

YOUR DAILY DOSE OF OPTIMISM



SUNSHINE POST

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I look at Gabby. “Please, help me get up!” Gabby drops to her knees in front of me. She answers: “No, please, Mum! I would rather not, unless you need to go to the bathroom. You are too...”

There are developments that change a company. And there are developments that reveal where it is heading. With the new DARIA Greenroom, the expansion of DARIA TV, and the new DARIA

The new Bundesliga season kicks off on August 28, 2026. In the opening game, reigning champions Bayern Munich will face VfB Stuttgart.

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Fresh Season, New Perspective

Dear Readers,
I believe we’ve all noticed the air beginning to feel a little fresher, the light starting to soften, and after months of long summer days, life slowly settling into a different rhythm. It may not fully feel like fall just yet here in Florida, but there is something unmistakable about this time of year: a gentle reminder that the seasons are changing and that the year is moving along with them.

Perhaps that is why September often feels like a second New Year. It is a natural moment to pause, take stock, and think about what we still want to accomplish before the calendar turns once again.

In this issue of Sunshine Post, we embrace that feeling of transition while continuing to celebrate the stories, people, and traditions that bring our community together.

For sports fans, we take a look at the world of boxing, exploring the discipline, determination, and personal stories behind one of the world’s most demanding sports.

Read more about The Letter From The Editor on Page No. 2 →

September is a special time in many Christian communities to reflect on creation. The Season of Creation invites us to see the world not merely as the place where we live, but as something entrusted to us. For modern people, this may initially sound like a familiar topic: climate change, environmental protection, sustainable consumption.

Source: Pexels

Yet the biblical message about creation goes deeper. It raises a fundamental question: What does it actually mean to be free? Especially in a society where freedom is among the highest of values, this question is worth asking anew. Freedom does not simply mean being able to do whatever one wants. The Bible itself recognizes such a concept of freedom—and gives its destructive form a name: hubris. The ancient story of Adam and Eve portrays this in a remarkably vivid way.

Human beings want to decide for themselves what is good and evil. They no longer want simply to be creatures; they want to become the measure of all things themselves. The temptation is therefore not merely about breaking a particular commandment.

Read more on Page No. 18 →

Sunshine Post HERO OF THE MONTH



Do you know someone who makes our community a better place?

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For sports fans, we take a look at

the world of boxing, exploring the discipline, determination, and personal stories behind one of the world’s most demanding sports. We also turn our attention across the Atlantic with a closer look at the German Bundesliga, where passion for the beautiful game is woven deeply into the culture of towns and cities across Germany.

September also brings Labor Day, a holiday that gives us an opportunity to recognize the contributions of workers and reflect on the many people whose dedication keeps our communities moving forward. It is also one of those wonderful moments to gather with friends and family, enjoy the last lingering days of summer, and appreciate the time we have together.

And as we begin looking toward the final months of the year, we invite you to think about how you want to enter the new season. Perhaps it is time to

establish a healthier routine, rediscover an old hobby, organize your home, or simply make more time for the people who matter most. Sometimes a new season doesn’t require a dramatic change, but simply gives us the perfect excuse to begin again.

There are still months ahead of us, but September has a way of reminding us that time moves quickly. The best way to meet that reality, we believe, is not with regret, but with curiosity and gratitude for everything still waiting to be experienced.

Thank you for joining us for another month of stories, ideas, and community. We wish you a September filled with fresh beginnings, meaningful moments, and just enough autumn in the air to remind you that something new is always around the corner.

Sunny regards,

Rouven Zietz Editor-in-Chief

Sunshine Post

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Rise of a Star

Part 2



What happened so far:
Katy lives in the beautiful University town of Heidelberg with her children Philip (17) and Gabby (13). Her husband left her years ago, and her anger and resentment towards still runs deep. She is overwhelmed and frustrated being a single mum: without a job, living on social support she doesn't manage her own life any more. So she has shut herself off from the world. She has given up. She covers her frustration with binge eating. She has become severely overweight and numbs her senses with alcohol and sleeping pills. She considers herself a victim, powerless and helpless. She hasn't cared for her children in a long time; she even takes her frustration and anger out on them. Her dark thoughts and feelings that she sends out, are reflected by the feelings of her son Philip. He hates her, as she had turned his life and his sisters life into hell. By now Katy is so heavy that she can barely walk. Her senses are so foggy that she can barely think. Suddenly something strange happens: a beetle flies into her room, looks into her soul and bites into her big toe. The bite wakes her up. Katy has to choose between her own physical and mental decay and life itself. She chooses life. But how is that supposed to work?

I look at Gabby. “Please, help me get up!” Gabby drops to her knees in front of me. She answers: “No, please, Mum! I would rather not, unless you need to go to the bathroom. You are too...”
“I know I am too heavy. Still, I want to try to go downstairs.” She looks at me through her tears. “It is not possible, Mum. You have been here too long. We need to get help if you want to get up and walk down.”
“You are right. We need help.” Gabby looks at me in great astonishment. “This is the first time you have not refused help. What happened? Do you really, really want to walk again?” I think to myself: I know it is hard to change this, and yet it has to change. There might be a bug somewhere between my legs, and I do not know where it is. Although I am fairly sure the bug has gone.
I answer: “Yes. I will get up. And we need help, and a plan for how to go about it. I do not know whom to ask. Let me think about it. Then I will let you know. Would you mind taking a look in the sheets to see if you can find a brown bug?”
Gabby looks between my legs, everywhere on the bed. She cannot find it. She covers my legs with a thin sheet.
“Thank you, Gabby. I think it has gone. Now, I do not want to keep you from your sleep any longer. I am sorry I woke you. Could you come by tomorrow morning, before you go to school? Then I will tell you what I have decided. All right?”
“Mum, there is no school tomorrow. Tomorrow is Sunday.” I don’t even know what day of the week it is, or which month. Time passes without my noticing anything. “All right. In that case, please go back to sleep and come here tomorrow when you wake up.”
“Could you take this bottles with you? Bring me some water instead. I am thirsty now, and I need to think.”
Gabby leaves the room. I look at the window and see the bug sitting on the windowsill. It flies very close to my nose, makes a big loop over my head and leaves the room through the window. The buzzing fades until my room is silent again.
A few minutes later Gabby returns with a basket. She puts a bottle of water and a glass on my little table. After collecting the bottles and some rubbish, she leaves the room, wishing me “a good night”. Something she has not done in a long time.

The New Day
The next morning Gabby comes into the room alone, without Philip. The sun is already above my window. I ask her to pull the blinds down, then I ask her to fetch a chair and sit close to my bed. She does. I tell her I have made up my mind. I



will not drink alcohol any more, nor coke. Only water or tea. I make her promise not to bring me any alcohol, even if I beg for it. I will not take any pills any more, as I wish to be able to think clearly again. I also tell her that, as of today, I want to lose weight and build up my muscles again. Because I want to be able to walk on my own again.
She looks at me with eyes as big as plates. “Mum, what happened? I mean, this is great, but why did you change your mind so suddenly?” I look into her eyes. „I never wish to be in a situation again where I cannot even chase away a bug that sits on my toe grinning at me. I thought about it for the rest of the night. This bug was the only visitor I have had in months, and it was trying to tell me something. It told me: Take control of your life again. It told me: Live your life! Stop dying! You still have many years ahead of you. And you have children who need you.
I have to learn how to get out of my room. How to take a walk in the park. How to breathe fresh air. How to say hello to a neighbor. All these things matter. I wish to be able to do these things again. I know I can do it, because I have done it before. Still, I need to work out how. I do not know how to get out of this bed and out of this room. I wish to see the beautiful rooftops of Heidelberg standing at the window.
It is my own fault that I have become so big. If I could go back in time, I would undo it. But I cannot wind back time. All I can do now is to do it differently from now on. The bug helped me realize that. I will never forget this bug. I have even found a name for it: LUCY! Lucy woke me up. She looked into my soul. She laughed at me. She bit me. And she brought light into my life. At last I have a glimmer of hope, I see a light at the end of the tunnel: I want to live. I want to be able to walk. I want to be able to look after myself, and I want to start looking after you and Philip again.
I know you have put up with a lot in the past. You must have suffered through my incapacity to live a normal life and to be a mother. But that is going to change. I promise. And I beg you to forgive me. Please, dear Gabby!“
I look at Gabby. “Say something. What do you think?” Gabby shrugs her shoulders. “How are you going to do this? It seems very hard.” Well, I will start by drinking only water and tea. I will also try to lose weight. I will eat half-sized meals, I will not eat any more sweets or junk food, nor will I take any pills. Will you help me?
This is my first plan. And yes, you were right all along. I will need help from someone, but I do not know whom to ask. I will think about it and let you know. What do you think, Gabby? How does that sound to you?“
Gabby looks at the floor. Her face is in tears. She looks at me and says: “Mum, if this is true, I will be very happy to help you. But you have to prove to me that you really mean it. You have lived like this for too long.” Then she runs out of the room. Twenty minutes later she brings me a big pot of tea. No sugar, no honey, just a little milk.

Gabby
Is this possible? Only yesterday I went to Henry’s place. We were studying together for the maths exam. He was very patient with me, yet at some point he got a little upset and asked why I was so unfocused. If only he knew how hard it is at home. If only he knew what kind

of mum I have. What a horror it is to live in this house. I lie so often, telling people she works at night and sleeps during the day, so that they do not wonder why they never see her.
Yet I am desperate. If my mum dies, what will become of me and Philip? Philip is so mean to me, mean to most people. I see his despair. One day we talked about it, and I suggested calling Dad, and getting help from him. But Philip said: Dad is not interested in us. He does not even pay regularly. Have you heard all the stories Mum told us about him? He will not want us. He has that girlfriend, we saw her once, they do not want us. If he sees the state Mum is in, he will call the authorities, and they will put us in a children’s home. Do you know what it is like there? They have really strict rules, and you get punished if you do not obey. We really do not want to end up there. And people would know. Do you know how cruel others can be when they find out about our mum? It is better that nobody knows about it. We cannot call Dad.
So I went to Henry’s place to prepare for the maths exam. He lives in such a posh house. His father must be rich. But he hardly ever talks about him.
So I asked Henry whether he still has his magic cap. Henry has a magic cap that lets you achieve anything you wish for. Who knows, maybe it works. At least it is worth a try. Of course he still has it. He takes it out of a box and hands it to me. I ask him how it works. He explains: “You sit down with your legs crossed. You put on the cap. You close your eyes. You think of the thing you really want. But it has to be a positive wish. You cannot wish not to have bad marks in school, you can only wish for good marks. So you really concentrate on it, and think only of this one thing and nothing else. Then you do the OOMMM. Loud and long.” I asked him whether this really works. He grinned and said: “I am one hundred per cent certain. It does work.”
So I sit down, do everything as he had explained, and thought very hard about my mum. I do not want her to get bigger and bigger. No, I remembered I had to make a positive wish. So I wished her slender. Then I thought, that is too difficult. So I wished her to be a round mum, but a mum who can walk on her own.
I wished for a mum who does not drink wine or hard stuff when she is upset. I tried to figure out what the positive wish sounds like and I wished for a mum with a clear mind.
I wished for a mum who smiles at me and looks at me and asks me how I am, a caring mum. I almost cried as I made that wish.
Then I said a long OOO MMM!



It seemed so unreachable, and if Henry knew, he would see why it was impossible to achieve, with a mum lying in her bed, unable to move, yelling, stinking, swearing, complaining all the time, never asking us about school or anything else. She was slowly dying there. No one who has not had such an experience can imagine this nightmare.
I thought I had no right to wish for these things, yet I wished for them. I wished for them with all my heart. And only one night later this miracle happened with my mum. Did the magic cap send the bug? This is so unreal.
Maybe Lucy was not a real bug. Maybe she was an angel that someone sent her, disguised as a bug. Maybe my wishes

were heard! Could that be true? This is amazing.
I was so excited. Whom could I tell? I looked for my brother, Philip. I knocked at his door. I heard him grunt and went in.



Philip
I told him what had happened in the night and that morning. He sat up in his bed. He ran his fingers through his long hair and wiped his eyes.
“What kind of fairy tales are you telling me? Why do you talk such rubbish?”
I did not say anything; he looked at me, and we stared at each other. Then, slowly, he nodded. “You are not talking rubbish.” He cleared his throat. “So, what can we do? Even if she tries, she will not make it. I mean, look at her. She looks like a stranded whale.” I swallowed my rising tears. “Yes, she looks like a stranded whale. Still, she is our mum. She needs help. She is asking for help, and I will help her. Will you help her too?”
Philip shakes his head. “Nope. She has not been a mum to us. She has not looked after us for ages. She only cares about herself. Not about us. Why should we help her?”
Now the tears run down my cheek. “Because she is all we have. She wants to change. We need to help her out of this misery. And maybe, this way, we will be better off too.”
Philip gets up and lights a cigarette. He is seventeen now and has smoked since he was twelve. “How can you smoke in the morning, right after getting out of bed? Disgusting smell.” I open the window. He paces up and down the room. I notice he is nervous, although he tries to look cool. Finally he says: Ok, I will help her, but I will not go into her room and bring food and that kind of thing. You do that. Let us first see whether she really manages to keep her promise. Then we can take further steps. I will be eighteen soon anyway, so they will not be able to put me in an institution. But they might take you somewhere, if they find out that Mum is unable to look after us. And I don’t want this to happen to you.
I leave the room and hear music from his room. Hard, loud music, with a strong, fast beat.



By Ina Rodewald
To be continued in our next issue...
Drawings by Ina Rodewald

More than Numbers

The Most Expensive Decision Is Often the One Nobody Makes

I’ll take care of that later.”
A harmless sentence - until “later” suddenly becomes “too late.”
For people living, investing, or building a business between Germany and Florida, I see this repeatedly: The most expensive problems are not always caused by making the wrong decision. Sometimes they happen because an important decision was never made at all.
So let me ask you:



Photos courtesy of: Alexandra Welsch

Where do you want to be financially, professionally, and from a tax perspective three years from now?

And more importantly:
Do the decisions you are making today support that goal?

“Do the decisions you are making today support that goal?”

Moving Changes More Than Your Address

Imagine you are planning to relocate to Florida. You still own real estate, investments, business interests, or a company in Germany. At the same time, you are considering a U.S. LLC or your first American investment.
Most people start with the house, visa, LLC, or bank account.
But when do we discuss tax structure? Before the move? Afterward? Or when the first U.S. tax return is due?
Timing can matter enormously.
While a decision is still being considered, planning options may remain available. Once assets have been transferred, an investment sold, a company formed, or tax residency changed, some choices may become limited.
What would you structure differently today if you knew you would be living permanently in Florida two years from now?
That is the kind of question good tax planning should ask.

What Is Your Business Telling You?

Business owners wait, too.
The LLC is operating. Money is coming in. Bills are being paid. Everything must be fine - right?
Not necessarily.
Ask yourself:

Do you know what your business is actually earning - or do you only know how much money is in the bank?
Revenue, profit, and cash flow tell three different stories. A healthy bank balance does not automatically mean a profitable business. And strong revenue does not guarantee enough cash for taxes, investments, or growth.
That is why bookkeeping should never be a year-end project.
Good numbers are an early warning system.
They reveal trends before they become problems. They help prepare for taxes, manage liquidity, and replace gut feeling with informed decisions.

Two Countries Require Two Perspectives

Between Germany and the United States, there is another layer.
What appears tax-efficient in one country may be treated differently in the other. Businesses, income, and assets are not automatically classified under the same rules.
That is why one of my most important questions as a Financial Angel is not:

“What do you still want the freedom to decide tomorrow?”

“What do we need to file today?”
It is:
“What do you still want the freedom to decide tomorrow?”
That is MORE THAN NUMBERS to me.
Not repairing problems after they happen, but connecting numbers, structure, and goals early enough to

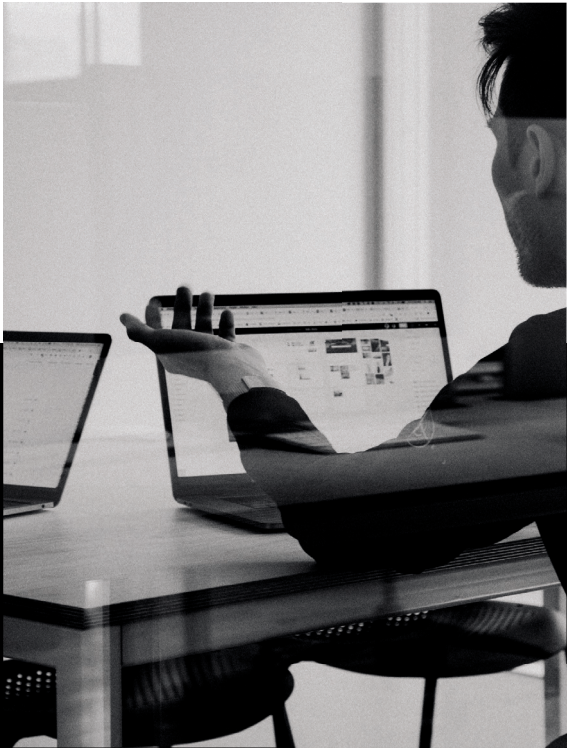
create options.
So perhaps there is only one question to take away today:
Which financial, tax, or business decision are you postponing - and what could waiting eventually cost you?
Good planning is not about predicting the future.
It is about preserving as many choices as possible for tomorrow.

Next issue: Your Business Account Looks Healthy - but Is Your Company Really Making Money? Why Revenue, Profit, and Cash Flow Tell Three Very Different Stories.

By Alexandra Welsch



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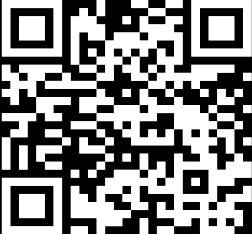


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DARIA TV & DARIA Connect

When a Community Creates Its Own Medium

There are developments that change a company. And there are developments that reveal where it is heading. With the new DARIA Greenroom, the expansion of DARIA TV, and the new DARIA Connect App, something far greater than an additional communication platform is currently taking shape. An entire media world of its own is emerging—created for a community that is growing, evolving, and committed to ensuring that information, knowledge, and inspiration are never left to chance. A space of our own. Formats of our own. A platform of our own. And above all: our own standard of quality and added value. The new Greenroom forms the visible center of this vision. This is where conversations, interviews, insights, and new formats are created. Yet its true significance extends far beyond cameras, lighting, and studio technology. This is where thoughts are given a stage. People are given a voice. Developments are given context. And DARIA is given a medium of its own.

DARIA TV: Content with Substance

In a time when countless pieces of content compete for our attention every single day, quantity has long ceased to be a measure of quality. What matters is relevance. What remains after a program has ended? Which thought stays with us? Which piece of information genuinely helps us? And which content might even change the way we look at a situation?

This is exactly where DARIA TV begins. The new format combines knowledge and entertainment, personality and business, Florida and community. What is emerging is not traditional corporate television, but a diverse program built around one clear standard: Every piece of content should leave something of value behind. Sometimes informative. Sometimes inspiring. Sometimes surprising. And sometimes deliberately light and entertaining. Because a strong community needs more than information. It needs topics worth discussing. Perspectives that encourage reflection. People willing to share their experiences. And a place where all of these elements come together. DARIA TV aims to be exactly that place.

Frank Rahlf: What People Say Without Speaking a Word

Among the special formats are features with Frank Rahlf, focusing, among other things, on one of the most fascinating aspects of human communication: body language. Because communication does not begin with the first spoken sentence. A glance can convey confidence or reveal uncertainty. Posture can create distance or inspire trust. Gestures, facial expressions, presence, and even brief reactions often tell us more than carefully chosen words. But how do we interpret these signals correctly? What does our own body language reveal about us? How does our impact on others change through posture and presence? When are words and body language aligned – and when does a discrepancy arise? And how can we learn to perceive people more consciously without judging them too quickly? The various formats with Frank Rahlf are designed to begin precisely there. Not with superficial tricks, but with observation, perception,

and a deeper understanding of how people communicate with one another. Because anyone who wants to understand other people better must first learn to look more closely. And perhaps also become more aware of themselves.

Mindset: The Invisible Side of Development

Equally important will be an area that has always played a special role at DARIA: mindset and personal development. Why do some people take action while others wait? Why is change perceived by some as a threat and by others as an opportunity? What separates motivation from discipline? What happens when results take longer to appear? And how much responsibility are we truly prepared to take for our own decisions? DARIA TV does not want to reduce mindset to superficial motivational phrases. Because sustainable personal development rarely emerges from one single defining moment. It is created through countless small decisions made when no one is watching. Through consistency. Through attitude. Through self-reflection. Through the willingness to question

And above all, through continuous development within the application. New functions will be added. Existing possibilities will continue to evolve. The application is designed to change alongside the needs and opportunities of the community. Because digital platforms do not reveal their true value merely through their technical existence. Their value emerges through use. An active community needs an active medium.

That is precisely why DARIA Connect should never be regarded as a completed product, but rather as a platform in constant motion. And this development will also become part of DARIA TV. New features can be introduced directly: clearly, visually, and practically. What is new? How does it work? Where can I find it?

And above all: What value does it offer me as a member?

DARIA TV explains the innovation. DARIA Connect makes it usable. And the Media Library ensures that the explanation remains permanently available. This creates a continuous cycle of development, information, and application.

The Sunshine Girls: Florida Is More

community. Or a piece of information that may arrive at exactly the right moment today. That is the strength of having a medium of your own. DARIA does not have to wait for others to report on developments. DARIA can tell its own stories. Directly. Authentically. First-hand. And permanently accessible.

A Greenroom Is Only the Beginning

That is why the new Greenroom is far more than a room. It symbolizes a development that is only just beginning. This is where people meet ideas. This is where conversations begin. This is where experiences are shared. This is where information becomes understandable. This is where Florida is given a stage. And this is where content is created before finding its way to the entire community through DARIA Connect. Further program expansions will follow shortly. New topics. New formats. New personalities. New perspectives. At the same time, DARIA Connect will continue to evolve. With every feature, the possibilities grow. With every production, the Media

Library grows. With every new format, the added value grows. And with every member who actively uses the platform, a technical application becomes something far more meaningful: a vibrant digital meeting place for a community.

When Communication Becomes Identity

Perhaps this is

where the greatest significance of this development lies. Companies can distribute information. Communities can communicate with one another. But a strong community can do something more: It can develop a voice of its own. DARIA TV gives that voice a face. The Greenroom gives it a space. DARIA Connect gives it a digital home. And the Media Library gives it a memory. Seen from this perspective, these are not three separate projects. They form a system. One thought leads to the next. A conversation becomes content. Content becomes knowledge. Knowledge creates added value. Activity creates connection. And over time, countless individual stories create something that cannot simply be programmed or installed: Identity.

DARIA TV and DARIA Connect therefore represent a new form of communication within our community – modern, independent, dynamic, and driven by the ambition never to rest on what has already been achieved. The Greenroom is ready. The cameras are rolling. The Media Library is beginning to grow.

DARIA Connect continues to evolve. And the next formats are already waiting in the wings. What may look today like the beginning of a new TV format could, in retrospect, come to represent something far greater: the moment DARIA began creating its own media world. One Community. One Voice. One Medium. DARIA TV. DARIA Connect. And this is only the beginning.

By Dina Veronique Scheve



Photos courtesy of: Dina Veronique Scheve

habits. And through the courage to change perspective when the previous one no longer takes us forward. The mindset formats are therefore not intended to tell people what to think. They are intended to inspire them to think further.

DARIA Connect: When Television Becomes a Medium of Its Own

Perhaps the most significant dimension of this development emerges through the connection between DARIA TV and the new DARIA Connect App. Because a television program normally ends with the credits. At DARIA, that is where something new begins. All DARIA TV recordings will be made available to our members in the DARIA Connect Media Library and can be watched again at any time. Missed an important interview? Want to watch an episode about body language again in peace? Want to revisit a thought from a mindset talk? Want to review an explanation of a new app feature at a later time? Or travel once again with our Sunshine Girls to Fort Myers and Cape Coral? The Media Library turns a moment into something lasting. Content becomes an archive. Information becomes knowledge. And knowledge remains accessible. With every new production, our own library of information, inspiration, entertainment, Florida, business, and personal development continues to grow. That is a crucial distinction. DARIA TV does not simply produce content. DARIA is building its own medium.

An App That Should Never Be “Finished”

DARIA Connect is far more than a digital storage space for this content. The app is alive. It lives through the people who use it. Through activity. Through interaction. Through new content. Through feedback.

Than a Backdrop

Of course, there is another protagonist that simply cannot be missing from this new media world: Florida. But on DARIA TV, Florida will not be reduced to palm trees, sunsets, and postcard images. Our Sunshine Girls go where life actually happens. They report from Fort Myers and Cape Coral, discover special places, highlight interesting developments, and take our community into a region that holds a very special significance for DARIA. What is new in Fort Myers? Which places should you know? What is changing in Cape Coral? Which special locations are waiting to be discovered? What is it like to live where others go on vacation? And which stories do you discover only when you stop looking at Florida as a tourist and begin seeing it from a different perspective? The Sunshine Girls bring exactly this lifestyle directly into our community. Personal. Vibrant. Informative. And through the Media Library, every new episode simultaneously becomes part of a growing digital Florida archive. Florida to experience – regardless of which side of the Atlantic you happen to be on.

Daily Added Value Is Not a Slogan. It Is the Standard.

All of these formats are connected by one central idea: DARIA TV should provide a reason to return every single day. Not only when there is a major corporate announcement. But because there is always something new to discover. A new thought. A new app feature. A fascinating observation about body language. A mindset impulse. A story from Florida. A person from within the

International Wealth Protection & Estate Preparedness

The Emergency Asset Binder: How Families Organize Their Wealth

A Comparison Between Germany and the United States

An accident, serious illness, or unexpected death can place enormous emotional strain on a family. Yet beyond the personal impact, a practical challenge often emerges: no one knows exactly where important documents, contracts, financial records, or account information are located. Bank accounts, insurance policies, real estate holdings, loans, and business interests are frequently spread across multiple institutions, countries, and digital platforms. When this information is not organized in a structured manner, even family members with legal authority may find themselves unable to act effectively. To address this issue, many countries have adopted a simple but highly effective tool: the Emergency Asset Binder. It consolidates critical personal, financial, and legal information in one central location, ensuring that loved ones can respond quickly when circumstances require it.

Germany: Estate Preparedness Often Overlooked

In Germany, legal planning tools such as powers of attorney, wills, and advance healthcare directives are widely available. However, comprehensive documentation of personal wealth and financial affairs remains uncommon in many households. Important records are often scattered:

- Across multiple filing systems
- Among different banks and financial institutions
- With attorneys, notaries, or tax advisors
- Or stored exclusively in digital formats

When an individual suddenly becomes incapacitated, family members are frequently left searching for critical information.

Common Challenges

- Family members may not know all existing bank or investment accounts.
- Access credentials for online

- banking and digital assets are often unavailable.
- Insurance policies and outstanding loans may be unknown.
 - Important documents may be stored in safe-deposit boxes without immediate access.

These issues become even more complex when international assets or multiple properties are involved.

United States: A More Structured Approach

In the United States, organized wealth documentation is generally more common. Many families maintain Estate Planning Binders or digital asset inventories that complement their legal estate plans. These systems typically provide a comprehensive overview of both assets and liabilities.

Typical Contents

- Powers of attorney and healthcare directives
- Trust agreements and wills
- Bank account and investment summaries
- Real estate records
- Insurance policies and loan agreements
- Digital account information and access instructions

This structured documentation significantly improves the ability of family members and advisors to access critical information during emergencies.

Why an Emergency Asset Binder Matters

The primary benefit of an Emergency Asset Binder is transparency and readiness. If a wealth owner suddenly becomes unable to manage personal affairs, family members can immediately determine:

- What assets exist
- Where accounts are held
- What obligations must be addressed
- Which legal documents are required

For individuals with complex wealth structures—including international real

estate, business ownership interests, or cross-border investments—a well-organized binder can prevent costly delays and confusion.

A Real-World Example

Consider an investor who owns several rental properties in Germany, a vacation home in the United States, multiple bank accounts, and an investment portfolio. Following a serious accident, the investor’s family must quickly make financial decisions. Without a centralized asset binder, relatives may not know:

- Which financial institutions hold accounts
- What insurance coverage exists
- Which properties are financed
- What login credentials are required

Locating this information can take weeks. During that time, bills may remain unpaid, rental income may go unmanaged, and important investment decisions may be delayed. With a properly organized Emergency Asset Binder, all relevant information would be immediately available.

What Should Be Included?

A well-prepared Emergency Asset Binder should contain at least the following categories:

Personal Documents

- Copies of passports and identification
- Birth and marriage certificates
- Family contact information

Estate Planning Documents

- Durable powers of attorney
- Healthcare directives
- Guardianship instructions
- Wills and estate documents

Asset Inventory

- Bank and brokerage accounts
- Real estate holdings
- Business ownership interests
- Precious metals and other tangible assets

Insurance Information

- Life insurance policies
- Health insurance coverage
- Property insurance
- Liability and other insurance policies

Liabilities

- Loans
- Mortgages
- Lease obligations
- Tax-related responsibilities

Digital Assets

- Online banking information
- Cryptocurrency holdings
- Cloud storage accounts
- Email accounts and digital subscriptions

Special Considerations for International Wealth

Families with assets located in multiple countries face additional challenges. Their Emergency Asset Binder should also include:

- Contact information for international advisors
- Property-related authorizations for foreign jurisdictions
- Trust structures and international business entities
- Relevant tax documentation

This allows family members to quickly understand what actions may be required across different legal systems.

Conclusion

An Emergency Asset Binder is not a complex legal instrument, but it is one of the most effective tools available for wealth organization and family preparedness.

It helps ensure that:

- Families can act quickly during emergencies.
- Critical documents are immediately accessible.
- Assets do not remain undiscovered.
- International investments are clearly documented.

For investors with increasingly complex financial lives, the Emergency Asset Binder is becoming an essential component of modern estate and wealth planning. After all, building wealth is only part of the equation. Equally important is ensuring that others can manage and protect it when it matters most.

By Bernd Roebers

Germany vs. United States: A Comparison		
Topic	Germany	USA
Use of Emergency Asset Binders	Relatively uncommon	More widely adopted
Organization of Financial Information	Often incomplete	Typically systematic
Integration into Estate Planning	Limited	Frequently included
Consideration of International Assets	Increasingly important	Often addressed by default



In his role as a senior consultant, Bernd Roebers works with people who are considering emigrating to the United States and/or starting a business. In this column, he regularly shares these “stories” with us.

VIKTORIA'S HOME

WE ALWAYS GO
ONE STEP FURTHER

What happens when a remarkable designer
works with the world's finest furniture?



Whats happening?

The Sunshine Post Event Calendar

Searching for the next big party or perhaps a sophisticated soirée? Look no further! The Sunshine Post Culture Department has all the latest tips on where to go, who to see and what to do in and around Fort Myers. Enjoy!

Once again, September brings us a mix of music, comedy, outdoor activities, cultural events, community gatherings, and major festivals to Southwest Florida. One of the month’s biggest attractions is the Island Hopper Songwriter Fest, which brings more than 60 performances to Captiva, Cape Coral, downtown Fort Myers, and Fort Myers Beach from September 18 through 27. Other September highlights include major concerts, art and vintage markets, sporting events, and family-friendly activities throughout the region.

Classic Albums Live –
Led Zeppelin II

Where? Seminole Casino Hotel, Immokalee
Musicians recreate Led Zeppelin’s classic Led Zeppelin II album live on stage, giving fans an opportunity to experience the legendary rock record performed from beginning to end.

04

Island Hopper Songwriter Fest

Where? Captiva, Cape Coral, Fort Myers & Fort Myers Beach
One of Southwest Florida’s signature music festivals returns with more than 60 performances by BMI singer-songwriters. The festival begins on Captiva Island, moves to Cape Coral and downtown Fort Myers, and finishes on Fort Myers Beach.

18
27

Fort Myers Aquarium Society
September Meeting

Where? IMAG History & Science Center, Fort Myers
The Fort Myers Aquarium Society presents an educational program on Malawi cichlids, followed by a large fish and plant auction. The meeting is open to aquarium enthusiasts and anyone interested in freshwater fish.

05

Gabriel “Fluffy” Iglesias –
The 1976 Tour

Where? Fort Myers
Comedian Gabriel “Fluffy” Iglesias brings his nationally touring stand-up show to Southwest Florida for an evening of comedy and storytelling.

24

Tunnel to Towers 5K
Run & Walk

Where? Florida Southwestern State College, Fort Myers
When? 7:45 AM
A community 5K honoring America’s fallen and catastrophically injured first responders, military heroes, and their families.

12

Perfect Game WWBA
Sophomore World
Championship

Where? Fort Myers
Top youth baseball players from around the country compete in this major tournament in Fort Myers, bringing competitive baseball and teams from across the United States to Southwest Florida.

24
28

Brad Paisley

Where? Hertz Arena, Estero
When? 7:30 PM
Country music star Brad Paisley brings his live show to Hertz Arena for an evening of country hits, guitar playing, and entertainment.

17

Florida Horror-Fest

Where? DoubleTree Hotel, Fort Myers
Fans of horror, science fiction, fantasy, and pop culture gather for a day featuring vendors, artists, collectibles, costumes, and entertainment. The event takes place at the DoubleTree Hotel in Fort Myers.

26

Vintage Market Days of South
Gulf Coast Florida

Where? Lee Civic Center, Fort Myers
This three-day vintage market features antiques, original art, clothing, jewelry, handmade treasures, home décor, plants, and specialty foods. Friday is an early-buying event, with general admission Saturday and Sunday.

18
20

Lee County Cattle Baron’s Ball

Where? Hyatt Regency Coconut Point Resort & Spa, Bonita Springs
A western-themed fundraising gala benefiting the American Cancer Society. Guests can expect dinner, dancing, auctions, entertainment, and a country-western atmosphere. The event celebrates 22 years of the Lee County Cattle Baron’s Ball.

26

Coastal Cars & Coffee

Where? Santini Marina Plaza, Fort Myers Beach
When? 9:00 AM - 11:00 AM
Car enthusiasts gather for a relaxed morning featuring classic and specialty vehicles, coffee, breakfast, and an optional cruise afterward.

19

Wendell Ray Live

Where? The Lucky Screw, Downtown Fort Myers
When? 7:00 PM - 10:00 PM
Local live music fills the downtown River District as Wendell Ray performs an evening of pop music

26

Labor Day: When America Says Goodbye to Summer

There is something about Labor Day that feels like a turning point in America. It is not quite fall yet, but summer somehow feels finished. The long school vacation is over, children are back in classrooms, and families are settling into the familiar rhythm of school, work, sports and everyday life. For many Americans, Labor Day weekend is the last big summer weekend. It is the weekend for one more barbecue, one more trip to the beach, one more boat ride or one more afternoon by the pool before the calendar turns toward fall. Officially, Labor Day is a federal holiday celebrating the contributions and achievements of American workers. It is celebrated on the first Monday of September. The first Labor Day celebration took place in New York City on September 5, 1882, when thousands of workers gathered for a parade and festivities organized by the Central Labor Union. The holiday grew out of the labor movement of the late 19th century, when workers were fighting for better working conditions and fairer working hours. In 1894, President Grover Cleveland signed legislation making Labor Day a national holiday. More than a century later, the meaning of the holiday has expanded. Labor Day still honors working Americans, but for most families it has also become a very recognizable marker on the American calendar:

Summer is ending.

Even though the official first day of fall is still weeks away, Labor Day is often described as the unofficial end of summer in the United States. It is the point when the carefree feeling of summer begins to give way to the routines of the new school year. You can feel it everywhere. The school buses are back on the roads. Children are getting used to new teachers and new schedules. Backpacks are once again sitting by the front door, and parents are back to packing lunches, checking homework and trying to remember which child has soccer practice on which afternoon. The relaxed summer mornings are gone. For a child, summer can seem endless when it begins. There are weeks ahead for swimming, riding bikes, playing with friends and staying outside until the sun goes down. But somehow, those weeks disappear almost overnight. Then comes Labor Day.

Suddenly, the school year has started, and everyone is wondering where summer went.

One last summer weekend

That is why Labor Day weekend can feel a little special. Across the country, families use the long weekend to enjoy one last taste of summer. Beaches, lakes, parks and backyards fill with people. Barbecues are popular, and friends and families gather for food, music and time together. The holiday has retained some of the festive spirit of its earliest celebrations, which also included parades, picnics

Summer vacations are finished, schools are back in session, and people begin looking ahead to fall. In Southwest Florida, however, there is a slight problem with this whole idea. It still feels like summer. The thermometer may be well into the 90s. The Gulf is warm. Palm trees are green, pools are busy and air-conditioning units are working as hard as ever. There is no crisp autumn morning to announce the change of seasons. Instead, you notice fall in other ways. Walk into a store and the beach decorations have disappeared. Suddenly there are pumpkins everywhere.



Orange and gold decorations fill the shelves. Fall wreaths appear on front doors. Candles smell like cinnamon, apples and vanilla. And then comes the unmistakable American announcement that fall has arrived:

Pumpkin spice.

It begins innocently enough with coffee. Then there are pumpkin spice muffins, cookies, cakes, cereals, candles and seemingly anything else that can be given a little cinnamon-and-pumpkin makeover. For someone from Germany, the sight can be amusing. You might be standing outside in shorts, sunglasses and flip-flops, sweating in the Florida sunshine, while holding a pumpkin spice latte and looking at a giant pumpkin decoration. It doesn't exactly feel like autumn. But somehow, it does.

The changing feeling of the year

Perhaps that is because seasons are not

only about weather. They are also about the way our lives change. Summer is about having time. Long evenings. Spontaneous plans. Children being outside until it gets dark. A trip to the beach because there is nothing else to do. Dinner on the patio. A swimming pool full of children and the sound of laughter coming from the backyard. Then school starts, and the rhythm changes. The calendar fills up. The mornings become busy. The evenings become more structured. And before you know it, Halloween decorations are appearing, football season is underway and stores are quietly preparing for Thanksgiving and Christmas. Labor Day is the little bridge between those two worlds.

It allows Americans one final long weekend to enjoy summer before turning toward everything that comes next. There is something a little bittersweet about that, especially for parents. Every summer is another summer that the children will never have again. They grow a little taller, become a little more independent and create new memories with friends and family. The summer of this year becomes a story that will eventually begin with the words, "Remember when..." And perhaps that is why Labor Day feels like more than just another federal holiday. It is a pause.

A chance to look back at the long, warm days that have passed and enjoy one more before moving forward. So, as Labor Day approaches, Americans may be saying goodbye to summer with a barbecue, a beach day or a final afternoon at the pool. And in Southwest Florida, they may be doing it while wearing flip-flops, sitting beneath palm trees and wondering why anyone would possibly need a sweater. Meanwhile, somewhere nearby, a store is already selling pumpkin decorations. The pumpkin spice has returned. The children are back in school. And summer, whether the Florida weather agrees or not, is officially coming to an end. **Fall is on its way. And in America, apparently, it arrives with pumpkins, cinnamon and a very large cup of pumpkin spice.**

By S. Mechalik

Christina Greene

CREDIT
MASTERCLASS

KREDITWÜRDIG WERDEN IN AMERIKA.

Sunshine Post Series on Healthy Aging: Part 9

“It wasn’t motivation— it was discipline.”

Ina Menzer—world boxing champion, health ambassador, and mentor for an active lifestyle. She arrived in Germany at the age of ten knowing only two German words—and fought her way from a secondary school to becoming a 17-time world boxing champion. Ina Menzer has competed in 32 professional bouts, successfully defended 17 world championship titles, and has always approached her sport with a clarity that extends far beyond the ring. Today, she gives lectures for companies, works in workplace health management, and is the mother of two daughters. In a conversation with Clemens Mueller, she explains why motivation is overrated, what brushing your teeth has to do with sports—and why she doesn’t regret a single day of her career, which was full of hardships.

You came to Germany from Kazakhstan in 1990 as a ten-year-old girl—knowing just two German words. At some point, you started boxing and fought your way from Lower Rhine champion to 17-time world champion. What was the driving force behind that?

The only words I knew back then were “duck” and “monkey.” You don’t exactly get very far with those in class. My parents told me early on: If you want to achieve anything here, you have to learn the language. I took that to heart. And that principle—you always have to give it your all, work twice as hard—applied to everything, including sports. As a child of resettled immigrants, you have to prove yourself first. As a woman in boxing, you have to prove yourself all over again. That does something to you. I lived in emergency housing, with eight families on one floor and one bathroom for everyone. I didn’t want that. I knew there was more to life than that. That was my inner driving force.

You’re a founding member of the You boxed at an absolute world-class level for nearly ten years. What drove you in those moments when your body said “no”—or when life around you became louder than your training?

My body said “no” very often. It still does today. But when I was 15 or 16, I’d be packing my gym bag on Friday nights while my classmates were getting ready for the disco. Adults told me, “You’ll regret it.” I’m 45 years old today—there hasn’t been a single millisecond when I’ve regretted it. What kept me going was a clear goal. And my support system: No one reaches the top alone. Behind every successful person, there’s a mentor

at some point. For me, there were several—my father, my coaches, my husband. My first mentor told me when I was 16, “Ina Menzer will one day be a world boxing champion.” I didn’t even believe it myself. But that belief rubbed off on me.

The void after your career ended—you once said it was huge. Our Healthy Aging concept describes purpose as one of the most important pillars of health. How did you fill that void?

For as long as I can remember, I’ve woken up in the morning knowing exactly why I was there. First it was language, then school, then my vocational training, then sports. And then, at 32, I woke up and thought: Now what? I listened to my inner compass and gave myself time. I started surrounding myself with people who were already where I eventually wanted to be—they were usually entrepreneurs. And at an HSV game, I sat next to the CEO of a health insurance company. He asked if I’d be interested in giving lectures and leading training sessions on workplace health management. I thought: If you don’t say yes now, that ship has sailed. And I’m very glad I said yes back then.

Exercise, nutrition, sleep, breathing, nature—our five key factors for long-term health. Which of these areas was your biggest challenge during your active career?

When you’re a pro, all five areas have to be 100 percent on point—there’s no room for improvement, only standards. For example, during a training camp, I left the hotel in the middle of the night because my room smelled like cigarettes. That’s how meticulous I was. What’s changed today? As a mom, your life is dictated by others—sleep is the only area where I make compromises. But I’m so grateful for the knowledge I’ve built up over the years. That’s my foundation today. And the best part: I can pass it on to my daughters. They already know what discipline means and how to deal with fear.

Today, you’re booked for

workshops in workplace health management. What do you bring from your career to this work—and what message do you want to convey to people who see exercise as a chore rather than a source of

strength?

The biggest “aha” moment for my audience is always the same: when I say it wasn’t motivation that took me to the top of the world—it was discipline. Some people are almost disappointed. But that’s exactly the message. I do exercises every morning. Not because I feel like it, but because it’s my priority. My tip: Separate exercise from fun and think of it as personal hygiene. Brushing your teeth every day isn’t fun either—and yet you do it anyway. Ten minutes of exercise in the morning works on the same principle. Rituals, not motivation. Discipline, not enthusiasm.

What does healthy aging mean to you personally—and what kind of role model do you want to be for your daughters when it comes to exercise and a zest for life?

For me, healthy aging means having a clear mind and a fit body. I do exercises every morning and go to the gym twice a week. After a certain age, strength training isn’t just an option—it’s a necessity. And I believe it’s not enough to just tell your kids what’s right. You have to lead by example. I try to do that—whether it’s in sports, at work, or when it comes to values like helpfulness or discipline. We’re doing pretty well at that. Except when it comes to sweets. My daughters love to hold up a mirror to me in that regard.

By Clemens Müller

Photos courtesy of Clemens Müller



We Want to Hear from You!

Your voice matters. At the Sunshine Post, our new Letters To the Editor section is a space for readers to share opinions, spark conversations, and respond to the stories shaping our community.

Whether you want to comment on a recent article, highlight a topic that deserves attention, or simply share your perspective – we welcome your thoughts.

Send your letter (up to 250 words) to editor@sunshine-post.com.

The German Bundesliga Is Back

The Big 2026/27 Season Preview

The new Bundesliga season kicks off on August 28, 2026. In the opening game, reigning champions Bayern Munich will face VfB Stuttgart. After two seasons in which the Munich powerhouse finished 13 and 16 points clear of the competition respectively, the biggest question is once again obvious: Who can actually challenge Bayern for the title? But the Bundesliga offers far more than just a championship race. New stars are ready to step into the spotlight, young talents are looking for their breakthrough, and Schalke 04 is returning to the top flight with one of the most passionate fan bases in German soccer.

New Rules, New Ball

The new season also brings several changes away from the field. Adidas will replace Derbystar as the Bundesliga’s official match-ball supplier. In addition, expanded time-management rules will apply to throw-ins, kickoffs and substitutions. The use of the Video Assistant Referee will also be expanded in certain situations. The international calendar has been adjusted as well. Instead of three international breaks in the fall, there will be only two. For the clubs, that means more uninterrupted training weeks and better opportunities to develop consistency and tactical understanding. The final matchday is scheduled for May 22, 2027. The relegation playoffs will then determine the final places in the top flight.

Bayern Out Front: The Defending Champions Remain the Team to Beat There is simply no way around Bayern Munich when discussing the favorites. The reigning champions still possess arguably the strongest squad in Germany, with international quality at almost every position. Harry Kane remains the club’s biggest scoring threat, while Michael Olise has increasingly developed into a true difference-maker in the attacking third. Bayern have also strengthened the squad with Ismael Saibari from PSV Eindhoven and Nathaniel Brown from Eintracht Frankfurt. At the same time, familiar names including Leon Goretzka, Nicolas Jackson and Alexander Nübel have left the club. The major challenge for head coach Vincent Kompany will be turning Bayern’s enormous individual quality into an even more complete and cohesive team. Because in Munich, winning another championship is not considered enough on its own. The expectation is dominance — both domestically and internationally.

Dortmund and Leipzig Are Ready to Challenge Borussia Dortmund enters the new campaign as last season’s runner-up and impressed particularly with the Bundesliga’s best defensive record. Head coach Niko Kovač has brought greater stability to the team and wants to continue building on that foundation. At the same time, Dortmund remains realistic. Kovač knows that the club cannot compete with Bayern on equal financial terms. That makes the continued development of young players and maximizing the existing squad even more important. RB Leipzig is also part of the extended group of contenders. Under head coach Martin Demichelis, the club is looking to become more consistent. Rather than making bold promises about winning the league, Leipzig is focusing on its own development and the DFB-Pokal. Winning a third German Cup would represent another important milestone for the relatively young club. Behind the leading trio, Stuttgart, Eintracht Frankfurt, Hoffenheim and Freiburg are expected to compete for European qualification. Together, they

could form an extremely competitive group chasing the international spots.

The New Stars: Germany’s Next Generation

One of the most exciting aspects of the new season will be the development of young players. The Bundesliga remains one of Europe’s most important platforms for developing elite talent. Bayer Leverkusen has secured an exceptional prospect in Kennet Eichhorn. The defensive midfielder is only 16 years old but has already made 19 competitive appearances for Hertha Berlin. He is considered one of the most exciting young players in European soccer. His football intelligence, technical ability and composure on the ball are remarkable for someone his age. Kerim Alajbegović could also become a major name at Leverkusen. The 18-year-old impressed at Red Bull Salzburg with 13 goals and four assists and was named Austria’s Player of the Year. He also scored for Bosnia and Herzegovina at the 2026 World Cup before Leverkusen exercised its buy-back option. At Bayern Munich, the spotlight will be on Wisdom Mike. At just 17, he is one of the youngest players ever to make his Bundesliga debut for the club. His direct and fearless dribbling has already impressed head coach Vincent Kompany. Borussia Dortmund is counting on Italian midfielder Samuele Inácio. Kovač sees him as a creative player who can remind fans of former Dortmund star Julian Brandt. Another intriguing prospect is Justin Lerma. The 18-year-old Ecuadorian will be carefully integrated into the first team and could become one of the season’s most interesting young players. RB Leipzig is giving Andrija Maksimović another opportunity after an injury-hit first season. Union Berlin, meanwhile, has an extraordinary young talent of its own. Sixteen-year-old winger Linus Güther has already become the second-youngest player in Bundesliga history to make an appearance.

Dark Horses With Real Surprise Potential

Behind Bayern, Dortmund and Leipzig, the race for European soccer could become particularly interesting. This is where unexpected teams could emerge. Bayer Leverkusen is perhaps the most intriguing candidate. Under new head coach Carles Martinez Novell, the club wants to return to the level it reached during its successful title-winning era under Xabi Alonso. New arrivals such as Afonso Moreira and Miguel Gutiérrez have also added quality and depth. Eintracht Frankfurt has the potential to enjoy another strong season as well. In recent years, the club has developed into one of Germany’s smartest organizations, combining youth development, financial discipline and sporting ambition. Freiburg is another team that should never be underestimated. The club from the Black Forest does not have the financial resources

of Germany’s biggest teams, but it consistently compensates through continuity, tactical discipline and a clear football philosophy. One particularly fascinating dark horse is newly promoted SV Elversberg. The club from the Saarland region has written an extraordinary success story and has built its rise around young players. Noah Darvich, a former Barcelona prospect, has joined on loan from Stuttgart. Darvich was part of Germany’s U17 World Cup-winning team in 2023 and possesses enormous potential.

The Promoted Teams: Three New Stories

SV Elversberg, Schalke 04 and SC Paderborn 07 will bring three very different stories to the Bundesliga. Elversberg is preparing for its historic first-ever Bundesliga season. For the relatively small club, simply reaching Germany’s top division represents a remarkable achievement. Paderborn returns after six years away from the Bundesliga and brings experience from previous campaigns in the top flight. But above all the promoted clubs stands one name: Schalke 04.

Schalke 04: A Traditional Powerhouse Belongs in the Bundesliga

When Schalke plays, the Bundesliga feels a little more complete. Few clubs embody the history, emotion and passion of German soccer quite like the Royal

Blues. Seven German championships, five DFB-Pokal titles, legendary European nights and one of the most loyal fan bases in the country have made Schalke 04 one of Germany’s most important soccer institutions. After three seasons in the second division, promotion is therefore much more than a sporting achievement. It is the return of a traditional powerhouse whose significance extends far beyond its current position in the table. Schalke has endured some extremely difficult years. The club suffered major sporting setbacks and, at one point, even faced the possibility of falling into the third division. That made the return to the Bundesliga all the more emotional. More than 100,000 supporters celebrated the club’s return before the season had even begun. Those numbers demonstrate what separates Schalke from many other clubs: the extraordinary bond between the team and its supporters. From a sporting perspective, the initial goal can only be survival. But Schalke possesses advantages that many other promoted teams simply do not have. The Veltins-Arena will once again be one of the most intimidating and passionate venues in German soccer. Against the biggest clubs in the country, that atmosphere could become a decisive factor. With a solid defense and a hard-working midfield led by Dejan Ljubičić, Schalke also has the personnel to cause problems for some of the Bundesliga’s biggest names. Perhaps that is the most important part of Schalke’s story this season: The club does not have to immediately become the powerhouse it once was. But it finally has the stage where its history, tradition and importance belong. The Bundesliga needs clubs with history, identity and passion. Schalke 04 undoubtedly belongs among them.

The Outlook: A Season Full of Stories

The 2026/27 Bundesliga season promises much more than another championship race dominated by Bayern Munich. Dortmund wants to close the gap to the record champions, Leipzig wants to strengthen its position and Leverkusen could once again become a serious challenger. At the same time, numerous young talents are waiting for their breakthrough. Elversberg wants to continue its remarkable soccer fairytale, Paderborn wants to establish itself back in the Bundesliga, and Schalke 04 wants to prove that tradition and modern soccer can once again go hand in hand. Between Bayern’s pursuit of another championship, Dortmund’s challenge, the dark horses from the chasing pack and Schalke’s emotional return, the new Bundesliga season promises drama, passion and plenty of surprises. And perhaps, just as in every great Bundesliga season, 2026/27 will produce stories that nobody could have predicted before the opening kickoff.

By John Heinrich

Source: Pixabay



The Florida Edit

Naples – From Fishing Village to Millionaire Hotspot

White sandy beaches, palm trees, perfectly maintained streets, and villas that sometimes make you wonder whether you are passing a private home or a luxury resort. Anyone driving through Naples today, strolling along Fifth Avenue South, or catching a glimpse of the estates directly on the Gulf of Mexico quickly realizes: Naples is a special kind of Florida. Luxury cars are just as much a part of the streetscape here as golf courses, yachts, galleries, and elegant restaurants. Behind tall hedges and private driveways are multimillion-dollar estates. Entrepreneurs, investors, and wealthy families from across the United States have long discovered the city as a retreat for themselves.

But anyone who associates Naples only with luxury knows merely the most recent version of its history. Because before yachts, country clubs, and exclusive real estate defined the cityscape, this part of Southwest Florida was above all one thing: wild, remote, and inseparably connected to the water.

Before Naples Became Naples
Long before the first American settlers built their homes here, Indigenous peoples lived in Southwest Florida. The Calusa in particular shaped the region for centuries. Their lives were closely connected to the water. Fish and seafood were important sources of food, while rivers and coastal waters served as transportation routes. So water was already at the center of life long before modern-day Naples came into existence.

Even in the 19th century, the region around present-day Naples was extremely remote by American standards. There were hardly any roads, travel was difficult, and Southwest Florida was far removed from the country’s growing cities. What was initially a disadvantage later became one of the region’s greatest attractions: untouched nature, peace and quiet, miles of coastline, and the warm waters of the Gulf of Mexico.

Like a Piece of Italy
In the 1880s, investors and developers began to recognize this potential. The mild winter climate, the beaches, and the sunsets made the region particularly attractive to wealthy visitors from the northern United States. Even back then, Florida was not simply sold as a place. It was marketed as a way of life.

Descriptions of the area compared the beauty of the bay to the Italian coast around Naples. This is ultimately where the name came from: Naples. In 1886, the Naples Town Improvement Company was founded. Its goal was to transform the remote coastal region into an attractive destination for visitors and future residents.

But the first guests could not simply arrive via the highway. Naples was primarily accessible by water.

The Pier – Naples’ First Gateway
In 1888, one of the structures that remains inseparably linked to the city to this day was built: the Naples Pier. Today, people mainly associate it with fishermen, pelicans, beach days, and the famous sunsets of the Gulf Coast. Originally, however, the pier had a very different purpose.

Ships could dock there and bring people and goods into the young settlement. The pier was therefore one of the most important gateways to the outside world. Life revolved around the water. Fishing, trade, and later tourism shaped the development of the small community. There was still little sign of the Naples we know today.

Tin City and the Past on the Water
You can still get a sense of how strongly Naples was once shaped by fishing and trade in Tin City. The historic district on the Gordon River is now a popular destination with small shops, restaurants, and boat docks. In the past, however, this was a place of work. Over the course of the 20th century, the area developed into an important part of the local fishing industry. Boats brought in their catch, fish and seafood were processed, and then transported onward. The simple metal buildings were functional. Glamour played no role here. That is exactly what makes Tin City so interesting today. Between restaurants, small shops, and excursion boats, you find yourself in a place that recalls a completely different era of the city. And the connection to the sea can still be found on the menus. If you like fish, Naples is definitely the right place for you. Grouper, snapper, and mahi-mahi belong to Southwest Florida just as much as palm trees and sunsets.

Then Naples Became Accessible
A decisive turning point came in 1927, when the railroad reached Naples. At the same time, Florida’s road network continued to expand. Suddenly, the small community was no longer accessible only by water. More visitors came. Hotels were built, land was developed, and wealthy Americans from the North discovered Naples as a retreat for the winter months. Naples offered exactly what many were looking for: sunshine, warmth, nature, peace and quiet – and space.

After World War II, this development accelerated once again. Florida grew rapidly. Air conditioning made year-round life in the hot South more comfortable, new roads connected regions with one another, and more and more people were drawn permanently to the Sunshine State. Naples grew as well. But in its own very particular way.

From Vacation Destination to Millionaire Hotspot
While other places in Florida developed into major tourist centers, Naples became increasingly exclusive. Large properties, direct access to the Gulf, private residential communities, marinas, and golf courses made the city especially attractive to a wealthy clientele.

Residential areas such as Port Royal became symbols of this new Naples. Vacation homes became estates. A small coastal town became one of the most sought-after addresses in Southwest Florida.

With wealth, the city’s offerings changed as well. Upscale restaurants, galleries, country clubs, boutiques, and exclusive real estate developments emerged. To this day, Naples attracts entrepreneurs, executives, investors, and wealthy families. Many own second homes here and spend the winter months in particular on Florida’s Gulf Coast. At the same time, wealth in Naples is often surprisingly understated. Miami likes to show its luxury. Naples hides it behind palm trees.

Behind hedges, driveways, and guarded gates are some of the most impressive estates in Florida. Yachts are docked at the marinas, and on the streets you see cars that would stand out elsewhere but seem almost ordinary here. Naples feels wealthy without constantly pointing it out. Perhaps that is part of its success.

Fifth Avenue – Modern Naples
There is hardly anywhere better to experience modern-day Naples than Fifth Avenue South. Restaurants, cafés, small shops, and galleries line the street. Especially in the evening, the terraces fill up and the street takes on an atmosphere you might not necessarily expect when you think of Florida.

Everything feels a little quieter and more elegant. And just a few blocks away, the Gulf of Mexico is already waiting. That is exactly what makes Naples special: you can spend the morning on the beach, stroll through small shops and galleries in the afternoon, and end the evening with a good meal on Fifth Avenue.

Why Naples Is Worth a Visit
Naples is not worth visiting only because of its history. You should visit Naples to experience this mix for yourself. If you are coming here for the first time, you should consciously take your time. Do not simply drive through, but get out, walk around, and discover the different sides of the city.

A good starting point is Tin City. Located directly on the water, the district is a reminder of Naples’ old roots. Numerous

boat tours also depart from here, allowing you to experience the city from a completely different perspective. Especially from the water, you quickly understand how closely Naples is still connected to the Gulf today. After that, a stop on Fifth Avenue South is well worth it. Here you will find plenty of places to eat, have a coffee, or simply stroll around. And of course, the beach is part of the experience.

The sand along the Gulf Coast is light and fine, and the water is often calm and warm. But Naples perhaps shows its most beautiful side in the evening. When the sun slowly sets over the Gulf of Mexico, for a moment it no longer matters whether behind you stands a small beach condo or a multimillion-dollar villa. Everyone is looking in the same direction.

Old and New Florida in One Place
Perhaps that is exactly why Naples is worth a visit. The city combines two worlds. On one side are Tin City, fishing, boat docks, and the history of a small, remote community.

On the other side are Port Royal, golf courses, luxury real estate, yachts, and one of the wealthiest communities in Southwest Florida. And in between lies a Florida that has remained surprisingly relaxed. Naples is not a place you necessarily need to check off with a long list of sights. Rather, it is a city you should experience. Sit by the water. Eat fresh fish. Walk along Fifth Avenue. Watch the boats. Drive through the streets and wonder what stories might be hidden behind the enormous estates.

And to finish the day, head to the beach and wait for the sun to disappear into the Gulf of Mexico. Naples has changed enormously in a little more than a century. A settlement that was difficult to reach became a vacation destination. The vacation destination became one of Florida’s most exclusive addresses. Fishing boats now share the waters with multimillion-dollar yachts, and where people once mainly worked, visitors from all over the world now enjoy their vacations.

But one thing has never changed. In the end, Naples still revolves around the same things it did at the very beginning: the water, the sunshine, and that special feeling of having found a place on the Gulf of Mexico where you would like to stay just a little longer.

By Katharina Kaufmann
Photos courtesy of: Katharina Kaufmann



One Week That Changes Young Lives

This year, I had the great honor of being able to take part in the Young

Leadership Academy organized by Daria. Eleven young people from all across Germany came together in Florida, and we could not have been more different from one another. None of us had ever met before. But we all had one common goal: we were not there to go on vacation, but to make the most of this unique opportunity to learn from only the best leaders at Daria, to take responsibility for ourselves, and to receive the support we needed to figure out what each of us actually wants to do with our lives or what professional field we might want to pursue in the future. We also had the opportunity to discover where our strengths and weaknesses lie and what abilities we have that we may not even have known we possessed.

Throughout the week, we were taught all the things that should actually be taught in every school, such as leadership and communication, because they are so important in life, especially for young people. Of course, there was

also an amazing program filled with many exciting activities, through which we had the opportunity to get to know Florida, its people and its wildlife, including alligators and turtles. One of my favorite activities was definitely going out on the boat, where we were even lucky enough to see dolphins up close. But that was not the only thing we were able to experience firsthand. When you spend a week with ten other people, experience so much together, live together, and get the opportunity to work and stick together as a team, you grow incredibly close over time and form truly unique friendships — something you might not have expected at the beginning.

I believe I can speak for all ten of the other participants when I say that this week has changed all of our lives in a very positive way. We were not only treated like adults, but we were also given the opportunity to prove ourselves, which is something that is not a given for many teenagers. On top of that, so much was entrusted to us, and each and every person took so much time for us young people

that it is almost impossible to put into words what it has meant to all of us and what it has sparked within us. During this week, we learned so much about people, togetherness, teamwork, leadership, honesty, loyalty, trust, and how important our surroundings and our families are to each and every one of us. Now, as we move through life with greater self-reflection and continue working toward our goals, we have a bright and wonderful future ahead of us — thanks to Daria.

Personally, I am incredibly grateful for this time and for the opportunities that now lie ahead of me. I believe it says a great deal about a company when it invests so deeply in young people and their future, and when it supports and helps shape the next generation in the way Daria does.

By Lilibet Ida Wachsmuth
Photos courtesy of:Lilibet Ida Wachsmuth



Conversations with God

Part 3: From the Church to the Roof; Faith, Work, Integrity - and Protecting What Matters

Welcome back to “Conversations with God,” a Sunshine Post interview series about faith, everyday life, community, and the quiet wisdom we can find in unexpected places. In our last conversations, Pastor Marty Luchterhand shared his personal journey of faith and what it means to find God in everyday life. This month, we meet him somewhere perhaps a little unexpected: on a roof. Marty has been a pastor for more than three decades. But today, ministry is not the only work he does. As a husband and father, he also knows the very practical realities of life - including the responsibility of supporting a family. His second profession brought him into the roofing business. At first glance, pastoring and roof care may seem worlds apart. But as our conversation unfolded, we discovered something they have very much in common: both are about protecting what matters.

Alexandra:
Many people may be surprised to hear that, besides being a pastor, you are also involved in another business. How did that begin, and why?

Marty:
It’s kind of a long story, but I’ll make it short. I’m serving part-time at my little church in Englewood. They want me to work about 25 hours a week, and they pay me accordingly. They pay me well, but it’s not the kind of amount that can support a family in Fort Myers, Florida. So they understand that I also have a part-time job or business on the side while I take care of them spiritually.

Alexandra:
I have to admit, I find it a little funny that a pastor works with roofs. You are literally on top of the houses - maybe a little closer to God! What exactly do you do?

Marty:
I’m trying to make sure a roof lasts as long as it possibly can. With Roof Rejuvenate, I spray shingles that are not ready for the landfill yet. If a roof qualifies, the treatment can extend its life, potentially for another six to eight years. A roof replacement can be very expensive, so I love being able to give homeowners another option and potentially save them a significant amount of money.

Alexandra:
What do you enjoy about this practical, physical work compared with your spiritual work?

Marty:
There are a couple of things I really love. I love saving customers money, and I love seeing the smile on their faces when, a couple of days after I spray, they look at it and say, “Man, that looks like a brand-new roof.” And I love the physicality of it. Being a pastor, I’ve drunk a lot of coffee and eaten a lot of cookies! I love being physical. I’m 58 years old, and I was a little out of shape - I’m getting better now. There’s something satisfying about completely spending yourself physically and getting to the end of the day and saying, “I can’t do one more thing.” It feels good. And I love both things that I do. I help people’s souls with the Bible, and with my roofing business, I help maintain their roofs and hopefully save them money.

Alexandra:
Do your customers usually find out that you’re a pastor? How do they react?

Marty:
They do. Sometimes I think they find it kind of funny. Here’s this older guy with gray hair climbing onto their roof! But I think people also appreciate knowing my background. I’ve been a pastor for 33 years, and I’ve tried to live a life of honesty and integrity. Roof Rejuvenate isn’t something everybody has heard about, so trust is important. I tell people that I can be wrong. I can have incorrect information. But I can’t intentionally lie to somebody. And sometimes, when people discover I’m a pastor, they test me a little: “Well, what does the Bible say about this?” And I have an answer. You can’t really fake 33 years of that.

Alexandra:
Do conversations about life, faith, or personal struggles sometimes happen while you’re doing this work?

Marty:
Yes. I find that I probably spend more time with customers than another vendor might. When they find out what I do - and what I have done as a pastor - it opens the door to questions they may have. People, especially Christians, sometimes struggle to find answers to

the problems they’re dealing with. And I’m right there. I try to be very available to them.

Alexandra:
Do you see a connection between protecting a home and caring for people spiritually?

Marty:
I do. Because both deserve honesty and integrity. Both deserve your best effort. A roof protects everything in your home. If you have a leaking roof or failing shingles, eventually it can affect your home, your health, and even your finances. And with your spiritual life, if your soul isn’t okay, that can cause a lot of problems in life too. So yes, I actually do see the correlation.

Alexandra:
I see it too. One protects the home, and one cares for the home of the soul. So what would you most like our readers to take away from our conversation today?

Marty:
With regard to their souls, I would love people to know that they have salvation in Jesus. They have the righteousness God demands already in Jesus. As a pastor, I have lived my life - and still do - wanting people to understand that they don’t have to carry guilt on their shoulders. The guilt was taken

away and given to Jesus. My conscience will still bother me. It bothers me every day when I do something wrong. But at night, I can lay my head on my pillow and know that I’m forgiven. And when it comes to the roof, I simply want homeowners to know that, if their roof qualifies, they may have another option besides immediately replacing it. They may be able to extend its life and save money. Protecting What Matters Perhaps a pastor on a roof is not such an unusual picture after all. Whether he is sitting with someone who is searching for answers or standing on top of a Florida home examining shingles, Marty approaches both roles with the same principle: Serve people honestly. Do the work well. And protect what matters. A roof may protect the place we call home. Faith, Marty reminds us, can protect something even deeper. The home within us.

Coming Next Month...
In Part 4 of “Conversations with God,” Pastor Marty and Alexandra will explore service, humility, and the deeper meaning of work - and why even the most ordinary task can become something spiritual when it is done with love.

By Alexandra Welsch
Photos courtesy of:Alexandra Welsch



Hidden Sparks

Pets Looking to Shine

Sometimes, the perfect companion isn't the one who fits a picture we already have in mind. Sometimes, it's the gentle senior who asks for little more than a peaceful place beside you. Sometimes, it's the big, joyful goofball whose enthusiasm is almost as impossible to miss as his handsome face. What matters most is finding the heart that feels right for yours. This month, we're introducing two wonderful souls from the Cape Coral Animal Shelter who remind us that there is no age, size, or single personality that defines a perfect companion. Bella and Bentley are at very different stages of life, but both have something precious to offer: affection, companionship, and the chance to create a bond all their own. Every animal carries a spark worth discovering. Sometimes it shines through quiet moments, sometimes through an enormous personality—and sometimes the one you never expected to choose is exactly the one who finds a way into your heart. Maybe your perfect match doesn't have to fit the picture you imagined—maybe they're simply waiting for you to see them. *By Jennifer Hagemeister*

Hours of Operation:
Tuesday & Thursday:
12:00–5:00 pm
Friday through Sunday:
12:00–4:00 pm
Monday & Wednesday:
Closed

Cape Coral Animal Shelter
325 SW 2nd Avenue
Cape Coral, FL 33991
More information and all adoptable animals at:
www.capecoralanimalshelter.com



BENTLEY

Bentley is a 5–7-year-old male and one seriously friendly big guy. In fact, he seems to believe that everyone he meets is simply a friend he hasn't gotten to know yet. He's a handsome, lovable goofball with plenty of personality and one very simple wish: finding a fun forever person to share all that enthusiasm with.

Bentley walks well on a leash and clearly enjoys being out with his people. He is also a very strong boy, and his generous size sometimes comes with a little more enthusiasm than the smallest family members might be prepared for. For that reason, a home without very young children he could accidentally knock over would suit him best.

Big, friendly, strong, and apparently undeniably handsome—everyone says so!—Bentley brings plenty of joyful energy to the table. If you're looking for a loving companion with a larger-than-life presence and a heart to match, this big goofball would very much like to meet you. His adoption fee is \$225.



Photos courtesy of Cape Coral Animal Shelter.

BELLA

Bella is a super senior at 12+ years young who has certainly earned the right to enjoy life at her own pace. She may have a few more years behind her and some age-related quirks to go with them, but none of that has changed what matters most: Bella is a sweet, calm girl with plenty of love still waiting to be shared.

These days, happiness for Bella can be found in the simple things—a cozy place for a peaceful nap, quiet company nearby, gentle affection, and the comforting feeling of knowing she is safe and loved. She isn't asking for excitement or grand adventures. She's looking for a peaceful home where she can simply settle in, belong, and enjoy her golden years surrounded by kindness.

A super senior may move through life a little more slowly, but the love they bring can be something truly special. Bella is ready to be someone's gentle companion and spend this chapter feeling cherished and adored. Her adoption fee is \$40.



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Daria’s German Restaurant Is Coming

and It’s Bringing Much More Than Schnitzel

Award-winning German food, Joe Domscheit, an Oma Kleinmann-inspired schnitzel concept, a 33-foot bar, live music, DJs, dancing and private events: Daria’s next chapter is taking shape at Entrada PLaza.

Every great success story eventually reaches the moment when someone asks: What’s next? For Daria’s, the answer is now official. Daria’s German Restaurant is coming to Northeast Cape Coral later this year. And anyone expecting simply a larger version of Daria’s incredibly popular German Bakery & Bistro in South Cape Coral may be in for a surprise. The new location will combine an authentic German restaurant with a bakery, bar and flexible event venue - complete with a stage, live music, DJ parties and plenty of room to dance. Apparently, opening just a restaurant would have been too easy.

At the heart of the project is a familiar face: Jörg “Joe” Domscheit, whose decades of experience, dedication and seemingly endless energy have helped turn Daria’s German Bakery & Bistro into one of Cape Coral’s most celebrated culinary success stories. Together with his partner Maximilian von Garnier, Joe is now pouring that experience into the new concept. Von Garnier brings his own event expertise to the project, having operated a large event venue in Hamburg, Germany, for more than three years and planned and executed hundreds of events. That combination should come in handy, because the approximately 3,500-square-foot Daria’s German Restaurant has ambitions well beyond dinner.

Restaurant by Day. Party by Night. The new location will feature a stage and a large flexible event area that can transform into a dance floor for Daria’s own live-music evenings and DJ parties. The space will be surrounded by booth seating and a spectacular bar stretching

approximately 33 feet - or ten meters - in length.

The entire venue will also be available for private rental. Birthdays, weddings, family celebrations and corporate events can all find a home there, with food prepared directly in Daria’s own German kitchen. Whether guests want finger food, a complete dinner, desserts or a combination of all three, virtually everything will be possible. So yes, you may arrive for schnitzel and leave after dancing. We can think of considerably worse evenings.

From South Cape Coral to the North The new restaurant is the logical next chapter in a remarkable run for Daria’s German Bakery & Bistro. Over the past months, the South Cape Coral location has been named the No. 1 Bakery in the Caloosahatchee Region, earned recognition among the Best Places to Eat in Florida, received a continuing stream of five-star customer reviews and, most recently, was crowned Best Bistro in Cape Coral — Winner 2026.

The philosophy behind those achievements—German craftsmanship, traditional recipes, fresh food and genuine hospitality — will now be carried into a much larger operation. And one particularly delicious piece of that expansion has already taken Daria’s all the way back to Germany. As Sunshine Post previously reported, the Daria’s team visited Cologne’s legendary Bei Oma Kleinmann, where no fewer than 14 schnitzel variations were put through a very serious scientific procedure otherwise known as eating them.

The new restaurant’s schnitzel concept will build on that famous tradition, with Ralf Kleinmann, grandson of Oma Kleinmann, playing a leading role in bringing the concept to Cape Coral. From Cologne to Cape Coral. German-American relations have rarely tasted better.

So Where Is It? This part is easy. Everybody in Cape Coral knows Del Prado Boulevard, one of the city’s major north-south arteries. Drive north until Del Prado meets De Navarra Parkway, and you will find Entrada PLaza at the intersection.

That is where enormous illuminated letters will soon announce: DARIA’S GERMAN RESTAURANT. And there is especially good news for loyal fans of Joe’s bakery. The new location is planned to open as early as 7:00 a.m., offering the breads, rolls, pastries and other German bakery specialties customers already know from Daria’s in South Cape Coral. Breakfast in the morning. Lunch at noon. Dinner in the evening. Drinks at the bar. And on selected nights, music and dancing afterward.

At this point, one question seems unavoidable: Do people in Northeast Cape Coral actually still need their own stove? German Food Has a Very Large American Family Daria’s expansion also taps into a culinary tradition with remarkably deep roots in the United States. According to the U.S. Census Bureau, roughly 40 million Americans report German ancestry, making German one of the country’s largest reported ancestry groups.

That cultural connection has left a lasting mark on American food traditions, from sausages and pretzels to German-style bakeries, beer halls and restaurants. In Southwest Florida — with its mixture of longtime residents, seasonal residents and visitors — Daria’s is betting that authentic German craftsmanship served with a decidedly Cape Coral sense of fun has plenty of room to grow. So far, the customers and the awards seem to agree.

One More Ingredient Is Needed: People Before the schnitzels can hit the plates

and the first guests can hit the dance floor, Daria’s still needs something extremely important: A team.

Daria’s German Restaurant is currently looking for employees who want to become part of the new location. With bakery operations, breakfast, lunch, dinner, bar service and events all under one roof, the project will offer a wide range of opportunities for people who enjoy hospitality and want to join the Daria’s story at an especially exciting moment.

Because this story is no longer only about a successful bakery in South Cape Coral.

It is about taking everything that worked there — Joe’s experience, German craftsmanship, the beloved food, the awards, the customer loyalty and now even a little Cologne schnitzel wisdom — and giving it a much bigger stage.

Quite literally. Sunshine Post will be following the transformation at Entrada PLaza closely. In the coming weeks, we expect to give our readers their first look inside the construction and show how the restaurant, bakery, bar, stage and event area are taking shape. Until then, keep an eye on that intersection of Del Prado Boulevard and De Navarra Parkway.

Soon, the lights will go on. The ovens will heat up. The schnitzels will start sizzling. And eventually, someone will turn up the music.

Northeast Cape Coral, get ready. Daria’s is coming.

By Jacob Kugmun



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Chasing More

From the Fort to the River District - How Fort Myers Became the City We Know Today



Photos courtesy of: Katharina Kaufmann

Today, there is little on First Street to remind visitors why Fort Myers is actually called Fort Myers. Restaurant tables line the historic facades, music drifts out of the bars, and just a few buildings away, works by local artists hang on gallery walls. At Ford’s Garage, the design revolves around the early days of the automobile; at Sip & Sizzle, the focus is on modern dining. In between are galleries, small businesses and some of the best-known addresses in the Historic River District.

This is the Fort Myers that Melina and I visited for a recent episode of Daria TV. We wanted to show some of the places that, for us, define Downtown: Arts for ACT, Capone’s, Ford’s Garage, Enjewel, the Sidney & Berne Davis Art Center, Izzy’s Fish & Oyster, Sip & Sizzle – and, of course, our own office. But anyone who wants to understand these streets has to look further back than the opening dates of their restaurants.

Downtown Fort Myers tells a remarkable story of American urban development. In less than two centuries, a military outpost became a small settlement, then a trading center and a so-called “Cow Town,” and later the winter home of some of America’s most famous entrepreneurs. A real estate boom followed, then economic crises, the decline of the traditional downtown – and finally its rediscovery as a historic River District. The question, then, is less what Fort Myers is today. What is more interesting is how it became that way.

A City Whose Name Recalls a War
The history of the area begins long before Fort Myers was founded. For centuries, Southwest Florida was home to Indigenous peoples, particularly the Calusa. Their settlements stretched along the coast and rivers; water was a transportation route, a source of food and a foundation of social life.

The Caloosahatchee River, along whose banks Downtown Fort Myers now extends, was therefore one of the region’s most important lifelines long before the modern city existed. In the 19th century, the area took on a different significance. During the Seminole Wars, the U.S. military established outposts along strategically important routes and waterways. One of

them was built on the Caloosahatchee and was initially known as Fort Harvie. During the Third Seminole War, the site was once again used by the military and eventually received the name Fort Myers, named after Colonel Abraham C. Myers, an officer in the U.S. Army. The name of today’s city is therefore a direct remnant of its military past. The site also played a role again during the American Civil War. Afterwards, however, the fort lost its military function. The fortifications largely disappeared – but the settlement remained. Ironically, the end of the fort marked the beginning of the actual city.

Cattle, Trade and the Caloosahatchee
After the Civil War, a permanent settlement developed around the former military outpost. Southwest Florida’s economy at the time was far removed from tourism, vacation homes and waterfront restaurants. Agriculture, fishing, trade and, above all, cattle ranching shaped the region. Fort Myers was at times described as a “Cow Town.”

Florida was already one of the important cattle-raising regions of the American South in the 19th century. Cattle were driven over long distances and, in some cases, shipped onward from Florida through its ports. Fort Myers benefited from its location on the Caloosahatchee. Before railroads and paved roads opened up Southwest Florida, the river was the most important connection to the outside world. Building materials, food, mail, trade goods and people arrived by water.

The geographical location that had previously been strategically valuable to the military now became economically valuable. Fort Myers began to grow. In 1885, the settlement was officially incorporated as a city. At the time, only a few hundred people lived here. But in that same year, 1885, a visitor arrived whose name still shapes the image of the city today.

Thomas Edison Looks for Winter
By then, Thomas Alva Edison was already one of the best-known inventors in the United States. Looking for a suitable winter residence, he traveled to Southwest Florida and purchased land directly on the Caloosahatchee. His estate, Seminole Lodge, was

completed in 1886. What began as a private decision became an enormous image boost for Fort Myers. Edison spent his winters in the city for decades, worked there and received guests.

One of those guests was Henry Ford. The two men were connected not only by friendship, but also by their interest in technology, industry and research. In 1916, Ford eventually purchased the neighboring estate, The Mangoes. Two men whose inventions and companies had decisively shaped modern America were now spending their winters side by side on the Caloosahatchee.

Tire manufacturer Harvey Firestone was also part of their circle. Today, the “Uncommon Friends” sculpture in Centennial Park commemorates Edison, Ford and Firestone – and with them an era in which Fort Myers began to attract attention far beyond Florida. This connection was more than a curious historical footnote. Fort Myers was no longer merely a cattle and trading town. The region increasingly developed into a winter destination for wealthy Americans from the North – a pattern that continues to shape Southwest Florida to this day.

How Fort Myers Became the “City of Palms”
The cityscape changed as well. Royal Palms were planted along important roads, and McGregor Boulevard in particular, with its miles of palm-lined roadway, developed into one of the city’s trademarks. The nickname “City of Palms” took hold.

From today’s perspective, this may seem self-evident. Palms are so closely associated with the image of Southwest Florida that it is easy to forget how deliberately cities shaped their appearance at the time. Fort Myers began to redefine itself. But its growth still faced a natural limitation: Southwest Florida remained comparatively difficult to reach. That changed in 1904.

The Railroad Changes the City
With the arrival of the Atlantic Coast Line Railroad, Fort Myers gained a direct rail connection. For the city’s economic development, it was a turning point. Goods that had previously had to be transported mainly by ship could now move over land much more quickly. Building materials reached the city more easily, agricultural products could access new markets, and visitors no longer had to rely exclusively on waterways. Fort Myers grew – and Downtown grew with it.

Banks, hotels, stores and public buildings were constructed. The simple wooden structures of the early settlement years were increasingly replaced by larger and more durable buildings. Many of the structures that now define the historic character of the River District have their roots in this period of growth. In the 1920s, development accelerated dramatically once again. Florida was in the midst of the Land Boom. Properties were bought and sold, investors poured into the state, new residential areas were planned, and cities competed for residents, businesses and capital. Fort Myers wanted to be part of that future.

In 1924, the Franklin Arms Hotel was expanded. At seven stories, the building was considered the city’s first “skyscraper.” Seven floors hardly seem spectacular today. For Fort Myers in the 1920s, however, they were a

visible sign of the ambition to turn a small city on the river into a modern regional center.

Boom – and Collapse
The optimism did not last long. Florida’s real estate boom collapsed even before the great stock market crash of 1929. Hurricanes caused additional damage, investment declined, and eventually the Great Depression reached Southwest Florida as well.

The rapid rise had come to an end, at least for the time being. Fort Myers nevertheless remained a regional center for government and commerce. Downtown was where people shopped, handled their banking, worked and met one another. For decades, American urban life functioned according to this principle. Then, ironically, one of the inventions most closely associated with Henry Ford’s name changed the structure of the city once again: the automobile.

The Automobile Changes Downtown
After World War II, another period of growth began. More and more Americans owned cars, roads were expanded, and new residential areas developed outside historic city centers. People no longer had to live where they worked or shopped. In 1965, the Edison Mall opened in Fort Myers.

It offered exactly what American consumers of the era were looking for: numerous stores under one roof, air conditioning and ample parking. For Downtown, this development meant increasing competition. The phenomenon was by no means unique to Fort Myers. In many American cities, traditional downtown districts began losing retailers and visitors to shopping malls and newly developing commercial areas outside city centers from the 1950s and 1960s onward.

Suddenly, Downtown Fort Myers had to answer a question that no one had asked when it was first established: What does a city need its downtown for if people no longer have to shop there? The answer took decades.

Rediscovering Its Own History
Part of the solution came, ironically, from something that had long been considered a disadvantage: Downtown’s age.

While new shopping centers and commercial developments were being built outside the city center, Downtown possessed something that could not simply be recreated – historic architecture and an organically developed urban structure. Fort Myers began to protect and repurpose this heritage more deliberately.

In 1984, the Fort Myers Community Redevelopment Agency was established. Revitalizing Downtown and other areas of the city became a long-term undertaking.

Buildings were renovated. Public spaces were improved. Restaurants and the arts became increasingly important. Events gave people reasons to come Downtown not merely to run errands, but to spend time there. The old city center increasingly evolved into what is now marketed as the Historic River District. And with that, the role of a downtown changes as well.

A former bank building can become a restaurant. A commercial building can become a gallery. A historic property

can become an event venue. History is not removed; it is reinterpreted economically and culturally.

First Street as a Snapshot

That development can be seen today along First Street. During our Daria TV tour, Melina and I visited several places that, at first glance, have little in common – and for that very reason explain quite well how Downtown functions today. Arts for ACT, for example, combines art with social engagement. The gallery has been part of the Historic River District since 2002 and presents works by local artists. At the same time, it supports Abuse Counseling and Treatment, an organization that assists, among others, survivors of domestic and sexual violence and human trafficking.

Just a few minutes away, Downtown reveals an entirely different side. Ford’s Garage opened its first location in Fort Myers in 2012 – less than a mile from Henry Ford’s former winter estate. The restaurant concept deliberately draws on the aesthetics of early garages, gas stations and automobiles. The connection is remarkable: Henry Ford came to Fort Myers as a winter visitor more than a century ago. Today, a restaurant brand founded here carries his name and the automotive aesthetic

associated with him far beyond Southwest Florida. Places such as Enjewel, Izzy’s Fish & Oyster, Capone’s and Sip & Sizzle represent another development: the shift away from a traditional commercial center toward a downtown that functions through dining, individuality and experience.

The Sidney & Berne Davis Art Center also illustrates this transformation particularly well. The monumental historic building has served different purposes over the course of its history. Today, it is a center for art, culture and events – including a rooftop from which Downtown can be viewed from an entirely different perspective. Old buildings, new uses. There may be no more precise way to summarize the development of the River District.

What Remains of the Fort

Anyone visiting Downtown Fort Myers today will see little of the original military outpost. And yet its history is present. It is embedded in the city’s name. In its location on the Caloosahatchee. In historic buildings. In the Edison and Ford legacy. In streets that existed long before Southwest Florida became one of the fastest-growing regions in the state.

Above all, Fort Myers demonstrates that cities rarely develop according to a fixed plan. They react to wars, new forms of transportation, economic booms, crises, changing consumer behavior and the people who decide what to make of a place. Today’s Downtown Fort Myers is therefore neither the fort of the 19th century nor the Cow Town that emerged from it. It is no longer the trading center of the early 1900s, nor is it the downtown that later lost importance as new shopping malls emerged. It is the result of all of these phases.

A City That Has Reinvented Itself Again and Again

Our Daria TV tour therefore begins with restaurants, galleries and some of our personal favorite places – but inevitably leads to a much larger story. Between Ford’s Garage, Arts for ACT, Enjewel, the Davis Art Center, Izzy’s and Sip & Sizzle, it is possible to observe how a city uses its past without remaining stuck in it.

Perhaps that is the most interesting part of the story of Fort Myers. The city was not simply founded once and then grew larger. It had to redefine its function again and again: from military outpost to settlement, from Cow Town to trading center, from the

winter home of Edison and Ford to the boomtown of the 1920s, and from a traditional downtown to the Historic River District. Today, people once again fill the sidewalks, restaurants become busy in the evenings, art hangs in buildings from an entirely different era, and from the rooftops one can look out over a city whose story began on the banks of the Caloosahatchee.

Fort Myers may therefore be a particularly American example of how cities grow: not in a straight line, but in waves. Every generation leaves something behind. Some things disappear. Some take on a new purpose. And some become so familiar that their history is only discovered when we take a closer look. That is exactly what Melina and I did on our tour.

Because anyone walking through Downtown Fort Myers today will first see restaurants, galleries, bars and shops. Anyone who looks a little longer will see almost 200 years of change behind them. From the fort to the River District. And a city that is far from finished reinventing itself.

By Katharina Kaufmann

Classic Pumpkin Pie

Tip: For an especially rich, homemade flavor, replace about ¼ cup of the evaporated milk with heavy cream. And don’t overbake—the pie continues to set as it cools.

INGREDIENTS

- 1 unbaked 9-inch pie crust
- 1 can (15 oz / 425 g) pumpkin purée
- 1 can (12 oz / 354 ml) evaporated milk
- 2 large eggs
- ¾ cup (150 g) brown sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- ½ teaspoon salt
- 1 teaspoon vanilla extract

By S. Mechalik

FOR SERVING

- Whipped cream
- A little extra cinnamon or nutmeg

1.

Preheat the oven to 425°F (220°C).
2.

Place the pie crust into a 9-inch pie dish and crimp the edges.
3.

In a large bowl, whisk together the pumpkin, brown sugar, eggs, vanilla, spices, and salt.
4.

Slowly whisk in the evaporated milk until the filling is smooth.
5.

Pour the filling into the unbaked pie crust.
6.

Bake at 425°F for 15 minutes.
7.

Reduce the temperature to 350°F (175°C) and bake for another 40–50 minutes, until the center is mostly set but still has a slight jiggle.
8.

Let the pie cool completely—at least 2 hours—before slicing.
9.

Serve with a generous spoonful of whipped cream.



Photos courtesy of: S. Mechalik

KÖRPER
SPRACHE

TV

LESEN, WAS NIEMAND AUSSPRICHT.

Frank Rähf

Freedom with a Sense of Measure

What Creation Can Teach Us About Gratitude, Responsibility, and True Human Freedom



Source: Pexels

September is a special time in many Christian communities to reflect on creation. The Season of Creation invites us to see the world not merely as the place where we live, but as something entrusted to us. For modern people, this may initially sound like a familiar topic: climate change, environmental protection, sustainable consumption. Yet the biblical message about creation goes deeper. It raises a fundamental question: What does it actually mean to be free? Especially in a society where freedom is among the highest of values, this question is worth asking anew. Freedom does not simply mean being able to do whatever one wants. The Bible itself recognizes such a concept of freedom—and gives its destructive form a name: *hubris*. The ancient story of Adam and Eve portrays this in a remarkably vivid way. Human beings want to decide for

themselves what is good and evil. They no longer want simply to be creatures; they want to become the measure of all things themselves. The temptation is therefore not merely about breaking a particular commandment. At a deeper level, it is the desire to say: I myself determine the measure. This gives the story a surprising relevance today. When human beings make themselves the measure of all things, they lose their sense of measure. Freedom can become recklessness, progress can become exploitation, and human ability can become a claim to unlimited control. The problem, however, is not human intelligence or technological possibility. On the contrary, science, creativity, and technological progress are among humanity’s great gifts. The decisive question is rather: What do we do with what we are capable of doing? Not

everything that is possible is therefore good. Not every limit is a restriction of freedom. Some limits are precisely what make freedom humane. This is a thought that can also speak to the American understanding of freedom. Freedom requires responsibility. Those who are truly free are not merely free from coercion; they are also free for something: for other people, for the common good, and for the future. Individual freedom does not become visible only where the law draws a boundary. It is also revealed when a person voluntarily chooses consideration for others. Creation, therefore, is more than a collection of raw materials. In the language of faith, it is a gift. A gift is different from an object that we can simply possess. When we receive a gift, we receive something whose value does not lie solely in its usefulness. The world is fascinating precisely because it is more than its practical value: water and wind, mountains and forests, flowers and animals, the vastness of the sky and the infinite diversity of life. Creation can become a symbol that points beyond itself. It reminds believers that the world is not simply something that exists by its own necessity. This perspective can also be found in Pope Francis’s encyclical *Laudato si’*. Francis describes the Earth as our “common home” and reminds us that creation is a gift that does not simply belong to our unlimited control. His ecological perspective is therefore explicitly holistic: concern for the Earth is connected with concern for human beings. The condition of creation is also a question of how we live together and what kind of world we will leave to future generations. This turns care for creation into a spiritual question. Gratitude changes the way we see. Those who are grateful look at the world differently. A forest is then not merely timber. A river is not simply a source of water. A piece of land is not merely an area to be used for economic purposes. An animal is not merely a product. And human beings themselves are not simply resources that must function and perform. Gratitude leads to attentiveness. Attentiveness, in turn, leads to a sense of measure. Perhaps this is one of the most important messages of the Christian understanding of creation: Human beings do not become less free

by exercising restraint. They become more free. Those who believe they must possess everything remain dependent upon what they own. Those who constantly need more become prisoners of their own desire for “more.” Those who can enjoy without having to claim everything for themselves discover another kind of freedom. The Bible does not begin with a warning about the destruction of the world, but with praise for creation. Again and again, the creation account tells us: “And God saw that it was good.” This simple statement changes our perspective. The world is not first of all our project. It is God’s work before it is our possession, our responsibility, or our economic environment. That is why caring for creation does not mean that human beings must withdraw from the world. Quite the opposite: human beings are called to shape, explore, build, work, and cultivate the Earth. But in doing so, we remain creatures among creatures—responsible for what has been entrusted to us. Pope Francis once put the question very simply: What kind of world do we want to leave to the children who are growing up today? Perhaps that is the decisive question of this Season of Creation. Not: How much are we still allowed to consume? And not merely: What regulations do we need? But rather: How much is this world worth to us? Those who see creation as a gift become more grateful. Those who become more grateful treat it with greater care. And those who live attentively discover a freedom that does not depend on unlimited control, but on the ability to recognize what is good and give it room to flourish. The Christian message, therefore, is not a message against freedom. It is an invitation to freedom with a sense of measure. For perhaps the truly free person is not the one who can say: I can do whatever I want. Perhaps it is the person who can say: I could take more—but I do not have to. I could use everything—but I do not want to consume everything. I could think only of myself—but I know that I am part of a greater story. And perhaps that is where gratitude begins: when we recognize that the world does not belong to us first, but that we ourselves are part of this wonderful creation.

By Tobias Leinegger



VERMÖGEN STEUERN & STIFTUNGEN

DER STEUER-SOMMELIER

Steuern verstehen, Vermögen schützen.



Patrick Lauber

What your choice of words has to do with happiness

“I really ought to exercise again!”

That was the thought that crossed my mind last week after I could clearly feel my muscles—or rather, was suffering from some serious soreness—following a bit of physical labor. Aside from the fact that staying active in your early fifties—especially with a largely sedentary job—is a great idea for maintaining muscle function (which otherwise declines increasingly fast with age), that very thought (which I hadn’t even voiced aloud, let alone told anyone else) triggered feelings of judgment, doubt, and regret. So, what exactly did that thought—phrased the way I phrased it—trigger? Certainly not a boost in motivation. Instead, it brought up thoughts like, “You still haven’t managed to pull this off?” and “If you don’t manage this, it’s going to end badly.” The result is that the way I phrased the thought makes me feel worse than if I had simply acknowledged the fact that my muscles aren’t as capable as they used to be. If exercise isn’t my thing—that’s okay. The point here isn’t whether exercising more or less is “good,” or whether it’s sensible or not. It is purely about the impact of how the thought is phrased! Given that we have anywhere from 6,000 to 60,000 thoughts a day (depending on the source—whether a study or an estimate), this has a massive influence on our well-being. Especially since our brains do *not* distinguish between what we imagine and what we actually experience. Marcus Aurelius philosophized about this nearly 2,000 years ago: “The happiness of your life depends upon the quality of your thoughts.”

How conscious are we of our choice of words today? How often do we put ourselves down? – That is **exactly** how we need to view seemingly minor throwaway remarks like “oops, I’m such a scatterbrain,” “silly me,” or “man, I’m so stupid”—as acts of self-degradation... It became so clear to me again today during a conversation (thanks, Anja) just how powerful and valuable the choice of words I use with myself really is! It makes a huge difference whether I am in a state of confrontation or dialogue with myself. And it makes an equally big difference to simply notice how I communicate with myself.

Sugarcoating things is a strategy, too.

But that’s not what I’m talking about here. It’s not about viewing everything through rose-colored glasses or kidding myself just to fake a feeling of happiness... Simply becoming consciously aware of the phrases I use with myself every day—and correcting them into non-judgmental language when necessary—can boost your self-worth and make you feel happier! There are all sorts of reasons why we’ve used these kinds of phrases in the past: – Shame over not having handled something better, and the attempt to downplay it – Conditioning from childhood, where we were “labeled” as something (the scatterbrain, the lazybones, the scaredy-cat, etc.) – A desire for perfectionism and a misguided method of self-motivation ...and much more. It also comes down to emphasis! This is most clearly illustrated by my three favorite questions: Do I want this? Yes, those are three questions! But isn’t it just one sentence? – Depending on **how** I emphasize it, there are three different questions hidden within it: **Do** I want this? *Do* **I** want this? *Do* I want **this**? A little tool to help with everyday decisions ;-) that illustrates the significant and varied impact our language has—including on the people we interact with! How many of you occasionally use a sentence structure where you tack on the phrase “just kidding” at the end? It’s worth asking yourself **why**—and realizing just how much power lies in the spoken word...

And as you explore this and become aware of your own habits, you might start hearing the way others phrase things differently, too—picking up on those hidden instances where they put themselves down.

Just imagine... It’s wonderful to be able to tell them—lovingly—how you benefited from paying attention to this or changing your own habits, so that they might feel inspired to adopt that same approach. It is deeply moving when they share

their own observations—and, ideally, their own changes—with you. Imagine if we cultivated this within a large community... That’s the vision behind DARIA! And now, imagine that community growing and acting as a multiplier for these kinds of values... Sending love to you all!

Let me take this a step further: In my view, our choice of words affects more than just our feelings. In 2019, I conducted my own (control) experiment based on the theories of Dr. Masaru Emoto (**The Hidden Messages in Water**) by “speaking” to identical water bottles. “Water is the origin of all things” – Thales of Miletus Three bottles. One week. The first was addressed with “Good morning” and “You are wonderful water.” It was placed at eye level on a note bearing the words LOVE, GRATITUDE, and a heart symbol. The second was placed on the floor in a corner of the kitchen; it was addressed only sporadically—and with insults. The third was treated neutrally. No words were spoken to it. On the day of the experiment, friends and acquaintances sampled water from the three glass bottles, describing and rating three waters they believed to be

different: The reactions ranged from “this is very hard and tastes almost dry” and “I can’t tell any difference” to “this particular water is incredibly smooth and quenches thirst better than any I’ve ever had before”... Dr. Emoto made these effects visible using a special photography technique: he froze water samples that had been exposed to different spoken words or music and photographed the resulting crystals. Water that had been “blessed” with positive thoughts formed beautiful, harmonious, and perfectly symmetrical hexagonal crystals. According to Emoto, water labeled with terms like “hate,” “war,” or “you’re a loser” formed chaotic, incomplete, or completely shattered structures.

Since the human body is composed of 50–80% water, he argued that our thoughts and words have a similarly direct impact on our own health and cells. His work did not gain scientific recognition because he failed to adhere to experimental standards... But surely you have three bottles of water at home, right?

By Matthias Erbacher



Photos courtesy of: Matthias Erbacher

Protein Bagel Italian Style

Quick to make. High in protein. Fresh. And incredibly delicious.

Healthy eating doesn’t have to be complicated or boring. Especially on busy days, we need meals that are quick to prepare, made with quality ingredients, and still deliver real flavor and enjoyment. This protein bagel is exactly that: perfectly toasted and crispy, topped with creamy cheese and Mediterranean-inspired ingredients. Fresh tomatoes, mozzarella, and Parma ham come together with cream cheese and a warm protein bagel – simple, satisfying, and ideal for a healthy, modern lifestyle. Whether enjoyed as a quick breakfast, light lunch, or savory snack, this recipe proves that healthy and delicious can go perfectly hand in hand.

by Dina Veronique Scheve

INGREDIENTS

(SERVES 2)

- 2 protein bagels
- 60 g cream cheese
- Fresh or sun-dried tomatoes of your choice

Our recommendation: flavorful beefsteak tomatoes

- 80 g Parma ham
- 80 g mozzarella
- Salt
- Freshly ground black pepper

NUTRITIONAL VALUES

(APPROX. PER SERVING)

- Calories: approx. 500 kcal
- Protein: approx. 35 g
- Carbohydrates: approx. 42 g
- Fat: approx. 22 g
- Fiber: approx. 7 g

1. Slice the protein bagels in half and toast them in a toaster or briefly in the oven until golden and crispy.
2. Spread the warm bagel halves generously with cream cheese.
3. Slice the beefsteak tomatoes and mozzarella and arrange them on the bagels. Season with a little salt and freshly ground black pepper.
4. Finally, add the Parma ham on top. For a more intense Mediterranean flavor, use sun-dried tomatoes instead of – or in addition to – fresh tomatoes.

5. Close the bagels and enjoy immediately.

Preparation time: approx. 10 minutes. Nutritional values may vary slightly depending on the protein bagel and cream cheese used, as well as the type and amount of tomatoes.



Photos courtesy of: Dina Veronique Scheve

Why We Love It
A crispy bagel, creamy cheese, juicy tomatoes, mild mozzarella, and savory Parma ham: just a few simple ingredients that come together to create incredible flavor. An effortless recipe for anyone who wants to eat consciously without compromising on taste. Fast. Fresh. Protein-packed. Delicious. Because sometimes great food doesn’t need a long list of ingredients – just the right combination.

Revolutionary: How AI Can Transform Your Day

Artificial intelligence is not science fiction – it hasn’t been for a long time. More and more people are using AI tools to master everyday challenges – from weekend trips, to what’s for dinner, to budgeting. In this series, powered by the insights of our tech team and seasoned AI connoisseurs, we will show you how you too can benefit from this technology.

by Marc Siewert

DID YOU KNOW?

The best AI prompts are specific! Specificity = Better results!

Instead of: “Help me cook”
Try: “Quick 30-min dinner for 4 with chicken”

What’s your everyday AI Question?

Whether it’s a recipe, travel dilemma, or practical tip, send us your most used questions at

info@sunshine-post.com

Subject: “AI Prompt Submission”

Boxing Basics & Beyond

“I’m interested in boxing but don’t know much about the sport. Explain the basics, what makes a great boxer, and how beginners can start following the sport.”

AI suggests:

1. Learn the basic scoring system, rounds, weight classes, and rules
2. Watch a few classic fights to understand different boxing styles
3. Learn the difference between offense, defense, footwork, and ring strategy
4. Follow one current fighter to make the sport easier to understand
5. Remember that boxing is as much about strategy and discipline as physical strength

German Bundesliga Guide

“I’m new to German football. Explain how the Bundesliga works, what makes it unique, and which traditions every new fan should know.”

AI suggests:

1. Learn how the league table, promotion, relegation, and European qualification work
2. Follow one club to better understand the rivalries and traditions
3. Learn about famous German football cities and their historic clubs
4. Experience the importance of the fans, chants, and matchday culture
5. Watch a full match to appreciate the pace and atmosphere of German football

Labor Day Weekend Planner

“Help me make the most of Labor Day weekend in Southwest Florida. Suggest ways to relax, spend time with family, and enjoy the final days of summer.”

AI suggests:

1. Plan a relaxed beach morning before the afternoon heat
2. Organize a backyard barbecue with friends and family
3. Look for local events, live music, or community celebrations
4. Take a sunset walk and enjoy one of summer’s final golden evenings
5. Leave some time completely unplanned—sometimes that’s the best part of a long weekend

Start Fall the Right Way

“I want to start the fall season feeling refreshed, organized, and motivated. Create a simple plan for resetting my routines after summer.”

AI suggests:

1. Re-establish a consistent sleep and morning routine
2. Choose one health or fitness goal for the next three months
3. Declutter one area of your home rather than trying to do everything at once
4. Plan something to look forward to each week
5. Reflect on your favorite summer memories before focusing on what’s next

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Testimonials

My name is Ernie Durham, I am a Christian and a Navy (Combat) Veteran, a 100% Disabled man. I started receiving your wonderful newspaper and enjoyed it immensely! I, too, am an optimist and agree with your values. (Honey attracts, whereas vinegar repels in relationships! Like toxic people!) THANK YOU for giving me your kind, understanding, informative paper. As you know, there are not very optimistic things sometimes. But, we can shine in the dark like the Sun coming in the dawn!

-Ernie D.

To Katharina Kaufmann,
I enjoyed your well written article last month about downtown Ft. Myers Jimmi Melton, and I have saved it.

-Linda H.



I’m not quite sure how I got on your mailing list but this is the third publication I’ve received from you and it just makes me happy. I only wish there were more other avenues to receive positive news stories like yours. It is very appreciated!

-Rebecca J. C.

I enjoyed the first edition of the Sunshine Post and appreciate your mission. We could all use a dose of optimism in our lives and it’s refreshing to read a publication that does not address politics and the state of our world. (...)

-Phyllis D.

Celebrating Life’s Milestones with the Sunshine Post!

Honoring birthdays, anniversaries and special moments from our community!
We want to shine a spotlight on the people whose special days remind us why milestones matter. Birthdays, anniversaries, and personal achievements mark the chapters of our shared story. Join us in congratulating the friends, families, neighbors, and colleagues who are celebrating important moments in their lives.

Source: Pexels



The Sunshine Post Community wishes a Happy Birthday to....

Sebastian Bielinsky

Kevin Tremmel

Julia Müller

Boris Hagemeister



Would you like to congratulate someone special?

Send us your request at

info@sunshine-post.com

and get featured in our next issue!

Subject: “Celebrating Life”





DARIA

dreams come easy



INVEST IN YOUR DREAMS

