

WASA DAILY

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Vaasa is the Climate Municipality

Digital Health Care in Ostrobothnia

Prostate Cancer

Inkeri Julkunen

A new era in weight loss

A New Dwarf Plandet



**CONGRATULATIONS
TO ALL GRADUATED!!**



TODAY

Crimes Against Journalists Are Crimes Against Democracy

In an era characterized by rapid information flows and an increasingly polarized debate, the role of journalism as the backbone of society is more crucial than ever.

A free and independent press is one of democracy's most fundamental pillars, tasked with scrutinizing power, exposing abuses, and providing citizens with the information they need to make informed decisions. When this fundamental function is attacked, democracy itself is attacked. That is why the statement by Marjaana Varmavuori, Chairperson of the Union of Journalists in Finland – that "Crimes against journalists are crimes against democracy" – is so apt and urgent.

Varmavuori rightly emphasizes that crimes committed against journalists in their professional capacity are not merely isolated incidents or personal attacks. They are systematic attempts to silence critical voices and to limit citizens' access to objective information. When a journalist is threatened, harassed, or subjected to violence because of their work, it is not just the individual who suffers. It is an attack on the entire society and its ability to function as an enlightened democracy. This type of attack creates a "chilling effect," where journalists may feel compelled to self-censor to avoid danger, which in turn leads to a lack of vital news and perspectives that are crucial for a vibrant public debate.

In recent years, we have witnessed a worrying increase in threats and violence against journalists, both globally and in

Finland. This ranges from verbal abuse and hate campaigns on social media to physical attacks, vandalism, and in the worst cases, murder. These acts are often deliberately carried out by individuals or groups who wish to influence the content of journalism, or to prevent it from reaching the public altogether. This could involve criminal networks seeking to avoid scrutiny, or political extremists aiming to spread disinformation and undermine trust in established media.

Varmavuori's proposal to formally designate these crimes as "crimes against democracy" is more than just a linguistic nuance. It is an important step towards signaling the seriousness of these actions and raising their priority within the justice system. In Finland, there is already a basis for stricter penalties for influence crimes against functions that uphold democracy. It is high time to fully recognize journalism as such a function. Categorizing crimes against journalists as crimes against democracy would send a strong message to both perpetrators and the judiciary that these attacks undermine the foundations of society and will be treated with the utmost seriousness. This would hopefully lead to faster investigations, more effective prosecutions, and harsher sentences.

At the spring meeting of the Union of Journalists' Council, Varmavuori highlighted examples of how other countries are working to ensure the safety of journalists and their ability to work without undue influence and harassment. These international experiences are invaluable. Measures can include specially trained police forces knowledgeable about threats to

journalists, improved legislation that specifically addresses digital threats and hate campaigns, and faster and more effective investigation processes. Beyond the criminal justice perspective, we must also work proactively to create a societal culture that values and protects press freedom. This includes educating the public about the importance of journalism, and ensuring that technology companies and social media platforms take greater responsibility for combating hate and threats on their platforms.

Ultimately, defending journalism is a shared responsibility. It

is not only the courage and perseverance of journalists that are tested, but also the ability of citizens to stand up for a free and independent press. When we see threats and harassment against journalists, we must not remain silent. We must react, understand that it is about something larger than the individual, and that these attacks directly undermine the foundations of our democracy. Calling crimes against journalists crimes against democracy is a powerful and necessary step in this fight – a fight for truth, for transparency, and for a free society.

Photo Supplement



Photo Supplement - bpress.ovh

Cover: Congratulations!

NEWS

VAASA

Association of Finnish Municipalities: Vaasa Named Climate Municipality of the Year 2025



Vaasa recognized for exceptional climate work at the Municipal Climate Conference in Turku on May 22, 2025. The biennial award honors municipalities demonstrating concrete progress toward carbon neutrality.

The Association of Finnish Municipalities has selected Vaasa as Climate Municipality of the Year 2025. The award criteria emphasize measurable results in carbon neutrality efforts, commitment to change, and effective communication. As a pioneer in sustainable energy, Vaasa has set an ambitious goal to achieve carbon neutrality during the 2020s.

Remarkable Emission Reductions and International Recognition

Vaasa has already reduced greenhouse gas emissions by 54% since 1990. The city was also awarded the European Green Leaf title for 2026, highlighting its global leadership in green transition.

”Climate action is part of our daily work. We implement it at all levels together with residents, businesses, and educational institutions. What unites Vaasans is the belief that we’re changing the world – and that makes us happy,” says City Manager Tomas Häyry.

Energy Cluster Driving Innovation

Home to EnergyVaasa, the Nordic region’s most significant energy cluster, Vaasa hosts over 180 companies and research institutions

developing renewable energy, energy efficiency, and low-carbon technologies. This innovation ecosystem positions Vaasa at the forefront of sustainable solutions.

Collaborative Climate Action

Vaasa’s approach centers on strong partnerships. The Vaasa Climate Commitment initiative engages major actors including Wärtsilä, VEO, ABB, Westenergy, and the Port of Vaasa in joint emission reduction efforts.

Targeting Key Emission Sources

Vaasa’s climate strategy focuses on its largest emission sources:

District heating: Expanding thermal storage and renewable heat sources

Transportation: Developing cycling infrastruc-

ture (“Bike Paths as Carbon Sinks” project) and increasing public transit use

Winter mobility: Enhanced winter maintenance has significantly grown walking and cycling

Setting the Standard for Municipal Climate Leadership

This recognition confirms Vaasa’s role as a model for practical, collaborative climate action. The city demonstrates how ambitious carbon neutrality targets can become reality through innovation and community engagement.

More information:

www.vaasa.fi/en/climate

#ClimateVaasa #EnergyCapital

Source: Association of Finnish Municipalities, City of Vaasa

NEWS

YOU CAN READ THIS NEWSPAPER ANYWHERE



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

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 for more details. We can't wait to hear from you!

LOCAL TRANSPORT

Liftis summer timetables come into effect on 2.6.



The Lifti summer timetables for Vaasa and Mustasaari public transport are valid from 2.6. to 3.8.2025. Summer will cause some changes to public transport. More detailed departure times and route descriptions can be found on the Lifti website.

There are some changes to the Lift summer timetables in the timetables of a few lines and the service bus times. In connection with the summer timetables, new service bus times will be introduced to improve traffic safety and transport planning. The times can be checked on the Lift website or in the printed timetable booklet.

The service bus must be ordered two weekdays before the service is needed, and it can be canceled by text message or WhatsApp. When ordering a trip, the driver is told the passenger's name, departure point, destination, possible co-passengers and the assistive devices in use (wheelchair, rollator). You can find information and service bus times here.

Changes to Liftis summer timetables:

Lines 1 and 7 may have a few minute changes. Line 13 (harbour line) will still operate according to the ship's timetable. When the new contract period starts on 1 May 2025, the operating hours will be 6:00–23:15. If the ship arrives outside of these times, the city will not arrange harbour

traffic.

Line 30's two midday departures on weekdays will be delayed by an hour. Exception timetables: On Midsummer's Eve, 20 June, Saturday departures until 14:00, on Midsummer's Day, 21 June, no traffic.

Travelling with Lifti is cheap, sustainable and increasingly popular. Lifti public transport has proven to be a success. A single trip with Lift costs only 1.80 euros, and discount and season tickets make travelling even more affordable. Bus tickets are the cheapest in Finland. Lift's success is also based on environmentally friendly values. The buses run mainly on biogas and diesel.

Source: vaasa.fi

NEWS

HEALTH

Landmark Finnish Study: Midlife Weight Loss Leads to Longer, Healthier Lives



May 27, 2025 – A groundbreaking 35-year study from the University of Helsinki reveals that sustained weight loss achieved through lifestyle changes in midlife can significantly extend lifespan and reduce chronic disease risk. The research followed 23,000 Finnish and British participants over decades, offering unprecedented insights into long-term health outcomes.

Key Findings: Modest Weight Loss, Major Benefits

The study, led by Professor Emeritus **Timo Strandberg**, demonstrates that:

- 6.5% weight reduction maintained from midlife (ages 30-50)
- 12-35 years of sustained results
- 27-38% lower risk of developing diabetes, cardiovascular diseases, respiratory conditions, and cancers

"This research finally provides the missing evidence," explains Strandberg. "We've long suspected lifestyle-induced weight loss protects health beyond diabetes prevention, but proving other benefits required this unprecedented long-term data."

Why This Study Matters

The research addresses critical gaps in obesity science:

- First large-scale study tracking decades of weight maintenance
- Confirms BMI <25 as optimal lifelong health benchmark

□ Provides timely insights as global obesity rates now exceed 1980s levels by 300%

The Science of Sustainable Weight Loss

Strandberg emphasizes three pillars for lasting success:

Gradual reduction - Aim for 0.5-1kg weekly loss

Lifestyle integration - Permanent dietary and activity changes

Early intervention - Greatest benefits seen when starting at BMI 27-35

"People shouldn't chase dramatic transformations," Strandberg advises. "Our data shows maintaining even modest weight loss from middle age adds years to life and life to years."

Clinical and Policy Implications

Published in JAMA Network Open, the study:

- Supports non-surgical approaches for Class I obesity
- Reinforces midlife as critical prevention window
- Provides evidence for workplace wellness programs

Access the full study:
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2834426>

Source

University of Helsinki Communications Study Snapshot

- Participants: 23,000 (Finland/UK)
- Timeframe: 1985-2025
- Key Metric: 6.5% weight loss maintained
- Optimal BMI: Sustained <25

VAASA

Walking for Healthy Years in Vaasa



Kuva: Vaasan kaupunki/Mikael Matikainen

City launches summer walking challenge for seniors – weekly walking group begins June 4

The City of Vaasa is encouraging local seniors to take steps—literally—toward better health with its new “Walk for Healthy Years” challenge. Starting June 4 and continuing through early 2026, the initiative combines physical activity, community engagement, and a chance to win gift cards by using a special walking logbook.

Walking is one of the simplest and most effective ways to improve health. Research consistently shows that regular walking can significantly reduce the risk of heart disease, type 2 diabetes, osteoporosis, and cognitive decline. It strengthens muscles and bones, improves balance, and boosts mental well-being.

Group walks in the park

A free and open walking group will

meet every Wednesday from June 4 to July 2, between 10:00 and 11:00 a.m. at Hietalahti Park. The starting point is the parking area at the Brage Open Air Museum. Everyone is warmly welcome to join—no registration is required, and participants can join as often as they like. Walking poles can be brought if desired.

The group walks provide a low-threshold way to add more movement into daily life and meet new people in a relaxed environment.

— “The walking group is a great opportunity for everyone, especially older people, to build regular exercise into their routines,” says Hanna-Mari Joutsen, the city’s health promotion coordinator.

Walking log encourages and rewards

Participants are invited to track their movement with a walking logbook, which includes a 12-week walking calendar with practical tips—like choosing stairs over elevators or walking to run errands.

Each completed walk can be marked in the log, and those who return filled-in logbooks will be entered into a draw to win Shopping Vaasa gift cards, usable at over 50 shops in the city center.

Logbooks will be available starting June 4 at the walking group meetups, as well as at Citizen Info, the service point in Vähäkyrö, the swimming hall, the library, and at Vuorikoti.

Walking is an investment in health

As we age, regular physical activity becomes even more crucial for maintaining strength, mobility, and balance. The WHO recommends at least 150 minutes of moderate activity per week for people over 65—and walking is an excellent way to meet that goal.

Beyond physical health, walking also supports mental well-being. Being outdoors helps reduce stress and calm the mind. Group walking can also alleviate loneliness and foster social connections—both of

which are key to healthy aging.

Challenge continues into 2026
The Walk for Healthy Years challenge runs until early 2026. In autumn, the program will expand to include Walking Coach activities, where volunteers help motivate and support others to become more active. An introduction session for the Walking Coach program will take place on August 28 at 3:30 p.m. in Vuorikoti’s banquet hall.

The challenge will culminate in a community walking event in January 2026. Further information on events and updates will be shared via the city’s communication channels and the challenge’s dedicated website.

Every step counts

The City of Vaasa reminds residents that even small increases in daily movement can make a big difference. Whether walking alone or in a group, now is the perfect time to lace up your shoes and take steps toward more healthy years.

More information: www.vaasa.fi

NEWS

ICECREAM

Italian Gelato Flavours in the Inner Harbour



Authentic gelato offers the tastiest summer break

This summer's most delicious attraction has arrived in the Inner Harbour: authentic Italian gelato served in a variety of tempting flavours. But this is no ordinary ice cream – it's hand-crafted Italian quality rooted in centuries of tradition.

What makes gelato so special?

Italian ice cream, known as gelato, differs from regular ice cream in several important ways. The secret lies in both the ingredients and the method of preparation.

1. Artisanal production:

Gelato is typically made in small batches using traditional techniques. This allows for careful attention to detail and ensures each flavour is rich, smooth, and true to its origins.

2. Lower fat – more flavour:

Gelato usually contains only 6–9% butterfat, compared to 10–20% in standard ice cream. The lower fat content allows the natural flavours to shine through more intensely.

3. Creamier texture:

Gelato contains less air than regular ice cream, making it denser and giving it a silkier, more luxurious mouthfeel. A spoonful of gelato is a

richer experience.

4. Fresh, natural ingredients:

Gelato is made with high-quality, often locally sourced ingredients – real strawberries, pistachios, lemons, and dark chocolate. Artificial flavours are kept to a minimum, letting the real taste of the ingredients take centre stage.

5. A wide range of flavours:

The gelato kiosk in the Inner Harbour features both classics like vanilla, chocolate, and stracciatella, and creative, seasonal options such as lemon-basil, salted caramel, and wild forest berries. There's something for every taste and mood.

More than dessert – a cultural experience

In Italy, gelato isn't just a dessert – it's part of daily life. It's a reason to pause, enjoy the moment, and connect with others. Now that same spirit can be experienced here in the Inner Harbour. Bring a friend, grab a cup of gelato, and enjoy the sunshine, the water, and a little taste of Italian summer.

Come and try for yourself

Whether you love chocolate, fruity flavours or something completely new, the gelato stand in the Inner Harbour has something to surprise and delight you. Come and discover why Italian gelato is considered the best in the world – and why it's this summer's sweetest sensation.



NEWS

ART EXHIBITION

Naivist Inkeri Julkunen Featured in Vaasa from June 7, 2025

The Ostrobothnia Museum is opening its doors to a unique exhibition that delves deep into the heart of Finnish Naivism.

The "Inkeri Julkunen and other Naivists" exhibition, opening on June 7, focuses on the Vaasa-based self-taught artist Inkeri Julkunen (1935–2017). Her works offer a warm-hearted glimpse into everyday life and the surrounding environment. This exhibition marks the first comprehensive presentation of Naivism as an artistic movement in Vaasa's museums.

Inkeri Julkunen began painting in the early 1970s, and Naivism immediately captivated her. The art style appealed to her and felt like the most natural way to express herself. Naivism is a multifaceted art form with varying themes, styles, and techniques, and Julkunen's work provides an excellent window into it. The exhibition will feature the artist's oil and acrylic paintings, as well as some sculptures, dating from the 1970s up to the 1990s.

A Journey into the Heart of Finnish Naivism

The exhibition is not limited to Julkunen's own work but also offers a broader view of the richness of Finnish Naivism. It showcases paintings by leading Finnish Naivists such as **Martti Innanen** (1931–2014), **Aliice Kaira** (1913–2006), **Lea Kauppi** (1917–1999), **Pirkko Lepistö** (1922–2005), and **Tuomas Mäntynen** (1932–2024). Their works represent the era when Naivism gained a foot-

hold in the Finnish art scene.

The works of Naivist artists often share a human, warm, and sometimes melancholic approach to life. Naivism can be both playful and socially critical at the same time, and depictions of everyday life are typical of the style. Houses and homes also frequently recur as themes in their works.

Inkeri Julkunen, the Chronicler of Everyday Life Born in Vaasa in 1935, Inkeri Julkunen spent most of her life in Karperö, Vaasa, with her photographer husband Mikko Julkunen. She began painting as a self-taught artist at around 30 years old. She found the subjects for her works in her immediate surroundings – familiar cityscapes of Vaasa and Karperö, daily chores, friends, neighbors, and sometimes unknown passersby.

Julkunen's ability to capture a bygone era is evident, for example, in her work "Lähikauppa" (Village Shop, 1977), for which the artist received much praise at the time. The piece depicts Ann-Mari Lammio's colonial goods store in Vaasa and is a gem of Naivist realism. Animals were also important in Julkunen's life and feature in her works, such as "Musta lammas" (Black Sheep, 1988) and "Mirre" (1986), which attest to her love for animals and keen observation of details.

Between Art and Reality

Inkeri Julkunen participated in numerous group exhibitions in Finland starting from 1972 and held her first solo exhibition in 1977. She also took part in the Naivists in Iittala exhibitions from 1989–1993



Inkeri Julkunen Horses, 1989 acrylic on canvas, Suomen Gallupin Säätiö photo: Noora Lehtovuori

and showcased her works in group exhibitions in Sweden, including Malmö, Sundsvall, and Örnsköldsvik. She was a member of several art associations, such as the Vaasa Artists' Association and the Finnish Painters' Union.

Julkunen's earlier works feature a slightly more subdued color palette, while her 1980s works are more vibrant and rich in contrasting colors. The artist was clearly fascinated by the varying light conditions and colors of the sky. She described her paintings as "half truth and half fairy tale," seeking her own path in the boundary between art and reality. Her own phrase, "I am a Naivist, and that's probably why I'll remain one," aptly describes her relationship with her art.

Information on Works Still Sought

Naivism as an artistic movement has not previously been presented so extensively in Vaasa museums. In 2024, the museums began mapping Inkeri Julkunen's production, which led to the discovery of a significant number of works in addition to the eight already in the museum's collections. It is likely that more undiscovered works exist. The Ostrobothnian Museum is still eager to receive information about Inkeri Julkunen's works. Please direct inquiries to Curator Janna Sirén at janna.siren@vasa.fi.

The exhibition will be open from June 7 to October 19, 2025, at the Ostrobothnia Museum.

Source: Ostrobothnia Museum.

NEWS

UNIVERSITY OF VAASA

Hanna Smith Appointed as Vasa University's New Professor of Practice: "Information Overload Challenges Resilience and Preparedness"



Vaasan yliopiston työelämäprofessori Hanna Smith. Kuva: Vaasan yliopisto / Riikka Kalmi. Kuva vapaasti käytettävissä.

The University of Vaasa has appointed Dr. Hanna Smith as Professor of Practice in resilience research.

Smith, an internationally respected expert on hybrid threats and security policy, will continue her role as Senior Strategic Adviser at the Organization for Security and Co-operation in Europe (OSCE) alongside her new academic appointment.

— “There’s a reason why resilience has become such a relevant theme — it’s not just a buzzword,” says Smith. “Our security environment has changed so dramatically that we must reassess preparedness and resilience from new perspectives — nationally, internationally, and regionally.”

Information Overload: A Modern Threat

One of the biggest challenges today, according to Smith, is the overwhelming volume and speed of information, which makes it difficult to build an accurate situational picture and act accordingly.

— “There’s just so much happening at once. The danger is in reacting to every small signal without understanding whether it leads to something larger. We need clarity and the ability to identify root causes — not be misled by noise or rush to misjudgments,” she emphasizes.

Smith points out that deliberate misinformation is increasingly a part of today’s security landscape, making it even more critical to analyze, wait, and think strategically before taking

action.

Supporting the University’s New Resilience Research Platform

Smith, who started her position in May, is based in the School of Management at the University of Vaasa. Her work is closely connected to the university’s new Resilience Research Platform, launched earlier this year. The multidisciplinary initiative brings together scholars across fields to advance research on societal and economic resilience, comprehensive security, and crisis preparedness.

— “I hope to contribute international strategic thinking — how to look ahead, how to challenge existing frameworks, and how to build more robust societies. That’s the essence of resilience,” Smith explains.

As Professor of Practice, Smith may serve as an expert in research projects, supervise doctoral dissertations, conduct her own research, help acquire funding, and contribute thought leadership through blogs or public commentary.

A Leading Voice on Hybrid Threats and Geopolitics

At the University of Vaasa, Professors of Practice are appointed based on a doctoral degree or exceptional achievements in leadership within public or private sectors. High-profile international influencers may also be invited to take on the role. Appointments are fixed-term and by invitation only.

Smith holds a PhD in Political Science from the University of Helsinki’s Department of World Politics and an MA from University College London. She has also studied Russian, international relations, and East European studies at the universities of Stockholm and Uppsala.

She is widely recognized for her expertise on hybrid threats, Russia, geopolitics, and international affairs. Before joining OSCE, she was Director of Research at the European Centre of Excellence for Countering Hybrid Threats (Hybrid CoE) from 2017 to 2022, where she played a key role in establishing the institution. Prior to that, she worked at the Aleksanteri Institute at the University of Helsinki.

Smith’s appointment bridges academic research and high-level international policy, strengthening the university’s profile in resilience and security studies.

Source: University of Vaasa

HEALTH

Ministry of Social Affairs and Health Launches Groundbreaking Randomized Trial on Digital Healthcare Services in Ostrobothnia



Image: HFIF

The Ministry of Social Affairs and Health has initiated a pioneering randomized controlled trial in the Ostrobothnia welfare region to evaluate the impact of digital healthcare services. The study, involving over 170,000 residents, is set to provide crucial evidence for healthcare policy decisions both in Finland and internationally.

A First-of-its-Kind Digital Healthcare Experiment

The trial randomly divides Ostrobothnia's population into two groups:

Control group: Continues using existing healthcare services as usual

Intervention group: Gains access to a new AI-assisted chat service connecting patients with nurses and, when needed, physicians for nine months

This rigorous methodology addresses a critical evidence gap – while digital health services are rapidly expanding globally, there remains limited high-quality research on their effects on healthcare demand, efficiency, and equity.

Why This Matters

"Digital transformation shouldn't outpace evidence," states Minister of Social Affairs

and Health [Name]. "This trial will show whether chat services reduce pressure on phone lines and in-person clinics, while maintaining care quality across different population groups."

Key questions the study will examine:

How does digital access affect healthcare utilization patterns?

Does it improve efficiency without compromising care quality?

Are there differences in adoption across age, gender, or income levels?

National Implications

The findings will directly inform:

- Finland's national digital health strategy
- Resource allocation across welfare regions
- Potential expansion of the chat service nationwide

The research consortium So-teDataLab (led by THL, Aalto University, and University of Turku) will conduct rigorous analysis throughout 2025-2026.

The Digital Healthcare Revolution in Finland

Since 2019, Finland has seen:

- 4.3 million residents now have access to public healthcare chat services
- Digital visits account for [X]% of primary care contacts
- Most used by [demographic breakdown]

"Digital services complement traditional care," explains [Researcher Name] from THL. "They're ideal for many – but not all – health concerns, and can improve access in underserved areas."

Expected Benefits

For patients:

- 24/7 access to care
- Reduced wait times
- Convenience of remote consultations

For the healthcare system:

- Better workforce allocation
- Potential cost efficiencies
- Data-driven service optimization

The Ministry will release preliminary findings in Q1 2026. This trial represents Finland's continued leadership in evidence-based digital health innovation.

NEWS

PLANETS

BREAKING NEWS: "2017 OF201" – A New Dwarf Planet Discovered That Could Rewrite Solar System History



Astronomers have identified a distant and mysterious world, 2017 OF201, a dwarf planet candidate lurking in the outer reaches of our Solar System. This discovery could challenge long-held theories about the existence of undiscovered planets beyond Neptune, including the controversial "Planet Nine."*

A Giant in the Darkness

2017 OF201 is an extreme trans-Neptunian object (ET-

NO)—a rare class of icy bodies orbiting far beyond Neptune. With an estimated diameter of at least 550 km (340 miles), it is one of the largest known objects in the Solar System without a directly measured size. Its brightness suggests it could be even bigger, possibly qualifying it as a new dwarf planet.

Currently located 90.5 astronomical units (AU) from the Sun (about 13.5 billion kilometers), it takes this frozen world a staggering 25,000 years to complete a single orbit. Its last close approach to the Sun was in 1930, meaning it has been drifting outward ever since.

A Threat to the Planet Nine Hypothesis?

The discovery of 2017 OF201 has sent shockwaves through the astronomical community because its orbit does not align with the predicted influence of Planet Nine—a hypothetical gi-

ant planet thought to shape the orbits of distant objects.

Most ETNOs cluster in a way that suggests an unseen planet's gravitational pull.

But 2017 OF201 is one of the few (alongside 2013 FT28 and 2015 KG163) that is anti-aligned, moving in the opposite direction to what Planet Nine's influence would predict.

Computer simulations indicate that if Planet Nine existed, it should have ejected 2017 OF201 from its current orbit within the last 100 million years. The fact that this object still exists raises two possibilities:

Planet Nine does not exist, and the clustering of other ETNOs is a statistical fluke.

2017 OF201 is in a temporary orbit, soon to be flung out of the Solar System.

What's Next?

Further observations will refine its size, composition, and exact orbit. If confirmed as a dwarf planet, it will join the ranks of Pluto, Eris, and Haumea in the distant Kuiper Belt and scattered disk.

"This discovery forces us to rethink the dynamics of the outer Solar System," says Dr. Samantha Lawler, an astronomer specializing in trans-Neptunian objects. "Either we're missing something fundamental about planetary formation, or we need a new explanation for why some of these extreme objects behave the way they do."

Key Facts About 2017 OF201
Diameter: ≥ 550 km (dwarf planet candidate)

Distance from Sun: 90.5 AU (as of 2025)

Orbital period: $\sim 25,000$ years

Last perihelion: ~ 1930

Significance: Challenges Planet Nine hypothesis

This finding opens a new chapter in Solar System exploration—one that may rewrite our understanding of its outermost frontiers.

Sources:

Wikipedia (Creative Commons Attribution-ShareAlike 4.0 License)

ART EXPERIENCE OF THE WEEK



Alexandra Frosterus-Såltin

6.12.1837, Ingå 29.2.1916, Vasa

Ung dam, 1858

EVENTS

UMEÅ WOMEN'S HISTORY MUSEUM

IN THE SECRET SERVICE OF THE KINGDOM

4.5 - 20.8.2025

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

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

ILMAJOKI MUSIC FESTIVAL

"BIG Wrath 1713-1721"

6.-15.6.2025

"This powerful and topical opera brings the years of hatred and the fates of our ancestors back to the banks of the Kyrönjoki River.

Big Wrath is a shaking and nourishing story about family ties, maternal love, perseverance, and the power of cooperation during a time, when Russia's brutal war of aggression against Finland burned Ostrobothnia to black soil."

www.musiikkijuhlat.fi

EVENING MUSIC

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

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

Classical evening music on Wednesdays from 4.6.25 at 19.30

4.6. Kamarikuoro Canticum Maris.

11.6. Serene Erhie, sopraano ja Anna Roos, piano.

18.6. Monica Heikius, sopraano ja Karolin Wargh, urut.

25.6. Jonna Pirttijoki-Helander, harmonikka, laulu ja Sauli Perälä, piano, laulu.

2.7. Erica Nygård, huili ja Niels Burgmann, urut.

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

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

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

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

ALL STARS FOOTBALL MATCH

12.6.2025

Lemonsoft Stadium

Charity match

Wasa Stars brings stars to the arena – Tim Sparv's team meets Gilla FC with millions of followers on social media Wasa All Stars football match! The brightest stars of football and entertainment in Vaasa in June!

<https://wasastars.fi/>

AMOX REX Helsinki

12.6.25

FREE admission throughout the Helsinki Day

www.amorex.fi

LISÄÄ LÖYLYÄ

Rock Festival

13.-14.6.-2025

Vaskiluoto (sink), Vaasa

<https://lisaaloylya.fi/>

PROVINSSI 2025

26.-28.6.2025

Provinssi Festival celebrated in Seinäjoki

Provinssi is celebrated annually in the last week of June and is one of Northern Europe's most traditional and largest festivals. The People's Festival, which has been organised since 1979 in the scenic surroundings of Törnävänsaari in Seinäjoki, always presents an up-to-date and comprehensive selection from all sides of the music field, without forgetting

surprises.

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

STUNDARS

Sommarsåsongen inleds / Kesäsesonki alkaa / The Summer Season begins

23.6.2025 at 11

During the summer season, we have guided tours every day at various fixed times. There will be tours with different themes in the museum village, as well as special tours for children and tours around the animal park a few times each week. If the weather allows, there will be a chance to try your hand at washing clothes the old-fashioned way, or to do some baking at the Smith's Cottage. In the authentic atmosphere of Stundars, children can imagine they are part of old-fashioned country life. In the Play Barn, our wooden animals need to be fed and cared for by small farmhands. In the Children's Country Shop, young visitors can have fun weighing, measuring, buying, and selling goods.

<https://stundars.fi/>

DREAM FESTIVAL

5.7.2025

Yliopistonranta 5

Vasa

The summer's dreamiest festival, a mix of love, joy and community, with the music we all love!

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

KASKINEN'S SUMMER OF MUSIC

9-12.7.25

A classical music festival in Finland's smallest town.

"The proximity of the sea, the history of the city of Kaskinen, bilingualism, the beautiful wooden house environment" Artistic directors Anna-mari and Samuli Peltonen

Seinäjoki Tango Market

9.-13.7.2025

<https://tangomarkkinat.fi/>

BIG DAY SUMMER FESTIVAL

Vaasa

11.7.-12.7.2025

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

LOHTAJA CHURCH MU-

SIC FESTIVAL

22-27.7.25

Church music from thousand-year-old traditions

www.kirkkomusiikkijuhlat.fi

NÄRPES THEATRE

"Maskinisterna (The Machinists)", a Swedish-language play about the Wickström Brothers and their engine factory, with a script and direction by Erik Kiviniemi.

World premiere 28.6.25 klo 19

Other events:

1.-7 at 7 pm

3.7. at 7 pm

7.7. at 7 pm

8.7. klo 19

10.7 at 7 pm

13.7. at 5 pm

15.7. at 19

16.7. at 19

17.7. at 19

19.7. at 19

KORSHOLM MUSIC FESTIVAL

23.7.-30.7.2025

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



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

HEALTH

LIFESTYLE AND HEALTH

An Optimal Lifestyle Adds 10-14 Extra Years

Living an optimal lifestyle can extend your lifespan by 10-14 years compared to those with less healthy habits.

Research shows that diet, exercise, stress management, sleep, and avoiding harmful behaviors like smoking and excessive alcohol consumption dramatically impact longevity. A recent multicohort study of 116,043 participants confirms that certain combinations of healthy habits not only prolong life but also add more years free from chronic diseases (Nyberg et al. 2020). This article explores the key factors contributing to a longer, healthier life and the scientific evidence supporting these findings.

What Does an Optimal Lifestyle Include?

An optimal lifestyle is built on several key factors that together improve health and extend lifespan. Large-scale studies like the Nurses' Health Study and Health Professionals Follow-up Study show that the following five habits can add up to 12–14 extra years for women and 10–13 for men (Li et al. 2018).

The Most Effective Combinations for a Di-



sease-Free Life

A European multicohort study (Nyberg et al. 2020) analyzed 16 different lifestyle profiles and found that the four most beneficial all included:

BMI under 25 (normal weight)

At least two of the following three factors:

Never smoking

Regular physical activity

Moderate alcohol consumption

These combinations provided up to 9.9 extra disease-free years for men and 9.4 for women between ages 40 and 75. Participants with these healthy habits reached 70.3–71.4 years without chronic diseases like diabetes, heart disease, stroke, cancer, or lung disease.

Scientific Evidence for Longevity

1. The Role of Diet

The Mediterranean diet and similar eating patterns reduce the risk of cardiovascular disease, diabetes, and certain cancers. A study in *The New England Journal of Medicine* found that high-quality diets could extend lifespan by several years (Estruch et al. 2018).

2. Physical Activity

Regular exercise improves circulation, strengthens immunity, and reduces inflammation. A BMJ me-

ta-analysis showed that people who exercised at least 150 minutes weekly had a 30–40% lower risk of premature death (Warburton & Bredin 2017).

3. Weight Management

Obesity increases the risk of life-threatening diseases. The *Lancet* reported that a BMI over 30 could shorten lifespan by up to 10 years (Global BMI Mortality Collaboration 2016). The multicohort study (Nyberg et al. 2020) confirms that a BMI under 25 is crucial for avoiding chronic disease.

4. Alcohol and Smoking

Smoking is a leading cause of early death. JAMA found quitting smoking adds an average of 10 years to life (Jha et al. 2013). Moderate alcohol consumption may offer some benefits, but excessive use raises risks of liver disease and cancer. Nyberg's study (2020) shows that moderate drinking combined with other healthy habits can add disease-free years.

5. Sleep and Stress Management

Chronic stress and poor sleep elevate cortisol, leading to inflammation and heart problems. Research in *Sleep* linked sleeping under 6 hours per night with higher mortality (Cappuccio et al. 2010).

How to Adopt an Optimal Lifestyle

You don't need drastic changes—small, sustainable adjustments yield sig-

nificant results over time:

Add one extra serving of vegetables daily.

Walk 30 minutes several times a week.

Sleep 7–9 hours nightly.

Avoid smoking and limit alcohol.

Manage stress through meditation or mindfulness.

An optimal lifestyle can extend your life by 10–14 years while reducing chronic disease risk. A healthy diet, regular exercise, normal weight, avoiding harmful habits, and good sleep form the foundation for a longer, more vibrant life. The latest research shows that a BMI under 25 plus at least two of the following—never smoking, regular exercise, or moderate drinking—can add nearly 10 extra disease-free years (Nyberg et al. 2020).

By aligning your lifestyle with these evidence-based principles, you can not only live longer but also enjoy your extra years to the fullest.

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HEALTH

A SHORT STORY

"A New Era in Weight Loss "



Image: HFIF-bild

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

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

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

And that made it dangerous.

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

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

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

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

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

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

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

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

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

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

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

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

He nodded slowly. "Just curious."

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

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

FACTS;

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

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

But there were cracks in the miracle.

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

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

He thought about justice.

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

Because something big was coming.

And he'd be ready.

RUSSIA SHADOW FLEET

EU

EU Adopts 17th Sanctions Package with Strong Focus on Russia's Shadow Fleet



The European Union has approved its 17th package of sanctions against Russia, introducing robust measures targeting Moscow's shadow fleet while continuing to respond to its war of aggression against Ukraine, destabilizing activities against EU and third countries, and deteriorating human rights situation domestically.

Key Components of New Sanctions

The comprehensive package introduces measures across four critical areas:

Individual Sanctions

Targets 27 new individuals in-

cluding Russian military officials, political figures, propagandists, and business leaders supporting the regime

Includes Russia's Surgutneftegaz oil company and several Chinese entities

Freezes assets and imposes travel bans

Sectoral Measures

Sanctions extended to 342 vessels in Russia's shadow fleet, including the Eagle-S tanker

Expanded export ban list covering goods supporting Russia's military-industrial complex

New restrictions on companies circumventing existing sanctions

Hybrid Threat Response

Additional listings targeting actors undermining EU and member state security

Updated criteria to address evolving Russian hybrid tactics

Human Rights Sanctions

New designations for perpetrators of systematic human rights abuses in Russia

Extended sanctions framework for chemical weapons use in Ukraine

Sanctions regime prolonged for one year

Notable Focus on Shadow Fleet

The package delivers the EU's most significant action yet against Russia's shadow fleet, which has been instrumental in evading oil

price caps. The 342 newly listed vessels represent approximately 45% of Russia's sanctioned shadow fleet operations.

"These measures strike at the heart of Russia's sanctions evasion networks while maintaining pressure on its war machine," stated an EU spokesperson.

Chemical Weapons Designations

Three Russian military entities involved in chemical weapons development and deployment in Ukraine face new restrictions under the EU's chemical weapons sanctions framework.

Next Steps:

The legal acts will be published in the EU Official Journal on 21 May 2025, with measures taking immediate effect.

Source: Ministry for Foreign Affairs

ART

Ostrobothnia Classics: Nelimarkka, Myntti and Vionoja as Kokkola's Summer Highlight



*Eemu Myntti
Self portrait 1931*

perception of the Ostrobothnian soulcape.

Eemu Myntti exploded the boundaries of Ostrobothnian expression with color and passion. In his paintings, Laihia glows as brightly as the Riviera – perhaps even brighter. Myntti was the flâneur of his time, enjoying southern life while carrying an Ostrobothnian temperament.

Women Through Three Artists' Eyes

The exhibition also shows how these three distinct artists portrayed women. Vionoja's solemn Laestadian women, Nelimarkka's tender maternal figures and Myntti's exotic madonnas together narrate the story of woman as both earthy and iconic.

Summer Events

On the opening day, June 14, 2025, the museum courtyard will host Summer Opening events with curator Anne-Maj Salin's guided tours in Swedish and Finnish. The exhibition runs May 23-August 24, 2025 at Rosendal House, with texts in Finnish, Swedish and English.

"The handsome always prevail" – and now their art prevails at the museum. Welcome to experience the classics of Ostrobothnia!

K.H.Renlund Museum, Rosendal House
Pitkäsillankatu 39, Kokkola
May 23-August 24, 2025
More info: www.kokkolan-museot.fi

"The handsome always prevail" – this old Ostrobothnian saying reflects an unshakable belief in one's own abilities.

This timeless wisdom now takes on new dimensions at K.H.Renlund Museum's summer exhibition, featuring three masters from Pohjanmaa: Eero Nelimarkka, Eemu Myntti and Veikko Vionoja. Their works don't just depict Ostrobothnia – they embody the very essence of Ostrobothnian character: resilient, atmospheric and profoundly original.

Three Masters, One Ostrobothnian Soul

The exhibition "The Skilled Always Prevail" at Rosendal House presents three artists from different generations – Nelimarkka (1891-1977), Myntti (1890-1943) and Vionoja (1909-2001) – engaging in dialogue with each other and with contemporary times. Their works blend international influences with Ostrobothnian roots, nature's raw beauty with human tenderness.

This marks the first time Kokkola's own pride, Veikko Vionoja's works, are exhibited extensively alongside Eero Nelimarkka's and Eemu Myntti's pieces. A total of 54 paintings, drawings and prints tell the story of art deeply rooted in the pla-

ins yet carrying international sensibility.

Landscapes Transformed into Art

"One can only depict what the heart is completely attached to," said Veikko Vionoja. His works present Ostrobothnian landscapes and interiors as melancholic memories where time seems to have stood still, while simultaneously expressing profound modernist thought through abstract lines and classical composition.

Eero Nelimarkka gave the Ostrobothnian landscape its identity. His window interiors, wintry fields and flowing rivers have become timeless classics that still define our

CLIMATE CHANGE

CLIMATE

WMO: Global climate predictions show temperatures expected to remain at or near record levels in coming 5 years



Press Release
28 May 2025

The global climate will likely continue its unprecedented warming trend over the next five years, according to a new report released today by the World Meteorological Organization (WMO). Temperatures are expected to remain at or near record highs between 2025 and 2029, with serious implications for societies, economies, and sustainable development worldwide.

The report outlines a sobering forecast: there is an 80% chance that at least one of the next five years will surpass 2024 as the warmest year ever recorded. Moreover, there is an 86% likelihood that at least one year in this period will exceed 1.5°C above pre-industrial levels (1850–1900 average).

While this does not mean that the 1.5°C limit set in the Paris Agreement has been permanently breached—as it refers to long-term

averages—the increasing frequency of these temporary spikes signals the accelerating pace of climate change. The five-year average warming for 2025–2029 is now predicted to have a 70% chance of exceeding 1.5°C, up significantly from 47% in the previous year's report.

WMO Deputy Secretary-General Ko Barrett warned that the findings should be taken as a clear signal for action: “We have just experienced the ten warmest years on record. Unfortunately, this WMO report provides no sign of respite over the coming years, and this means there will be a growing negative impact on our economies, our daily lives, our ecosystems and our planet.”

According to the report, the annual global mean near-surface temperature for each year between 2025 and 2029 is forecast to be between 1.2°C and 1.9°C higher than the 1850–1900 baseline. This intensification of warming will likely bring more extreme weather events, including heatwaves, heavy rainfall, droughts, sea-level rise, and ice melt.

The Arctic is expected to continue warming significantly faster than the global average. For the November-to-March period, Arctic

temperatures are predicted to be 2.4°C above the 1991–2020 average—more than three and a half times the global mean increase. Sea-ice coverage in key Arctic regions such as the Barents Sea and Bering Sea is also projected to decline further.

Regional precipitation patterns are likely to shift as well. Wetter-than-average conditions are forecast for the Sahel, northern Europe, Alaska, and northern Siberia during the May to September season, while drier conditions are expected over the Amazon basin. South Asia is projected to remain wetter than average, continuing recent trends, although seasonal variation will still occur.

The forecasts are produced by the UK Met Office as the WMO Lead Centre for Annual to Decadal Climate Prediction, incorporating analyses from a wide array of global modelling centres. These predictions are part of a broader suite of climate services designed to support planning and adaptation.

Barrett emphasized the need for robust and continued climate monitoring: “Continued climate monitoring and prediction is essential to provide decision-makers with sci-

ence-based tools and information to help us adapt.”

The findings come ahead of the UN Climate Change Conference (COP30), where countries will present updated Nationally Determined Contributions (NDCs)—the action plans critical to achieving the Paris Agreement goals.

The WMO's State of the Global Climate 2024 report, released in March, confirmed that 2024 was likely the first year to breach the 1.5°C threshold for a full calendar year, with a global mean temperature 1.55°C above the pre-industrial average.

The Intergovernmental Panel on Climate Change (IPCC) defines global warming levels in terms of 20-year averages. The WMO now estimates that the central value of global warming for the 2015–2034 period will reach 1.44°C, with a 90% confidence range of 1.22–1.54°C. These figures illustrate the narrowing window for keeping warming within safe limits.

As temporary exceedances become more common, experts stress that every fraction of a degree matters. The urgency for coordinated global action has never been greater.

LEISURE

VAASA

"Great way to try rowing without ownership – perfect recreational opportunity!"



Vaasa to Introduce Borrowable Rowboats – Citizens' Budgeting Project Chooses Nautical Initiative

Vaasa residents have voted – the winning idea in this year's participatory budgeting initiative is borrowable rowboats. The project received 404 votes, nearly 20% of all votes cast. The boats will arrive in Vaasa's waters this summer, offering residents and visitors a new way to enjoy the archipelago.

From Citizen Suggestion to Implementation

The rowboat idea emerged as one of the most popular

among 258 proposals collected in February-March. In the final vote, it outpaced runner-up outdoor gym equipment (321 votes) and third-place 3 vs. 3 basketball court (282 votes).

"We received excellent proposals, and the voting clearly engaged Vaasa residents. Rowboats are a wonderful addition to our outdoor recreation options," said Suvi Aho, Strategic Development Manager at the City of Vaasa.

The city has allocated €15,000 for the project, which will cover boats and life jackets. Borrowing stations are planned for Ukkokari, Onkilahti, and Vähäkyrö, where local businesses will manage rentals during their

operating hours.

A Coastal City for All

Voters highlighted multiple benefits of the rowboat scheme:

"Vaasa is a seaside city, but not everyone has access to boats."

"Great way to try rowing without ownership – perfect recreational opportunity!"

"Would make the archipelago accessible to low-income residents and tourists."

"Rowing is great exercise and provides access to better fishing spots."

Next Projects Coming in 2026

The participatory budgeting initiative empowers residents to shape their environment. Previous editions have brought Vaasa its cherry tree park, wildflower meadows, winter swimming spots, and additional benches along waterfront trails.

The rowboat service will launch in early summer, with details announced on the city website and social media. The next budgeting cycle begins in early 2026.

Source: Vaasa.fi

CHOIR SINGING and HEALTH

Choir Singing Extends Life: Is There Scientific Evidence?



For centuries, singing in choirs has been celebrated for its emotional and social benefits. But could it also help people live longer?

Finnish researcher Markku Hyypä has claimed that choir singing extends life expectancy, but is there any real scientific evidence to support this idea? While Hyypä's assertion may sound like an opinion, research from around the world suggests that group singing—particularly in choirs—may indeed have measurable health benefits that could contribute to longevity.

The Finnish Per-

spective: Markku Hyypä's Claims

Markku Hyypä, a well-known Finnish social epidemiologist, has studied the relationship between social cohesion and health. In his work, he has argued that communal activities like choir singing strengthen social bonds, which in turn improve mental and physical health. Hyypä suggests that the combination of deep breathing, emotional expression, and social interaction found in choir singing may reduce stress, lower the risk of depression, and even enhance immune function—all factors that could contribute to a longer life.

However, Hyypä's claims are not based solely on his own research but align with

broader scientific findings on the health benefits of music and social engagement.

Scientific Evidence Supporting Choir Singing and Longevity

1. Stress Reduction and Lower Cortisol Levels

Multiple studies have shown that singing, especially in groups, reduces stress by lowering cortisol levels. A 2016 study from the University of Frankfurt found that choir singers experienced significant reductions in stress hormones after rehearsals. Chronic stress is linked to numerous health problems, including heart disease and weakened immune function, so activities that mitigate stress may indirectly support longevity.

2. Improved Lung Function and Cardiovascular Health

Singing requires controlled breathing, which can improve lung capacity and oxygenation. A 2013 study published in *Music and Medicine* found that regular choir singers had better respiratory control than non-singers. Additionally, deep, rhythmic breathing has been linked to improved heart rate variability (HRV), a marker of cardiovascular health. Since heart disease is a leading cause of death worldwide, activities that support heart health could contribute to a longer life.

3. Enhanced Mental Health and Social Connection

Loneliness and social isolation are significant risk



factors for early mortality, comparable to smoking or obesity. Choir singing fosters a strong sense of community, reducing feelings of loneliness. A 2017 study from the University of Oxford found that group singing releases endorphins and oxytocin, promoting social bonding and reducing anxiety and depression. Since mental health is closely tied to physical health, these benefits could translate into longer lifespans.

4. Cognitive Benefits and Dementia Prevention

Engaging in musical activities has been linked to better cognitive function in older adults. A 2020 study in *The Journals of Gerontology* found that older adults who participated in choir singing showed improved memory and executive function compared to non-singers. Since

cognitive decline is a major factor in aging, activities that keep the brain active may help delay dementia and other age-related conditions.

5. Immune System Boost

A groundbreaking 2004 study from the University of California found that singing increased levels of immunoglobulin A, an antibody that plays a crucial role in immune function. A stronger immune system means better resistance to infections and diseases, which could contribute to a longer, healthier life.

Counterarguments and Limitations

While the evidence is compelling, it's important to note that most studies on choir singing and health are observational or small-scale. Longevity is influenced by many factors, including ge-

netics, diet, and exercise, so attributing extended life solely to choir singing may be an oversimplification. Additionally, the benefits may stem more from the social aspect of choir singing rather than the singing itself.

While Markku Hyypä's claim that "choir singing extends life" may sound bold, it is supported by a growing body of scientific research. From stress reduction and improved cardiovascular health to stronger social bonds and cognitive benefits, the evidence suggests that regular participation in choir singing can contribute to a longer, healthier life. While it may not be a magic bullet for longevity, it is certainly a joyful and scientifically backed way to enhance well-being.

So, if you've ever considered joining a choir, the

science says: go for it—it might just help you live longer.

Scientific References Supporting Choir Singing and Longevity

1. Stress Reduction & Cortisol Levels

Study: Kreutz, G., Bongard, S., Rohrmann, S., Hoddapp, V., & Grebe, D. (2004).

Title: "Effects of choir singing or listening on secretory immunoglobulin A, cortisol, and emotional state."

Journal: *Journal of Behavioral Medicine*, 27(6), 623-635.

Finding: Choir singing was associated with increased levels of immunoglobulin A (immune boost) and reduced cortisol (stress hormone).

Study: Fancourt, D., Wil-



liamon, A., Carvalho, L.A., Steptoe, A., Dow, R., & Lewis, I. (2016).

Title: "Singing modulates mood, stress, cortisol, cytokine activity, and neuropeptide activity."

Journal: *EClinicalMedicine*, 3, 79-88.

Finding: Group singing significantly reduced cortisol levels and improved mood.

2. Respiratory & Cardiovascular Benefits

Study: Bonilha, A.G., Onofre, F., Vieira, M.L., Prado, M.Y.A., & Martinez, J.A.B. (2009).

Title: "Effects of singing classes on pulmonary function and quality of life of COPD patients."

Journal: *International Journal of Chronic Obstructive Pulmonary Disease*, 4, 1-8.

Finding: Singing improved lung function in patients with chronic respiratory condi-

tions.

Study: Vickhoff, B., Malmgren, H., Aström, R., Nyberg, G., Ekström, S., Engwall, M., ... & Jörnsten, R. (2013).

Title: "Music structure determines heart rate variability of singers."

Journal: *Frontiers in Psychology*, 4, 334.

Finding: Choir singing synchronized heart rhythms among participants, suggesting cardiovascular benefits.

3. Mental Health & Social Bonding

Study: Pearce, E., Launay, J., & Dunbar, R.I.M. (2015).

Title: "The ice-breaker effect: Singing mediates fast social bonding."

Journal: *Royal Society Open Science*, 2(10), 150221.

Finding: Group singing accelerated social bonding, similar to team sports, but with stronger emotional effects.

Study: Coulton, S., Clift, S., Skingley, A., & Rodriguez, J. (2015).

Title: "Effectiveness and cost-effectiveness of community singing on mental health-related quality of life of older people: Randomised controlled trial."

Journal: *British Journal of Psychiatry*, 207(3), 250-255.

4. Cognitive Benefits & Dementia Prevention

Study: Johnson, J.K., Louhivuori, J., Stewart, A.L., Tolvanen, A., Ross, L., & Era, P. (2013).

Title: "Quality of life (QOL) of older adult community choral singers in Finland."

Journal: *International Psychogeriatrics*, 25(7), 1055-1064.

Finding: Choir singers had better cognitive function and overall well-being compared

to non-singers.

Study: Särkämö, T., Teravaniemi, M., Laitinen, S., Numminen, A., Kurki, M., Johnson, J.K., & Rantanen, P. (2014).

Title: "Cognitive, emotional, and social benefits of regular musical activities in early dementia: Randomized controlled study."

Journal: *The Gerontologist*, 54(4), 634-650.

Finding: Musical activities (including singing) helped maintain memory and reduce cognitive decline in dementia patients.

5. Immune System Enhancement

Study: Beck, R.J., Cesario, T.C., Yousefi, A., & Enamoto, H. (2000).

Title: "Choral singing, performance perception, and immune system changes in salivary immunoglobulin A



and cortisol.”

Journal: Music Perception, 18(1), 87-106.

Finding: Singing increased immunoglobulin A (an immune booster) more than just listening to music.

Markku Hyypä's Work on Social Cohesion & Health

While Hyypä has not published a direct study on choir singing and longevity, his research on social capital and health aligns with the idea that group activities (like choirs) improve well-being:

Hyypä, M.T. (2010). Healthy Ties: Social Capital, Population Health and Survival. Springer.

He has also written about how communal participation (e.g., cultural activities) reduces mortality risk in Finland.

The claim that "choir sin-

ging extends life" is not just an opinion—it is supported by multiple peer-reviewed studies showing benefits for stress, heart health, immunity, mental well-being, and cognitive function. While no single study proves that singing directly makes people live longer, the cumulative evidence suggests that it contributes to factors associated with longevity.

Images:

The Choir Festival in Vaasa 2025





ASTRONOMY

ASTRONOMY

Cambridge University: There Can Be Life Out There

James Webb Telescope detects strongest signs yet of possible life beyond Earth

In a discovery that could change our understanding of the cosmos, astronomers from the University of Cambridge have detected what may be the clearest sign of life ever observed beyond our solar system.

Using the James Webb Space Telescope (JWST), the researchers have found the chemical fingerprints of dimethyl sulfide (DMS) and dimethyl disulfide (DMDS) in the atmosphere of exoplanet K2-18b — a world 124 light years from Earth that lies in the habitable zone of its star. On Earth, these molecules are produced solely by life, primarily marine microorganisms like plankton.

“If these signals are confirmed, it would mark the first time in human history we’ve detected a potential biosignature on a planet outside our solar system,” said Professor Nikku Madhusudhan,



who led the research.

The detection is statistically significant at the “three-sigma” level — meaning there’s only a 0.3% chance the signals occurred randomly. But scientists are cautious: to confirm a discovery, five-sigma certainty is required. A few more hours of telescope time could tip the balance.

The findings build on earlier JWST obser-

vations of K2-18b that identified methane and carbon dioxide in its hydrogen-rich atmosphere — indicators of a so-called “Hycean” planet, a water-covered world potentially capable of supporting life.

“This could be a tipping point,” said Madhusudhan. “The moment we began to glimpse the living universe.”

A cautious excitement

now grips the astronomical community. With further observations, we may be on the brink of answering one of humanity’s oldest questions: Are we alone?

<https://www.cam.ac.uk/stories/strongest-hints-of-biological-activity>

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CANCER

What You Need to Know About Prostate Cancer

Former U.S. President Joe Biden announced last Friday that he has been found to have prostate cancer, an aggressive one, that has spread to his bones. But according to newspaper reports, his cancer is hormone-sensitive and can therefore be effectively treated.

In 1981, French President Francois Mitterand was told that he had prostate cancer, which had also spread to his bones. He had just begun his presidential term, which he then carried out successfully. He died of his illness, but not until 15 years later, in 1996.

What, then, is this disease that seems to afflict presidents? Why is it that the disease in these two people was not found until it has spread to the bones?

Prostate cancer is one of the most common types of cancer affecting men today. While a cancer diagnosis can be frightening, not all prostate cancers are life-threatening, and many men with the disease live long, healthy lives. Understanding the risks, symptoms, diagnostic methods, and treatment options is essential, especially for men over the age of 50. This article answers some of the most common questions and provides guidance to help you or your loved ones make informed decisions.

How Common Is Prostate Cancer?

Prostate cancer is the most common cancer among men

after skin cancer. Globally, it affects more than 1.4 million men every year, and in many developed countries, 1 in 8 men will be diagnosed with it during their lifetime.

The risk increases with age. It is rare in men under 50, but very common in men over 70. In fact, autopsy studies have shown that many older men who die of unrelated causes have evidence of undiagnosed, slow-growing prostate cancer. This highlights that while the disease is common, it is often not aggressive.

What Is the Prostate, and Why Does It Matter?

The prostate is a small gland about the size of a walnut, located just below the bladder in men. It produces part of the fluid in semen, which helps nourish and transport sperm. The prostate surrounds the urethra (the tube that carries urine from the bladder out of the body), so when it becomes enlarged due to cancer or other conditions, it can affect urination.

What Are the Symptoms of Prostate Cancer?

In its early stages, prostate cancer usually causes no symptoms at all. This is why screening plays such an important role.

When symptoms do occur, they may include:

- Difficulty starting or stopping urination
- Weak or interrupted urine flow
- Frequent urination, especially at night
- Pain or burning during urination or ejaculation
- Blood in the urine or semen
- Pain in the back, hips, or pelvis (especially if the cancer has spread)

However, these symptoms can



Joe Biden talking to Lucy Coffey, who at 108 is America's oldest woman veteran.

Photo David Lieneman, the White House, Wikimedia Commons-

also be caused by non-cancerous conditions such as benign prostatic hyperplasia (BPH) or infections.

How Is Prostate Cancer Diagnosed?

Diagnosis usually begins with two common tests:

- PSA test (Prostate-Specific Antigen)
- Digital Rectal Exam (DRE)

The PSA test is a blood test that measures the level of a protein produced by prostate tissue. A high PSA level can be a sign of prostate cancer, but it can also be elevated due to infection, age, or BPH.

The digital rectal exam allows the doctor to feel for lumps or abnormalities in the prostate.

If either test suggests a problem, the next step may involve MRI imaging and a prostate biopsy—a procedure where

small samples of prostate tissue are removed and analyzed for cancer cells.

What's the Value of PSA Testing?

PSA testing is controversial because:

It can detect cancers early, before they cause symptoms.

But it can also lead to overdiagnosis—finding slow-growing cancers that would never have caused harm.

This sometimes leads to overtreatment, with side effects like incontinence or sexual dysfunction.

Many health organizations now recommend individualized decisions about PSA testing, based on age, personal and family history, and overall health.

Should Men Over 70 Get PSA

Tested Without Symptoms?
This is a key question. For healthy men over 70, PSA testing may still be considered—but the benefits are less clear than for younger men.

Why?

Prostate cancer in older men is often slow-growing.

Many older men die with prostate cancer, not because of it.

If life expectancy is less than 10–15 years, finding and treating prostate cancer may not improve survival and could reduce quality of life.

However, if you're over 70 and in good health, and especially if you have a family history of prostate cancer, talk with your doctor about whether continued PSA screening is right for you.

Does Prostate Cancer Spread (Metastasize)?

Yes, it can. Prostate cancer typically spreads to:

Lymph nodes
Bones (especially hips, spine, and pelvis)
Less commonly to liver or lungs

Metastatic prostate cancer is more difficult to treat, but there are still effective treatment options that can prolong life and relieve symptoms.

What Are the Treatment Options?

Treatment depends on several factors:

The stage and grade of the cancer
PSA level

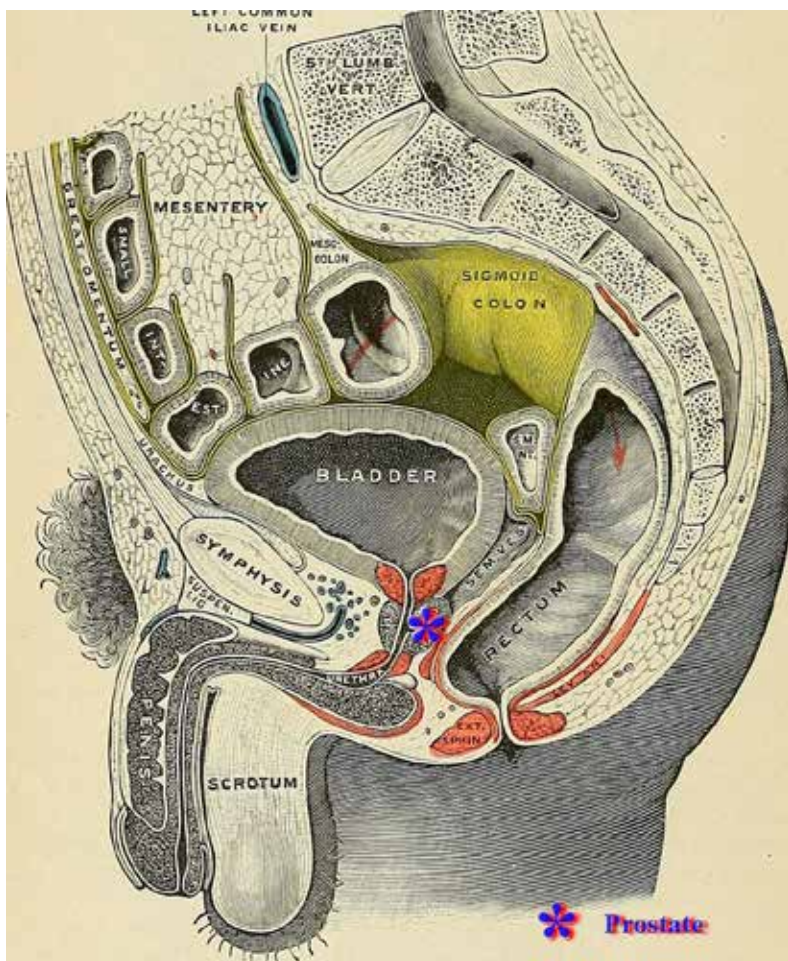
Age and general health
Personal preferences

Active Surveillance or Watchful Waiting

For low-risk, slow-growing prostate cancers, especially in older men, no immediate treatment may be needed. Instead, doctors monitor the cancer with regular PSA tests, exams, and occasional biopsies.

This avoids side effects from

Urogenital organs in Gray's Anatomy from 1913



surgery or radiation, which may not be necessary for a cancer that may never grow or spread.

2. Surgery (Prostatectomy)
Removal of the prostate gland is an option for healthy men with localized cancer. It carries risks of urinary incontinence and erectile dysfunction, but for many men, the benefits outweigh the risks.

3. Radiation Therapy
Radiation uses high-energy rays to destroy cancer cells. It can be external (from outside the body) or internal (brachytherapy, where radioactive seeds are placed in the prostate). Side effects are similar to surgery.

4. Hormone Therapy
If the cancer has spread or comes back, hormone therapy can slow its growth by reducing testosterone, which fuels prostate cancer.

5. Chemotherapy and Newer Therapies
Advanced cancers may be treated with chemotherapy, immunotherapy, or targeted

therapies, especially if hormone therapy stops working.

Why Is Prostate Cancer Becoming More Common?

There are several reasons:

Aging population – The risk increases with age.

Better awareness and more frequent PSA testing – Leads to more diagnoses.

Improved diagnostic tools – MRI and advanced biopsies catch cancers earlier.

Lifestyle factors – Obesity and diet may play a role.

But while more cases are being diagnosed, the good news is that prostate cancer death rates are declining, thanks to early detection and better treatments.

Conclusion: Know Your Risk, Talk to Your Doctor

Prostate cancer is common but often not dangerous. Knowing your risk factors and discussing PSA screening with your doctor can help you make the best

choice for your age and health.

Key takeaways:

If you're over 50, talk to your doctor about PSA testing.

If you're over 70 and healthy, testing may still be worthwhile—especially if you're at high risk.

Not all prostate cancers need treatment—some just need careful watching.

Treatment options are effective, and many men live long, full lives after a diagnosis.

Early detection can make all the difference.

Your health is personal—don't hesitate to ask questions and advocate for yourself. With the right information and medical support, prostate cancer can be managed effectively.

RUSSIA

PRESS FREEDOM

Freedom of the press in Russia Of course it exists!

In the Telegram channels, an outspoken dramatic debate is taking place where those responsible for the attack on Ukraine really get to hear what they are made of.

How safe it is for ordinary Russians to read these texts, we do not know. At least they can't convey any of what they've read.

Here are some quotes from typical texts in recent weeks:

"But the figure of 110 thousand in itself is a nightmare. These people died for nothing. This is a whole regional center that Russia lost in 3 years solely because of the stupidity, incompetence and obsession of an old man, who himself will soon lie in the grave. And he drags hundreds of thousands of his citizens with him. Killing his country's future."

"A sign of Putin's time is children's obituaries on social networks. Born under Putin, raised under Putin, killed under Putin because of Putin. And the 70-year-old cannibals, out of their minds, cling to life and power. And children must die in order for them to rule and live on."

"It is no longer possible to continue this mass slaughter when, strategically, nothing will change." A break is needed!" Military blogger Maxim Kalashnikov recorded an interview with a Russian officer on the front line in the Kursk region. The officer stated that the only

correct decision now is to simply stop the war, because what is happening is a mindless grinding of people without reason."

"The price of potatoes has almost tripled in one year. Because of the shortage, Russia is forced to import potatoes from Pakistan and Egypt. There is no time for potatoes now, we urgently need to conquer more ruins.

Director of SVR Naryshkin said that Russia has already achieved practically all of SVO's goals. Yes, yes, it turns out that the real goals of the "SVO" were the destruction of half of the Donbas, the murder of thousands of residents of Mariupol, Bakhmut, Severodonetsk and Avdiievka, the death of hundreds of thousands of Russian citizens, and the pumping of Ukraine with Western planes and missiles. This disgrace will eventually be declared a "victory in the Northern Military District." And the most important thing is that the Z-nerds will swallow all this and enthusiastically retell each other how Putin has outplayed everyone again."

"G***** whines that in 3 years the people have understood why the mad grandfather started the war and destroyed hundreds of thousands of lives. They say that neither children nor teachers can understand and repeat the message of the nonsense that propagandists feed them."

"At the end of the third year of the war, weak-minded Z-bloggers began to guess that no one benefited from it, and almost all Russian business just lost. Now it may come to the point that the elite will simply remove Putin from power for these arts, just



as they once forced Khrushchev to leave the Soviet Union.

"Only one thing is unclear. Why do the Z-patriots themselves continue to support this bloody idiocy if they themselves admit that all sectors of the Russian economy are only in the red."

Z blogger M***** said that the Russian military is registering masses of missing people as deserters and reporting that they left its unit without permission (SOCH) in order to underestimate the level of losses

and not pay compensation. Yes, Putin's army has no bottom. Any nasty thing they can do to their own soldiers, they will surely do."

"Wounded Russian soldiers from a hospital in the Krasnodar region are sent directly to the front line untreated. When the wounded rebelled against lawlessness and refused to die, they were handcuffed and are now taken by force. As usual, the most inhumane and animalistic attitude towards Russian soldiers is shown by their own state."

СВОБОДА ПРЕСИ

Свобода преси в Росії Звичайно існує!

У телеграм-каналах точаться відверті драматичні дебати, де відповідальні за напад на Україну справді можуть почути, з чого вони зроблені.

Наскільки безпечно пересічним росіянам читати ці тексти, ми не знаємо. Принаймні вони не можуть передати нічого з того, що прочитали.

Ось кілька цитат з типових текстів останніх тижнів:

Але цифра в 110 тисяч сама по собі є кошмаром. Ці люди загинули ні за що. Це цілий обласний центр, який Росія втратила за 3 роки виключно через дурість, некомпетентність і нав'язливість старого, який сам скоро ляже в могилу. І він тягне за собою сотні тисяч своїх громадян. Вбиваючи майбутнє своєї країни».

”Ознака часів Путіна — дитячі некрологи у соцмережах. Народився під Путіним, виріс під Путіним, загинув під Путіним через Путіна. А 70-річні людижери, з глузду з'їхавши, чіпляються за життя і владу. І діти повинні померти, щоб вони правили і жили далі».

«Більше неможливо продовжувати цю масову бійню, коли стратегічно нічого не зміниться». Потрібна перерва””Військовий блогер Максим Калашников записав інтерв'ю з російським офіцером на передовій у Курській області. Офіцер заявив, що єдине правильне рішення зараз — просто зупинити війну, адже те, що відбувається — це бездумне шліфування людей без причини”.

«Ціна на картоплю за рік зросла майже втричі. Через дефіцит Росія змушена імпортувати картоплю з Пакистану та Єгипту. Часу на картоплю зараз немає, нам терміново потрібно підкорювати нові руїни.

Директор СЗР Наришкін заявив, що Росія вже досягла практично всіх цілей СВО. Так-так, виявляється, справжніми цілями «СВО» були знищення половини Донбасу, вбивство тисяч жителів Маріуполя, Бахмута, Северодонецька та Авдіївки, загибель сотень тисяч громадян Росії, накачування України західними літаками та ракетами. Це неподобство врешті-решт буде оголошено ”перемогою в Північному військовому окрузі”. І найголовніше, що Z-ботаники все це проковтнуть і з ентузіазмом перекажуть один одному, як Путін знову всіх переграє”.

Г***** ние, що за 3 роки народ зрозумів, чому божевільний дідусь почав війну і зруйнував сотні тисяч життів. Вони кажуть, що ні діти, ні вчителі не можуть зрозуміти і повторити той меседж тієї нісенітничі, якою їх годують пропагандисти”.

”Наприкінці третього року війни слабодухі Z-блогери почали здогадуватися, що від цього ніхто не виграв, і майже весь російський бізнес просто програв. Зараз може дійти до того, що еліта просто усуне Путіна від влади за ці мистецтва, так само, як свого часу змусила Хрущова піти з Радянського Союзу.

Незрозуміло лише одне.



Якого біса самі Z-патріоти продовжують підтримувати цей кривавий ідіотизм, якщо вони самі визнають, що всі сектори російської економіки тільки в мінусі”.

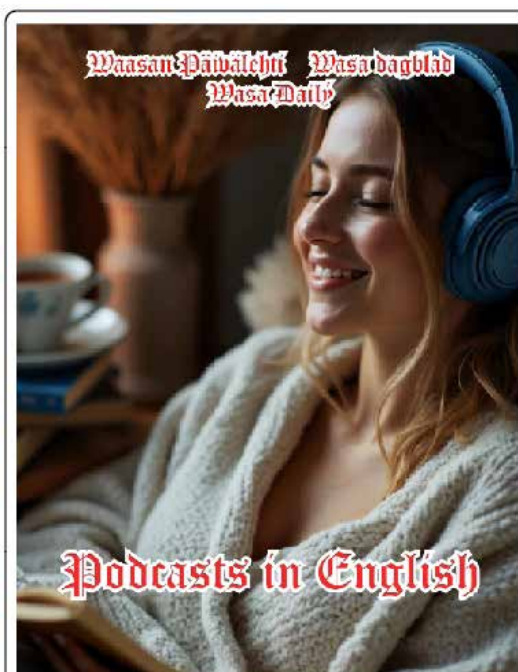
Z-блогер М***** заявив, що російська армія масово реєструє зниклих безвісти як дезертирів і заявляє, що вони самовільно покинули свій підрозділ, щоб занизити рівень втрат і не виплатити компенсації. Так, в армії Путіна немає дна. Всі гидоти, які вони можуть вчинити проти власних солдатів, вони

обов'язково зроблять”.

”Пораних російських військових з госпіталю в Краснодарському краї, без лікування, відправляють безпосередньо на фронт. Коли поранені повстали проти беззаконня і відмовилися йти на смерть, на них надягали наручники і тепер їх заберуть силою. Як завжди, найбільш нелюдське та звіряче ставлення до російських солдатів демонструє власна держава”.

AI

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



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

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

The Emergence of AI-Generated Podcasts

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

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

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

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

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

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



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

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

invitation)

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

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

Wasa Daily

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

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

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

The magazine is available online for free.

Editor-in-chief Hans Björknäs.

Readers' writings are welcome!

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

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

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

Email: wasadagblad@gmail.com

Our paper two years ago:



WASA DAILY - a modern newspaper with a layout from the 1870s. At that time, most newspapers had this format, corresponding to A4, and 4 pages. Lots of text, but no pictures at all, so there's a lot to read in 4 pages. The newspaper contains quotes from old daily newspapers, taken from the National Archives (digi.kansalliskirjasto.fi). GPT3 does some of the routine editorial work. Wasa Daily will continue to be published on Sunday mornings, but our aim is that it will eventually be published every day. The magazine can be read online for free, printed single issues cost 1 €. Advertising price 6 €/ millimeter, but standard ads are cheaper (25 mm high=140 €, 50 mm = 280 €, 75 mm=400 €. Repeated ads = 50% discount). Send ads to wasadagblad@gmail.com as jpg, tiff or png, the advertisements are then reduced to a column width of 46 mm. If the advertisement does not fit, we will contact you (space is limited). Editor-in-Chief: Hans Björkås. Mail: Wasa Dagblad, Skolhusgatan 37 B 7, 65100 Vasa, telephone +358-40-5462455. E-mail: wasadagblad@gmail.com

Вітаємо всіх українців у Ваасі! Сподіваємося, вам тут сподобається і навіть залишитеся після закінчення війни в Україні! A warm welcome to all Ukrainians in Vaasa! We hope you will enjoy yourself here and even stay after the war in Ukraine is over!

NEWS

XXIX Vaasa Choir Festival TODAY

There's still time for today's closing concert!

The final concert of the Vaasa Choir Festival once again brings together festival participants and main performers in the traditional way.

Take advantage of this opportunity, here is a chance to enjoy some really great choral singing, Vaasa City Hall on Sunday 21 May 2023 at 14:00

14.00-14.15 Damkören QuinnTo

14.15-14.35 Cawiar

14.35-15.00 Chamber Choir Kamppi Song

15.00-15.20 - Intermission -

15.20-15.40 Southern Ostrobothnia Male Singers Jussit

15.40-16:00 to Wasa Sångargille

Ticket €25,

Pensioners, students €20 Choir members €15

Vaasa's XXIX Choir Festival - a success!

Vaasa - a great music city. Lots of music all summer long! So this week we started with the choir festival, led by its artistic director Kristian Heberg. A few numbers and other information:

- 170 free appearances
- more than 80 choirs



Art experience of the week

The national art gallery Ateneum opened its doors in mid-April after a long renovation. In May 5 the Albert Edelfelt exhibition was opened.

Albert Edelfelt was a Finnish painter who lived from 1854 to 1905. He was a prominent figure in the Finnish art scene, and his works continue to be celebrated and studied to this day. Edelfelt's paintings reflect the beauty and simplicity of Finnish life, and his ability to capture the essence of his subjects is what sets him apart as one of Finland's greatest artists.

This famous painting, "Boys playing on the shore" was painted in 1884, and can be seen in the exhibition.

- about 1700 participants
- long nonstop concerts at the Rewell center.
- concerts in three churches, Palosaari church, Vaasa church and Orthodox church.

Next year, the Choir Festival will be organized for the thirtieth time. We'll be waiting!

VAASA

HITACHI INVESTS IN VASA

The factory burned down, but it will be rebuilt and even better and more efficient.

It's great that an international company trusts Vaasa!

WELFARE AREA and €345,000

The Ostrobothnian welfare area has budgeted €345,000 for political party support. This money is not needed in the care of patients it was decided.

True Finns and KD do not accept this money. This sum would have been enough for the salary of 10 nurses. But the welfare state chooses to give them to the political parties, which have long enjoyed party support from the state.

In Vasabladet, Asko Salminen from the True Finns says: "There is no need for a party support like this, but this money should be used for health care. Those of us who sit in the welfare area council get meeting fees. I don't understand why the parties should get extra support."

According to Vasabladet, political parties received a smaller amount of money last year, i.e. €4,000 per representative. Several parties did not find any reasonable use for the money and returned some of it. Still, the Welfare Region raised the amount of money to be donated to the parties to €6,000 this year. This money would certainly have been



Photo Supplement on pages 7-10

HOROSCOPE FOR JUNE 2025

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

Aries (March 21 – April 19)
You're ready to conquer the world – just remember to put on real pants first. June brings you adventure (or at least a new brand of toothpaste). Romance is on the horizon, possibly involving someone who thinks your sweaty gym look is "natural and compelling."

Taurus (April 20 – May 20)
You crave stability, snacks, and soft blankets – and not necessarily in that order. In June, you may feel a strong urge to impulse-buy a cactus. Do it. Financially, you're fine as long as you don't walk past any store that sells vintage mugs.

Gemini (May 21 – June 20)
This month your mouth works faster than your brain. Great for party banter, less great for job interviews. Love is playful and possibly confusing. Is it flirting, or just a shared obsession with crosswords? Time will tell. Or not.

Cancer (June 21 – July 22)
Home is where your heart – and probably your laundry – is. In June, feelings run deep. You may cry at an ad for breakfast cereal. That's okay. Your emotional radar is

strong; use it to sniff out both love and passive-aggressive neighbors.

Leo (July 23 – August 22)
June puts you center stage, even if the audience is just your cat. You radiate charm. Someone falls for you this month – possibly a barista who accidentally writes your name right. Fortune favors the bold, so dare to try karaoke again.

Virgo (August 23 – September 22)
You've got lists for your lists, and that's great – until you accidentally alphabetize your sock drawer. This month urges you to loosen up. Take a walk without counting steps. Eat a cookie without Googling the ingredients. You might enjoy the chaos.

Libra (September 23 – October 22)
Balance is your thing, but June throws in a few wobbly surprises. You'll face a dilemma involving brunch and loyalty to your favorite café. Love could blossom – or at least send you a weird emoji. Watch for signs. Or just interpret all signs creatively.

Scorpio (October 23 – November 21)
Mysterious? Always. Brooding? Maybe. Overthinking a five-word text? Definitely. June turns up the heat, romantically and otherwise. Let people in – not everyone wants to steal your secrets. Some just want to know your Wi-Fi password.

Sagittarius (November 22 – December 21)
You're itching to travel – even if it's just to the fancy supermarket across town. A spontaneous decision this month could lead to greatness. Or minor confusion. Either way, exciting! Love may come from a foreign land. Or a friend-of-a-friend's dog walker.

Capricorn (December 22 – January 19)
You work hard, dream big, and sometimes forget to blink. This month, remember: even empires need coffee breaks. Someone sees your potential – probably someone in HR. Love's possible if you stop trying to impress people with Excel spreadsheets.

Aquarius (January 20 – February 18)
You're five steps ahead, which explains why no one knows what you're talking about. In June, weird is your superpower. Embrace it. Someone special may finally "get" you. Or at least pretend convincingly. That counts.

Pisces (February 19 – March 20)
You're dreaming of far-off lands and deep conversations with your houseplants. June is rich in imagination, slightly short on practicality. That's okay. Channel your magic into a new hobby – interpretive dance, perhaps? The universe approves.



HUMOUR ONE HUNDRED YEARS AGO

CARAMEL

Lill-Jan has received one large caramel, which he immediately puts in his mouth. Immediately afterwards, he cancels his best scream, because his mouth is closed, the caramel is gone. "What's wrong with Lill-Jan," asks mother. — Kajamel-len, boohää, hää häää ! . . . — Have you lost the caramel? — Yes. — And mother and all the aunts start looking for it. — Where did you drop it then... — Buhää, hää — in the stomach.

MARRIED 6 DAYS

— Now we've been married for 6 days, and you don't love me anymore.
— But dear Cecilia, of course I love you, but God the Father also rested on the seventh day.

FREE TELEGRAM

Mac Carty from Aberdeen is visiting the U.S.A. One day he has to send a telegram to a relative. When he asks about the price at the telegraph office, he is told that the sender's name costs nothing.
— Magnificent, says the scout. I am descended from an Indian chief and my name is Iwillarri-vetomorrow.

ON THE BEACH

Him: A week ago you had no idea that you would now be sitting on the beach with a man you didn't know at all.
Her: Well, I probably did.
Him: But dear little friend, you didn't know me then.
She: No, but I knew myself

WOMEN'S CLOTHING

Nothing dresses a woman better than nothing.

NERVOUS LADY

An anxious, nervous woman, accompanied by her husband, approached the station inspector at a small outlying railway station and asked: "Has the quarter-past train leaving already?"
»Yes, ten minutes ago,« was the reply.
"When does the four-and-twenty train come?"
»It takes quite a while.«
»And before dusk there are no trains at all?«
"No."
»And not any passenger trains?«
"No."
»Some freight train then?«
»No, no trains at all.« "Is it absolutely safe?"
»Yes, absolutely sure!«
"Then, John, can we cross the track."

Mrs. BROWN

The pastor's wife is visiting Mrs. Brown and tells, among other things:
- I just received a letter that my son received a scholarship.
- I am really very happy. I understand your feelings so well. I used

Astronomic picture of the week:



This dazzling region of newly-forming stars in the Large Magellanic Cloud (LMC) was captured by the Multi Unit Spectroscopic Explorer instrument on ESO's Very Large Telescope. The relatively small amount of dust in the LMC and MUSE's acute vision allowed intricate details of the region to be picked out in visible light.


Credit:

ESO, A McLeod et al.

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Next week:

Wasaan Päivälehti
Photo Supplement
Wasa Dagblad Wasa Daily



Kuorolaulu ja terveys
Körsång och hälsa
Choir Singing and Health

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:
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