon where a dying star erupts in two successive blasts. The discovery, published today in *Nature Astronomy*, rewrites our understanding of some of the universe's most critical explosions—the very same ones that forged the iron in our blood and revealed the accelerating expansion of the cosmos.

#### **A Stellar Mystery Solved**

Most supernovae mark the explosive deaths of massive stars, but Type Ia supernovae—the kind that produced this remnant—are different. They originate from white dwarfs, the dense, Earth-sized embers of dead stars like our Sun. For decades, astronomers believed these ex-

plosions occurred when a white dwarf siphoned enough material from a companion star to reach a critical mass, triggering a single, cataclysmic detonation.

But now, the VLT's Multi Unit Spectroscopic Explorer (MUSE) has captured something unprecedented: the smoking-gun signature of a double explosion.

"This is the first time we've seen direct proof that a white dwarf can detonate twice," says Priyam Das, lead author of the study from the University of New South Wales Canberra. "It's like a cosmic Russian nesting doll—one blast sets off another, and the result is a supernova unlike anything we've fully understood before."

**The Fingerprint of a Twin Blast**  
The key evidence lies in SNR 0509-67.5, a supernova remnant lingering in space like an echo of destruction. By analyzing its structure, the team detected two distinct shells of calcium—a telltale sign of a double detonation.

#### **Here's how it happened:**

**First Detonation** – The white dwarf, cloaked in stolen helium from its companion, becomes unstable. The helium ignites, triggering a powerful surface explosion.

**Second Detonation** – The shock-wave races inward, compressing the star's core until it, too, erupts in a final, apocalyptic blast.

"The outer explosion squeezes the star like a vice, setting the stage for the second, far more violent detonation," explains Ivo Seitenzahl, who led the observations. "This proves white dwarfs don't need to reach critical mass to explode—they can self-destruct early, in a spectacular two-stage suicide."

**Why This Changes Everything**  
Type Ia supernovae are the cosmic yardsticks astronomers use to measure the universe. Their predictable brightness led to the Nobel Prize-winning discovery of dark energy in 2011. But if some of these explosions occur through a double-detonation mechanism, their consistency—and thus our cosmic

measurements—might need re-evaluation.

"This discovery forces us to rethink the physics behind these explosions," says Das. "If some supernovae detonate differently, we must account for that when using them to map the universe."

#### **A Celestial Spectacle**

Beyond the science, the remnant itself is a breathtaking sight—a glowing nebula sculpted by twin blasts, its calcium-rich layers (visible in blue in the VLT image) tracing the echoes of destruction.

"It's not just data—it's a work of art," Das reflects. "To see the aftermath of such a violent, beautiful event... it's humbling."

With this discovery, astronomers now have a new piece of the puzzle—one that may reshape our understanding of how stars die, how iron fills the cosmos, and even how the universe expands.

Image and Text Credit: ESO/VLT/MUSE

# NEWS

## CELIAC DISEASE

# Revolutionary Blood Test Could Transform Celiac Disease Diagnosis for Patients Already on Gluten-Free Diets



**For millions of people worldwide living with celiac disease, getting an accurate diagnosis has always presented a frustrating catch-22.**

Traditional testing requires eating gluten to trigger the immune response that doctors can detect,

but many patients have already eliminated gluten from their diets to feel better. Now, groundbreaking research published in *Gastroenterology* offers hope for a solution that could revolutionize how celiac disease is diagnosed.

**The Current Diagnos-**

### **tic Dilemma**

Celiac disease affects approximately 1.4% of the global population, yet many cases remain undiagnosed or misdiagnosed. The condition occurs when the immune system mistakenly attacks the small intestine in response to gluten, a protein found in wheat, barley, and rye.

This autoimmune reaction damages the intestinal lining and can lead to serious complications if left untreated.

Currently, diagnosing celiac disease relies on detecting specific antibodies in the blood and confirming intestinal damage through biopsy. However, these tests only work accurately when patients are actively consuming gluten. For people who have already adopted a gluten-free diet—often after years of unexplained digestive symptoms—getting a definitive diagnosis requires a “gluten challenge”: deliberately reintroducing gluten into their diet for several weeks or months.

This process can be particularly difficult for patients who have experienced significant relief from their symptoms on a gluten-free diet. Many are understandably reluctant to make themselves sick again just to confirm a diagnosis, especially when the treatment remains the same: strict gluten avoidance.

### **A New Approach: Targeting T Cells**

The new research focuses on a different aspect of the immune response—T



cells, which are white blood cells that play a crucial role in the body's immune system. In celiac disease, specific T cells recognize gluten as a threat and orchestrate the inflammatory response that damages the intestine.

What makes this discovery particularly exciting is that these gluten-specific T cells appear to persist in the bloodstream even when patients are following a strict gluten-free diet. This persistence creates an opportunity for diagnosis that doesn't depend on active gluten consumption.

The researchers developed a blood test that measures IL-2 (interleukin-2) secretion when blood samples are stimulated with gluten in the laboratory. IL-2 is a protein that T cells release when they encounter their target antigen—in this case, gluten. The test showed remarkable accuracy in identifying patients with celiac disease, even those who had been gluten-free for extended periods.

### **Breaking Down the Science**

The study used two main approaches: whole blood assay IL-2 (WBAIL-2) testing and serum IL-2 measurement after gluten stimulation. Both methods demonstrated high sensitivity and specificity, meaning they accurately identified people with celiac disease while correctly ruling out those without the condition.

Unlike previous T-cell-



based diagnostic approaches that required complex laboratory techniques like tetramer assays, this new method is relatively simple and could be implemented in standard clinical laboratories. This practicality is crucial for widespread adoption.

### **Real-World Impact**

This breakthrough could transform the lives of countless individuals who suspect they have celiac disease but haven't been able to get a definitive diagnosis. It's particularly relevant for several groups:

Family members of celiac patients who may have adopted gluten-free diets as a precaution and now want to know their status without undergoing a gluten challenge.

People with ongoing symptoms despite following what they believe

is a gluten-free diet, who need to determine whether they truly have celiac disease or another condition.

Individuals diagnosed years ago without proper testing who want confirmation of their diagnosis for medical records and family planning purposes.

Children and adolescents for whom gluten challenges can be especially challenging and disruptive to growth and development.

### **Moving Forward**

While these results are promising, the research is still in the validation phase. The test needs to undergo further clinical trials before it becomes available to patients. Researchers also need to determine optimal protocols, such as how long patients need to be gluten-free before the test becomes reliable and whether it can distinguish between different stages of

celiac disease.

The development also opens doors for better monitoring of celiac patients. The test could potentially help doctors assess whether patients are successfully maintaining a gluten-free diet and whether their immune system is responding appropriately to treatment.

### **Hope on the Horizon**

For the celiac community, this research represents more than just a new diagnostic tool—it's a pathway to answers without the physical and emotional toll of gluten challenges. As the science continues to advance, we may soon see a future where celiac disease diagnosis is as simple as a routine blood test, regardless of what's on your dinner plate.

This breakthrough underscores the importance of continued research into autoimmune conditions and demonstrates how understanding the fundamental mechanisms of disease can lead to practical solutions that improve patients' lives

### **Reference:**

Moscatelli, Olivia G., Amy K. Russell, Lee M. Henneken, Linda Fothergill, Allan Motyer, Hugh Reid, Jamie Rosjohn, m.fl. 2025. "Blood-Based T-Cell Diagnosis of Celiac Disease". *Gastroenterology* 0 (0). <https://doi.org/10.1053/j.gastro.2025.05.022>.

Image: Nacho Jankowski  
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# NEWS

## HEALTHCARE

### Are you 65 or older? – See a private general practitioner at the price of a public one starting in September



#### A new pilot study on freedom of choice in healthcare starts on 1 September 2025.

During the pilot study, persons aged 65 or over can see a private general practitioner and only have to pay up to the price of the local user fee charged by public healthcare providers. This price applies if the doctor is participating in the pilot study. The pilot study will affect more than 20% of the total population in Finland.

Parliament has approved a temporary amendment to the Health Insurance Act. After the amendment enters into force, persons aged 65 or over can see a private general practitioner at a much lower cost than usual. This means that persons aged 65 or over will have more say in

whether they want to use public or private general practitioner services.

The amendment is part of a pilot study on freedom of choice in healthcare. Kela will implement the pilot study in cooperation with private healthcare service providers between 1 September 2025 and 31 December 2027.

#### Clear prices, no unexpected costs

During the pilot study, each appointment with a general practitioner will cost EUR 28.20 or less (in 2025). Customers do not have to pay any other fees for their appointments, such as administrative or service fees.

“The goal is for senior citizens to get the healthcare services they need, when they need them. By setting a deductible in

advance, we ensure that customers know how much they have to pay for each appointment. This benefits the customer,” says Auli Valli-Lintu, Director of Legislative Development at Kela.

Customers who qualify for the pilot study can book up to two appointments in 2025 and up to three appointments per calendar year in 2026 and 2027. The appointments can be in-person appointments or remote video or phone appointments. Kela will publish a list of participating service providers closer to the start of the pilot study.

“During the pilot study, customers can choose the right doctor for them and then go back to that same familiar professional for further treatment, which promotes continuity in their care,” notes Valli-Lintu.

During the pilot study, Kela will also provide reimbursement for some tests and examinations the doctor orders for you during the appointment, such as laboratory tests and imaging tests. You pay half (50%) of the price of each test and examination. Maximum prices will be set for the tests and examinations to ensure that you know approximately how much you will have to pay before you make an appointment and to keep the prices of the services reasonable.

Over 20% of the total population of Finland is aged 65 or over, which means that the pilot study affects approximately 1.3 million people.

SOURCE: KELA, press release



# NEWS

## VAASA

### Rowboats Now Available for Rent in Ukkokari and Vähäkyrö – Onkilahti's Boat Still Awaiting a Dock



**Residents of Vaasa had the chance to decide how participatory budgeting funds would be used this year, and their choice led to the city acquiring three new rowboats.**

These boats are now available for free rental in Ukkokari and Vähäkyrö, while the one in Onkilahti will be ready in July once a new dock is installed.

#### Three New Rowboats Available for Free Use

The City of Vaasa has purchased three rowboats along with life jackets for public use. The boats can be borrowed from three different locations:

Saaristoravintola Ukkokari  
(in Gerby)

Café Kanttorila (in Vähäkyrö)

Café Onkilahti (boat rental available starting Week 33)

By Midsummer, the boats in Ukkokari and Vähäkyrö were already available, but the Onkilahti rowboat is still waiting for a dock to be built. Construction is expected to be completed by Week 33 (mid-August), after which the boat can be rented from Café Onkilahti near the outdoor gym.

#### How to Rent a Boat?

The rowboats can be rented for a maximum of two hours at a time. The borrower must be an adult, and each boat can accommodate up to four people. The boats are locked at the shore, and keys as well as mandatory life jackets can be picked up from the rental locations.

Opening Hours for Rental Points:

Saaristoravintola Ukkokari – Check the restaurant's website for hours

Café Kanttorila (Vähäkyrö) – Open Tue-Sun, 12 PM–6 PM

Café Onkilahti – Boat rental available starting Week 33

Participatory Budgeting Brings Residents' Ideas to Life

The rowboat initiative is part of Vaasa's participatory budgeting program, where residents get to influence how public funds are spent in their community. This year, €15,000 was allocated to the project.

Previous participatory budgeting projects have included:

A cherry tree park

A wildflower meadow

A winter swimming spot

Additional benches and trash bins along waterfront trails

The new rowboats provide a great opportunity for relaxation and exercise in Vaasa's beautiful archipelago. Since they are free to use, they make for a perfect summer day trip.

#### Comment:

This is a great example of how small but meaningful improvements can be made in collaboration with residents. The rowboats enhance outdoor recreation and bring more life to Vaasa's shores. Once the Onkilahti dock is completed in August, even more people will have the chance to enjoy a rowing adventure.

If you haven't tried rowing yet, now's the perfect opportunity—free and easy!

CREDIT: vaasa.fi

# NEWS

## VACATION

### Finns Spending More on Summer Vacations – Domestic Travel and Safety in Focus



**Finns are ready to splurge more on their summer getaways this year. According to Nordea's latest survey, the average summer vacation budget has risen by nearly 15% compared to 2024, reaching €1,178 per household.**

Over half of Finns plan to vacation solely domestically, while safety concerns increasingly influence international travel choices.

#### **Bigger Budgets – Especially for Families**

Nordea's annual Summer Vacation Budget Survey reveals that Finns are opening their wallets wider this year. While 60% of households plan to spend no more than €1,000, the average budget has climbed to €1,178

(up from €1,032 in 2024). Families with children and Helsinki-region residents lead the spending: 20% of families budget over €2,000 for summer trips.

"Household finances have improved as inflation slows and interest rates drop. This growing purchasing power is already visible in vacation plans, and we expect the trend to strengthen," says Jani Eloranta, Head of Personal Banking at Nordea Finland.

#### **Safety First: Finns Choose Cautiously**

Domestic travel remains king—70% of Finns plan local trips, and 52% will stay entirely within Finland. Though slightly more Finns (27%) will travel abroad this summer versus 2024, safety concerns now heavily impact destination choices.

A striking 45% now avoid certain regions due to security risks (up from 38% in 2024), with military conflicts and political instability being key deterrents. Sustainability also weighs heavier: overtouristed spots are losing favor, while eco-friendly transport and human-rights-conscious destinations gain traction.

"Finns take responsibility seriously—it's refreshing to see climate and ethics playing bigger roles in travel planning," notes Eloranta.

#### **Cost Hikes? No Problem**

Despite rising prices, 76% say their vacation funds remain unaffected. Still, 55% acknowledge some impact, though this concern has declined for three straight years.

Salaries and savings cover most vacations. While credit card use

has edged up, personal loans play a minimal role. Savings remain pivotal, though their importance has dipped slightly since 2022's peak.

#### **Survey Snapshot**

Conducted by Kantar Finland (May 19–26, 2025; 1,005 respondents aged 18–79). Margin of error: ±1.4–3.1% at 95% confidence level.

#### **Key Takeaways:**

**Bigger budgets:** Average €1,178 (+15% YoY)

**Domestic dominance:** 52% staying in Finland

Nordea's findings confirm Finns prioritize safe, responsible travel—and are willing to pay for it. This summer, journeys lean domestic, but international trips are carefully curated for peace of mind.

Source: nordea.fi



# NEWS

## STATISTICS FINLAND

### Number of Foreign-Language Speakers Has Doubled in Ten Years



**Finland's population structure is changing rapidly. At the end of 2024, there were 610,148 people in Finland whose native language was something other than Finnish, Swedish, or Sámi.**

According to Statistics Finland, this marks an increase of over 50,000 people in just one year — and a doubling of the number compared to ten years ago.

Foreign-language speakers now make up 10.8% of the total population. This growth is driven by both immigration and shifting birth rate trends. While the number of foreign-language speakers increased, the number of Finnish-, Swedish-, and Sámi-speaking people decreased by nearly 20,000 over the same period.

**Russian Still the Largest Language Group**

Russian remains the largest foreign

language group, with 102,487 speakers. They are followed by Estonian speakers (49,563) and Arabic speakers (43,534). Notably, the number of Estonian speakers actually declined, unlike the other major language groups.

**Population Growth, Unevenly Distributed**

Finland's official population at the end of 2024 was 5,635,971. The population increased by 32,120 people — the second-largest annual increase in 60 years. One key factor was the rise in the number of Ukrainian citizens gaining residency: in 2024, over 13,000 Ukrainians received a municipality of residence in Finland.

However, this growth is not evenly spread. While 85 municipalities saw population growth, 223 experienced a decline. The largest gains were seen in Helsinki, Espoo, and Tampere, while Kouvola, Savonlinna, and Kotka had the biggest losses.

**Kainuu's Population Falls Below 70,000**

At the regional level, population growth was concentrated in Uusimaa (+22,763) and Pirkanmaa (+6,097). The largest losses occurred in Kymenlaakso (-1,216) and South Ostrobothnia (-610). In Kainuu, the population dropped below 70,000 for the first time.

In relative terms, the fastest growth occurred in small municipalities such as **Kaskinen (+2.7%)** and Kustavi (+2.2%), as well as in Espoo (+2.2%). The steepest declines were recorded in Soini (-3.9%), Virolahti (-3.3%), and Hyrynsalmi (-3.0%).

**Foreign-Born Population Concentrated in the South**

At the end of 2024, there were 623,949 people in Finland with a foreign background, accounting for 11.1% of the population. Nearly half of them live in the capital region. The highest shares of foreign-background residents were in Vantaa (29.2%), Espoo (25.1%), and Närpes (23.0%).

Regionally, the highest proportions of foreign-background residents

were found in Uusimaa (19.3%) and Åland (18.7%). In Åland, 40% of foreign-background residents have Swedish roots. The lowest share was in South Ostrobothnia (4.5%).

**1990 Cohort Now the Largest Age Group**

At the end of 2024, the largest single age cohort in Finland was those born in 1990 — now aged 34 — with 78,162 individuals. Of these, 62,129 were born in Finland and 16,033 abroad. The second-largest cohort was those born in 1992.

These figures show that earlier waves of migration continue to shape the population profile today.

The growing linguistic and cultural diversity in Finland is more than just a demographic trend — it's reshaping everyday life in schools, workplaces, and public services. As the number of foreign-language speakers rises, so too does the need for inclusive policies and sustainable planning for a changing society.

## AI

# The AI Assistant Landscape in 2025: Which One is Right for You?



**The artificial intelligence landscape has become remarkably diverse, with multiple powerful AI assistants competing for users' attention.**

Each major player – ChatGPT, Claude, Gemini, DeepSeek, and others – brings unique strengths and capabilities to the table. Understanding these differences can help you choose the right AI tool for your specific needs.

### **The Major Players and Their Strengths**

ChatGPT remains the most recognizable name in AI assistance, excelling particularly in accessibility and user-friendliness. Recent updates have made image generation available to all users through its GPT-4o model, with both free and paid tiers offering robust functionality. ChatGPT's strength lies in its balanced approach to various tasks, though it sometimes lacks the technical precision found in specialized alternatives.

Claude has established itself as the go-to choice for complex reasoning and creative tasks. Users consistently praise Claude's thoughtful, nuanced responses and its ability to handle sophisticated analysis. Claude is particularly strong in coding tasks and provides

what many consider the most "human-like" conversational experience. However, Claude currently doesn't offer native image generation capabilities. Google Gemini leverages Google's vast resources and integration with existing Google services. With the recent upgrade to Imagen 4, Gemini now offers impressive image generation capabilities, producing high-quality visuals up to 2K resolution. Gemini excels in multimodal tasks and benefits from Google's search integration, making it particularly useful for research-heavy activities.

DeepSeek has emerged as a compelling alternative, especially for users seeking powerful AI capabilities without payment requirements. It rivals GPT-4 and Claude in many technical tasks, particularly excelling in programming and Chinese language processing. The trade-off is fewer additional features – no image generation, web browsing, or plugin ecosystem.

### **Image Generation Capabilities**

Not all AI assistants create images equally well. ChatGPT offers image generation through both its integrated GPT-4o model and the classic DALL-E

system, making it accessible to both free and paid users. Gemini's recent Imagen 4 upgrade has significantly improved its visual creation capabilities, with users noting enhanced image quality and better text rendering within images. Claude, despite its many strengths, currently lacks native image generation. However, it excels at analyzing and describing images that users upload. DeepSeek also doesn't include image generation in its current feature set, focusing instead on text-based tasks and coding assistance.

### **Best for Different Use Cases**

For general public use, ChatGPT often emerges as the most practical choice due to its balance of features, accessibility, and widespread documentation. Its free tier provides substantial functionality, while paid upgrades offer advanced features for power users.

Technical professionals and developers frequently prefer Claude for its superior reasoning capabilities and coding assistance, or DeepSeek for its strong programming performance and cost-effectiveness. Gemini appeals particularly to users already embedded in Google's ecosystem and those who need robust research capabilities combined with image generation.

### **Performance and Accessibility**

Recent benchmark tests reveal interesting patterns in AI performance. DeepSeek consistently delivers high-quality technical outputs while remaining completely free to use. Claude maintains its reputation for thoughtful analysis and complex reasoning tasks. ChatGPT provides reliable, accessible performance across

diverse applications, while Gemini offers strong balanced performance with excellent Google service integration. The accessibility factor varies significantly among platforms. ChatGPT and Gemini offer robust free tiers, though with usage limitations. Claude provides some free access but encourages subscription for heavy use. DeepSeek stands out by offering powerful capabilities without requiring payment or even account registration.

### **Looking Forward**

The AI assistant landscape continues evolving rapidly, with each platform developing distinct personalities and capabilities. Rather than one clear winner, users increasingly benefit from understanding which tool works best for specific tasks. Many power users maintain access to multiple platforms, switching between them based on the task at hand.

For most general users, ChatGPT provides the best combination of capability, accessibility, and support resources. However, those with specific needs – whether advanced coding (Claude or DeepSeek), research with image creation (Gemini), or cost-conscious technical work (DeepSeek) – may find specialized alternatives better suited to their requirements.

The key is matching the AI assistant to your primary use case while remaining open to experimenting with alternatives as these platforms continue their rapid development. The competition among these systems ultimately benefits users, driving innovation and improving capabilities across the entire AI assistant ecosystem.



# NEWS

## GOVERNMENT

### Finland leads international coalition to promote media freedom



Vasemmalta oikealle: Viron ulkoministeri Margus Tsahkna, Saksan ulkoministeri Johann Wadepuhl sekä ulkoministeri Elina Valtonen. Kuva: EU

**Finland will play a significant role in the international media field when it takes over the Presidency in The Coalition for Press Freedom.**

The two-year work will be carried out together with Germany and will start in early July, when Estonia hands over the Presidency.

The Media Freedom Coalition is a country coalition founded in 2019 that brings together 51 countries from six continents. The coalition's goal is to promote media and freedom of expression, and to improve the safety of journalists worldwide. The initiative was launched under the leadership of the United Kingdom and Canada in re-

sponse to the growing threats to the media.

Minister for Foreign Affairs Elina Valtonen emphasised Finland's commitment to the task: "The focus of our joint Presidency is on protecting journalists, strengthening media literacy and more general issues related to global freedom of expression. It is a pleasure to work with Germany on these important issues."

The choice of Finland is no coincidence. The country ranked fifth in the latest World Press Freedom Index, demonstrating its strong commitment to media freedom. Finland considers media freedom to be a fundamental pillar of a democratic society and an important factor in creating comprehensive security.

The work of the coalition is

concrete and direct. It intervenes in cases where journalists, groups of journalists or media organisations are threatened. Influence is through public statements and direct diplomatic contacts with the authorities, either from the capitals or through the embassies of the coalition countries.

The work is not limited to crisis management. The coalition works in close cooperation with civil society, journalists and other media workers, as well as lawyers familiar with the theme. This wide-ranging approach ensures that actions are based on real needs and expertise.

Finland's Presidency is part of a broader commitment to media freedom. Issues related to media freedom will also be strongly on the agenda during Finland's Chairmanship of the OSCE in 2025, which shows a consistent

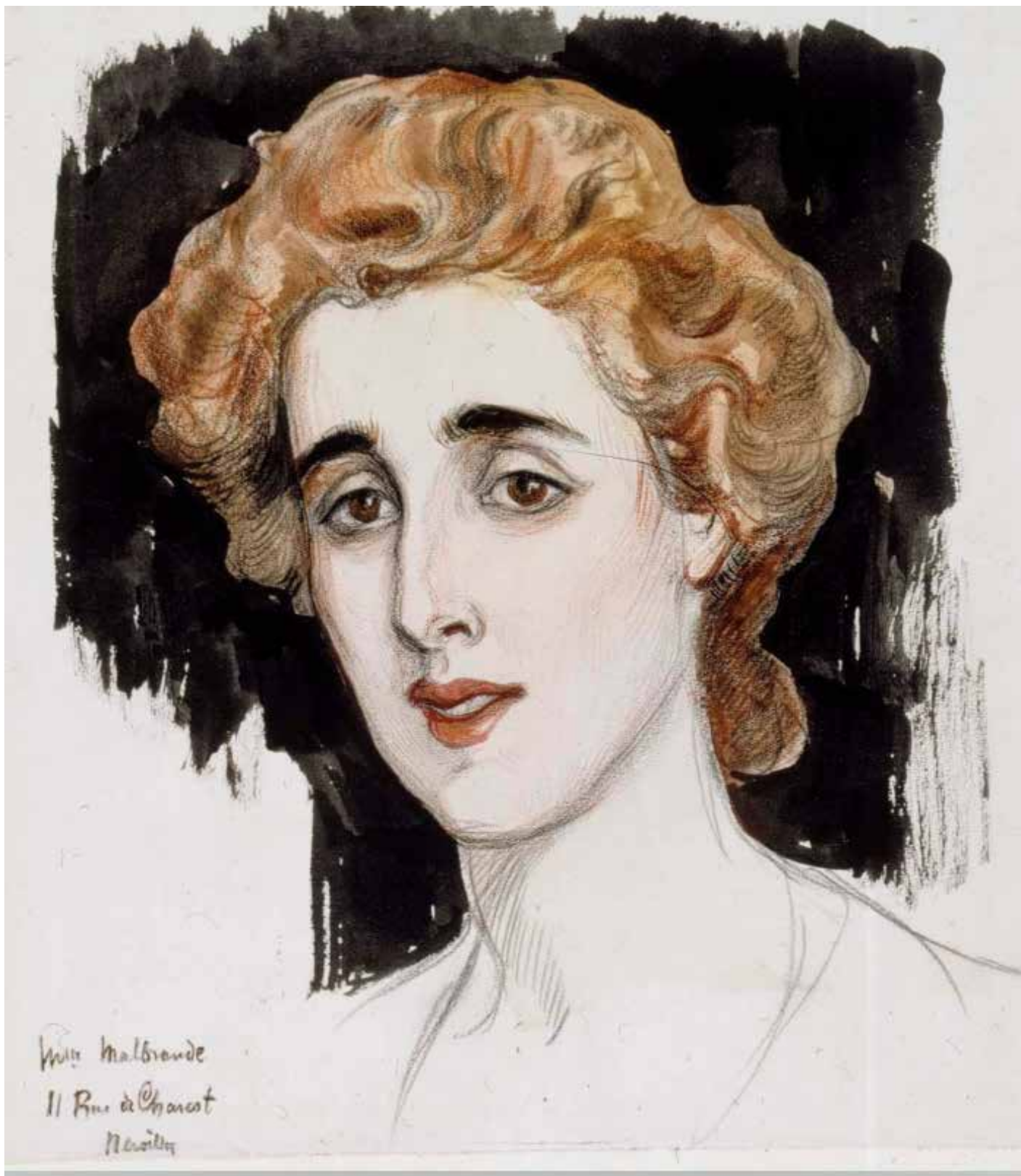
policy in international politics.

Strengthening media literacy is one of Finland's priorities. This is particularly topical at a time when disinformation and misinformation are spreading rapidly through social media. Media literacy is a key tool for citizens to distinguish between reliable and unreliable information.

The protection of journalists is another key theme. Around the world, journalists face threats, violence, and even life claims because of their work. International cooperation is essential to ensure the safety of journalists and their ability to carry out their work freely.

The co-presidency with Germany provides an opportunity to combine the countries' different strengths and experiences. Both countries have a long tradition of defending democracy and freedom of speech, which is expected to bring added value to the work of the coalition.

# ART EXPERIENCE OF THE WEEK



**Albert Edelfelt**

21.7.1854, Kiialan kartano, Porvoon mlk

18.8.1905, Haikko, Porvoon mlk

M:lle Malbrande, naisenpää



# EVENTS

## UMEÅ WOMEN'S HISTORY MUSEUM

### IN THE SECRET SERVICE OF THE KINGDOM

4.5 - 20.8.2025

Meet the women in the Swedish intelligence service during World War II. Hotel cleaners, cleaners and secretaries are recruited to the Swedish intelligence service. They secretly act as informants, couriers, or infiltrators. Others are employees of the Postal Service, the Telephone Control, or the Defense Staff's cryptography department to write, decipher, translate, and search through letters and calls about suspicious things."

<https://www.kvinnohistoriskt.se/>

## EVENING MUSIC

In Vaasa Church – enjoy the atmosphere of a classic summer evening

Feel the atmosphere of summer evenings with high-quality music in Vaasa Church. The Evangelical Lutheran parishes are once again offering free classical music concerts, which have already established themselves as the pearls of the city's summer programme over the years.

Classical evening music on Wednesdays from 4.6.25 at 19.30

9.7. Loviisa Tuomisto ja Valtteri Tuomisto, urut, piano ja laulu.

16.7. Jenny Sandelin, sopraano ja Anton Ylikallio, piano. tiistai 22.7. kello 18.30 Pétur Sakari, urut. Yhteistyössä Korsholman Musiikkijuhlien kanssa.

6.8. Inka Pärssinen, trumpet ja Hanna Koljonen, urut.

13.8. Noora Karhuluoma, sopraano ja Marco Bonacci, sem-balo.

## 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

### Seinäjäki Tango Market

9.-13.7.2025

<https://tangomarkkinat.fi/>

### BIG DAY SUMMER FESTIVAL

Vaasa

11.7.-12.7.2025

<https://www.bigdayfestival.fi/>

### 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 direction by Erik Kiviniemi.

World premiere 28.6.25 klo 19

Other events:

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."

### 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

### VAASA FESTIVAL 2025

31.7.-2.8.2025

Music, food and wine

In Vaasa's inner harbour

<https://vaasafestival.fi/>

### WASA FUTURE FESTIVAL

11-16.8.2025

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

This event gathers knowledgeable and motivated individuals from the business world, universities, regional decision-making bodies.

and ministerial corps to focus on solving issues in Vaasa and across Finland. The event can be followed on Wasa Future Festival YouTube channel.

Wasa Innovation Center

Gerbyntie 18

65230 Vaasa

<https://wasafuturefestival.fi/>

### NIGHT OF THE ARTS

14.8.2025

"Toivottavasti näemme taas ensi vuoden Taiteiden yössä"

<https://www.vaasa.fi/koe-ja-nae/kulttuuria-vaasassa-ja-seudulla/taiteiden-yo/>

### KOKKOLA SKI CHAMBER – KOKKOLA AUTUMN CHAMBER

August 2025 & 2026

[www.kokkolansyyskamari.com](http://www.kokkolansyyskamari.com)

### VAASA CITY THEATRE

#### PIAF

Premiere 11.9.2025 AT 6 PM

Romeo Hall

"In September 2025, the musical play Piaf – I Don't Regret Anything will premiere on the Romeo stage of the Vaasa City Theatre, which tells the unique and multi-stage life story of Édith Piaf, who rose to world fame from the streets of Paris." The role of Piaf is interpreted by theatre actress Sonja Halla-aho.

<https://www.netticket.fi/piaf-vaasa>

### Jorma Panula - Conductor Course Concert

19.9.2025 at 6 pm

Vaasa City Hall

In cooperation with Panula Academy.

Vaasa City Orchestra cond. Students of the conducting course

"Over the decades, Jorma Panula's courses in Vaasa have seen both future world stars in the world of conducting and pedagogues doing important basic work. Maestro Panula, who has an enormous amount of experience, finds the essence in music, and the popularity of the courses shows that he also knows how to pass it on to his students. In the final concert of the conducting course, we will put the lessons learned during the week to full use!"

### Las Vegas

2.10.2025 at 6 pm

### Vaasa City Orchestra

cond. Antti Rissanen

sol. Juki Välipakka & Chiara Orlandi

Come Fly With Me, Fly Me to the Moon, My Way, I want to be Loved by You.... <https://www.vaasa.fi/koe-ja-nae/kulttuuria-vaasassa-ja-seudulla/vaasan-kaupunginorkesteri/las-vegas/>

### VAASA CITY THEATRE

UNNECESSARY PEOPLE

Premiere 23.10.2025 AT 7 PM Juliet Hall

One of the most influential dramas in Finnish playwriting. <https://www.netticket.fi/tarpeettomia-ihmisia-vaasa>

# ATTRACTION

## GOVERNMENT PALACE

# Historic Opportunity: The Government Palace Opens Its Doors to the Public – Explore the Heart of Finnish Governance Before Major Renovation



The Palace illuminated in blue and white in 2017, when Finland was 100 years old.  
Foto: Htm. Wikimedia Commons.  
Creative Commons Attribution-Share Alike 3.0

**A rare chance awaits on Saturday, September 6, 2025, as the Government Palace (Valtioneuvoston linna) opens its doors to the public from 8:00 AM to 5:00 PM.**

This iconic building, which has served as the center of Finland's government for over 200 years, invites visitors to explore its historic halls before a major renovation begins.

### **Engel's Architectural Masterpiece: A Living Piece of Finnish History**

Designed by architect Carl Ludvig Engel and completed in 1822, the Government Palace has been the workplace of ministers and civil servants for nearly all of Finland's in-

dependent history. During the open house event, visitors will walk the same corridors where Finland's most pivotal political decisions have been made.

The tour includes the palace's grand staircase, a site of dramatic historical significance. It was on these steps in 1904 that student Eugen Schauman assassinated the Russian Governor-General Nikolai Bobrikov—an event that marked a turning point in Finland's struggle for autonomy.

"This building is like a living history book. Every room and hallway holds a story that belongs to all Finns,"

### **Inside the Seat of Power**

Visitors will have the unique opportunity to step inside the Cabinet Meeting Hall, where Finland's laws and policies are shaped, and the Presidential Reception Hall, where state guests are welcomed. These spaces, though elegant, reflect Finland's understated and functional approach to governance.

Many are surprised by how modest yet dignified these rooms are. There's no excessive grandeur—just a sense of purpose and history.

### **Last Chance Before Renovation**

This year's open house is particularly special, as it offers the last chance to see the palace before a multi-year renovation begins. While details of the project remain undisclosed, the work is expected to modernize infrastructure while preserving the building's historical character.

"The renovation is essential to ensure this landmark remains functional and intact for future generations," says a representative from the Government Secretariat.

### **Practical Information**

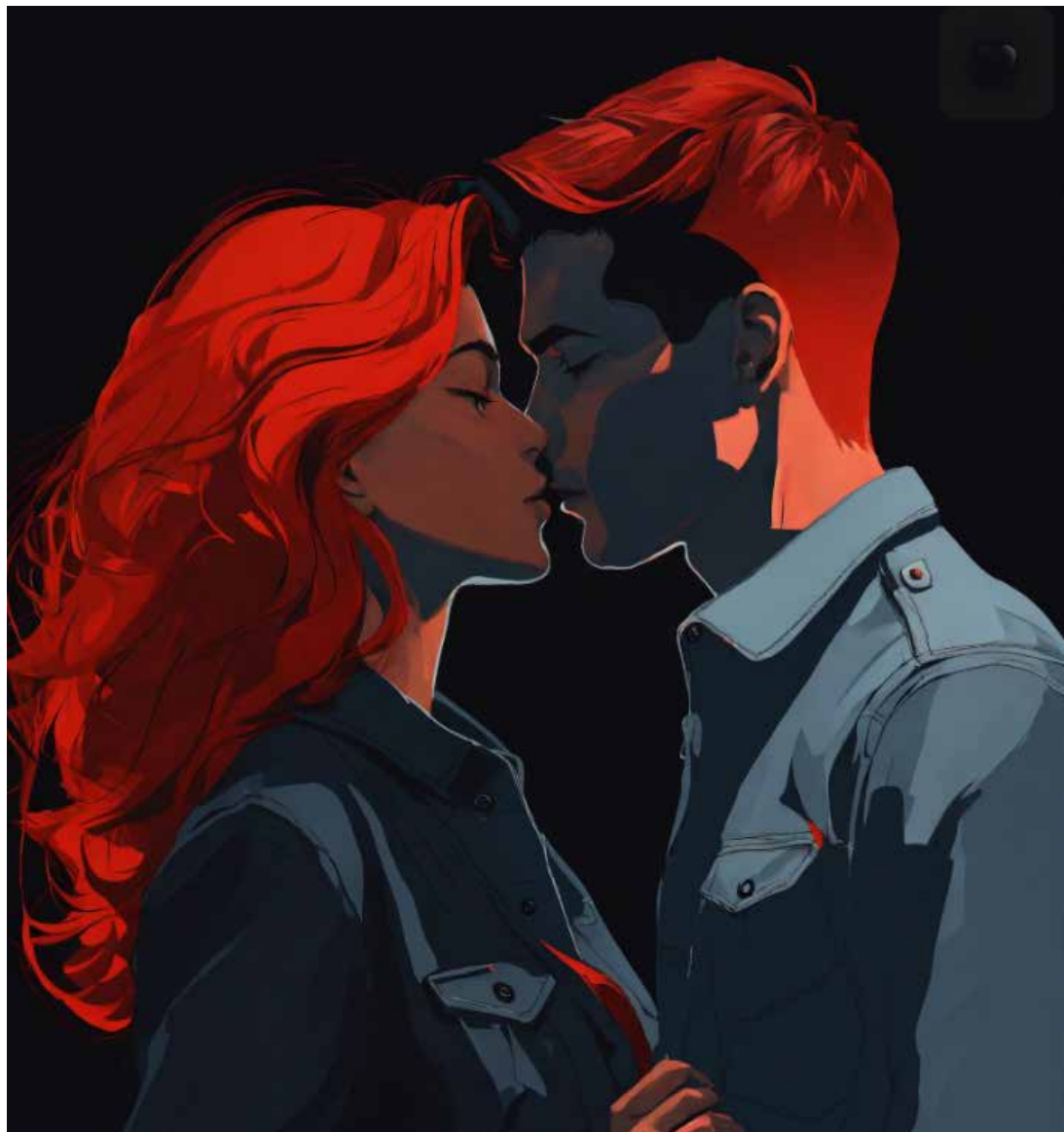
- No pre-registration required—entry is free and open to all.
  - Guided tours will be available, with details announced in late August.
  - Expect crowds—the event typically draws thousands of visitors, so early arrival is recommended.
  - Location: The Government Palace sits at the edge of Helsinki's Senate Square, easily accessible by public transport.
- Don't miss this unique opportunity to step inside one of Finland's most important political landmarks!



# HEALTH

## COELIAC DISEASE

### A Relief for Everyone with Coeliac Disease - Kissing is Not Dangerous



**For years, people with coeliac disease have faced a dilemma more nerve-wracking than a gluten-filled buffet: To kiss or not to kiss?**

After all, what if your partner just devoured a pizza, a croissant, or—heaven forbid—a whole loaf of garlic bread? Would a romantic smooch turn into a gluten grenade?

Thankfully, science has

swooped in like a hero in a lab coat. A new study presented at Digestive Disease Week® 2025 confirms what hopeful romantics everywhere have been waiting for: Kissing is (mostly) safe. Even if your partner has just polished off a stack of saltine crackers, the gluten transfer is so minimal that it won't trigger your coeliac disease.

The study, led by Dr. Anne Lee at Columbia University, recruited 10 brave cou-

ples—each with one gluten-eating partner and one coeliac sufferer—to test the risks of post-snack kissing. The non-coeliac partners ate 10 crackers (because nothing says romance like dry, crumbly saltines) and then locked lips with their gluten-free sweethearts for 10 seconds.

In one scenario, they waited five minutes before kissing. In the other, they chugged a glass of water first—because nothing kills the mood like

"Hold on, honey, I need to hydrate for science."

The results? Gluten levels in the coeliac partners' saliva were so low they wouldn't even register as a threat. In fact, the amounts were less than 20 parts per million—the same safety threshold used for gluten-free foods.

So, what does this mean for coeliac sufferers? Well, unless your partner is actively chewing a bagel mid-smooch, you're probably safe. But if you really want to be cautious, Dr. Lee suggests a simple solution: "Have them drink water first." Because nothing says "I love you" like "Here's a glass of water—rinse out the gluten, please."

The study is a game-changer for coeliac patients who've been stressing over every kiss. No more interrogating partners—"What did you eat today? Was it gluten? Show me your grocery receipts!" No more panic after a surprise peck. And most importantly, no more avoiding romantic moments just because your date had a beer.

So go forth, coeliac warriors, and pucker up without fear. Just maybe keep a water bottle handy—for safety and hydration. After all, love should be the only thing making your heart race, not gluten anxiety.

# HEALTH

## COELIAC DISEASE

### Should I consider getting a celiac disease test?

Receiving a new medical diagnosis is often a worrying event. The disease that is diagnosed can be difficult to treat, and even with treatment, many symptoms often persist. Regardless of efforts, many diseases tend to worsen and can lead to complications.

#### **Celiac disease is not such a disease!**

Receiving a celiac disease diagnosis is instead a very positive experience. After living with a variety of symptoms for most of your life, you now discover a disease that is easy to treat – without the need for medication. It is very likely possible to live a normal life and be symptom-free for the rest of your life.

#### **Therefore, it is important to consider getting tested for celiac disease.**

The good thing is that it is easy to confirm or rule out the possibility of celiac disease. A simple blood test is all that is required.

So when should you consider getting a celiac disease test? Consider the following factors that may be relevant to you:

#### **SYMPTOMS:**

- ☐ I have significantly more flatulence than anyone else I know
- ☐ I usually have diarrhea, not particularly severe but most every day
- ☐ I have severe constipation and no medication seems to help
- ☐ When I go to the toilet, my stool floats on the water
- ☐ My mother usually tells me that I was very “skinny” as a child and had difficulty gaining weight
- ☐ When I visited the dentist in my childhood, he said that I have “strange tooth enamel”
- ☐ When I was at school, the school nurse gave me a jar of iron tablets and said that I had “bad blood”
- ☐ Later, my doctor was also surprised that my hemoglobin was so low
- ☐ People tell me that they have a “foggy brain”, difficulty concentrating and sometimes difficulty finding words. I think I have that too.
- ☐ I have many more headaches and migraines than others
- ☐ I often have an itchy rash on the outside of my elbows and knees, sometimes with small blisters
- ☐ We have been trying to have children for a long time but have not been successful
- ☐ I have had several X-rays of my intestines over the years without ever finding anything wrong

#### **DISEASES OF YOUR RELATIVES:**

- ☐ My father/mother/sister/brother/child has celiac disease
- ☐ I have at least two more distant relatives who have celiac disease

#### **PAST DISEASES:**

- ☐ I have over/underfunction of the thyroid gland (hyper/hypothyroidism)
- ☐ I have patches of hairless skin on my scalp (alopecia areata)



- ☐ I have white pigment-free patches on my skin (vitiligo)
- ☐ I have been on sick leave for depression/burn out
- ☐ I am lactose intolerant
- ☐ I have insulin-treated diabetes diagnosed at a young age
- ☐ I have been diagnosed with osteoporosis even though I am not even 50 years old
- ☐ I have dry mouth and dry eyes and my doctor says it is Sjögren's syndrome
- ☐ I have numbness in my legs and my doctor calls it peripheral neuropathy

If you have ticked a box in any of these groups, ask your doctor to do a celiac disease screening with a simple blood test called S-KeliSeu during your next health check. If it is completely normal, you do not have celiac disease. But if the test shows that you have celiac disease, then congratulations! Because this is an important diagnosis that will make you feel much better than before for the rest of your life!



# HEALTH

## HEATH

### University of Jyväskylä: Waist obesity increases urinary incontinence



#### A recent study shows a clear link between waist fat and stress urinary incontinence in middle-aged women.

In particular, fat that accumulates around the internal organs and in the abdominal area increases the risk of pelvic floor dysfunction. An extensive study conducted at the University of Jyväskylä reveals a worrying link between women's body composition and pelvic floor dysfunction. The study, led by doctoral researcher Mari Kuutti, followed 376 healthy women in Jyväskylä for four years and shows that waist obesity significantly increases the risk of urinary incontinence.

#### More than half of women have pelvic floor problems

An alarming finding in the

study was that already at the beginning of the study, more than half of the participants had some kind of pelvic floor dysfunction. The most common of these was stress urinary incontinence, which manifests itself as involuntary urinary incontinence when coughing, sneezing or moving, for example. The study focused on women who were between 47 and 55 years old at the beginning of the study. "The connection between body composition and the symptoms of pelvic floor dysfunction has been studied mainly by using only body mass index and waist circumference," Mari Kuutti explains the background of the study.

#### Waist fat as a special risk factor

The study revealed that fat accumulates especially in the waist area and around the internal organs increases the risk

of stress urinary incontinence. Significant risk factors included a higher total fat content, waist circumference and body mass index. "The results showed that a higher total body fat content and a higher fat content in the abdomen, waist and torso area and around the internal organs were associated with the symptoms of stress urinary incontinence," Kuutti explains. The study used more accurate measurement methods, such as bioimpedance and dual-energy X-ray absorptiometry, which allowed for a detailed analysis of body composition.

#### Lifestyle affects pelvic floor health

Pelvic floor dysfunction naturally becomes more common as a woman approaches menopause. Oestrogen deficiency and the aging of connective tissue weaken the functioning of the pelvic floor structures. Pregnancy,

childbirth and other factors that increase the pressure in the abdominal cavity also affect the development of the problem. However, the study emphasizes that lifestyle matters. Eating behaviour and physical activity affect body composition, which in turn is linked to the development of pelvic floor dysfunction. "Body composition is partly shaped by lifestyle, so measuring it can help identify the risk of dysfunction," the researchers note.

#### Prevention is the key to managing the problem

The results of the study give hope that pelvic floor dysfunction can be prevented by lifestyle changes. Healthy eating and regular exercise, which help manage weight, and especially waist obesity, can reduce the risk of urinary incontinence.

# HEALTH

## A SHORT STORY

### "A New Era in Weight Loss "



Image: HFIF-bild

**He walked into the clinic like he'd walked into a hundred dangerous places before — head high, eyes scanning, shoulders relaxed but coiled like a spring. Nobody noticed him. That was the idea.**

But he noticed everything. The overweight man slumped in a plastic chair. The nurse tapping on a screen. The glossy ad on the wall: "A New Era in Weight Loss — Tirzepatide." He paused. Read it twice.

A miracle drug, they said. Better than anything before. Not some fake fat-burning pill. Not a starvation diet. Not the endless guilt of gym memberships and celery sticks. Tirzepatide worked.

And that made it dangerous.

He knew what people were saying. That this drug, this once-a-week shot, could melt away the pounds. That it was changing lives. That it could

end the obesity epidemic. People who had struggled for decades were now dropping fifty, even a hundred pounds. Fast.

But he also knew something else: when something sounds too good to be true, it usually is. Unless it comes with a price.

He sat in the waiting room and listened. The nurse called a name. A woman stood up — maybe late forties, carrying too much weight, but you could see hope in her eyes. She didn't walk. She floated. "Tirzepatide?" she asked.

The nurse nodded. "Weekly injection. You'll feel full faster. Eat less. Lose more. But we monitor closely. Nausea, constipation, even risk of pancreatitis. You need to check in weekly."

The woman didn't flinch. She'd heard it all before. What's a little nausea when you've been judged every day of your life?

He sat back and closed his eyes. Thought about what he'd read. Tirzepatide was

originally for type 2 diabetes. A GLP-1 and GIP receptor agonist. Complicated words. Simple result: it mimics the hormones your body releases after eating, so you feel full. But this drug went further. Clinical trials had shown people lost up to 22 percent of their body weight. Better than anything before it. Even better than semaglutide.

A game-changer. Which meant billions were on the table.

He opened his eyes. The woman was gone. A new poster caught his attention. "One shot. Once a week. Real results."

He stood up. Walked to the front desk. Asked for the brochure.

The receptionist looked up. "Thinking about trying it?"

He nodded slowly. "Just curious."

She smiled. "It's not just about looking better. It's about staying alive."

He didn't answer. He already knew. Obesity killed. Quietly. Heart disease, diabe-

#### FACTS;

*Tirzepatide (sold under names like Mounjaro) is an in Finland approved medication originally developed for type 2 diabetes. It has now shown significant effectiveness in weight loss and is revolutionizing obesity treatment — but it also raises complex questions about access, cost, and medical ethics.*

tes, joint failure. Tirzepatide was a weapon. A scalpel, not a hammer. And the world had been waiting.

But there were cracks in the miracle.

The cost — thousands per year. The supply — already strained. The ethics — still debated. Should healthy people use it to slim down? Should celebrities jump the line? And what happens when the weight comes back if they stop?

He walked out of the clinic and into the wind. Thought about the woman, and the hope in her eyes. About the millions waiting for salvation in a syringe. About the pharmaceutical execs who were already counting profits.

He thought about justice.

Then he turned up his collar and disappeared into the city.

Because something big was coming.

And he'd be ready.



# HEALTH

## TEEN HEALTH

### THL School Health Survey: Young People Are Doing Better Than Before



**Preliminary results from the 2025 School Health Survey show improved well-being among lower secondary school students. While girls report better health, anxiety and bullying remain key challenges.**

#### Youth Health Shows Improvement

According to the Finnish Institute for Health and Welfare (THL), 78% of 8th–9th graders now rate their health as “fairly good” or “very good”—a 5 percentage point increase since 2023, according to a press release by THL.

However, a significant gender gap persists: 85% of boys report good health compared to 72% of girls.

“The trend is encouraging. After the pandemic years, these positive findings on youth well-being are welcome,” says Chief Physician Terhi Aalto-Setälä at THL.

Yet 22% of students still describe their health as mediocre or poor—28% of girls and 15% of boys.

“Many young people continue struggling with their health. Daily habits like sufficient sleep, exercise, regular meals, and balanced screen time form the foundation of well-being—areas families should focus on together,” Aalto-Setälä advises.

#### Anxiety Persists, Especially Among Girls

Anxiety levels—measured using the GAD-7 scale based on self-reported symptoms—remain elevated:

34% of girls experience moderate/severe anxiety

9% of boys report similar symptoms  
(No significant change from 2023)

“Youth-reported anxiety spiked during COVID and remains prevalent,” notes Research Manager Olli Kiviruusu. “While pandemic effects linger, increased mental health awa-

reness means more youths recognize and discuss emotional struggles. Not all distress requires treatment, but persistent/severe cases need professional assessment.”

#### Bullying: 8% Face Weekly Harassment

Tracking since 1996, the survey reveals:

7% of girls and 9% of boys experience weekly bullying

Rates remain within the historical 5–10% range

“Both chronic bullying and isolated aggressive acts cause harm,” emphasizes Development Manager Jenni Helenius. “Schools need sustained anti-bullying efforts, often requiring home-school collaboration and multi-professional support.”

#### Full Dataset Coming September 2025

270,000 respondents (grades 4–5, 8–9, and vocational/upper secondary students)

Complete statistical report launches 17 September at [thl.fi/schoolhealth-survey/results](https://thl.fi/schoolhealth-survey/results)

Findings will be discussed at THL’s Wellbeing Arena event (22–23 September)

#### Key Takeaways:

Health gains: 78% feel healthy (+5% since 2023)

Gender divide: Girls trail boys in health/well-being metrics

Ongoing challenges: Anxiety (34% girls) and bullying (8%) demand attention

Prevention focus: Daily routines and early intervention prove critical

While trends are positive, targeted efforts remain essential to address persistent mental health and social challenges facing Finnish youth.

# TOWN PLANNING

## MARKET SQUARE

### Market Square to Become Our Shared Living Room!



#### **Vasa's central square is being renewed – explore the plans and share your opinion!**

The heart of the city of Vasa, Kauppatori (Market Square), is undergoing a major transformation. A new draft of the general plan for Salutorget and the adjacent Hovrättsplanaden is now available, and residents are invited to review the plans and submit their feedback by July 4th.

The plan is based on the winning entry "Vaasan helmi" ("The Pearl of Vasa") from a 2022 landscape architecture competition. The vision combines historical charm with the needs of modern city life. The aim is to create a vibrant, accessible, and inclusive city square – a shared living room for all citizens.

Green, Playful, and Accessible

The traditional market stalls will remain at the center of the square, surrounded by elevated, leafy zones designed for relaxation and social interaction. These areas will be defined by steps and plantings, and include benches, urban swings, game tables, and a playground with an archipelago theme.

A special feature will be a map of the Vasa archipelago engraved into the paving stones in the northern section of the square, between the existing pavilion structures. A playful art installation will also be added – a misting feature that sprays water vapor, providing both entertainment and visual charm, while still allowing the area to be used for events.

#### **For Everyone, Year-Round**

Accessibility is at the heart of

the design. Heated walkways, improved lighting, and new bike parking areas will ensure the space is welcoming and functional for people of all ages throughout the year.

At the southern edge of the square, a new public transport hub will be constructed. A covered waiting area will shelter up to three buses at a time, providing better conditions for passengers. More seating and climbing plants will be added to enhance comfort and aesthetics. The current pergola will be partially preserved and incorporated into the new structure.

#### **The Esplanade as an Art Axis**

Hovioikeudenpuistikko will be transformed into an artistic promenade, with public artworks used to shape intimate, room-like spaces. Cultural and historical values have been carefully considered, and the upgrades will be carried out with sustainability in mind. Tree rows, greenery, and eco-friendly materials will help strengthen the

area's identity while supporting the city's climate goals.

#### **What Happens Next?**

The renovation of Salutorget is included in Vasa's investment plan for 2027. However, the project's realisation will depend on available funding.

Now it's the residents' turn to speak up. Feedback can be submitted to the City of Vasa's registry office by email at [registrituren@vasa.fi](mailto:registrituren@vasa.fi) or delivered in person to Vaasanpuistikko 10. All input will be reviewed before the project proceeds to the construction planning phase and potential implementation.

For more information, visualizations, and the full plan, visit the city's website:

□ [www.vaasa.fi/](http://www.vaasa.fi/)

**The Market Square of the future won't just be a place to pass through – it will be a place to stay, meet, and enjoy.på.**



# NEWS

## STREET ART

# Street Art Transforms Vaasa Into a Vibrant Open-Air Gallery



**This summer, Vaasa comes alive with stunning street art as part of the global *Meeting of Styles* festival. Colorful murals are brightening neighborhoods across the city, creating free public art for everyone to enjoy.**

Vaasa's urban landscape is getting a creative makeover as internationally acclaimed street artists and local talent collaborate on eye-catching murals. New works have already appeared in Palosaari, Hietalahti, and Vöyrinkaupunki, turning ordinary electrical substations into extraordinary works of art.

### Art for Everyone

Residents and visitors can discover these urban masterpieces at locations including:

- Along the road to Mansikkasaari (Pikisaarencatu 1)
- Near Maasilla bridge in the city center
- Along Tiilitehtaankatu in Hietalahti (numbers 10, 44 and 45)
- At Tiklaspuisto park in Vöyrinkaupunki (Kalastajanka-

tu 14)

Additional murals will soon decorate pedestrian underpasses throughout the summer.

"Events like Meeting of Styles enrich our urban culture and bring new forms of expression to public spaces," says cultural producer Ilkka Nyqvist. "They also increase youth participation and create a more art-friendly city environment."

### Global Art Comes to Vaasa

The main *Meeting of Styles* event will take place June 27-29 at Wasa Graffitilandia (Opistokatu 8), featuring live painting by top artists from around the world.

"Our goal was to create a 24/7 open-air gallery that's free and accessible to everyone," explains Aku Siik, chairman of Katukulttuuri Ry, the organization behind the "Back to the Streets" project.

Vaasa's new street art not only beautifies the city but also sparks conversations and brings communities together. Don't miss this chance to see world-class art being created in your neighborhood!









# ART

## GRAFFITI

# Youth Co-Create Stunning Street Art Mural at Care Home



### Young artists collaborate with graffiti pro to transform Vaasa service building

Vaasa's urban landscape has gained a vibrant new addition as local youth and professional graffiti artist Tony Laine teamed up to create a spectacular mural on the wall of Carl & Carolina service home's storage building. The five-day street art camp resulted in a colorful masterpiece now visible from the Fredrikinkatu parking area.

### First-Ever Graffiti Camp Inspires Participants

The City of Vaasa Youth Services organized its inaugural graffiti art camp from June 2-6, attracting nine young participants of varying ages. Local street art veteran Tony Laine guided the aspiring artists through the creative process.

"This was the perfect way to combine artistic expression with youth work," explains Anne Lamminen, youth services coordinator. "The participants learned technical skills while understanding how street art can be both legal and valued."

### Art With Purpose

The new artwork now adorns the

exterior wall of Carl & Carolina service home's storage building on Fredrikinkatu. The property's owner, a local foundation, gave the artists complete creative freedom.

"We immediately said yes when approached about this project. The result is absolutely stunning!" enthuses Lena Sjöholm-Fahlund, facility manager at Carl & Carolina.

Laine designed the composition so he handled the upper section while youth participants executed the lower portion under his guidance.

### More Than Just Paint

The camp served multiple important purposes:

**Community building:** Participants aged 12-17 bonded despite age differences

**Vandalism prevention:** Providing legal outlets reduces destructive graffiti

**Skill transfer:** Professional artist shared techniques and ethical guidelines

"We established artists want to show this is legitimate art form," says Laine. "Projects like this help change perceptions about street art."

### Future Plans

The successful pilot has organizers considering making this an annual event.

"We see great potential to develop this initiative," reveals Lamminen. "There's interest from both youth and property owners wanting to beautify their spaces."

For young participants, the experience proved transformative:

"It was amazing to help create something everyone can see and appreciate," shares one participant. "And learning from a professional was incredible!"

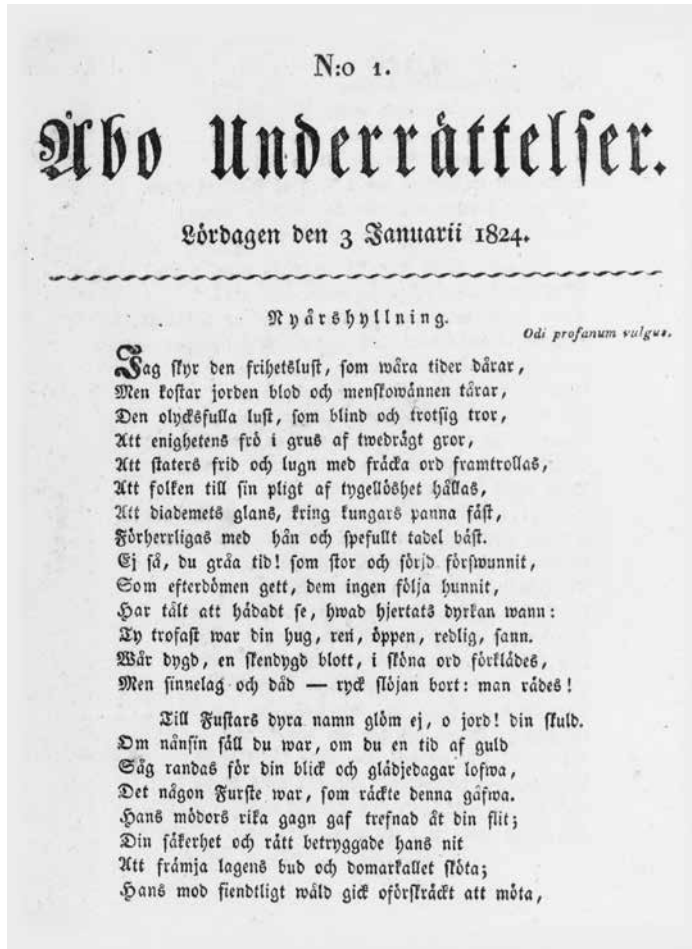
The mural has done more than brighten a service home wall - it's built intergenerational connections and demonstrated street art's positive potential.



# PRESS

## PRESS

Åbo Underrättelser almost entirely digital – the paper newspaper will only be published once a week



Åbo Underrättelser is the oldest daily newspaper in Finland. Its first issue appeared on 3 January 1824

The front page of Åbo Underrättelser on 1.12.1939. The Soviet Union had attacked Finland the day before, and that was the beginning of the Winter War

**Finland's oldest newspaper, Åbo Underrättelser, is significantly reducing the number of printed newspapers.**

From October onwards, the magazine will be delivered on paper only once a week, whereas it is currently published five days a week. However, digital publishing will continue five times a week. The first to report on the change was Turun Sanomat.

The decision is based on rising production costs. In particular, the increase in postage and the price of paper has forced the newspaper to consider the cost-effectiveness of distribution and printing.

"I know that changes evoke emotions. But by reducing the number of publication days and investing in

a carefully produced printed magazine once a week, instead of paying distribution and printing costs for five publication days a week, we can preserve what is most important: reliable, local and unique Swedish-language journalism that lives on the terms of its time," says Susanna Landor, CEO and Publisher of ÅU Media, according to Turun Sanomat.

Founded in 1824, Åbo Underrättelser (ÅU) is the oldest newspaper still published in Finland. The magazine is in Swedish and its circulation area covers the whole of Southwest Finland, especially the regions of Turku, Pargas, Kaarina and Kimitoön.

ÅU is distributed several times a year as a blanket distribution to all bilingual households in Southwest Finland, to all households and busi-

nesses in the centre of Turku and in the archipelago areas. According to Wikipedia, the circulation of blanket distribution is about 60,000 copies at a time.

At the moment, ÅU is published from Tuesday to Saturday, but the exact day of the week when the paper version will be published in the future has not yet been announced.

The magazine is published by ÅU Media Ab, which rose to an exceptional position in the Finnish press after the Swedish media company Bonnier acquired the majority of other Swedish-language newspapers in Finland. In 2023, Bonnier acquired a majority stake in KSF Media (e.g. *Hufvudstadsbladet*, *Västra Nyland*, *Östnyland*) and in 2024 the entire HSS Media (e.g. *Vasabladet*, *Syd-Österbotten*, which will as a result be layout-

ed in Sundsvall, Sweden). In this way, ÅU Media became the only Swedish-language media house in mainland Finland that is fully Finnish-owned.

The Swedish-language press is undergoing a transformation in other ways as well. For example, *Vasabladet* is published only digitally on Mondays, and the other main newspaper in Vaasa, *Ilkka-Pohjalainen*, is published in print six days a week. Vaasa's newest newspaper, *Vaasa-Pohjanmaa*, is mainly digital, but is also published a few times a year as a paper newspaper – usually free of charge. And perhaps we can mention our own newspaper, *Wasa Daily*, one of the very few newspapers in English in Finland. This magazine is also part of a new trend: it is published digitally on Sundays.



# PRESS

## An interview with our newspaper's editor-in-chief in Hufvudstadsbladet

**An inspiring story about a lifelong desire to learn and contribute.**

The article in Hufvudstadsbladet on 17 June 2025 presents an uplifting interview with the 79-year-old Hans Björknäs, a person who refuses to let age set limits to his curiosity and willingness to work. His story is not only a celebration of the individual's drive but also an important reminder of the potential value of looking at aging and retirement with new eyes.

### Retirement as a new beginning

Hans Björknäs is a living counter-image to the traditional view of retirement as a time of passive rest. Instead of retiring when he reached retirement age at the turn of the millennium, he has continued to develop – both professionally and personally. Today, he is studying journalism at the Swedish School of Social Science (Soc&kom), an education that complements his long career as a doctor. His attitude is both inspiring and thought-provoking:

*"Retirement can be the start of something new."*

This view of retirement as an opportunity rather than an end is something that more and more Finns share. According to Barbro Schauman, who works with the EU-funded project Restart, almost half of those who retired in 2023 want to continue working in some way. The project, which is run in collaboration with Åbo Akademi University, Novia University of Applied Sciences and Kimmoön Municipality, aims to break down prejudices against older people in working life and highlight their skills.

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### The need to reassess age in working life

Although many older people want to continue working, they often face obstacles. Schauman points to a "rigidity in Finnish working life", where age discrimination and inflexible working models make it difficult for seniors to contribute. While Japan – a country with similar demographic challenges – has a more accepting culture around older people in working life, Finland still has potential for development in this area.

This is particularly important in view of demographic developments. Schauman points out that the Finnish pension system was originally created to guarantee five secure years after retirement – but today many people live "up to twenty years" after they stop working. At the same time, the number of gainfully employed people per pensioner is decreasing, which makes it increasingly important to exploit the potential of seniors.

### Lifelong learning as a key to meaningful old age

For Hans Björknäs, the search for knowledge has always

been a central part of his life. As a doctor, he had to constantly update his knowledge, and this attitude has been carried over into his retirement. His studies in ecology and journalism show that it is never too late to learn something new.

*"There are so many advantages to the so-called second career. You don't have to choose a career that will support the family. You can really do anything."*

This philosophy is not only rewarding for the individual but also for society at large. Taina Leinonen from the Finnish Institute of Occupational Health points out that longer careers not only benefit the individual, but can be "necessary for the welfare system".



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### A positive vision of the future

The article provides a hopeful picture of how retirement can be redefined. Instead of seeing old age as a period of withdrawal, it can be a time for new challenges, learning and contributing. Hans Björknäs is a shining example of this – a man who, instead of stopping, has chosen to continue growing.

Finally, it is about finding your own way. As Hans himself says:

*"You can enjoy your retirement days just as you want. As long as you don't sit at home, lonely and depressed."*

With his approach and initiatives as Restart, there is hope for a future where age does not set limits, but opens doors to new opportunities. It is a vision that benefits not only the individual but the whole of society.

# ASTRONOMY

## ASTRONOMY

# Astronomers Unveil Unprecedented Thousand-Color Image of the Sculptor Galaxy



**In a groundbreaking achievement, astronomers have captured the most detailed and colorful image ever taken of a galaxy, revealing its intricate structure in stunning clarity.**

The mesmerizing portrait of the Sculptor Galaxy (NGC 253), located 11 million light-years away, showcases a dazzling array of a thousand distinct hues, each representing different stellar populations, swirling gas, and cosmic dust. The image transforms the galaxy into a luminous tapestry, with its golden-orange core fading into deep blue spiral arms that dissolve into the darkness of space. Bright pink star-forming regions and dark dust lanes speckle the galaxy, offering a breathtaking glimpse into its dynamic evolution.

This extraordinary feat was accomplished using the European Southern Observatory's Very Large Telescope (ESO's VLT), equipped with the Multi Unit Spectroscopic Explorer (MUSE) instrument. By observing the galaxy in thousands

of wavelengths simultaneously, the team compiled an unprecedented dataset, capturing the life cycles of stars and the distribution of interstellar matter with unparalleled precision.

### A Galactic Masterpiece

Galaxies are vast, complex systems, spanning hundreds of thousands of light-years, yet their evolution is governed by processes occurring at much smaller scales. "The Sculptor Galaxy is in a sweet spot," explains Enrico Congiu, an ESO researcher and lead author of the study published in *Astronomy & Astrophysics*. "It's close enough that we can resolve its fine details, yet large enough to study as a complete system."

Traditional astronomical images capture only a handful of colors, limiting the information scientists can extract. However, this new ultra-wide spectral map provides a comprehensive view of the galaxy's composition, motion, and star formation history. "Each color tells a different story," says Congiu. "We can now trace the ages of stars, the chemistry of gas clouds, and even the movement of material across the galaxy."

### A Monumental Observational Effort

Creating this cosmic atlas required over 50 hours of observations, stitching together more than 100 individual exposures to cover an area spanning 65,000 light-years. The result is a powerful tool that allows astronomers to zoom in on individual star-forming regions or zoom out to analyze the galaxy's large-scale structure.

Kathryn Kreckel, a co-author from Heidelberg University, Germany, emphasizes the map's versatility: "We can examine stellar nurseries at nearly the scale of individual stars while also understanding how they fit into the galaxy's broader ecosystem."

### Discoveries Hidden in the Data

Already, the team has uncovered around 500 planetary nebulae—glowing shells of gas ejected by dying Sun-like stars—scattered throughout the Sculptor Galaxy. "Beyond our local galactic neighborhood, detecting even 100 planetary nebulae in a single galaxy is rare," notes Fabian Scheuermann, a doctoral stu-

dent at Heidelberg University and study co-author.

These nebulae serve as cosmic yardsticks. "They help us measure the galaxy's distance with high precision, which is fundamental for all subsequent research," explains Adam Leroy, a professor at The Ohio State University and co-author of the study.

### Unlocking Galactic Mysteries

The new dataset opens doors to future investigations into how gas flows through the galaxy, transforms into stars, and shapes its evolution. "The biggest puzzle," says Congiu, "is how small-scale processes—like individual star formation—can influence an entire galaxy, which is thousands of times larger."

As astronomers continue to analyze this treasure trove of data, the Sculptor Galaxy's thousand-color portrait stands as a testament to human ingenuity—a dazzling fusion of art and science that brings us closer to understanding the universe's grand design.

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# SUMMER FLOWERS

**VAASA**

## Summer Blooms Return – Vibrant Flower Displays Ready for Midsummer



**Vaasa's city center has once again transformed into a living canvas of color and fragrance as its summer flower displays reach full bloom.**

The plantings, completed just in time for Midsummer, bring joy to both residents and visitors. This year's arrangements feature a rich palette of lilac, soft pink, blue, and deep purple hues—a true visual feast that will last for approximately four months.

### **From Easter Bulbs to Midsummer Blooms – An Annual Floral Journey**

Vaasa's flower season begins as early as March-April with the planting of Tête-à-tête daffodils. In May, violas take over alongside tulips and autumn-planted daffodils, showcasing yellow, lilac, and white blossoms. But it's now, on the cusp of Midsummer, that the city's real explosion of color begins.

"Preparations start in May with gre-

enhouse cultivation, and once the risk of night frost has passed, the potted plants and flower towers are moved out to the city's streets and squares," explains Åsa Enholm, a horticultural planner for the city's green spaces.

After the spring bulbs finish flowering, the soil is fertilized and carefully prepared for the summer blooms—a process that must be completed by Midsummer.

### **Flower Walk – Discover Vaasa in Full Bloom**

For the fourth consecutive year, the city invites visitors to take a Flower Walk, a 3.5-kilometer route that passes by the most stunning floral displays in the center. The path winds through Esplanadi Park, around Market Square, and along the waterfront promenade—a perfect summer activity for those who want to enjoy nature's beauty in the heart of the city.

"Flowers have a unique ability to spread joy and create a sense of community. With the Flower Walk, we want to encourage both child-

ren and adults to pause, take a closer look, and appreciate the beauty around them," says Enholm.

For those curious about the flowers adorning the city's streets and squares, a special Summer Flower Brochure is available for download on the city's website. It lists all the species and their locations, making it easy to find your favorites.

### **More Than Just Decoration – Flowers at Work**

Vaasa's floral displays aren't just beautiful—they also play an important role in the city's environment and well-being:

**Biodiversity:** The flowers attract bees, butterflies, and other pollinators essential to the ecosystem.

**Urban Environment:** Greenery and blooms improve air quality and help mitigate heatwaves.

**Mental Health:** Studies show that flowers and green spaces positively impact people's well-being.

This year, extra attention has been

given to extending the flowering period by combining different species that bloom in succession throughout the summer.

### **A Growing Tradition**

Vaasa's floral displays have become a beloved tradition eagerly anticipated each spring. The project is a perfect example of how small details can make a big difference in urban spaces.

"It's wonderful to see how the flowers transform the cityscape and spark positive conversations. Many people stop to take photos or simply enjoy the scents," says Enholm with a smile.

For the best experience, take a stroll during the Midsummer weekend when the displays are at their peak. And don't forget your camera!

Download the Summer Flower Brochure ([https://www.vaasa.fi/app/uploads/2025/04/kukkaesite\\_2025.pdf](https://www.vaasa.fi/app/uploads/2025/04/kukkaesite_2025.pdf)) to plan your own floral tour of Vaasa.

SOURCE: [vaasa.fi](https://www.vaasa.fi)







AI-NEWS

# CLAUDE OPUS 4 , a review



## Revolutionary AI Model Claude Opus 4 Raises the Bar for Artificial Intelligence

A new generation of AI arrives with unprecedented capabilities in coding, creative writing, and autonomous task completion. Anthropic has unveiled Claude Opus 4, marking what many experts consider a significant leap forward in artificial intelligence technology. The latest addition to the Claude 4 family promises to transform how we interact with AI, offering capabilities that extend far beyond simple question-and-answer exchanges.

### Breaking New Ground in AI Performance

Claude Opus 4's most remarkable feature is its ability to maintain autonomous coding sessions lasting up to seven hours, representing a dramatic improvement in AI attention span and persistence. This advancement allows the model to tackle complex programming challenges without constant human supervision, effectively functioning as a digital collaborator rather than

just a quick-response tool.

The model has achieved record-breaking performance on industry benchmarks, particularly in software engineering tasks. Claude Opus 4 scored an unprecedented 72.5% on the SWE-bench coding evaluation, significantly outperforming previous AI models including OpenAI's GPT-4.1.

### What Makes Opus 4 Different?

Unlike earlier AI systems that provided rapid but shallow responses, Claude Opus 4 employs what Anthropic calls "hybrid thinking." The model switches from lightning response speed for simple tasks to extended thinking for deeper reasoning on complex problems. This adaptive approach allows it to provide quick answers when appropriate while dedicating substantial computational resources to challenging tasks that require careful analysis.

The model excels across multiple domains. It outperforms previous Claude models on creative writing, in addition to exceptional visual taste, making it particularly suited for artistic and literary endeavors. According to Anthropic, the model "can analyze thousands of data sources, execute long-running tasks, write human-quality content, and perform complex actions".

### A Writer's New Companion

For aspiring novelists and professional writers, Claude Opus 4 represents a powerful creative partner. The model's enhanced capabilities in creative writing, combined with its ability to maintain context over extended periods, make it well-suited for long-form writing projects like novels. Writers can collaborate with the AI on plot development, character creation, dialogue refinement, and even complete chapter drafts while maintaining narrative consistency throughout lengthy works.

The model's 200,000-token context window means it can keep track of complex storylines, character relationships, and thematic elements across an entire book-length manuscript, providing coherent suggestions and maintaining stylistic consistency from beginning to end.

### Internet Access and Real-Time Information

Claude Opus 4 does have access to current information through web search capabilities, allowing it to incorporate up-to-date facts, recent events, and contemporary references into its responses. This internet connectivity sets it apart from earlier AI models that were limited to their training data, enabling more relevant and timely assistance

across various tasks.

### The Coding Revolution

Perhaps most impressive is Opus 4's programming prowess. Both Claude Opus 4 and Sonnet 4 were specifically tuned to perform well on programming tasks, making them invaluable tools for software developers. The model can handle everything from debugging existing code to developing complex applications from scratch, working autonomously for hours without losing focus or context.

### Looking Forward

The release of Claude Opus 4 signals a new phase in AI development, where artificial intelligence systems can serve as genuine collaborators on complex, time-intensive projects. Whether you're writing the next great American novel, developing software applications, or analyzing complex datasets, Opus 4 offers capabilities that were unimaginable just a few years ago. As AI continues to evolve at this rapid pace, Claude Opus 4 sets a new standard for what we can expect from artificial intelligence partners in our professional and creative endeavors. The age of AI as a mere answering machine appears to be giving way to something far more sophisticated: true digital collaboration.

WASA DAILY  
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The year of the City Theatre  
Korsholm cheapest in Finland  
Prostate Cancer  
Inkeri Julkunen  
A new era in weight loss  
A New Dwarf Planet

WASA  
DAILY

# Wasa Daily



Welcome to a new era of newspapers! Say hello to **Wasa Daily** - the smart news source that you can read anywhere and that keeps you well-orientated.

So, what exactly is **Wasa Daily**? Well, it's your weekly dose of news, information, laughter, insight and everything else that makes life a little wiser, and more fun. And the best of all? Its free! Exactly, you read that right. No hidden fees, no subscriptions. We believe news should be accessible to everyone, whether you're on a beach in Thailand or in your favorite cafe around the corner. So how does it work? Easy! Just download our **Wasa Daily** to your tablet, and you have the whole world in your hand.

We at **Wasa Daily** know that Finns love their coffee. Every Sunday morning you can enjoy your favorite coffee and at the same time update yourself on world events. So take out the coffee cup, sit comfortably and read the **Wasa Daily**.

In a world full of boring news, someone like us is needed to spice things up. Welcome to **Wasa Daily** - we make news easier to swallow!



# AI

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



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

In the rapidly evolving landscape of digital media, artificial intelligence continues to push boundaries, reshaping industries and 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.

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



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

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

- invitation)
9. **PDF:** Portable Document Format (A common file format for documents)
10. **JPG:** Joint Photographic Experts Group (A popular image file format)
11. **GIF:** Graphics Interchange Format (Another image format, known for animations)
12. **TIFF:** Tagged Image File Format (Used for high-quality images)
13. **WWW:** World Wide Web (The foundation of the internet we know)
14. **HTTP:** Hypertext Transfer Protocol (The language webpages use to talk)
15. **GPS:** Global Positioning System (Helps you navigate the world)
16. **ATM:** Automated Teller Machine (Your friendly neighborhood cash dispenser)
17. **DIY:** Do It Yourself (For the handy folks out there)
18. **VIP:** Very Important Person (Someone who gets special treatment)
19. **TBA:** To Be Announced (Stay tuned for more information)
20. **TBD:** To Be Determined (We're still figuring things out)

This is just a taste of the abbreviation world, but with these 20 under your belt, you'll be well on your way to deciphering the everyday lingo, from casual texts to technical documents. So, the next time you see an abbreviation that leaves you scratching your head, remember this list and keep on exploring the wonderful world of shorthand communication!

## Wasa Daily

A modern newspaper with a layout with features of the press of the 1870s. Back then, newspapers had only 4-8 pages. Lots of text, but no images at all, so there's a lot to read on a few pages. Our paper is one of the very few newspapers in English serving English-speaking inhabitants in the Osthrobotnia region

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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

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





## HOROSCOPE FOR JULY 2025

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

July Horoscope – As  
Unreliable as Your Sum-  
mer Weather App

**Aries** (Mar 21–Apr 19)  
You're full of energy  
this July – unfortunately  
so is your mosquito  
population. Try to avoid  
starting arguments at  
BBQs. Not everyone  
wants to debate the  
correct way to grill hal-  
louni.

**Taurus** (Apr 20–May 20)  
You seek comfort, and  
the stars say you'll  
find it – in a hammock  
you bought online that  
collapses immediately.  
Romance is in the air,  
but so is pollen. Take  
antihistamines.

**Gemini** (May 21–Jun 20)  
This month you'll  
finally finish a project!  
Just kidding. You'll start  
three new ones instead  
and forget what the first  
one was. Embrace your  
chaos – it's charming (to  
some people).

**Cancer** (Jun 21–Jul 22)  
It's your season, and  
your emotions are  
hotter than your sun-  
burn. You might cry at  
sunsets, stray cats, or  
sandwich ads. Go with  
it. Everyone loves a soft  
crab.

**Leo** (Jul 23–Aug 22)  
You radiate sunshi-  
ne – sometimes a bit  
too much. Tone it down  
before someone mista-  
kes you for a solar flare.  
Great month to shine,  
but wear SPF 50.

**Virgo** (Aug 23–Sep 22)  
You made a spreadsheet  
for your holiday, and  
somehow still lost your  
passport and dignity.  
Let go. Sometimes mes-  
sy beach hair is the plan.

**Libra** (Sep 23–Oct 22)  
Decisions are hard, es-  
pecially when it comes  
to choosing an ice cream  
flavor. Spoiler: it melts  
while you're still deci-  
ding. Love is confusing  
but sweet – like mango  
sorbet.

**Scorpio** (Oct 23–Nov 21)  
Your magnetism is un-  
deniable this month –  
though mostly to sand,  
drama, and old exes.  
Dive deep, but not into  
shallow beach gossip.

Or do, it's summer.

**Sagittarius** (Nov 22–  
Dec 21)  
You want to travel,  
explore, and find mean-  
ing. You'll mostly find  
traffic jams, questiona-  
ble Airbnb decor, and  
seagulls judging your  
snacks. Adventure  
awaits, sort of!

**Capricorn** (Dec 22–Jan  
19)  
You're working hard  
while everyone else  
is sipping rosé. Why?  
July is literally telling  
you to take a break.  
Try napping. It builds  
character.

**Aquarius** (Jan 20–Feb  
18)  
You'll come up with a  
brilliant idea at 3 AM.  
It involves flip-flops,  
NFTs, and a beachside  
utopia. Write it down.  
Or don't. We'll pretend  
we didn't see it.

**Pisces** (Feb 19–Mar 20)  
Dreamy as ever, you  
forget where you put  
your sunglasses, your  
towel, and possibly  
your existential dread.  
Float along. You're the  
inflatable flamingo of  
the zodiac.





# HUMOUR ONE HUNDRED YEARS AGO

## LUNDBERG

— Do you know Lundberg?  
— Yes, of course! I know him so well that I don't know him anymore.

## NOT HOME

Mrs.: Here comes Mrs. Petterson, tell her I'm not home.  
Maid: Good, madam.  
Mrs.: Well, what did she say?  
Maid: Thank God.

## FISHING LUCK

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

## TWO STREET LAMPS

On the streets of Kemi city, there are two lamps on the same pole.  
— Why do you have to be two?  
— Well, you see, one must illuminate the other.

## APPENDIX

— That doctor must have sent a rudely large bill. But it will probably be the last time he gets to operate on my appendix.

## COMMUNISM

— If you had two houses, would you give one to me?  
— Yes.  
— If you had two horses, would you give one to me?  
- Of course!  
— You have a liter of alcohol at home. Give me half a liter!  
— You crazy, human! Never!

## IN THE BEST FAMILIES

"You see, Mrs. Eriksson, the best family is a family in which there was no such thing as occurred even in the best families."

## Difficult to choose maid

— Dear friend, you speak of the difficult maidservant question, yes, I am very unhappy. If I take an old and ugly one, my husband is never at home and if I take a young and beautiful one, I dare not go out myself

## To complain to a newspaper

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

## CHILD MAIDEN

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

## IN COURT

— Mr. Judge, my husband called me "you old cow", and then he threw me out. I request that he be punished.

## Astronomic picture of the week:



### Dark side of the Moon.png

A satellite images of the far side of the moon, illuminated by the sun, as it crosses between the DSCOVR spacecraft's Earth Polychromatic Imaging Camera (EPIC) and telescope, and the Earth - one million miles away.

NASA/EPIC

Public domain

## Next week:

Waaan Päivälehti  
**Photo Supplement**  
Wasa Dagblad Wasa Daily



**Celiakins historia**

## From our readers

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

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