

**WASA DAILY**

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# **WASA DAILY**

**HERE WE ARE:**

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



**TODAY**

# Our Archipelago is Full of Vitamin C!



there are numerous easy and delicious ways to use sea buckthorn. You can make juice, jam, marmalade, or even dry the berries and use the powder in yogurt or smoothies. Sea buckthorn's flavor pairs wonderfully with apples or peaches, adding a refreshing note to various dishes.

We have the rare privilege of enjoying sea buckthorn directly from nature. Picking these berries is not only economical but also environmentally friendly, supporting a healthy diet in a way that is rare today. Instead of spending money on imported superfoods, we can make the most of our own archipelago's treasures – berries full of vitality and health benefits.

Sea buckthorn deserves a place on our dining tables. The next time you head to the archipelago or a coastal area, bring a bucket and some gloves and start picking this natural vitamin-packed berry. Our archipelagos are full of vitamin C – it's time to make the most of it.

**T**HE COASTS of Finland are brimming with nature's treasures, often overlooked by many of us. One of these hidden gems is sea buckthorn, a berry that thrives among the rocky shores and bushes, waiting to be harvested.

Sea buckthorn is not just a shrub that endures harsh conditions – it is a true vitamin powerhouse that we should all take advantage of.

Sea buckthorn is undoubtedly one of the healthiest berries in the world.

Its vitamin C content is astounding, up to ten times higher than that of oranges. This small, bright orange berry is packed with nutrients that support health, strengthen the immune system, promote heart health, and help maintain the skin and mucous membranes. And the best part? This superb berry grows abundantly in our own archipelago.

Unfortunately, sea buckthorn remains an unfamiliar and underutilized berry for many of us. Perhaps it's the shrub's thorns or the berry's tart flavor that makes us hesitant to pick it. Often, the berries are left on the bushes, despite being ripe and ready to be harvested. This is a shame, as

## Photo Supplement

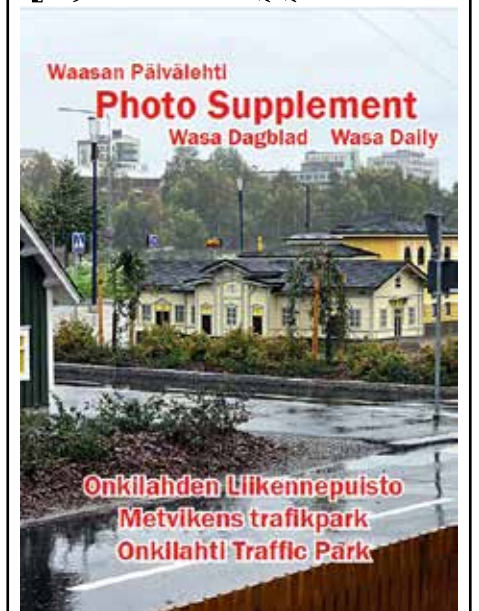


Photo Supplement - vpress.ooh

# NEWS

## OSTROBOTHNIA WELLBEING SERVICES COUNTY

### Service guide for the elderly to be distributed to everyone over 75



EVERY HOUSEHOLD IN Ostrobothnia where a person aged 75 or older lives, or turns 75 this year, will soon receive a printed service guide designed for seniors. The guide (In Swedish and Finnish) will be delivered by post at the end of August and aims to support older residents and their families by providing easy access to essential information.

The printed guide brings together the key services most frequently needed by older people. It also includes contact details and instructions on how to seek medical care or request an assessment of service needs.

– *With this service guide, we want to support the elderly and their loved ones in understanding the services*

*available for older people, and make it easier to contact us when help and support are needed,* says Heidi Kotanen, Sector Director for Services for Older People at the Ostrobothnia Wellbeing Services County.

#### Key contacts at your fingertips

The guide includes important phone numbers, such as the senior helpline, service needs assessment, dental care, and other central service points. It also provides advice on what to do if you have been subjected to domestic violence – an issue that can be difficult to raise, but where timely help is crucial.

Ageing inevitably affects health and functional ability. Kotanen notes that it is important for seniors and their families to have advance information about preventive services, which offer guidance on

maintaining a healthy lifestyle and quality of life.

#### Support in case of memory problems

Memory-related concerns are common among older people. For this reason, the service guide also contains advice and contact information for those who suspect memory disorders in themselves or their relatives.

#### Distribution in August

The guides will be delivered by post between 21 and 29 August. If you are over 75, live at home and neither you nor your partner has received the guide in the mail, you can collect a copy from your nearest health centre starting 30 August.

– We encourage everyone to read through the guide carefully and keep it in a place where it can be easily found when needed. For elderly residents, this information is extremely valuable.



# NEWS

## YOU CAN READ THIS NEWSPAPER ANYWHERE



You can read this paper wherever You are. Like here on the ferry to Suomenlinna

## BLOG WRITERS

### Join Wasa Daily as a Blog Writer!

Are you passionate about sharing your thoughts, stories, or expertise with the community? *Wasa Daily* is looking for enthusiastic blog writers to contribute engaging content for our readers.

Whether you love writing about local events, culture, lifestyle, business, or personal experiences, we welcome your voice!

Writing for Wasa Daily is a great opportunity to reach a wider audience, connect with fellow locals, and showcase your creativity. No prior experience is needed—just bring your ideas and enthusiasm! We value diverse perspectives and fresh voices that reflect the vibrant spirit of our community.

Interested? Send us your blog pitch or a short sample, and let's get your words published! Join us in making *Wasa Daily* a platform for meaningful conversations and inspiring stories.



Contact us at [wasadagblad@gmail.com](mailto:wasadagblad@gmail.com) for more details. We can't wait to hear from you!

## FINNISH ENGINEERS' ASSOCIATION

### Insinööriliitto: Fewer International Top Experts Plan to Stay Permanently in Finland

The interest among international top experts in staying permanently in Finland is declining, according to a new survey by the Finnish Engineers' Association (Insinööriliitto) and Academic Engineers and Architects in Finland (TEK). Last year, 54 percent of respondents planned to remain in Finland, but this year the figure has dropped to just 47 percent.

The main reasons behind the growing intention to

leave include unemployment, tighter immigration laws, and Finland's weakened economic situation. More broadly, the results are troubling: fewer than half of the international experts surveyed would recommend Finland as a place to live.

The biggest obstacles to integration are language skills, as well as the lack of job opportunities and professional networks. In particular, insufficient Finnish language proficiency is highlighted as a major barrier, both in finding suitable employment and in making Finland more attractive. At the same time, personal networks are seen

as the most important factor supporting employment.

For many international experts, the labor market picture looks grim. Among those coming from outside Europe, only two-thirds have permanent jobs, while nearly one-third have experienced unemployment in the past three years. This development risks undermining Finland's appeal among technology specialists.

The Engineers' Association and TEK are calling for stronger measures to reverse the trend. Their proposals include more effective language training, increased

opportunities for networking, and faster access to the labor market. According to the organizations, Finland cannot hope to compete for global talent if top experts feel left without support or work opportunities.

The question now is whether Finland truly intends to keep its international talent. For years, the country has spoken of labor shortages, particularly in the technology sector. Yet as long as practical barriers remain, many experts will continue to leave — and Finland risks losing a crucial chance to strengthen its knowledge base with global talent.

# NEWS

## FOOD ROBOTS

# In three days, they will be driving on the streets of Vaasa

On Wednesday 3 September, a historic experiment with robot deliveries will begin in Vaasa, when KPO Handelslag expands its online food deliveries. In our opinion, the sympathetic, all-electric transport robots that resemble a small baby elephant are sympathetic.

On Wednesday morning, 3 September 2025, a historic change will take place on the streets of Vaasa, when KPO Handelslag will start robotic delivery of groceries at its seven S-markets. These emission-free and self-driving robots offer customers an easy and environmentally friendly way to receive their groceries on their doorstep, at the workplace or even at the nearest park – in just about an hour after ordering.

The service is part of the international trend in robotic transport. Autonomous walkers are already a familiar sight on the streets of many university campuses and cities around the world, especially in the United States and the United Kingdom. In Finland, the technology has established itself in Helsinki and Tampere, among other places, and now it is also coming to Vaasa at a rapid pace.

“Various express delivery options are growing in popularity all the time, and we want to enable even more comprehensive services related to our popular online grocery store,” says Antti Paananen, Director of Supermarket Trade at Osuuskauppa KPO.

**The service will initially start in three S-markets in Vaasa:**

S-market Gerby, Vaasa

S-market Korsnäståget, Vaasa

S-market Vaasanpuistikko, Vaasa

It's easy to use: the customer places an order via the S-Store app. The robot will appear as a delivery option if the delivery address provided by the customer is in the robot's delivery area,



which typically extends within a radius of approximately 2-3 kilometers from the store.

In practice, the order is done as follows: the customer orders in the app. The store staff carefully collects the goods and packs them into a robot that can carry up to two full bags. The robot then travels to the delivery address, and its journey can be tracked in real-time in the app as a screen schedule. The order may also include chilled products, but not alcohol or other products that are subject to age restrictions. Finally, the customer receives a notification on their phone when the shipment has arrived. An important detail: the price of the products in the online store is the

same as in the store.

“We have a big goal to make the customer's everyday life easier, the robot brings the store closer. This is part of KPO's continuous work to improve the customer experience,” Antti Paananen continues.

The service is backed by a solid technology builder. The transports are carried out by the world-renowned Starship Technologies, whose autonomous robots have already made over 700,000 successful deliveries in Finland alone and traveled over a million kilometres safely. The people of Vaasa are thus stepping on board an international innovation.



# NEWS

**VAASA**

## Employment Services Now Available at Tammipiha Service Point



**O**STROBOTHNIA's Employment Services will open a new information desk at the Tammipiha joint service point in Vaasa on September 1. The desk will serve customers every Monday from 10 a.m. to 4 p.m. without the need for an appointment, providing low-threshold guidance on job searching, education opportunities, and filling in documents.

Visitors will also receive assistance in using Job Market Finland, along with general advice on employment, training, and integration-related matters. The service is open to anyone needing support in employment issues.

### **Pilot Project Inspired by International Model**

The Tammipiha information desk will serve as a pilot for the so-called International House model, already adopted

in several Finnish and European cities. The idea is to bring together services related to employment, education, and integration under one roof, making the process more straightforward and customer-friendly.

The concept is built on cooperation between multiple authorities and service providers, ensuring that clients can receive help with a wide range of issues in one place—without having to search for the right office themselves.

### **Accessibility and Customer-Centered Support**

According to **Sari Vahtera**, Head of Employment Services in Ostrobothnia, the model is based on tested solutions from other cities.

— “We want to test the *International House* model in Vaasa because it has already proven successful elsewhere. The aim is to make services easier to access, provide support from a single location, and bring public services clo-

ser to the people. If the pilot succeeds, it could form a strong basis for further development in our region,” Vahtera explains.

The pilot will help assess how accessibility can be improved and how low-threshold advisory services should best be organized in the future.

### **Opening in September**

The new service point will welcome its first customers on Monday, September 1, when the information desk officially opens at Tammipiha. The project will be closely monitored, and the lessons learned will guide further service development.

For residents of Vaasa and the wider Ostrobothnia region, the new desk offers an easier way to handle employment-related matters—following the principle of “one-stop service.”

Source: [vaasa.fi](http://vaasa.fi)

# NEWS

## EXHIBITION

### Jan Olof Mallander – Six Decades at the Forefront of Art



#### PIONEER of Conceptual Art Celebrated in Major Retrospective at Kuntsi

On September 6, the Kuntsi Museum of Modern Art in Vaasa will open a wide-ranging retrospective dedicated to **Jan Olof Mallander** (b. 1944), one of Finland's most influential pioneers of conceptual art and avant-garde. The exhibition highlights his multifaceted career as an artist, critic, gallerist, and collector, spanning more than sixty years.

Since the 1960s, Mallander has played a central role in bringing international avant-garde and underground

art to Finland. He was instrumental in the country's artistic internationalization and in introducing radical new ideas. In the 1970s, he founded the Cheap Thrills/ Halvat Huvit Gallery in Helsinki, which became a hub for experimental art and an important part of the international Fluxus network. Mallander was also a founding member of the artist group *Elonkorjaajat*, which challenged conventions through cross-disciplinary events and collective artistic experiments.

#### Artist and Collector

The Kuntsi exhibition showcases around 200 works from Mallander's collection of more than 300 pieces, which include both international and Finnish

artists. The collection also reflects his longstanding fascination with Eastern religions and philosophies, particularly Buddhism.

– *“Following art, engaging with it, and supporting artists by purchasing their works is deeply meaningful and brings joy to life. It is inspiring to discover the winners, the genuine talents, the great artists,”* Mallander says.

Among the highlights is *Extended Play* (1968), a sound piece regarded as a classic of conceptual art. Visitors will also encounter paper sculptures, minimalist installations, and charcoal drawings. In the 1980s, Mallander created a series of white brick installations

titled *Towards the Pure Land*, while his later work incorporates Tibetan Buddhist concepts, such as the ritual *Wang*.

#### International Outlook

The Cheap Thrills Gallery in 1970s Helsinki presented photography, comics, installations, postcards, conceptual art, and performance—art forms that were not yet fully recognized in Finland at the time. Through the gallery, Mallander introduced major international figures such as Jasper Johns, Andy Warhol, and video art pioneer Nam June Paik, whose works will also be on view in Vaasa.

#### A Versatile Cultural Figure

Beyond his role as an artist, Mallander has worked as an art critic in Finland and Sweden and has founded several art and cultural journals. His writings introduced Finnish audiences to emerging international art trends, while his own conceptual works often played with language and philosophical paradoxes.

The retrospective is curated by exhibition manager **Maarja Salo** in collaboration with the artist. Produced by Vaasa Museums, it will be on view only at the Kuntsi Museum of Modern Art from September 6 to December 13, 2025. On October 11, Mallander will be present at the museum to discuss his works and career with visitors.

The exhibition is supported by the Finnish Heritage Agency and the Veljekset Gröndahl Foundation, and it has been selected for the national Art Testers 2025 program.



# NEWS

## WÄRTSILÄ and WASALINE

# Wärtsilä and Wasaline Push Boundaries with World's Largest Marine Battery Hybrid System



**T**HE FERRY LINK between Vaasa and Umeå is about to become a global pioneer in sustainable shipping. Technology group Wärtsilä and ferry operator Wasaline are extending their close collaboration with a groundbreaking project: the expansion of the hybrid battery system on the ROPAX ferry Aurora Botnia.

The ship's current 2.2 MWh battery capacity will be increased to 12.6 MWh—a fivefold boost that will make it the largest marine battery hybrid system in the world. Commissioning of the system is planned for early 2026.

Hybrid propulsion, where conventional engines work in tandem with powerful batteries, is widely seen as one of the most promising ways to cut greenhouse gas emissions from shipping. By storing energy and optimising fuel use, batteries allow vessels to reduce fuel consumption and run more quietly and

cleanly when manoeuvring in ports.

*"Wasaline's commitment to decarbonised shipping operations is central to everything we do,"* says Wasaline's Managing Director Peter Ståhlberg. *"Our cooperation with Wärtsilä not only benefits both our companies but sets standards for the entire marine sector."*

The Aurora Botnia has already been celebrated as one of the world's greenest ferries. In service since 2021, it runs on dual-fuel engines capable of burning biogas and uses batteries for propulsion. It also functions as a floating test laboratory.

Wärtsilä's role in the new project goes beyond simply supplying batteries. The company will deliver an upgraded Energy Management System, power drives, and control integration—ensuring the extended battery works seamlessly with the ship's engines and onboard systems.

Industry observers note that while electrification is advancing rapidly on land, the leap to large-scale marine batteries has been slower, largely due to the immense power demands of ships. In this light, the Aurora Botnia's upgrade represents an important milestone: a practical demonstration that battery-powered shipping is not just a futuristic dream but a viable reality on one of the most challenging transport frontiers.

As Wärtsilä's Marine President Roger Holm puts it: *"Our latest contribution will optimise operations even further, creating fuel savings and a significant reduction in emissions."*

For passengers crossing the Gulf of Bothnia, the technological transformation may pass quietly beneath their feet. But for the maritime world, the Aurora Botnia is making waves far beyond Vaasa and Umeå.  
Source: Wartsila.com-



# NEWS

## WÄRTSILÄ

# Wärtsilä to Deliver 217 MW Dual-Fuel Power Plant in Kentucky to Boost Grid Reliability

**F**INNISH technology group Wärtsilä has secured a major contract to supply engineering and equipment for a 217 megawatt (MW) dual-fuel power plant in Kentucky, United States. The project, commissioned by East Kentucky Power Cooperative (EKPC), is aimed at strengthening grid capacity and ensuring reliable power for thousands of residents in the state.

The new facility will be built in Liberty, Kentucky, and will operate with 12 Wärtsilä 50DF dual-fuel engines. These engines are designed to run primarily on natural gas, while also having the capability to switch to alternative fuels if gas supplies are disrupted. The flexibility of the technology is seen as a critical advantage in a region where demand for dependable electricity is steadily rising.

Delivery of the Wärtsilä equipment is scheduled for mid-2027, with the plant expected to enter service in early 2028. Once operational, the plant will run for roughly 5,000 hours annually, providing much-needed balancing power to the grid. EKPC, a not-for-profit utility, supplies electricity to 16 member-owned cooperatives across Kentucky, serving approximately 1.1 million residents.

### Supporting Kentucky's Energy Needs

In announcing the deal, Wärtsilä highlighted the importance of flexible and reliable generation capacity in today's evolving energy markets. "We are delighted to support EKPC's energy initiative. Our experience and broad scope of capabilities have formed the basis of this project, which will be one of the largest Wärtsilä dual-fuel plants installed in the United States," said Risto Paldanius, Vice President, Americas at Wärtsilä Energy.

The Liberty plant represents one of Wärtsilä's most significant undertakings in the



U.S. energy sector. Dual-fuel technology is particularly valued for its adaptability, providing operators with the ability to maintain energy security even during fuel market volatility or supply chain disruptions.

### Wärtsilä's Growing U.S. Footprint

Wärtsilä has been present in the United States since 1979 through its subsidiary Wärtsilä North America, Inc. Today, the company employs professionals in eight regional offices across the country, serving both the marine and energy sectors. In addition to its core power plant and engine business, Wärtsilä operates specialized subsidiaries including LOCK-N-STITCH, Wärtsilä Energy Storage Inc., and Defense Maritime Solutions.

Globally, Wärtsilä Energy is focused on supporting the transition to renewable energy. Its portfolio includes flexible engine power plants, energy storage solutions, optimization technologies, and lifecycle services. According to the company, more than 30 percent of its installed operating base worldwide is under long-term service agreements, covering a total of 79 gigawatts of power plant capacity and over 130 energy storage systems in 180 countries.

### A Step Toward a Balanced Future

For Kentucky, the addition of 217 MW of reliable capacity is expected to strengthen resilience against peak demand periods and help stabilize the grid as renewable energy integration grows. While the plant will rely largely on natural gas, Wärtsilä emphasizes that its engines are "future-proof," capable of operating on sustainable fuels as energy systems evolve.

With U.S. utilities under pressure to deliver reliable, affordable, and increasingly sustainable electricity, Wärtsilä's latest project highlights the continuing role of flexible, engine-based generation in bridging today's power needs with tomorrow's clean energy ambitions.

**Image caption:** Wärtsilä will supply the engineering and equipment for a 217 gross MW power plant in Kentucky, USA. © Wärtsilä Corporation



# NEWS

## PRESS

# Finnish Public Shows Mixed Reaction to Media Ownership Concentration



**S**URVEY Reveals Divergent Opinions on Bonnier News Acquisitions of Finland-Swedish Newspapers.

A comprehensive study examining public attitudes toward media ownership concentration in Finland reveals a nuanced picture of how citizens view the increasing consolidation of newspaper ownership, particularly following Swedish media giant Bonnier News' historic acquisition of Finland-Swedish newspapers in 2023-2024.

The research, conducted by the University of Helsinki's Swedish School of Social Science, surveyed approximately 2,500 adult Swedish-speaking Finns about their perceptions of Bonnier News becoming the first foreign owner of Finnish daily newspapers through its acquisition of KSF Media and HSS Media.

## Awareness High, Strong Opinions Low

The findings show that while a majority of respondents were aware of the ownership changes, most held no strong opinions about the acquisitions. This suggests that despite the historic nature of foreign ownership entering the Finnish media landscape, the general public approaches these developments with cautious neutrality rather than alarm or enthusiasm.

However, the survey revealed clear demographic patterns in attitudes toward media concentration. Men and frequent newspaper readers demonstrated more positive views toward the Bonnier News acquisitions, while women expressed greater skepticism about the ownership changes.

## Gender and Reading Habits Shape Opinions

The gender divide in attitudes toward

media ownership concentration reflects broader patterns seen in media consumption and trust studies. Male respondents were more likely to view the acquisitions as potentially beneficial for the survival and development of Finland-Swedish newspapers, while female respondents expressed more concern about the implications of foreign ownership.

Similarly, regular newspaper readers – those most invested in the media ecosystem – showed greater optimism about the potential benefits of ownership consolidation. This group appeared to recognize the economic realities facing smaller newspapers and viewed integration into a larger media organization as a potential lifeline.

## Digital Future Anticipated

Respondents demonstrated realistic expectations about the future of newspaper publishing, with many anticipating a comprehensive shift



toward fully digital newspapers. This acceptance of digital transformation suggests that the public understands the economic pressures driving media consolidation.

The survey participants also expected a reduction in the overall number of Finland-Swedish newspapers, acknowledging the harsh economics of modern media markets. However, this pessimistic outlook was balanced by a belief that the Bonnier News acquisitions would actually improve the survival prospects of the remaining publications.

### **Survival Over Independence**

Perhaps most tellingly, respondents prioritized newspaper survival over concerns about ownership concentration. Despite potential worries about foreign control or reduced media diversity, the public appeared to accept that integration into a larger, more resourced media organization represented the best chance for Finland-Swedish newspapers to remain viable.

This pragmatic acceptance reflects a broader understanding that the traditional model of local newspaper ownership has become increasingly unsustainable in the digital age. The survey suggests that readers would rather see their newspapers survive under foreign ownership than disappear entirely.

#### **European Context of Media Concentration**

The Finnish public's relatively accepting attitude toward media concentration occurs within a broader European context of increasing ownership consolidation. Finland already ranks as having high-risk levels for media pluralism according to the European Media Pluralism Monitor, with an overall risk assessment of 68 percent – higher than neighboring Sweden (62 percent) and Denmark (61 percent).

The high risk rating stems particularly from concerns about ownership transparency, plurality of media pro-



viders, and digital market diversity. Yet the public survey suggests that citizens may be more willing to accept these risks when the alternative appears to be the complete disappearance of local media outlets.

### **Economic Reality Drives Acceptance**

The research indicates that public opinion is significantly shaped by awareness of the economic challenges facing traditional media. Respondents appeared to understand that smaller newspapers lack the resources necessary for successful digital transformation, advanced technology development, and competitive content creation.

This economic realism may explain why the public reaction to foreign ownership has been relatively muted. Rather than viewing Bonnier News' acquisitions as a threat to media independence, many respondents seem to see them as a necessary response to market forces that threaten newspaper survival altogether.

### **Future Implications**

The study's findings have significant implications for media policy and regulation in Finland. The public's pragmatic acceptance of ownership concentration suggests that traditional concerns about media diversity may be giving way to more immediate worries about media survival.

As European media markets continue to consolidate and face pressure from digital platforms, the Finnish example may preview how other countries' publics will respond to similar ownership changes. The research suggests that when faced with the choice between imperfect ownership structures and no local media at all, citizens may increasingly choose survival over traditional ideals of media independence.

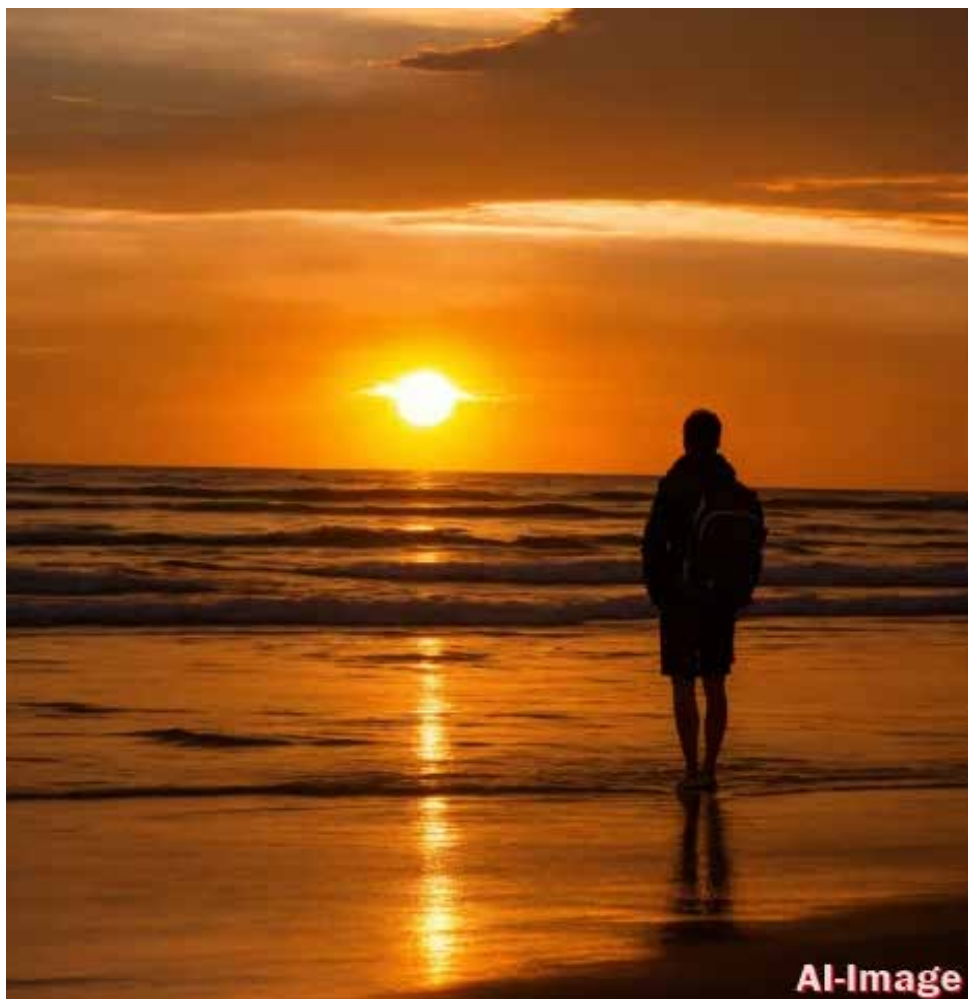
The University of Helsinki study, funded by Media-ala tutkimussäätiö and Konstsamfundet, provides crucial insights into how democratic societies navigate the tension between media plurality ideals and economic realities in the digital age.



# NEWS

## CANCER

# Cancer Societies: These Are the Questions That Trouble Cancer Patients the Most



**A** CANCER DIAGNOSIS is a life-changing experience that raises countless questions and emotions. Answers are not always readily available in the busy routines of hospitals, which is why the psychosocial support provided by cancer societies is invaluable for patients and their loved ones.

Many people reach out to the Cancer Societies' Luoto service for help. Calls and messages come not only from those directly affected by cancer, but also from family members and others worried about the disease. The service is staffed by healthcare professionals with specialized knowledge of cancer.

– Those who contact us share concerns about their diagnosis, treatments, symptoms, hereditary risks, or a loved one's situation. Many are looking for clarity, support, and simply someone who listens, says Katja Tähkä, Head of Psychosocial Support at the Cancer Societies.

### **Uncertainty about diagnosis and treatment**

The most common questions relate to what the diagnosis means for an individual's own case, why patients with the same diagnosis receive different treatments, and how to understand the medical terms in an epikrisis. Many also ask whether cancer can be hereditary or how to cope when a family

member is ill. In addition, there is interest in rehabilitation courses and follow-up care after treatment.

– Above all, people are seeking an understanding of what cancer means in their own life situation, Tähkä emphasizes.

### **Emotions take over**

Cancer affects all aspects of life – everyday routines, relationships, and future plans. Reactions to the illness are highly individual.

– Some contact us in tears, others angry, and some feel paralyzed. All emotions are valid. There is no single “right” way to react to a serious illness, and our healthcare professionals trained in oncology know this well, Tähkä notes.

Conversations through the Luoto service are always confidential. The threshold for reaching out is low, and people can choose to remain anonymous. The service is free of charge and does not require a referral.

### **Talking brings relief**

The role of Luoto professionals is to listen, ask questions, and help organize thoughts. Often, simply having the chance to talk brings relief.

– Together we look for clarity and coping strategies that support people in their new situation. Very often, just being able to talk – and to be genuinely heard – eases the burden, says Tähkä.

Many callers end the conversation by thanking staff for listening and for explaining things in a way they could understand. According to the Cancer Societies, this sense of being seen and heard is often the most valuable support of all for those facing cancer.



# NEWS

## 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!

# UKRAINE

## UKRAINE PRESIDENT

### The President Paid Tribute to the Victims of the Russian Strike in Kyiv on the Night of August 28



29 August 2025 - 21:02

**A**T THE SITE of a Russian strike on a five-story building in the Darnytskyi district of Kyiv, President of Ukraine Volodymyr Zelenskyy paid tribute to those who lost their lives.

The Head of State laid flowers at the destroyed building, which was hit by a Russian missile on the night of August 28. As a result of the attack, 22 residents of the building were killed, including four children.

The President expressed his condolences to the families who lost their loved ones and spoke with residents about their needs regarding housing, document recovery, and compensation. Volodymyr Zelenskyy instructed all relevant authorities to provide maximum assistance to those affected in resolving all their problems.

“We will resolve this issue, as we have in other cases, quickly. Temporary housing is available. You will definitely receive compensation soon so that you can rent an apartment and later have your own home. The state is taking action, and the rele-

vant programs are in place,” said Volodymyr Zelenskyy.

During this missile and drone attack on Ukraine, Russia launched nearly 600 drones and 31 missiles, including ballistic ones. Dozens of buildings, enterprises, and diplomatic facilities were damaged. In the capital alone, 25 people were killed in the attack, more than 50 were wounded, and dozens remain hospitalized.

Minister of Internal Affairs Ihor Klymenko reported to the Head of State that over 300 people sought psychological support. Overall, damage was recorded at 19

locations across six districts of the city. Search and rescue operations lasted a day and a half and were only fully completed late today.

Volodymyr Zelenskyy thanked the rescuers, police officers, and everyone who assisted the victims and worked to eliminate the consequences of the attack.

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# NEWS

## ASTRONOMY

### Astronomers Get First Glimpse Inside a Dying Star with Unusual Supernova SN2021y fj



**A** SUPERNOVA DETECTED in late 2021, named SN2021y fj, has given astronomers an unprecedented view into the heart of a dying star — and it's unlike anything seen before. Located about 2.2 billion light-years from Earth, this stellar explosion has revealed secrets about how massive stars are structured — and how they can end their lives in surprising ways.

When massive stars die, they typically explode in a brilliant supernova, shedding their outer layers made of light elements like hydrogen and helium. However, SN2021y fj behaved very differently. Astronomers observed that it lacked these usual outer layers. Instead, the explosion was rich in

silicon, sulfur, and argon — elements usually buried deep inside a star.

This rare chemical signature offers the first direct evidence of the long-theorized onion-like layering inside massive stars: light elements on the outside, heavier ones deeper in, leading down to an iron core. SN2021y fj appears to have lost even more than expected — its hydrogen, helium, and carbon shells were gone, exposing the inner silicon- and sulfur-rich layers right before the explosion.

The discovery was made by an international team led by Northwestern University astrophysicists using data from the Zwicky Transient Facility (ZTF). A sudden flash of light signaled the supernova, but getting detailed chemical data proved difficult — many telescopes were clouded out or unavailable. Luckily, just when hopes were fading,

a colleague at UC Berkeley managed to secure a spectrum using the W. M. Keck Observatory in Hawai'i — capturing the light that revealed the star's unusual chemical enrichments.

*“This is the first time we have seen a star that was essentially stripped to the bone,”* commented astrophysicist Steve Schulze, lead author of the study published August 20 in *Nature*. *“It shows that stars can lose a lot of material — not just outer layers but deep inside — and still explode in a way visible across the universe.”*

How did this dramatic stripping occur? The team proposes several possibilities: unusually violent stellar winds, a massive eruption just before the explosion, or perhaps interactions with a companion star. The favored idea is that a catastrophic event — possibly related to the star's tightly squeezed core — blasted away successive shells, and when one of those ejected shells collided with another, the collision sparked the dazzling supernova we observed.

While SN2021y fj offers a remarkable peek into the hidden depths of a star, scientists are cautious. It's only one example, and they need more observations of similar events to confirm whether this is a rare oddity or a clue to hidden star death pathways.

Northwestern Now  
IFLScience

In short, SN2021y fj has rewritten part of the cosmic storybook — showing astronomers a deeper, stranger way that massive stars can end their lives, and opening the door to new theories about how the universe's most powerful explosions unfold.

# ART EXPERIENCE OF THE WEEK



## **Elin Danielson-Gambogi**

3.9.1861, Noormarkku

31.12.1919, Antignona, Italia

Musikern (Oskar Ilmari Florell), cirka 1902 - 1911



# EVENTS

## Butterfly Exhibition

12-31 August 2025 as part of Wasa Future Festival

Butterfly Symposium 12.8.2025

Butterfly is an international interactive exhibition on new media and performance art, which is a collaboration between the University of Vaasa, Deak University, Umeå University and the University of Tampere, and which is part of the program of the Wasa Future Festival (11-16.8.2025) as well as a related program (symposium and program for school children).

<https://sites.uwasa.fi/butterfly/>

## MALAX

**Late summer at Söderfjärdsbacken**  
**6.9.2025 at 13-16**

Come and check out the Söderfjärdsbacken residential area and visit the brand new daycare centre!

Representatives from various house manufacturers are on site. The municipality will provide information about vacant residential plots and it is possible to get to know the area and the daycare centre.

[www.malax.fi](http://www.malax.fi)

## KONSTRUNDAN 2025

**6-7.9.2025 at 11-17**

The Art Round, which is being organised for the 18th time this year, brings together 480 artists, craftsmen and designers, as well as artist residencies from all over the country. Artists can be searched by region, art form or accessibility, and found on the Konstrundan map. During Konstrundan, you can fill in a free digital ticket at each visitor point – and if the visitor is lucky, they win a work of art.

4 artists from Närpes are included, 10 from Vaasa and 3 from Korsholm.

<https://konstrundan.fi/>

## VAASA CITY THEATRE

### PIAF

Premiere 11.9.2025 AT 6 PM

Romeo Hall

"In September 2025, the musical play Piau – 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/kulttuurivaasassa-ja-seudulla/vaasan-kaupunginorkesteri/las-vegas/>



## MUSTASAARI CHURCH

### DIANDRA

17.10.25 at 6 pm

Mustasaari Finnish Parish

## 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>

## HELSINKI BOOK FAIR

**23.-26.10.2025**

in Helsinki Exhibition Hall.

The Helsinki Book Fair was founded 25 years ago at the request of the book industry – now the event is bigger than ever. This year, the Helsinki Book Fair is being held for the 25th time, and last year it had

almost 98,000 visitors.



Now this is the most important cultural event of the autumn,

The theme of the Book Fair 2025 is Education and Joy!

At the same time, with the same ticket: Wine & Food event

<https://kirjamessut.messukeskus.com/>

## VAASA CITY THEATRE

FOREVER YOUNG

Premiere 31.10.2025 AT 7 PM

Romeo Hall

"Forever Young is a joyful musical comedy full of vibrant joy. As we get older, do we get old? Or are we always forever young?"

<https://www.netticket.fi/ikuisesti-nuori-vaasa>

## VAASA LITTFEST 2025

**13.-15.11.2025.**

Vaasa LittFest is a bilingual literary festival that has been held in Vaasa since 2001. The festival offers in-depth discussions that open up important themes and ideas. This year's theme is Border(s), in-depth days of literature have been promised!

[vaasa.fi/littfesT](http://vaasa.fi/littfesT)

## KÄLKKÄBRA Kokkola Opera Festival

14-16.11.25

"From people to people and opera for opera's sake"

[www.kpkamariooppera.fi](http://www.kpkamariooppera.fi)

## RUSK

18-22.11.2025

Chamber music at Jakbostad

Artistic Director

Anna-Maria Helsing

Composer of the Year

Dobrikna Tabakova

[www.ruskfestival.fi](http://www.ruskfestival.fi)

## BEATLES GOES KOKKOLA

Snellman Hall, Kokkola

21.11.2025 at 6 pm

# CLIMATE CHANGE

**VAASA**

## Discussion meeting on climate preparedness in Vaasa



**H**OW DOES CLIMATE change affect the everyday life and safety of Vaasa residents – and how can we prepare for it? These issues will be discussed on Wednesday 3 September at a residents' meeting in the Drama Hall at Vaasa Main Library.

The event will begin with coffee at 4.30 p.m. and the discussion will begin at 5 p.m. The program ends at approximately 7 p.m. You can participate in the

event without special knowledge, and you can also participate in the discussion in Swedish and English.

The city's goal is to hear residents' views on how the effects of climate change, such as heat waves and heavy rainfall, are reflected in everyday life and what kind of adaptation needs there are. At the same time, consideration is given to how the city can support the city's residents' preparedness to prepare for change.

The results of the discussion will be used in the city's work to adapt to climate change. The event is supported by the EU's MIP4Adapt project and led by an expert from Tyrsky-Konsultointi Oy. Vaasa has been chosen as the European Green City of the Year 2026, which places extra emphasis on climate work and the promotion of sustainable development.

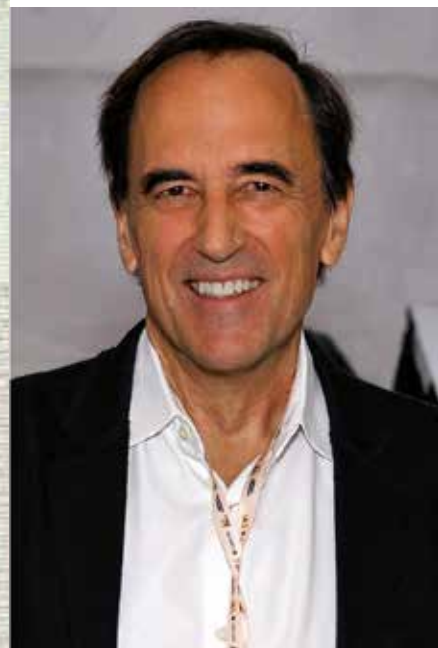
Registration closes on August 31 and is done via the city's website.

Source: Vaasa.fi



# LITERATURE

## Jeff Goodell: The Chronicler of Climate Change



JEFF GOODELL has emerged as one of the most prominent voices on climate change in the literary world. His two most recent works, “The Heat Will Kill You First” and “The Water Will Come,” provide a sharp but necessary picture of the kind of world that climate change is preparing for us.

Jeff Goodell is a well-known American author who has dedicated his career to studying and reporting on climate change. Born in 1959 in Palo Alto, California, Goodell has experienced a varied life before his career as a writer. He has worked as a blackjack dealer, glass fitter, cleaner, bartender, professional motorcyclist, editor of a Russian literary maga-

zine, and technology writer at Apple.

Goodell’s diverse background may have influenced his ability to approach climate change from different perspectives. He has managed to combine scientific rigor and human storytelling in a way that makes his books both informative and engaging.

Goodell is also an active social influencer. He has been a visiting scholar in New America and received a Guggenheim Fellowship in 2020. In addition, he is a regular commentator in various media.

Although Goodell’s life has been full of adventure and work experiences, he has found his calling in studying climate change. His writings are important voices that help us understand the scope and implications of this global challenge.

“The Heat Will Kill You First” is a deep dive into the

devastating effects of a heat wave. Goodell not only describes rising temperatures, but studies its concrete consequences for people, society and ecosystems. The book is both scientifically informative and humanly touching, and it has received a lot of praise from critics and readers alike.

“The Water Will Come,” on the other hand, focuses on the threat of rising sea levels. Goodell is carefully examining how climate change is changing life in coastal areas and what consequences it will have globally. The book is both a warning and a call to action, and it has sparked a debate about how we can prepare for future challenges.

Goodell’s writing style is clear and informative, but at the same time he manages to convey a sense of urgency to the reader. She combines scientific facts with personal stories, making her books both

informative and inspiring.

“Goodell is a master at telling stories that make us think and act,” wrote The New York Times Book Review. “The Heat Will Kill You First” is a disturbing and necessary book.”

“Water Is Rising” has been praised for providing a realistic and concrete picture of the effects of sea level rise. “Goodell has managed to capture the reader’s attention and raise concerns about the future,” wrote The Guardian.

Kuva: Author Jeff Goodell at the 2023 Texas Book Festival in Austin, Texas, United States. Larry D. Moore  
Creative Commons Attribution 4.0

# INTERNATIONAL TRAFFIC

## NEW TRAFFIC ROUTES

### Think tank Agenda: Motorway to Tampere and bridge to Umeå

The think tank Agenda presents an ambitious vision for Finland's infrastructure with two large-scale projects: a motorway between Tampere and Vaasa and a fixed link across the Kvarken to Umeå. Both projects are considered to be socio-economically profitable in the long term.'

In its report "In step with the times: A roadmap for Finland's future infrastructure", the think tank Agenda presents a vision for a Finland that invests in strengthening its infrastructure and future competitiveness. The report, written by economist Theo Herold from Hanken School of Economics, highlights two key infrastructure projects that could transform Finland's transport landscape.

#### **Motorway would save 30 minutes per journey**

The Tampere–Vaasa motorway section would reduce travel times by up to half an hour per journey and save more than five days per year for commuters and freight transport. According to the report, the current stretch of road is one of the country's most congested and accident-prone, with 46 identified dangerous connections.

The cost of the motorway is estimated at around €1.38–1.54 billion, which would be financed through EU support, customs duties and public-private partnerships. In addition to shorter travel times, the project would mean increased productivity, lower logistics costs and better road safety.

#### **The Kvarken Bridge would shorten the journey from eight hours to one hour**

The second large-scale project is a fixed connection across the Kvarken between Vaasa and Umeå. Today, it takes eight hours to travel by land between Vaasa and Umeå. With a fixed Kvarken connection, it will be shortened to one hour.

According to Herold's report, the bridge would create an integrated economic zone between Finland and Sweden and open up

new opportunities for exports, educational cooperation, tourism and joint security of supply within the EU and NATO.

#### **Costs and financing**

In the latest feasibility study by the Finnish Transport Infrastructure Agency from 2025, the cost of a bridge and road connection would vary between EUR 5 billion and EUR 8 billion. In her report, Herold proposes a cost of 3–5 billion euros for a road connection.

According to the proposal, the financing would be provided through 30 percent EU support, while the remainder would be covered through government loans and fees. With EU funding, customs duties and possible public-private partnerships, investments can cover their running costs.

#### **Political support from the government**

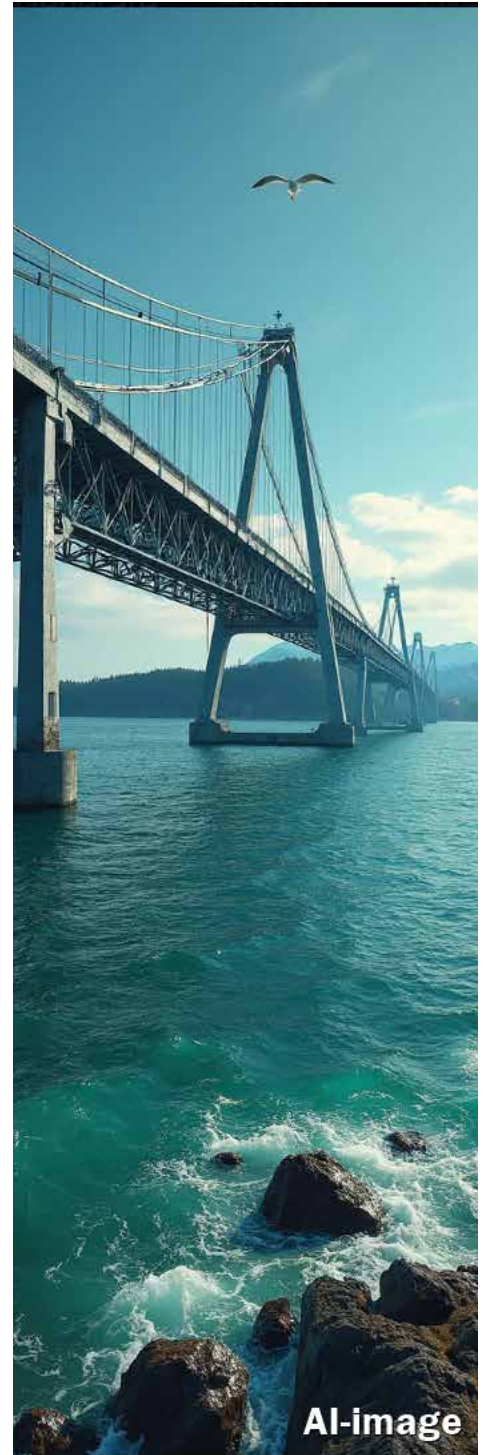
At the report launch in Vaasa, Minister of Education Anders Adlercreutz, who is also chairman of the think tank Agenda, expressed support for the vision. "The government has made many decisions that benefit growth, and in order for us to turn the trend around, we now need a social climate that breathes optimism," says Adlercreutz.

Minister for European Affairs and Ownership Steering Joakim Strand, who has written a comment to the report, emphasizes the importance of daring to invest. "This is not just road and concrete – it is an investment in jobs, security and faith in the future. When others hesitate, we have to lead," says Strand.

#### **Long-term societal benefit**

The report argues that both projects would provide significant socio-economic returns through shorter travel times, reduced transport costs and increased road safety. The Kvarken Bridge would also strengthen integration with Sweden and Europe and improve Finland's strategic position in the EU and NATO.

The motorway and the Kvarken Bridge entail large expenditures, but at the same time they are investments that connect Finland with the Nordic countries and Europe, strengthen the country's preparedness and make the regions more attractive places to live, work and invest in.



AI-image

#### **Agenda Think Tank**

Agenda Think Tank is a liberal think tank with strong Nordic and European roots that works in Swedish, for a vibrant bilingualism in Finland, in a global world. Agenda is part of the Swedish Association of Education



## GOOD AND HEALTHY



### Sea buckthorn – The healthiest berry in the world

Sea buckthorn, that thorny shrub growing on the barren shores of the North, is a true superfood of nature's own. Although it is not as popular as many other domestic berries, it is a real vitamin bomb with amazing health benefits.

The history of sea buckthorn dates back far to Asia, where it has long been considered a valuable medicinal plant. Although sea buckthorn is not eaten in large quantities in Finland, it has slo-

wly established itself as one of the healthiest berries in the world.

#### **Prickly but useful**

Sea buckthorn (*Hippophae rhamnoides*) is native to Asia and has been an important part of traditional medicine in China and Russia. In Finland, sea buckthorn grows wild mainly on the coasts of the Gulf of Bothnia, where it thrives in rocky and sunny areas. Sea buckthorn is a dioecious plant, that is, the male and female flowers are located in different specimens, which means that there must be fruit bushes near the bushes producing berries for pollination to be successful.

Sea buckthorn is hardy and requires plenty of light to grow, but it is not demanding on nutrients.

The bacteria that live in its root buds bind nitrogen from the air, which helps the bush survive in harsh conditions. This makes sea buckthorn an excellent plant for tying soil on erosion-prone slopes, among other things.

#### **Nutritional values of sea buckthorn – a real health bomb**

Sea buckthorn is known for its particularly high vitamin C content. One hundred grams of sea buckthorn provides up to 10-20 oranges of vitamin C, which makes it one of the most effective sources of vitamin C. However, the health benefits of sea buckthorn are not limited to this; It is also rich in polyunsaturated fatty acids, which are vital for cardiovascular health.

Sea buckthorn oil, which is obtained from the seeds and husks of the berry, is especially nutritious. It is rich in vitamin E, which is an important antioxidant. Sea buckthorn oil has been found to lower both total cholesterol and LDL cholesterol, making it a good addition to a diet that promotes heart health. In addition, sea buckthorn has a diverse range of vitamins, including vitamins of groups A and B, as well as minerals such as potassium, magnesium and iron.

#### **Sea buckthorn at the dinner table – Versatile uses**

Although sea buckthorn berries are known for their health benefits, their use in the home kitchen







is still quite limited. The tangy taste of sea buckthorn can be challenging for many, but when handled correctly, it makes a versatile ingredient for both sweet and savory dishes. The most traditional way to use sea buckthorn is to squeeze juice from it, but you should also use the husks and seeds. The crusts contain a lot of fiber, and the remaining part after juicing can be mixed, for example, with bread dough or porridge.

The tangy taste of sea buckthorn pairs perfectly with sweet fruits such as apple or peach. It can be used to make jams and marmalades, or mixed into smoothies for an extra boost. In addition, sea buckthorn powder is easy to add to snacks, yoghurts or milkshakes to provide nutrients throughout the day. Especially with game dishes, sea buckthorn is an excellent taste cup, and its strong aroma complements the rich flavors well.

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

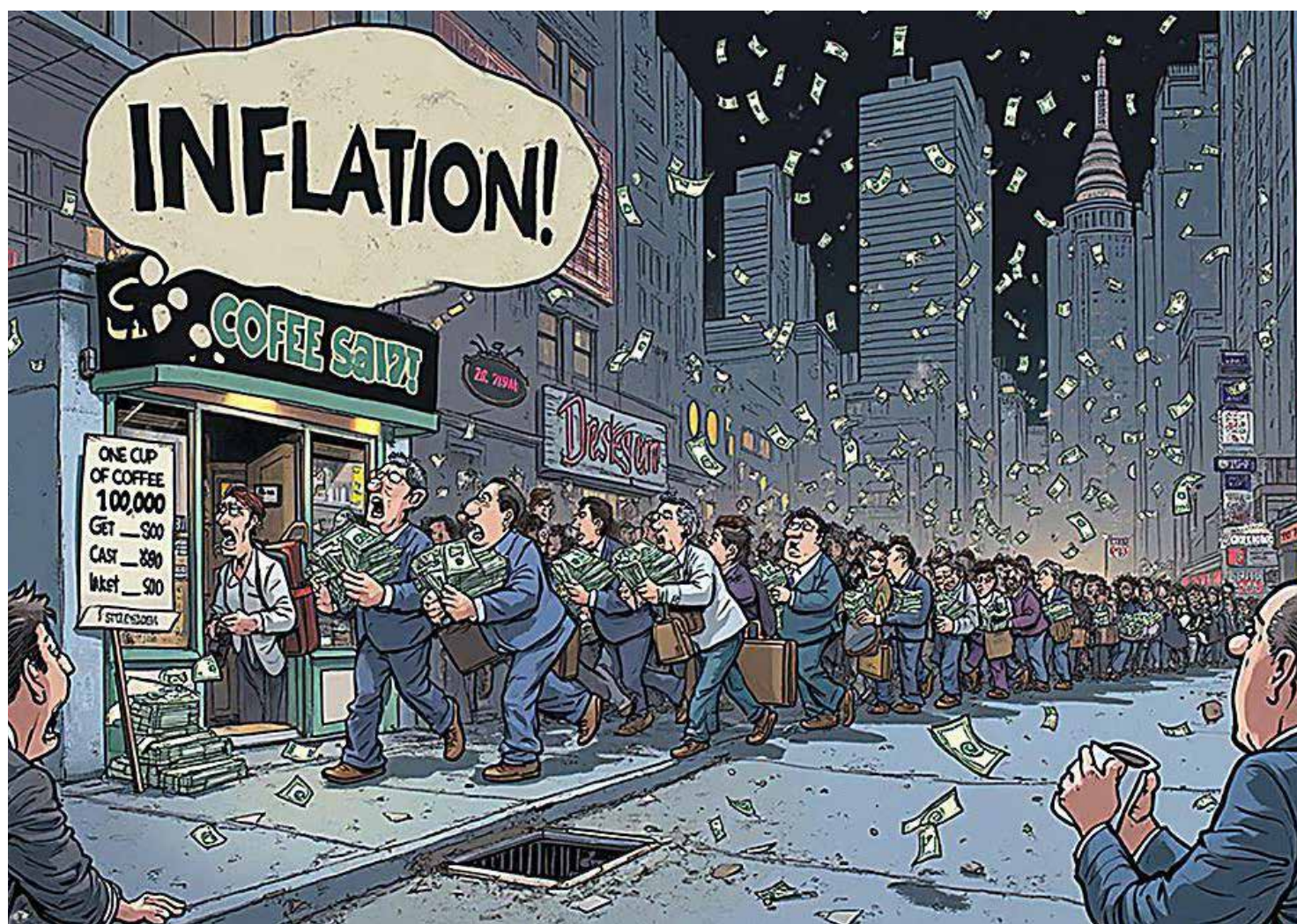
Although sea buckthorn is not eaten in large quantities, its impact on health is significant. Nutrients in sea buckthorn berries develop during a long growing season, which makes them especially valuable. The content of vitamin C and antioxidants in sea buckthorn make it a berry that is not only a delicious addition to the diet, but also a real health bomb. The healthiest berry in the world – a title that sea buckthorn deserves.

Although picking and using sea buckthorn may require a little more effort than other berries, its benefits are worth the effort. It's a berry that offers much more than just a mouthful – it's nature's own pharmacy, full of strength and vitality that helps maintain health and well-being. Whether it's part of breakfast, snack or dinner, sea buckthorn is a berry that deserves a place at your dinner table.





# ECONOMY



## Pirouettes of inflation: A wheelbarrow with money for the store and the crazy price of coffee

One Saturday morning, with the sun shining gently through the curtains, I decide to buy a cup of coffee at the local café. I'm not a coffee connoisseur, but something about the aroma of freshly ground coffee is hard to resist. With my hand in my pocket, I reach for my wallet, but instead of just grabbing for a couple of bills, I find a thumbtacked map of the residential area. On the map, I've drawn a route that takes me from home, past the bank to pick up a wheelbarrow full of money, and on to the café.

It's easy to marvel at how the world is changing, but just

this morning, inflation has taken hold of me. I look out the window and see the neighbors struggling to drive their own wheelbarrows to the convenience store. It's a sight that could belong in an absurdist play, but it's reality.

### A cup of coffee for the price of a month's salary?

We've all heard stories about how much a cup of coffee costs in some high-end places. But it's not exotic coffee beans from the Andes or gold flakes on top that are driving up the price. No, it is simply money that loses its value faster than an ice cream melts in

the sun. I remember a conversation I had with a friend who was visiting Zimbabwe during their inflation peaks. He told me about how he paid several billion Zimbabwean dollars for a single cup of coffee. It's like asking someone to trade with Monopoly money – even though those notes were actually real money, and the craving for coffee was very real.

### Hungary in the 40s: An inflation record

But nothing beats inflation in Hungary during the 1940s. At that time, people lived in a time where numbers on banknotes began to look like phone numbers rather than money. In 1946, in

the midst of the chaos of World War II, prices rose so quickly that it became almost impossible to keep track of them. The prices of all goods doubled every 14 hours. If you bought a cup of coffee in the morning and waited until the afternoon to drink it, the price could have doubled. And no, I'm not exaggerating. In fact, they finally launched a banknote, 100 quadrillion money, as a desperate measure to deal with the situation.

Try to estimate how high inflation was in Hungary at this time. 100%? 1000%? Even higher? Ok, let me tell you! In July, 1946, the inflation rate was 41,900,000,000,000,000%.



Imagine walking into a store and handing over a note with so many zeros that you can barely count them, to buy a loaf of bread. It's almost comical, but for those who lived in it, it was a nightmare. The value of money became so devalued that people had to put their faith in something else. In Hungary, the use of the pengő was finally stopped and the forints were switched to, and with that the economy stabilized.

### What is actually driving inflation?

But what is it that drives inflation? Why are we going from buying coffee for a couple of coins to needing wheelbarrows to shop for basic goods? There are several factors, but perhaps the most common culprit is an excessive amount of money in circulation. When central banks print more money than is needed in the economy, this money loses its value. Imagine you're in a market where everyone has a thousand apples to sell, but there's only one buyer. What happens to the price of apples? They fall, because there are too many of them. The same thing happens with money – when there is too much of it, its value drops.

Another reason is cost-driven inflation, where it becomes more expensive to produce goods and services. When commodity prices, wages, and other production costs rise, these costs are passed on to the consumer, driving up prices. And as we all know, when prices go up, and wages don't keep up at the same rate, we all start to feel it in our wallets.

### Wheelbarrow logistics and everyday life

Now I'm back at my door, ready to go out for that cup

of coffee. The wheelbarrow is ready, filled with money that is almost worthless if I wait too long. I think back to the stories of Germany in the 1920s, where children played with bundles of money as if they were Lego. Or how families lit fire in their stoves with banknotes because firewood was more expensive than money.

But what exactly is value? It may not be the coffee or the money, but the ability to trust that one's money still has the same value tomorrow as it has today. And therein, my dear readers, lies perhaps the greatest challenge for all economies – maintaining confidence in the currency. Because when it's lost, we're all standing there with our wheelbarrows, ready to shop – but with wallets that feel emptier than ever.

So, with this in mind, I'm going to trudge down to the café. And while I enjoy my cup of coffee, I will reflect on the value of money, both historically and in my own life. Because no matter how much inflation rises, there's one thing that always retains its value – a great story to share with friends, maybe over a cup of coffee, or two, if I can afford it.



*The image above shows banknotes with a total value of \$150,010,850,000. If you would have these and if it were US dollars, well, I would be a rich man! But unfortunately, these dollars are from Zimbabwe.*



*The banknote with the largest face value ever, a Hungarian banknote from 1946, with a face value of 100.000.000.000.000.000 zeros pengő. Image from Wikipedia Commons, public domain.*



# OPERA

## OPERA

# Circus and opera together is a fascinating experience



**Kuva: Ooppera Baletti  
Emma Suominen**

**T**HE FINNISH NATIONAL OPERA opens a new season in August in a way that leaves no one cold. CircOpera 2.0 is back on stage – and with it, the Opera House is once again transformed into a magnificent circus arena.

This is no ordinary opera evening, but a multi-sensory experience where acrobatics, classical opera and modern technology merge. There will be an intense ensemble of more than 20 scenes, which will take the audience from the thrill of the wheel of death to sopranos floating in the air. This time, the magic starts even before the doors of the performance hall – there are also programs in the Opera House's foyers and outdoors.

CircOpera 2.0 will feature six opera soloists as well as a full-fledged orchestra and choir. Combining such a large ensemble with contemporary circus is rare in the world. The performers also sing and play in unusual and wild places, making every moment surprising.

The performance is directed by Jere Erkkilä, the orchestra is conducted by Nick Davies and the circus is conducted by Sanna Silvennoinen. The dance choreographer is Reija Wäre and the award-winning Erika Turunen is responsible for the visuals and costumes. The end result is colorful, fast-paced and breathtaking.

CircOpera 2.0 is not only a very promising show – it has already lived up to its reputation. In 2023, the eighth graders Konsttestarna named the performance Art Experience of the Year at the Culture Gala, and audiences and critics have praised it as "a visual firework display without boring moments".

The Finnish National Opera promises that the combination of bold circus acts, opera's most beautiful gems and stage splendor will make for an unforgettable evening. CircOpera 2.0 invites the audience to step into a world where the boundaries between art forms are blurred – and where each viewer gets to experience something unique.

CircOpera 2.0– Premiere 22.8.2025 at 7 pm– Other performances 26.8.–30.9.2025



# MINIATURE TOWN

## ONKILAHTI TRAFFIC PARK

### Vasa's Newest and Smallest District



**O**NKILAHTI TRAFFIC PARK, which celebrated its first anniversary this year, has quickly become a popular destination for families with children. Located in Metviken Activity Park, it gives kids a chance to learn about traffic rules and everyday city life in a playful and fun way.

The 640-meter-long track can be explored with pedal cars, bicycles, or on foot. The traffic park functions as a miniature version of Vasa, where children can drive around among small-scale models of the city's most iconic buildings and landmarks. Visitors will find the City Hall, the railway station, Alkula Manor, the University on Brändö, wooden houses from Sandviken, the ice cream kiosk at Fiskstranden, and the bell tower at Old Vasa's ruins. The park also includes the Market Square, roundabouts, level crossings, traffic lights, its own Lifti bus, a gas station – and even a water tower.

– We like to say that the traffic park

is Vasa in miniature. Children get to practice their traffic skills in a fun way, while also learning a bit about the city's history, says the city's youth services, which operates the park.

The park provides its own pedal cars and bicycles. The recommended age for driving a pedal car is 6–12 years, but children aged 4–6 may also drive if accompanied by a parent walking alongside. Helmets are recommended, and visitors may not bring their own vehicles.

Driving sessions are booked on-site. On weekdays, new sessions start every half hour, while on weekends, they change every 20 minutes. The final session begins half an hour before closing. Group bookings can be made by email.

#### **Opening hours:**

Monday–Friday 12:00–18:00

Saturday–Sunday 12:00–16:00

With its unique combination of play, learning, and cultural heritage, Onkilahti Traffic Park can rightfully be called Vasa's newest – and smallest – district.





# INDUSTRY DAY

## OSTROBOTHNIAN INDUSTRY

# Botnia Industrial Day 2025: Industry Day at the City Hall on 9 September



**V**aasa City Hall will be filled on Tuesday, 9 September, when Botnia Industrial Day (BID) brings together decision-makers, experts and business leaders in industry to discuss the future of industry and the vitality of the region. The event will provide a broad picture of how Ostrobothnian industry can strengthen its competitiveness with the help of the green transition, security of supply, RDI funding and expert solutions.

BID has established itself as one of the most significant networking and expert events in the region. The goal is to build bridges between different actors and highlight the most current industrial issues.

### **Open perspectives on politics and large-scale industry**

The day will begin with a keynote speech by Member of Parliament Janne Jukkola. Jukkola highlights the importance of industry both as an engine for national growth and as a source of regional investment potential. According to him, regions such as Ostrobothnia have a crucial position in Finland's pursuit of sustainable economic growth.

Immediately after the opening, the focus will be on current projects in large-scale industry. In-

dustrial Info will present projects from Arctial, Hitachi and Wärtsilä, among others. The discussion will be moderated by Paula Erkkilä, Managing Director of the Ostrobothnia Chamber of Commerce, who will emphasise the importance of investments in the regional economy.

### **Funding and innovations**

Industrial renewal depends on research, development and innovation. Maija Lönnqvist, Senior Adviser at the Ministry of Economic Affairs and Employment, will talk about the current situation and future opportunities for RDI funding. He points out that public support not only enables individual projects, but also creates a basis for new innovations and renewal of the entire industry.

### **Hydrogen hype was replaced by realism**

One of the most anticipated speeches of the day is an overview of the state of hydrogen technology by Matti Malkamäki, founder of Hycamite TDC Technologies Oy. According to him, the "hydrogen hype" from the first years has subsided, and the focus is now on more realistic solutions. Malkamäki emphasises that a clean transition can only be achieved in a technologically and economically sustainable way – even in the current geopolitically challenging situation.

Logistics, responsibility and security of supply In the afternoon programme, Vaasa Region Development Ltd highlights the central importance of logistics and responsibility for the future of industry. The panel, led by Anna Måttis-Fransén, examines how companies can build logistics

solutions that are safe and economically sustainable. Hanna Malkamäki, for her part, presents concrete ways in which sustainability work can create added value for companies.

### **Expert solutions and success stories**

The shortage of experts is a bottleneck for growth in many sectors. At the end of the day, we will hear companies' case examples of how sustainable solutions have been found to talent challenges and how they have supported business success. The interviewer of the discussion is Jasmin Granholm.

### **Exhibitors present their solutions**

Around 50 exhibitors are expected to attend the event, presenting their latest products and solutions. Participants include the region's top names in industry, Danfoss, Hitachi, VEO and Wärtsilä. The exhibition area offers participants the opportunity to learn about the latest innovations and network with experts in the field.

### **AfterBID continues the discussion**

After the official program, the event will continue at JälkiBID from 5 pm to 6.30 pm, where the day's themes can be deepened in a more relaxed atmosphere.

Event details:

Botnia Industrial Day

Tuesday 9.9.2025 at 9–17

Vaasa City Hall

JälkiBID at 17–18.30

**More information and registration:** <https://botniaindustrialday.expomark.fi/>



## UNIVERSITY

# Used lubricants and pulp by-products as a solution to the emission challenges of ships and machinery



**M**ITIGATION OF CLIMATE CHANGE also requires solutions in sectors where electrification is progressing slowly. Ships and heavy machinery still need high-performance internal combustion engines, for which electric and hybrid technologies do not yet offer a practical alternative. In her doctoral thesis, which will be reviewed at the University of Vaasa, Michaela Hissa presents promising alternatives: fuels refined from waste and industrial side streams, which can significantly reduce emissions without major changes to existing equipment.

### **Waste fuels and industrial side streams**

In his doctoral thesis, Hissa studied two particularly interesting fuel alternatives. The first is renewable naphtha, which is obtained from crude tall oil, which is a by-product of pulp production. The other is marine diesel refined from used lubricants.

"When renewable naphtha is used together with fossil diesel, it burns efficiently and reduces smoking. Marine diesel, on the other hand, reduces emissions of hydrocarbons and carbon monoxide. Both significantly reduced particle

emissions that are dangerous to humans," says Hissa.

What makes marine diesel particularly interesting is its raw material: used lubricating oil is classified as hazardous waste, which is generated in significant quantities worldwide. Lubricants are needed in all rotating machines, from power plant turbines to paper machines to ship and vehicle engines. Collecting and using them as fuel could provide both environmental and waste management benefits – as long as the collection and further processing can be made to work on a large scale.

### **Drop-in solutions make the transition easier**

The fuels being studied belong to the so-called drop-in fuels. This means that they can be implemented in existing engines without costly technical modifications.

"The number of existing ships and machinery is significant, and it is not possible to replace them overnight. From the perspective of emission reductions, it is important to find solutions that support the transition and do not require the entire infrastructure to be replaced," Hissa emphasises.

The advantage of drop-in fuels is that they are suitable for the needs of the transition period: they make it possible to immediately reduce the use of fossil fuels, while new technologies are developed and electrification progresses.

### **Finland's strong position in wood-based fuels**

Wood-based residues, such as crude tall oil,

could become a significant source of raw material for renewable fuels in the future. Finland is particularly well placed to do this, as forestry and the forest industry are strong and there are raw materials.

However, the challenges of large-scale expansion are availability, cost-effectiveness of production and competitive fuel prices. Without a solution to these, the potential of drop-in fuels cannot be fully exploited.

**Engines of the future and versatile fuels**  
Hissa's research also highlights the need to better understand how different fuels behave in engines. In the future, engines will be required to be more flexible with a wide range of renewable and recycled fuels.

### **Future engines**

"Future engines will need to adapt to an increasingly diverse range of fuels. Therefore, more research is needed on how different fuels affect engine operation and emissions," Hissa summarises.

The dissertation shows that solutions can be found closer than we think: waste and industrial side streams can be refined into cleaner energy, which helps to reduce emissions from heavy-duty and maritime transport immediately – without the need to revolutionise the entire technology at once.

**Image:** In her doctoral dissertation, Michaela Hissa shows that fuels refined from waste and industrial side streams can be used to reduce emissions in current engine applications. University of Vaasa. Image free to use.



# VACATIONS

## SCHOOL SUMMER HOLIDAYS

### School Summer Holidays Should Be Moved



**M**inister of Education and chair of the Swedish People's Party, Anders Adlercreutz, wants to move the start of school summer holidays two weeks later. He argues that the current system no longer meets today's needs and makes it difficult for families to plan their time off.

According to Adlercreutz, Finland is out of step with the rest of Europe. In most European countries, school breaks and family holidays take place in July and August, while in Finland the school summer holiday often begins already in early June.

This creates challenges for both families and working life.

"Our current system is a legacy from the past, when the school year was tied to the rhythm of farming, with sowing and harvesting. Today, the work calendar looks very different," Adlercreutz says.

#### **Easier for Families**

For most parents, it is easier to take their annual leave in July and August than in June. A later school start would therefore make family life easier and support well-being. At the same time, the change would benefit businesses, which often struggle to adapt to the current holiday schedules.

"Moving the summer holiday would be a win on

many levels. Families could plan their free time better, companies would have more predictable conditions, and domestic tourism would gain a longer season," Adlercreutz explains.

#### **A Boost for Tourism**

Tourism is one of the sectors most clearly affected by the timing of the summer break. In the archipelago, for instance, domestic demand often ends abruptly when schools resume in early August.

"Since much of European travel takes place in August, it is difficult to attract foreign tourists to Finland if domestic demand drops as schools begin. This has a direct impact on services and businesses," Adlercreutz points out.

#### **Study Underway**

The Ministry of Education and Culture has already launched a

study on the proposal. The aim is to assess both the opportunities and the challenges of moving the summer break. The issue is complex, as it also concerns matriculation exams, university admissions, and early childhood education.

"It is important that the spring term doesn't become too long. A longer Easter holiday could be a natural part of the solution," says Adlercreutz.

Once the study is completed, discussions will continue within the government. Since the proposal is not included in the current government program, political negotiations will be required to move forward.

"I hope we can find solutions that strengthen both family wellbeing and business opportunities. Where there is a will, there is a way," Adlercreutz says.



# MORNING COFFEE

## COFFEE

### Morning Coffee Improves Your Mood



AI-Image

**W**AKE UP, pour that coffee—and you'll likely feel better. A new study published in *Scientific Reports* reveals that caffeine consumption, especially in the morning, is consistently linked with a boost in positive mood.

**Real-Life Evidence, Not Just Lab Settings**

Researchers from Bielefeld University and the University of Warwick asked over 230 young adults in Germany, aged 18 to 29, to report their mood multiple times daily for several weeks. Participants noted whether they'd had caffeine in the past 90 minutes and rated how they felt: happy, enthusiastic, content—or the opposite.

**Mornings Matter Most**

Results showed a clear pattern: positive

moods—particularly feelings of happiness and enthusiasm—jumped notably when caffeine was consumed within the first 2.5 hours after waking. A smaller boost also appeared around 10 to 12.5 hours after waking.

The effect was less about reducing negative emotions; after caffeine, people did feel slightly less sad or upset—but those changes were far weaker and didn't depend on the time of day.

**Who Benefits? Pretty Much Everyone**

The positive mood boost was remarkably consistent across individuals—regardless of sleep quality, anxiety, depression, or typical caffeine use. This consistency surprised the researchers.

**Why Does Coffee Work Its Magic?**

Caffeine blocks adenosine, a brain chemical that promotes sleepiness. This allows mood-enhancing neurotransmitters like dopamine to flourish, fostering alertness and a brighter mood.

It's less clear whether this effect is simply easing mild withdrawal overnight or has a deeper neurochemical basis.

In everyday life, that morning cup of coffee or tea appears to do more than wake you up—it's likely giving your mood a real lift. So if you've ever felt notably more enthusiastic after that first sip of coffee, science confirms your experience.

Especially in the morning, caffeine may be one of the simplest ways to start your day on a brighter note.

**Source;**

Hachenberger, J., Li, Y.M., Realo, A. et al. The association of caffeine consumption with positive affect but not with negative affect changes across the day. *Sci Rep* 15, 28536 (2025). <https://doi.org/10.1038/s41598-025-14317-0>

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The text above is a summary written as a news text.



# ART

## ART

### Artist Elin Danielson-Gambogi back in the spotlight



ONE OF FINLAND's most distinctive but long-overlooked artists, Elin Danielson-Gambogi (1861–1919), is now receiving renewed attention. The interest has been aroused especially after the author Salla Leponiemi recently published a book about her life and artistry.

Danielson-Gambogi was a pioneering artist, known as much for his uncompromising lifestyle as for his painting. She travelled alone through Europe, sought out the bustle of the big cities and enjoyed restaurants, where she did not hesitate to smoke, eat oysters and participate in nightly parties. She lived as she wanted – a life characterized by freedom and independence, far from the female conventions of the time.

Her independence also created friction in professional life. As a teacher, she was seen as too bohemian and self-indulgent, and despite her great knowledge, she was never chosen as head of the art school's painting department. Still, no one could question her artistic talent. Danielson-Gambogi was considered one of the very best of his

generation.

What aroused the most discussion was often her motives. She painted subjects that were not considered "appropriate" for a woman to depict – everyday scenes, intimate moments, sometimes with a rawness that violated the aesthetic norms of the time. One of her most famous works, "After Breakfast", shows precisely this distinctiveness. The painting, with its direct and at the same time quiet realism, made a strong impression on the contemporaries and aroused both admiration and dismay.

Today, Elin Danielson-Gambogi stands out as a pioneer of artistic freedom and a pioneer of female artists who refused to be limited. Leponiemi's book not only highlights her art, but also her life that was characterized by courage, curiosity and a willingness to challenge conventions.

With exhibitions, new research and increased interest from art critics, Danielson-Gambogi is taking the place in art history that has long been denied her.

#### After Breakfast

Elin Danielson-Gambogi's "After Breakfast", painted in 1888, was a striking and provocative work for its time, which attracted great criticism because of its subject matter.

The painting depicts a young woman, se-

emingly a maid or servant, in a home environment. He sits with a cigarette in his hand and a palpable feeling of fatigue or perhaps a hangover.

At that time, social norms dictated a certain decency, especially when it came to the portrayal of women. A young woman, especially a woman from a lower social class, who smoked and showed signs of a hangover, was considered by many to be very inappropriate and scandalous.

Critics' reactions often focused on the perceived vulgarity and immorality on stage. They saw it as a departure from the idealized representation of women in art and, according to some, as an unwavering, perhaps even judgmental, look at the reality of life.

However, Danielson-Gambogi was known for his realistic attitude and his interest in honestly portraying the lives of ordinary people, often women. "After Breakfast" can be seen as a bold stand against the sentimentality and hypocrisy of the time. It challenged viewers to confront the less glamorous side of everyday life and forced them to question their assumptions about class, gender, and morality.

The controversy surrounding the painting, which perhaps shocked modern audiences, eventually cemented Danielson-Gambogi's reputation as a progressive and courageous artist who dared to portray the unvarnished truth, even when it was uncomfortable.

IMAGE: Wikimedia Commons, Public Domain



# AI

## CHAT GPT 5.0

# GPT-5 has been unveiled: A top AI model that is free!



OpenAI has launched GPT-5 – the most advanced version of ChatGPT to date. The model was introduced in August 2025 and is described by CEO Sam Altman as “a significant milestone on the road to artificial general intelligence”.

### Improvements over previous models

GPT-5 offers significant technical upgrades. The model uses a “smart router” that automatically switches between rapid response and deeper processing depending on the complexity of the query. It can handle advanced tasks in coding, math, medical advice, and multimodal understanding, with shared text and

image capabilities

GPT-5 significantly reduces hallucinations, provides more accurate answers in the field of care, and can better handle complex multi-stage problems. It introduces “Safe Completions”, which means it weighs security and usability in the responses

### Ease of use and accessibility

GPT-5 is available to everyone, even free users, making it the first time a top-of-the-line model has been accessed at no cost in OpenAI’s history. The model is offered in different variants – standard, mini and nano – which provides flexibility in performance and costs.

### Developer Pricing

For API users, the price for GPT-5 is: \$1.25 per million input tokens and \$10

per million output tokens. GPT-5 mini and nano are significantly cheaper with prices down to \$0.05 per million input tokens

### For whom is GPT-5 particularly valuable?

“Developers and businesses can create more advanced tools with improved code generation, debugging, and integration into complex workflows.” Researchers and medical professionals benefit from natural multimodal understanding due to the model outperforming previous versions in medicine-related tests arXiv+1.” Content creators, journalists and students get more precise and coherent texts with fewer errors and higher credibility than previous models.

### Criticism and user reactions

The launch has not been without problems. Some users experienced the new tone as more loathed and less empathetic than GPT-4o, leading to some criticism. There were also reports of technical bugs and that the model’s “personality” had changed.

### When is GPT-6 coming?

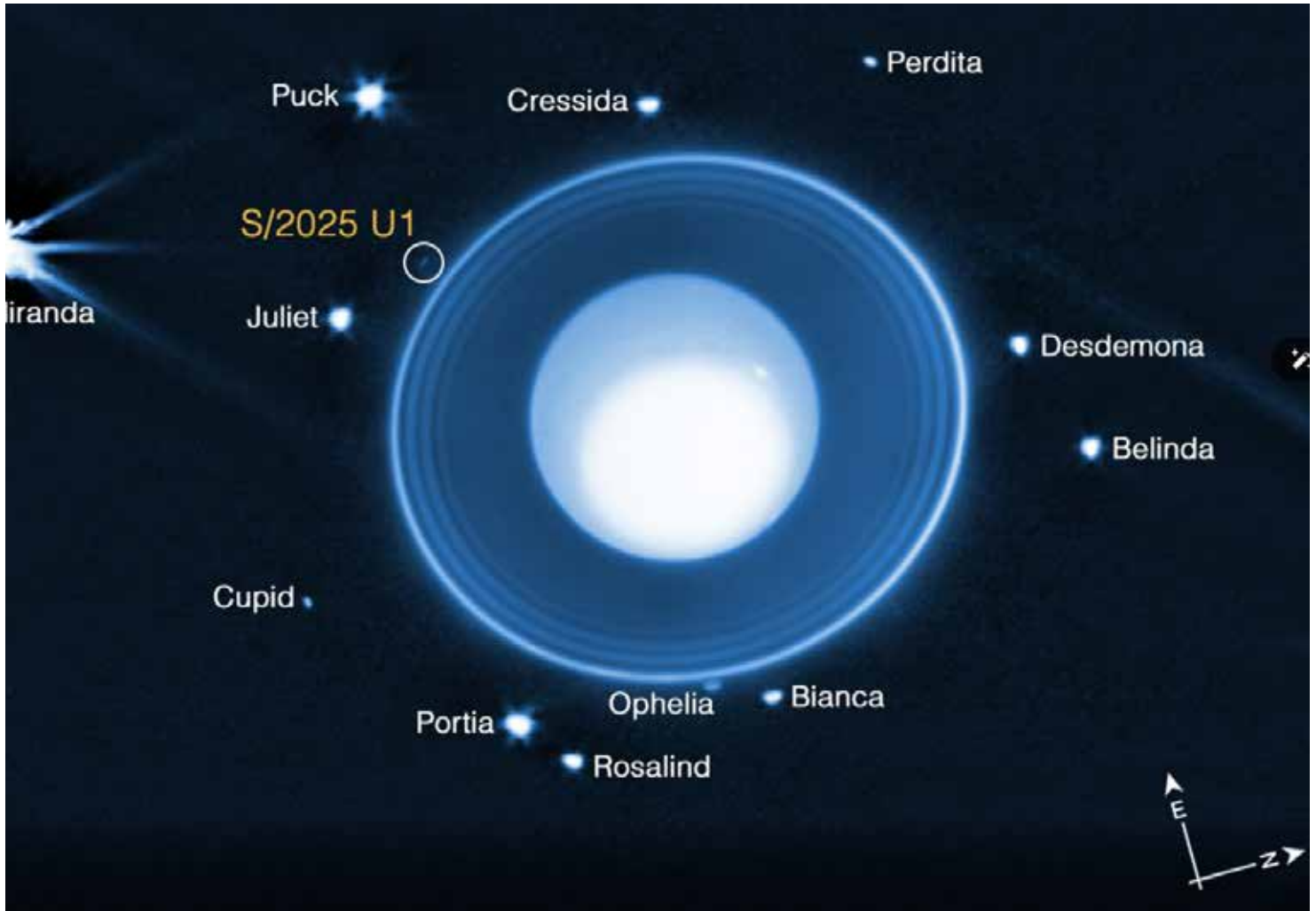
OpenAI has not announced a launch date for GPT-6. Sam Altman, on the other hand, has emphasized the company’s continued high level of ambition and significant investments in AI research and infrastructure

GPT-5 is a big step forward with increased intelligence, stability, and accessibility. Free users get access to a powerful model for the first time, while developers and pro users are offered flexible options as needed. The model is particularly valuable in complex domains such as medicine and coding. However, the criticism shows that user experience still needs to be polished. GPT-6 is on the horizon, but timing and details remain to be seen.

# ASTRONOMY

## URANUS MOON

### Webb Telescope Discovers Uranus's New Moon



#### Webb Telescope Shatters Records, Uncovers Hidden Moon Orbiting Uranus

In a stunning feat of astronomical detection, NASA's revolutionary James Webb Space Telescope (JWST) has identified a previously unknown moon orbiting the ice giant Uranus, marking the first new lunar discovery in the planet's system in over two decades.

The tiny moon, provisionally designated S/2025 U1, was spotted by a team of astronomers led by Dr. Maryame El Moutamid in JWST's Near-Infrared Camera (NIRCam) images taken on February 2, 2025. This elusive object, measuring a mere 5-6 miles (8-10 km) across, had evaded detection by previous powerful observatories, including the Hubble Space Telescope and the

Voyager 2 spacecraft that flew past the planet in 1986. Its incredible faintness made it visible only to Webb's unparalleled infrared sensitivity.

"This discovery is a testament to the sheer power of the James Webb Space Telescope," said co-discoverer Dr. Mark R. Showalter. "We're seeing details in the Uranian system that were simply invisible to us before."

The newly found moon is the 29th known to orbit Uranus and the 14th member of the planet's inner moon group. It orbits approximately 34,950 miles from the planet's center, nestled between the moons Ophelia and Bianca, completing a full revolution around Uranus in just 9.6 hours. Like its neighboring inner moons, it follows a nearly circular path along the planet's equatorial plane, suggesting it formed in place

billions of years ago.

By long-standing convention, moons of Uranus are named for characters from the works of William Shakespeare and Alexander Pope. While the international team of discoverers has begun discussions, a permanent, mythic name for S/2025 U1 has not yet been selected and awaits official approval by the International Astronomical Union.

This finding opens a new chapter in understanding the formation and dynamic history of one of our solar system's most enigmatic planets, proving that even well-studied celestial neighbors still hold secrets waiting to be revealed.

Image credit; JWST - NASA, ESA CSA

Public domain



# CHILDS

**VAASA**

## Vaasa aims for child-friendliness – UNICEF’s recognition is close



**V**AASA HAS A TIGHT timetable for achieving UNICEF’s recognition as a child-friendly municipality by the end of 2025. The city has taken significant development steps to promote the rights of children and young people – and now the results are starting to show.

### **Involving children in decision-making**

One of the most important goals is the Child Impact Assessment (LAVA), which ensures that children’s perspectives are taken into account in the planning of the city. The official implementation of the model, which was piloted in the spring, will begin in the autumn, when the personnel will also be trained. The Youth Council has provided valuable feedback – and now the child-

ren are also involved in influencing planning, for example.

### **Right to education and hobbies**

Vaasa invests heavily in children’s participation:

96 per cent of early childhood education and care staff have received training on the rights of the child.

Puddle Culture Week attracted 3,500 visitors and offered around a hundred events.

The free family sports sessions attracted 2,800 participants.

Hobby clubs gather more than a thousand children every week.

Traffic will also change according to the wishes of young people:

Satisfaction with public transport increased (2.8 → 3.2) and winter maintenance of cycle lanes improved (3.1 → 3.4).

Young people decide for themselves

Inclusion is key:

142 children participated in the advocacy days.

80 young people made decisions on the budget for youth facilities through participatory budgeting – the experiment will be repeated in 2025.

### **UNICEF’s assessment**

The team in Vaasa is now in the final stages:

2022–2023: The plan was drawn up in consultation with the children.

2024–2025: Measures to be implemented.

2025–2026: UNICEF evaluates and awards possible recognition.

If the goal is achieved, Vaasa will become one of the most child-friendly municipalities in Finland – and a role model for others.

Source: Vaasa.fi

# ART

## GALLERY WEEK

### Finland's first Gallery Week 26.–31.8.2025 – Makers' Gallery in Vaasa is one of the participating galleries



**N**THE LAST WEEK of August, a completely new kind of cultural event will be celebrated in Finland, as the first national Gallery Week will open its doors to art lovers around the country. The week, which will be held from 26 to 31 August, will feature more than a hundred art exhibitions and plenty of other free events in galleries from Äkäslompolo to Helsinki and from Vaasa to Joensuu.

The event will be attended by 73 galleries from 24 locations, and the programme will be exceptionally diverse: openings, workshops, performances, concerts, artist meetings and guided tours. There is also room for more relaxed encounters, such as joint walks and art picnics. Almost all events are open and free of charge, so the threshold for joining is

low even for first-timers.

Gallery Week is specifically designed to encourage new visitors to explore local art galleries. The aim is to make visible the diverse and high-quality art that is presented in galleries throughout the year. Art galleries aren't just for professionals or established visitors – they're places where anyone can encounter art, get new ideas, and perhaps find a new hobby or source of inspiration.

#### **Makers' Gallery highlights art and community spirit**

In Vaasa, the Gallery Makers' Gallery participates in the Gallery Week programme, organising a special discussion event and artist meeting on Thursday, 28 August at 6 pm. The guest of the evening is artist Marjo Hyvärinen, who will tell her own story and present her exhibition remotely. The event will also be attended by experts from the Cancer Society of Ostrobothnia, and there will be an open information and

discussion session that will discuss both art and the big questions of life. Part of the proceeds from the exhibition's sales will be donated to the activities of the Cancer Society of Ostrobothnia. Admission to the Makers' Gallery event is free.

#### **Art near and far**

The programme of the Gallery Week offers an opportunity to experience art in its various forms – from painting and printmaking to photography, sculpture and performances. Each gallery highlights its own special character and the art life of its region, which makes the week a rich and diverse cultural journey also within Finland.

#### **Tips and more information on social media**

During and even before the gallery week, event tips and programme highlights are actively shared on social media. You can follow the event on Facebook and Instagram with the ID @galleryweekfinland. During August, the channels will feature daily selections from exhibitions and events held in different parts of Finland.

Gallery Week offers a unique opportunity to see how extensive and high-quality art activity is in Finland – and how close it often is. Although the event is nationwide, its heart is local: each gallery is a carrier and developer of the culture of its own region.



# CARS

## NEW CARS

### Statistics Finland: 57% of New Cars Are Plug-In



**F**INLAND's car fleet is electrifying at a rapid pace. According to the latest figures from Statistics Finland, more than half – 57% – of the passenger cars newly registered in July 2025 were plug-in vehicles, either fully electric or plug-in hybrids.

In July, a total of 5,425 passenger cars were registered for the first time, 4% more than in July 2024. Overall, 9,648 new vehicles were registered during the month, an increase of one percent compared to the same month last year.

Fully electric cars saw the strongest growth. Registrations rose to 1,971, up 47% from a year earlier. Plug-in hybrids accounted for 1,141 vehicles, and together with fully electric cars, a total

of 3,112 plug-in vehicles were registered – 36% more than in July 2024.

The growth in electric car registrations is particularly visible in Uusimaa, which accounted for 54% of all new fully electric cars.

#### **Decline Continues for Conventional Fuels**

New registrations of petrol-powered passenger cars fell by 21% in July compared to last year, totalling 2,039 cars. Diesel-powered car registrations also declined, down 17%. The share of traditional internal combustion engine cars continues to shrink year by year, as electric alternatives gain a larger share of the market.

Companies and organisations accounted for a significant share of the new car market in July: 2,235 passenger cars were registered for their use, representing 41% of all new passenger cars.

#### **Year-to-Date Trend Still Negative**

Despite the July increase, the January–July trend remains negative. During the first seven months of the year, 42,686 new passenger cars were registered, 4% fewer than in the same period last year.

The total number of new vehicles registered from January to July was 75,057, down 5% from the previous year. Registrations remain at a low level in almost all vehicle categories, although summer months have shown signs of a modest recovery.

Statistics Finland's figures clearly indicate that the electrification of Finland's car fleet is progressing rapidly, even though the overall market has yet to recover to pre-pandemic levels amid ongoing economic uncertainty. The shift towards electric passenger cars appears both clear and lasting



# ALCOHOL

**ALKO**

## Alko: Alcohol-Free Sales Soar – Yet Still a Small Share of the Total



**A**LKO'S JULY SALES figures show a mixed picture: total litre sales fell by 2.5 percent compared to July last year, but sales of alcohol-free drinks surged by a striking 65.1 percent.

The steepest decline was seen in strong alcoholic beverages, down 8.2 percent. Wine sales dropped by five percent, while brewery products – beer, cider, and mixed drinks – rose by 20.7 percent. Despite the sharp growth, alcohol-free products still make up less than two percent of Alko's total sales.

### Hot July Shaped Drink Choices

“Summer sales have been all about freshness and lightness – sparkling wines, white wines, and rosés. Beer is also part of the relaxed summer dining and socialising, and our beer sales rose by more than 28 percent. The hot July, however, reduced red wine sales by about ten percent,” says Matti Syrjä, Alko's Product Communications Manager.

### Alcohol-Free Is More Than Just Soda

According to Syrjä, the rise in alcohol-free options is part of a global trend in which quality and selection have improved rapidly.

“The quality and breadth of alcohol-free products have increased significantly in recent years. Growing consumer demand has also encouraged producers to focus more on quality – today, alcohol-free truly means much more than just soda,” Syrjä explains.

Beer is the driving force among alcohol-free options, but alcohol-free sparkling wines have also become popular. Alcohol-free cocktails are another growing trend, with ready-to-drink mocktail mixes now widely available.

### Harvest and Oktoberfest Beers Coming Soon

At the end of August, Alko's product range will shift into harvest season, with Oktoberfest beers arriving on shelves. More detailed sales statistics are available on Alko's website.



# UKRAINE

## RUSSIAN UNPROVOKED WAR AGAINST UKRAINE

### Commentary: Alaska Summit—A Diplomatic Déjà Vu and a Crushing Blow for Ukraine

THE MUCH-HYPED Trump–Putin summit in Alaska has concluded, and the results are clear: it delivered no ceasefire, no peace plan, and no hope for Ukraine. Far from being a success, it was a stunning win for Vladimir Putin and a devastating setback for Ukrainian sovereignty.

#### A Summit Without Substance

Despite “very productive” optics, the summit yielded no tangible deal. As reported by The Guardian, Trump admitted: “There’s no deal until there’s a deal.” Guardian Meanwhile, Putin framed the meeting as “only a reference point”—not a solution, but a stepping stone for softer diplomacy. (Guardian(

#### Putin’s PR Coup

Putin walked away with far more than just attention. He spoke first at the press briefing—setting both tone and narrative on U.S. soil. As Reuters noted, this was no accident—Putin secured a PR win, all while remaining unchallenged. (Reuters)

The Guardian highlighted how his arrival and the media choreography cemented that victory further. Trump, for his part, showered Putin with praise and treated him with unusual warmth—commenting later on Fox News that the meeting was a “10” out of 10. (Guardian, New York Post)

#### From Empty Words to Strategic Delay

Putin insisted the so-called “understanding” was rooted in addressing the “root causes” of the conflict—effectively reinforcing his non-negotiable demands: Ukrainian NATO exclusion, control over eastern Ukraine, and preserving his regime. Reuters This was a



classic stall tactic—using diplomacy as a veneer while continuing military operations fairly unabated. As The Guardian noted, Putin used the summit to stall while preparing further military action. (Guardian)

#### Who’s Really in Charge Here?

Meanwhile, Trump’s claims of being “close to a deal” ring increasingly hollow. He both praised the summit and parried tough questions—maintaining an image of progress without any substance. (The Times, Reuters)

#### A Loss for Peacelands Ukraine

The net outcome is clear: no breakthrough, no compromise, no ceasefire. All the while, Putin walks away more empowered than ever, having effectively neutralized Western criticism while sending a strong message: Russia can keep rewriting the rules.

European allies and Ukrainian officials are left anxious, and rightly so. The Alaska summit may have looked polished, but in reality, it was a masterclass in political theater—a victory lap for Putin.

### Editorial: Alaska Was Putin’s Stage

The much-hyped summit in Alaska will be remembered not as a step toward peace but as a humiliating showcase of Western weakness.

There was no ceasefire, no agreement, no progress for Ukraine. Instead, Vladimir Putin emerged as the undisputed victor. He dominated the press conference, calmly declaring the talks “only a reference point”, while Donald Trump muttered that “there’s no deal until there’s a deal.”

This is not diplomacy. It is surrender dressed as dialogue. The Kremlin got the platform, the headlines, and the legitimacy it craves — without making the slightest concession. Ukraine got nothing.

By granting Putin a global stage without demanding results, the West signaled that aggression pays. Alaska was not a peace summit. It was theater — and Putin wrote the script.

# **RUSSIAN UNPROVOKED WAR AGAINST UKRAINE**

## **Ukraine – A Short History**



The name of Ukraine in Ukrainian, decorated with the Ukraine flag colors and with a warp effect.

Jurta

Creative Commons Zero, Public Domain Dedication

Ukraine has a long and complex history. Over 1,000 years ago, the area was the center of Kyivan Rus, the biggest and most powerful state in Europe at that time. But after years of internal conflicts and invasions by the Mongols, the land was taken over by Lithuania and later became part of the Polish-Lithuanian Commonwealth.

In the mid-1600s, Ukrainians formed their own state, the Cossack Hetmanate, after rising up against Polish rule. Despite pressure from Moscow, it managed to stay independent for more than 100 years. By the late 1700s, however, most of Ukraine was absorbed into the Russian Empire.

After the Russian Empire collapsed in 1917, Ukraine briefly became independent, but soon fell under Soviet control. The Soviet period was harsh: two famines in the 1920s and 1930s killed more than eight million people. During World War II, another seven to eight million Ukrainians died under both Nazi and Soviet occupation. In 1986, the Chernobyl nuclear disaster released massive radiation and became one of the worst accidents in history.

When the Soviet Union broke up in 1991, Ukraine voted strongly for independence. But the new country struggled with corruption, weak democracy, and economic problems.

In 2004–2005, the Orange Revolution pushed the government to allow fairer elections. Political struggles continued, and in 2013–2014, mass protests broke out after President Viktor Yanukovich rejected a trade deal with the EU in favor of Russia. Violence against protesters led to his fall from power, and he fled to Russia.

Soon after, Russia invaded and annexed Crimea in 2014. It also fueled war in eastern Ukraine, where fighting has continued ever since. By 2022, over 14,000 civilians had been killed or injured.

On 24 February 2022, Russia launched a full-scale invasion of Ukraine — the largest war in Europe since World War II. At first, Russian forces captured large areas, but they underestimated Ukraine's determination. Today, Russia claims four Ukrainian regions, but does not fully control them, and the world has not recognized these annexations.

The war has forced more than six million Ukrainians to flee abroad, creating Europe's biggest refugee crisis since WWII. President Volodymyr Zelenskyy has focused on uniting Ukrainians, fighting for the return of lost territories, and working toward EU membership.

Source: <https://www.cia.gov/the-world-factbook/countries/ukraine/>



# UNIVERSITY

## UNIVERSITY OF VAASA

### Urban Studies Expert Sampo Ruoppila Appointed as Professor of Practice at the University of Vaasa



**D**OCTOR OF SOCIAL SCIENCES Sampo Ruoppila has been appointed as the new Professor of Practice at the University of Vaasa. Specializing in urban research, his role will focus on strengthening collaboration between the university and the city of Vaasa.

Ruoppila brings extensive expertise in urban studies, research partnerships, and practical urban development. He has previously worked as a researcher at the University of Helsinki, led the Urban Research Programme at the University of Turku and the City of Turku, and served as a visiting professor at Politecnico di Milano. Currently, he also works part-time as a senior researcher at the University of Helsinki and is a co-owner of SpinUnit Lab Oy, a company specializing in smart urban planning.

**Goal: Stronger Collaboration Between**

#### University and City

Ruoppila's key mission is to develop the so-called "Vaasa Model"—a framework for systematically linking the university's expertise to the city's development.

– The Vaasa region has ambitious goals for green transition and growth. Competitive businesses need a vibrant and attractive city. Research plays a crucial role in decision-making, and I aim to build partnerships that benefit both the university and the city, says Ruoppila.

He emphasizes that university-city collaborations are vital for regional development. In Vaasa, this is already evident in initiatives like the EnergyVaasa cluster, where the university works closely with businesses and authorities.

#### Long-Term Collaboration Beyond Individual Projects

Ruoppila highlights the importance of creating sustainable cooperation models that go beyond single projects.

– The University of Vaasa already conducts significant research on urban and regional development. I want to bring more structure and societal impact to this work, he explains.

With a strong academic background, Ruoppila has published extensively in urban studies and holds a title of docent at the University of Turku. He has also supervised several doctoral theses.

– I look forward to discussions on how research collaboration in Vaasa can be further enhanced, says Ruoppila.

The part-time professorship runs for two years and is based in the university's leadership and management unit.

PHOTO: Sampo Ruoppila, Professor of Working Life at the University of Vaasa. Photo: Olli-Pekka Orpo. Photo freely available.

# HEALTH

## DIET AND HEALTH

### Two Apples a Day Is Good for Your Health



**T**HE ADAGE "an apple a day keeps the doctor away" may need an update, as emerging research suggests that consuming two apples daily offers even greater health benefits. Gastroenterologist Dr. Joseph Salhab highlights that apples, rich in fiber and antioxidants, contribute to liver health, cancer prevention, weight management, and improved metabolic function (Salhab 2023). This article explores the scientific evidence supporting the claim that two apples a day can enhance overall well-being.

#### Health Benefits of Two Apples a Day

##### 1. Liver Health and Reduced Risk of Fatty Liver Disease

Apples contain polyphenols, particularly flavonoids and pectin, which have been shown to reduce liver fat accumulation. A study published in *The American Journal of Clinical Nutrition* found that apple polyphenols significantly decrease markers of oxidative stress and inflammation in the liver (Koutsos et al. 2015). Dr. Salhab notes that "the antioxidants and fiber in apples help lower

the risk of liver disease" (Salhab 2023).

##### 2. Colon Cancer Prevention

The high fiber content in apples promotes gut health by increasing beneficial bacteria and reducing carcinogenic compounds in the colon. A meta-analysis in *Public Health Nutrition* reported that regular apple consumption is associated with a 20% lower risk of colorectal cancer (Fabiani et al. 2016). Dr. Salhab emphasizes that "protective compounds in apples reduce colon cancer risk" (Salhab 2023).

##### 3. Improved Cholesterol and Blood Sugar Control

Apples are rich in soluble fiber, particularly pectin, which binds to cholesterol in the gut and facilitates its excretion. A study in *JAMA Internal Medicine* demonstrated that daily apple intake lowers LDL cholesterol by up to 10% (Hyson et al. 2015). Additionally, the slow digestion of apple fiber helps stabilize blood sugar levels, reducing diabetes risk (Salhab 2023).

##### 4. Weight Management and Satiety

The fiber and water content in apples increase satiety, reducing overall calorie

intake. Research in *Appetite* found that participants who ate apples before meals consumed fewer calories than those who did not (Flood-Obbagy and Rolls 2009). Dr. Salhab states that apples are "a great snack for weight management" (Salhab 2023).

##### 5. Mental Health Benefits

Beyond physical health, apples may also support mental well-being. A study from the National University of Singapore found that fruit consumption, including apples, is linked to lower depression risk in older adults (Goh et al. 2022).

##### Conclusion

Scientific evidence strongly supports the health benefits of consuming two apples daily. From liver protection to mental health, apples are a cost-effective and natural way to enhance overall wellness. As Dr. Salhab concludes, "Two apples a day can significantly improve multiple aspects of health" (Salhab 2023).

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# CLIMATE CHANGE

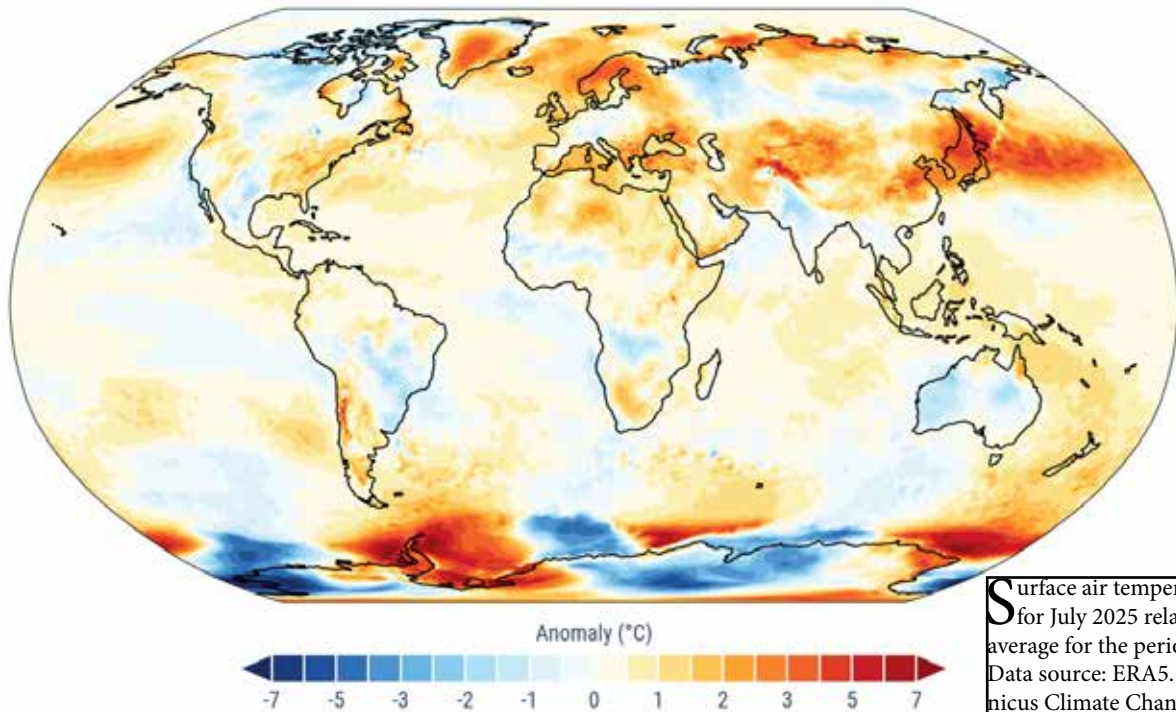
## CLIMATE CHANGE

### Copernicus: Third-warmest July marks slight respite from record global temperatures



Surface air temperature anomaly • July 2025

Reference period: 1991–2020 • Data: ERA5 • Credit: C3S/ECMWF



Surface air temperature anomaly for July 2025 relative to the July average for the period 1991–2020. Data source: ERA5. Credit: Copernicus Climate Change Service /



PROGRAMME OF  
THE EUROPEAN UNION



IMPLEMENTED BY



According to new data from the Copernicus Climate Change Service, July 2025 was the third-warmest July ever recorded worldwide. The average global surface air temperature for the month was 16.68°C, which is 0.45°C warmer than the typical July between 1991 and 2020.

Although July 2025 was slightly cooler than the record-breaking Julys of 2023 and 2024, it was still 1.25°C warmer than the pre-industrial average from 1850–1900. This means that even with a slight drop in global temperature, the long-term warming trend continues.

#### Europe felt the heat – especially in the north

In Europe, July 2025 was also unusually warm. The average temperature over land was 1.30°C higher than normal. Northern Europe, especially Sweden and Finland, saw strong heatwave conditions. Southeast Europe also faced heatwaves and wildfires, and Türkiye reported a new national record of 50.5°C.

Some parts of Europe, such as central Europe, western Russia, and parts of Spain, were cooler than average.

Rest of the world: mixed temperatures

**Outside Europe, above-average temperatures were seen in areas like the Himalayas, China, and Japan. On the other hand, below-average temperatures were recorded in parts of Antarctica, as well as in North and**

**South America, India, Australia, and areas of Africa.**

#### Warning from climate experts

**Carlo Buontempo, Director of the Copernicus Climate Change Service, commented:**

**“Even though the streak of record-breaking months has paused, climate change has not stopped. We still saw extreme heat and devastating floods in July. Unless we reduce greenhouse gas emissions quickly, we can expect more temperature records and worsening impacts.”**

**About Copernicus>:** The Copernicus Climate Change Service (C3S) is run by the European Centre for Medium-Range Weather Forecasts and funded by the EU. It monitors climate using satellite and weather data from all over the world.

# WELLBEING COUNTY

## WELLBEING AREA

### Wellbeing Services County: Renovation of the T Building begins in the Vaasa Hospital area



Climate temperature anomaly  
in July 2025 relative to the July  
average for the period 1991–2020.  
Data source: ERA5. Credit: Copernicus Climate Change Service /

**T**HE RENOVATION of the T Building, which is located in the area around Vaasa Central Hospital, will begin in early autumn 2025. The building was completed in 1995 and the renovation applies to floors 2 and 3.

The construction site will be limited outdoors to the area between the T-main entrance and the customer pharmacy, but both will be in use as usual during the renovation.

#### New premises for childbirth and gynaecological care

After the renovation, the premises will house delivery rooms, the Seri

Support Centre and the Maternity and Gynaecology Department. Adjacent to the T-main entrance, there will also be a new space for OLKA activities and patient organisations. Occupancy of the newly renovated premises is planned for the beginning of 2027.

The number of delivery rooms will remain the same, but they will have more birthing pods. The biggest change in the ward is that all patient rooms will have their own toilet and shower.

"The premises will be made modern and adaptable. The staff is actively involved in the planning and the patients' wishes are also listened to," says Assistant Head Nurse Jaana Ekebohm.

#### Future needs are taken into account in the design of the

The renovation will focus on customer orientation, ergonomics and accessibility. Energy efficiency, new technical solutions and cost-effective service and maintenance are also important goals.

The functions of the other floors of the T Building, such as the physiotherapy unit, will continue as they should during the renovation. T-rakennuksen muissa kerroksissa olevat toiminnot, kuten fysiatrian yksikkö, jatkuvat ennallaan remontin aikana.



# WELLBEING

## WELLBEING AREA

### Wellbeing services county: Older people have their voices heard in the assessment of functional capacity



Surface air temperature anomaly for July 2025 relative to the July average for the period 1991–2020. Data source: ERA5. Credit: Copernicus Climate Change Service /

**O**LDER PEOPLE CAN now assess their functional capacity themselves with a simple online form. The questions include health, mobility, eating habits, pain and social contacts. The aim is to inspire changes that can improve everyday life.

"We want to support older people in maintaining both functional capacity and well-being. It all starts with the elderly being able to tell how they feel about their situation," says Ann-Sofi Larsson, RAI expert at the Wellbeing Services County of Ostrobothnia. Good to do in case of changes in eve-

ryday life

It may be wise to fill in the form if, for example, you have stopped a hobby, see fewer friends and relatives or feel that everyday tasks have become more difficult. The cause may be memory problems, hearing loss, fear of falling or other things that make life more difficult.

Filling in the form does not automatically lead to you receiving service or being contacted by healthcare professionals. If you need help, you should contact the healthcare service yourself. Support is available

Ostrobothnia has many services that can support the elderly, such as assistive technology services, home rehabilitation, senior counselling and a memo-

ry outpatient clinic. If you wish, you can give the healthcare staff permission to read the answers in the form.

The responses can also be used anonymously to develop services and cooperation between the wellbeing services county and municipalities.

More information and instructions can be found on [osterbottensvalfard.fi](https://osterbottensvalfard.fi).

#### Are you 65+?

**Now you can assess your health, mobility and everyday life yourself with a simple online form.**

☐ **Helps you see what's working well and what can be improved.**

☐ **You decide whether the healthcare provider can see your answers.**

**More info: [osterbottensvalfard.fi](https://osterbottensvalfard.fi)**

# SCHOOLS

## SCHOOLS START

### The number of first-graders continues to decline – 51,000 children will start school this autumn

**T**HE NUMBER OF first-grade pupils has decreased in all regions of mainland Finland between 2020 and 2024. In absolute numbers, the decrease was greatest in Uusimaa, with over 1,000 pupils and the highest number of pupils. In relative terms, however, the number of first-graders has decreased most in Kymenlaakso (20%), Central Finland (18%) and Kainuu (17%).

A total of approximately 546,000 pupils in grades 1–9 study in basic education each year. Of them, 6 per cent are studying at a Swedish-speaking educational institution. For 12 per cent of comprehensive school pupils, their mother tongue is something other than Finnish, Swedish or Sami. The proportion of foreign-language pupils has grown steadily.

In addition, 7,500 people study the basic education syllabus or basic education subjects for adults every year.

More than 10,000 pupils participate in basic education for children and young people with an immigrant background every year. The number of pupils in preparatory education in basic education has decreased over the past two years. One of the reasons for this is that the number of children and young people coming from Ukraine has decreased.

#### **The total number of students in upper secondary general school education has grown steadily**

It is estimated that more than 37,000 students will start their upper secondary studies this autumn. The figure has remained more or less unchanged in recent years. The assessment includes those who are studying according to the

adult education course leading to the matriculation examination in upper secondary education.

By contrast, the total number of students in upper secondary general school education has grown steadily. In 2024, there were a total of about 112,200 students in upper secondary schools, compared with 111,400 in the previous year. The increase in the total number of students and the fact that the number of new students has remained unchanged means that more and more students are devoting more than three years to their studies.

Despite the increase in the total number of students, the number of students studying for the matriculation examination according to the adult syllabus has decreased by around 600 since 2021. In 2024, the number was approximately 11,100.

In absolute numbers, the number of students in general upper secondary school has grown most in Uusimaa in 2020–2024, by nearly 3,300 students. In relative terms, the growth has been highest in Central Ostrobothnia (10%) and North Ostrobothnia (5%). The number of students in upper secondary general school education has decreased most both in terms of numbers and in relative terms in South Savo (23%).

In 2024, 42 per cent of students in upper secondary general education were men and 58 per cent women.

#### **Number of students entering vocational basic education remains stable**

In education leading to a vocational upper secondary qualification, approximately 40,000 students generally start their studies in August each year. Since 2020, 8–9 per cent of this group has completed parts of a basic qualification. Initial vocational qua-

lification studies can be started throughout the year, but the share starting in August has usually been about two-thirds of those starting throughout the year.

More than 4,000 students usually start their studies for a further or specialist vocational qualification in August each year, although in 2024 there were 3,800 of them. Of those who have started a further or specialist vocational qualification, 16–19% have completed units of a qualification since 2020.

The exact number of students starting their vocational studies in August this year will be known at the beginning of September. Those who started the education also include people who did not complete basic education in the spring of the same year.

In 2024, 19% of students completing a vocational upper secondary qualification were foreign-language speakers. Of them, 40% studied in the health and well-being sector and 21% in the service sector. The share of foreign-language speakers has risen steadily since 2020, when it was 14% of all students.

Women accounted for 49 per cent of all students with a vocational upper secondary qualification, but the share of women among those having started a further or specialist vocational qualification was 59 per cent. The most popular field for women completing a bachelor's degree is health and welfare, where 39% of female students study. In further and specialist vocational qualifications, women's favourite field is the field of business and administration, where 41% of female students study.

Correspondingly, men study most in the field of technology: this is the case for 45% of men studying for a vocational upper secondary qualification and 32% for a further and specialist vocational qualification. In further and specialist vocational qualifications, the field of business and administration is also popular among men, as one third of them study in this field.

Source: \_ Finnish National Agency for Education



# ASTRONOMY

## ASTRONOMY

### Look up! The Perseids' meteor shower lights up the August nights



WIKIMEDIA COMMONS  
Bill Ingalls  
Public domain

Every year in August, the sky offers one of its grandest shows – the Perseid meteor shower. This year, it reaches its peak on the night of Monday 12 and Tuesday 13 August, and astronomers predict a particularly intense spectacle. Under ideal conditions, you can expect up to 90 "shooting stars" per hour.

#### A cosmic encounter

The Perseids occur when the Earth crosses the tail-like trail of dust and small particles left behind by Comet Swift–Tuttle during its orbits around the Sun. These dust grains, which are usually no larger than grains of sand, rush into the Earth's atmosphere at speeds of about 60 kilometers per second. The friction causes them to heat up and annihilate in the blink of an eye – and it is this fiery journey that we see as bright streaks in the sky.

The name "The Perseids" comes from the constellation Perseus, where the so-called radiant of the meteor swarm – the point in the sky where the streaks appear to emanate from – is located.

#### When and where to look?

In Finland, the Perseids are best seen

in the southern and central parts of the country, as the bright summer nights in the north can still interfere with visibility. The best time to look is between midnight and dawn, when the radiant is at its highest in the sky and the number of visible meteors increases.

Want to maximize the experience? Find a place with a clear horizon and minimal light pollution. Building lighting, street lamps, and illuminated facades can drastically reduce the number of meteors you see. The Ursa Astronomical Society recommends using Skywarden's Observation Service to find dark spots.

In Vaasa, Meteoriihi in Söderfjärden is an excellent observation site. Here you have an unobstructed view in all directions and plenty of space for both stargazing and picnic blankets. The address is Marenintie 292.

#### Perfect conditions this year

This year, the peak of the Perseids coincides with a first quarter moon, which means that the moon's light is dim and does not interfere with visibility. This is a fortunate circumstance – a strong moon can otherwise drown the fainter meteors in its light.

In addition, peak night occurs in the middle of the week, which often means fewer cars and people out in the countryside. Anyone who can sleep in the next day

has a golden opportunity for a long night under the stars.

#### How to prepare

Seeing the Perseids doesn't require expensive equipment – on the contrary, the best tool is your own eyes. But a few simple preparations can make the experience even better:

Arrive early so that you have time to get your eyes used to the darkness. It takes about 30 minutes for the vision to adjust.

Dress warmly – even August nights can get chilly.

Bring a blanket or chair to lie on, so you don't get a sore neck.

Be patient – the meteors come in bursts, sometimes with longer breaks in between.

#### More than just light

The Perseids are not just an astronomical event – it is also a cultural experience. In many cultures, shooting stars are seen as auspicious, and in modern times, it's a perfect reason to gather with family and friends to share a time together under the open sky.

For children, it can be a magical introduction to astronomy. Lying outside on a summer evening, looking up and waiting for the sudden, fleeting streak across the sky is a reminder of our little place in the universe – and of its beauty.

#### A recurring spectacle

The Perseids recur every year, but the strength varies depending on how dense the particle field is and what the conditions on Earth look like. Although the 2025 meteor swarm is not the most intense in history, the forecasts point to an unusually clear and bright peak.

So book the night of August 13 in your calendar, turn off your phone's screen light and turn your eyes to the northeast. With a bit of luck, you'll see about ten meteors in just a few minutes – some short, some long and sparkling, and maybe one or another with a reddish tint.

Heaven's own fireworks await.

# SUMMER HOUSES

## DIY BUILDERS

### Good to remember if you want to build a warehouse! A reminder for DIY builders



**S**UMMER IS THE PERFECT time for construction projects, but be sure to check the rules before you start building – especially if your plot is close to a road! Although the new Building Act (2025) facilitated the permit practice for small buildings, a separate permit from the ELY Centre is still required for construction in a protected area on a motorway.

#### What is a road protection zone?

A protected area is an area adjacent to a road area where construction is restricted due to traffic safety and road maintenance. Its width depends on the type of road:

Main and main roads: 30 metres

Motorways: 50 metres

Regional roads and connecting roads: 20 metres

The distance is measured from the centre

line of the road, and nothing – not even a fence or a shed – can be built in the area without a special permit from the Centre for Economic Development, Transport and the Environment.

#### The reform eased the rules for small buildings

From the beginning of 2025, building permits are no longer required for warehouses, garages and saunas of less than 30 square meters, provided that they:

They are not intended for residential use.

Follow the plan and building regulations (e.g. distances to plot boundaries).

Similarly, it is now possible to erect tree canopies of less than 50 square meters without bureaucracy.

#### The proximity to the road? Check the permit!

If your plot borders a road, the restrictions in the protected area still apply. For instance:

You want to build a 25 square meter warehouse next to the road. According to the new law, a building permit is not required, but if the building is located in a protected

area (e.g. less than 30 metres from the centre of the motorway), you will need a special permit from the Centre for Economic Development, Transport and the Environment.

When applying for a permit, an assessment is made as to whether the construction will pose a danger to traffic or a nuisance to road maintenance. The process includes listening to the neighbours and producing a situation map (site plan).

#### Tips for builders

Measure the distance from the road – Is your plot part of a protected area?

Request from the ELY Centre – Confirm the requirements before you start construction.

Follow the rules – Even if you don't need a permit, distance and safety are important.

Don't let surprises slow down your summer building dreams – check the rules and enjoy a successful project!

Source: Centre for Economic Development, Transport and the Environment of Southeast Finland



# CULTURE

## 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.**

# VAASA UNIVERSITY

## 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.*



# ONLINE COURSES

## 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 AI2Business 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.\***

WASA DAILY  
Nr 23 Sunday, June 8, 2025  
ISSN 2965-2456  
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.

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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!



# CHURCH



## Views from the Tower of Kallio Church

Kallio Church, located in the Kallio district of Helsinki, is an impressive granite building. It serves as the main church for the Kallio parish (the other church being Alppila Church). Designed by architect Lars Sonck, the church exemplifies the national romantic style combined with international Art Nouveau influences. This style is characterized by the use of traditional Finnish materials, robust architectural forms, and nature-inspired motifs and colors.

This summer, the public has a unique opportunity to visit the 65-meter-high tower of Kallio Church, offering breathtaking views over all of Helsinki. On a clear day, it is even possible to see as far as Estonia, although this was not the case during our visit today.

You can climb the tower of Kallio Church for a fee between 1 June and 31 August on Wednesdays and Saturdays from 11 am to 4 pm. The Kallio Church café, which sells refreshments, snacks and souvenirs, is open from Wednesday to Saturday from 11 am to 4 pm. Kallio Church is open all year round, every day.

This unique experience offers both locals and tourists the chance to see Helsinki from a new perspective and enjoy the beauty of the city from above.















# AI

## AI MUSIC

# The Best AI Music Generators in 2025 – From Rap Beats to Opera Masterpieces



Imagine a 16-year-old aspiring rapper who wants to craft the next viral hit but doesn't know how to produce beats. Or a retired music teacher dreaming of composing an opera but lacking the technical skills. Maybe even a podcaster looking for the perfect background track without paying expensive licensing fees.

In 2025, AI music generators have become so advanced that they can turn anyone—regardless of musical training—into a composer.

But with so many options available, which AI tools truly stand out? We tested the top platforms to find the best AI music generators of 2025, catering to different needs, genres, and skill levels.

### **Suno AI 3.0 – The King of AI-Generated Songs**

Suno AI made waves in 2024 with its ability to generate full songs—lyrics, vocals, and instrumentals—from simple text prompts. In 2025, Suno AI 3.0 has refined its algorithms to produce even more natural-sounding vocals and genre-specific compositions.

Best for: Aspiring singers, songwri-

ters, and content creators.

Why it's great: Type in a prompt like "upbeat pop-punk song about summer love", and Suno generates a complete track in seconds

Perfect for: Our teen rapper who just typed "hard-hitting trap beat with aggressive flow" and got a studio-quality demo in minutes.

### **Udio Pro – The Ultimate AI Music Collaboration Tool**

Udio took a different approach by focusing on human-AI collaboration. Its 2025 "Pro" version lets users start with a melody, hum a tune, or even upload a rough recording, which the AI then refines into a polished track.

Best for: Musicians who want AI assistance rather than full automation.

Why it's great: Udio Pro's "Smart Remix" feature can transform a simple piano riff into a full orchestral arrangement or a synth-heavy EDM drop.

Perfect for: Our opera-loving senior, who hummed an aria idea and watched Udio turn it into a sweeping, orchestrated piece complete with synthetic operatic vocals.

### **AIVA 4.0 – The Classical and Film**

### **Score Specialist**

While many AI tools focus on pop and electronic music, AIVA 4.0 remains the go-to for classical, jazz, and cinematic compositions. It's used by indie filmmakers, game developers, and even professional composers for inspiration.

Best for: Composers, filmmakers, and game devs.

Why it's great: AIVA's "Emotion Engine" lets users adjust the mood of a piece (e.g., "more melancholic" or "heroic climax"), making it ideal for scoring scenes.

### **The Future of AI Music?**

While AI music tools still can't fully replace human creativity, they've become indispensable assistants—helping beginners create professional-sounding tracks and giving experts new ways to experiment.

The best part? Most of these tools offer free tiers, so anyone can start composing today. Whether you're a teen rapper, a retired opera enthusiast, or just someone who loves making music, 2025's AI music generators have something for you.

# AI

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

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



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

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

### The Emergence of AI-Generated Podcasts

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

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

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

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

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



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

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

invitation)

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

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

## Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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## HOROSCOPE FOR SEPTEMBER 2025

### September Horoscope for the Gluten-Free Stars ☐ ☐

**Aries** (March 21–April 19)  
You'll boldly march into September – straight past the bread basket. Friends admire your willpower, even if the garlic bread flirts with you.

**Taurus** (April 20–May 20)  
Comfort food calls, but your inner gourmet finds joy in new gluten-free recipes. September's motto: brownies can still be life-changing.

**Gemini** (May 21–June 20)  
You'll be double-booked socially – luckily, you've mastered the art of discreetly asking waiters about cross-contamination. Your charm smooths every menu question.

**Cancer** (June 21–July 22)  
Your sensitive stomach meets your sensitive soul. Good news: the stars show an abundance of gluten-free snacks arriving just when you need them most.

**Leo** (July 23–August 22)  
Spotlight's on you at the dinner table. With confidence, you show others that gluten-free isn't a restriction – it's a culinary adventure. Applause guaranteed.

**Virgo** (August 23–September 22)  
This is your month! Organization shines: you label your flours, conquer the kitchen, and become a gluten-free wizard. Friends beg for your recipes.

**Libra** (September 23–October 22)  
You'll weigh your options between oat milk and almond milk – balance is everything. Don't worry, both go beautifully with your cookies.

**Scorpio** (October 23–November 21)  
Passion is your theme – and it even applies to gluten-free pasta. September brings intensity, but remember: not every debate about pizza bases needs stings.

**Sagittarius** (November 22–December 21)  
Adventures await! You'll discover a new gluten-free café or a recipe that makes travel less risky. Your optimism is more infectious than sourdough starter.

**Capricorn** (December 22–January 19)  
Practical as always, you plan ahead: snacks in your bag, gluten-free crackers in the car. September rewards your foresight with stress-free outings.

**Aquarius** (January 20–February 18)  
Innovation rules your diet this month. Chickpea flour pancakes? Cauliflower crust pizza? The stars applaud your bold experiments. Even skeptics will ask for seconds.

**Pisces** (February 19–March 20)  
Dreamy September brings comfort in soups and safe bread alternatives. Trust your intuition – it will guide you toward the coziest gluten-free gatherings.

☐ **September is proof: you don't need gluten to sparkle.**





# HUMOUR ONE HUNDRED YEARS AGO

## DOCTOR

Doctor: »Listen, I have to tell you. Something has happened to me today that has never happened to me in my entire time as a doctor.

- Well, tell me, you must have cured someone.

## RELIGION

Where did religion originate?

From laziness! They didn't bother to clarify things, but believed that it was as they said.

## DEATH

Death is not evil. It is even better not to be born at all. But that luck hardly comes to one in a thousand.

## FIRST LOVE

He: Unfortunately, first love is sweet! It's still the best, isn't it, Berta?

She: "yes... But I also like you so terribly. dear August!

## HAPPY MOVIE STAR

He; Are you happy in your marriage? Film Divan: Yes, I think so, but I'll ask my press agent to find out just in case.

## LOTS OF HATS

Customer: Is it true that you have received 1,500 new hats from Paris?

Contributor: Of course!

Customer: Oh, so lovely. I need to try them right away!

## DIRTY ANIMAL

Teacher: Now there is only one animal left that you have not listed. It has brushed hair, hates washing and cleanliness, and likes to crawl in the soil. What kind of animal is that, little Thomas?

Tomas: It's me

## CRUISE

Mom, on the way: Please, Captain, if my little boy wants to steer, don't let him steer!

## STUPID AS USUAL

He: You have to forgive me if I was a little stupid last night.

She: I didn't notice anything particularly unusual, I thought you were just like usual.

## VASALOPPET

The following truthful story is told about Mora's race. The "test rider" sits in his room at Hotel Gustav Vaasa. The phone rings. He answers; Hi! Is it Gustaf Vaasa? No, it's Erik XIV, dad is skiing.

## Astronomic picture of the week:



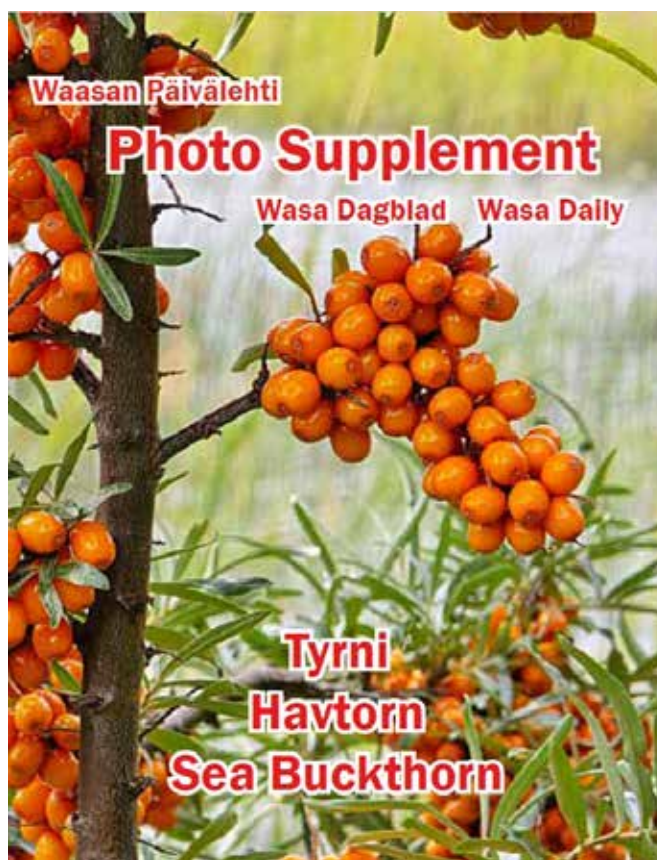
**Blue Marble Eastern Hemisphere.jpg**

Composite rendering of the Eastern Hemisphere of Earth, based on data from the *Terra* and *Aqua* satellites' MODIS instruments, the Defense Meteorological Satellite Program, Space Shuttle *Endeavour*, and the Radarsat Antarctic Mapping Project, combined by scientists and artists.

👤 NASA images by Reto Stöckli, based on data from NASA and NOAA

📄 Public domain

## Next week:



## From our readers

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

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