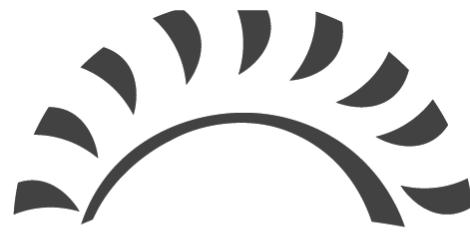


YOUR DAILY DOSE OF OPTIMISM



SUNSHINE POST

CREDIT UNIONS 03 MLS FINALE

07 AI-PROMPT

13 HEALTHY AGING 11

On a rainy Tuesday morning in Portland, Oregon, a college sophomore named Lea Alvarez opened her banking app expecting the usual.

There are football matches that are more than ninety minutes long. They tell stories of beginnings, doubts, and the endurance of an idea.

In this series, powered by our tech team and AI connoisseurs, we'll show you how to benefit from AI in daily life.

Welcome, or welcome back to Healthy Aging, the place, where we finally reveal the biggest secret in human history: Ourselves...



Read more about New Year's Resolutions on Page 14, Photo Courtesy of Dina Veronique Scheve

A Bright Year lies Ahead of Us

January greets us like a blank page: full of possibility, fresh energy, and room for new stories. As we welcome a new year together, this issue is dedicated to looking forward with optimism while staying rooted in the strength of our community.

This month, we look ahead to the future while staying connected to our roots.

Our continuing series on Credit Unions returns with Part 4: How Credit Unions Are Reinventing Themselves for an Algorithmic Age, exploring how technology, trust, and community come together in modern finance.

January is also the season of fresh starts, so we're talking New Year's resolutions: the hopeful ones, the practical ones, and even the ones that make us laugh at ourselves a little. Whether you're focusing on health, habits, or happiness, you'll find encouragement inside.

We also continue our heartfelt series "Hidden Sparks," shining a loving spotlight on pets in animal shelters who are waiting for their forever homes, full of personality, hope, and second chances.

Page No. 2 →

SUNSHINE POST

HERO OF THE MONTH

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

A neighbor, a volunteer, a mentor or just someone whose kindness inspires others? We at Sunshine Post would love to share their story.

Nominate your Hero of the Month today and help us shine a light on the people who truly make a difference.

Send us your suggestion at info@sunshine-post.com. Let's celebrate the everyday heroes among us together.

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Boris Hagemeister

CEO & Founder

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(239) 486-0585

A Fresh Start, A Bright Year Ahead

Dear Readers,

January greets us like a blank page: full of possibility, fresh energy, and room for new stories. As we welcome a new year together, this issue is dedicated to looking forward with optimism while staying rooted in the strength of our community.

In this month's continuation of our Credit Unions series, "Credit Unions: How Credit Unions Are Reinventing Themselves for an Algorithmic Age," we explore how community finance is evolving in a rapidly changing digital world, without losing the people-first mission at its heart.

Of course, January wouldn't be complete without New Year's resolutions. Whether you're resolving to move more, spend less, read more, or simply be kinder to yourself, we hope the stories and voices in this issue inspire realistic goals and gentle perseverance.

We also shine a light on the Nights of Lights in St. Augustine, a breathtaking reminder that warmth and wonder don't disappear once December ends. The glow continues into the new year—and so does our sense of shared celebration.

Sports fans will enjoy our look at the 2025 MLS Finale — Messi vs. Müller, a moment that brought excitement, rivalry, and unity to fans across the Sunshine State and beyond.

Community, at its core, means caring for one another, and our series "Hidden Sparks" focuses on pets in animal shelters waiting to be adopted—each with a story, a personality, and a spark of hope. We invite you to meet them.

For those thinking about their health in the new year, Healthy Aging: My Body City offers thoughtful insight into how we can care for ourselves at every stage of life. And in Sunshine State of Mind, we explore why so many people continue moving to Florida—drawn by opportunity, climate, community, and that unmistakable Florida spirit.

As we step into 2025 together, may this issue remind you that every new beginning is built on connection—neighbors helping neighbors, stories shared, challenges met side by side.

From our newsroom to your homes, we wish you a year filled with purpose, laughter, resilience, and sunshine.

By Rouven Zietz

Quality journalism for everyone. Find the Sunshine Post at many locations across Cape Coral and Fort Myers.

Sunshine Post

Editor-in-Chief/Managing Editor

Rouven Zietz

Contact Information

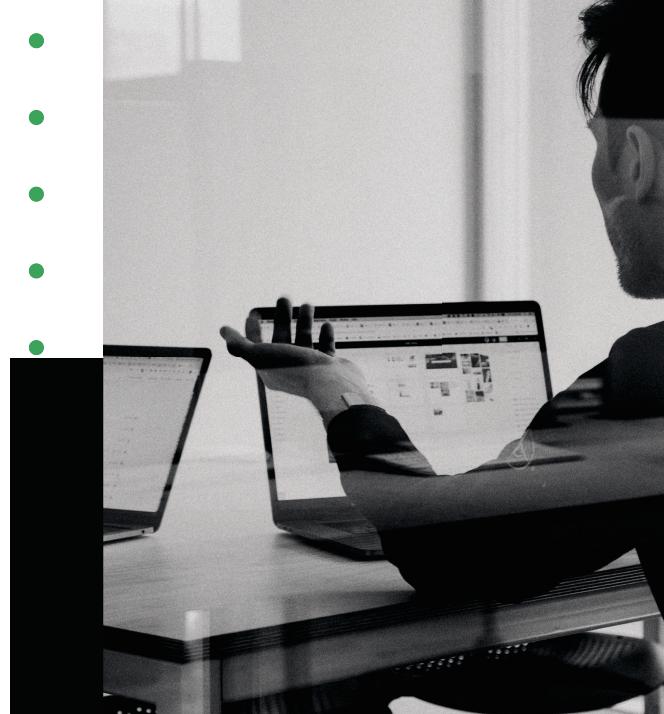
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When Community Goes Digital: How Credit Unions Are Reinventing Themselves for an Algorithmic Age

On a rainy Tuesday morning in Portland, Oregon, a college sophomore named Lea Alvarez opened her banking app expecting the usual: a quick glance at her checking balance and a Venmo transfer from her roommate. Instead, a new message flashed across her screen — one that didn't look like the robotic alerts she was used to from big banks:

"Hi Lea! We noticed you've been saving for a bicycle. Want to join our community gear-swap this weekend? You might find one for free."

It wasn't a sales pitch. It wasn't AI-optimized clickbait. It came from her credit union — a place she'd joined mostly because her mother insisted she "use a bank that doesn't treat you like a number." The message linked to a volunteer-run event the credit union was sponsoring with local nonprofits, part swap meet, part upcycling fair, part community hangout.

Lea stared at it for a moment.

"Since when do banks help you avoid spending money?" she wondered.

Her roommate laughed. "That's not a bank. That's a credit union. They're weird like that."

Weird — and increasingly relevant in a financial world where nearly everything else feels engineered by algorithms, hedge funds, or Silicon Valley venture capital.

As the digital age reshapes how money moves, how trust forms, and how financial institutions interact with people, credit unions — once the humble, basement-based co-ops of the 20th century — are undergoing a transformation of their own. And as strange as it may seem, their century-old, people-first philosophy fits surprisingly well in a world exhausted by predatory fees, data profiling, and faceless automation.

This is the story of how credit unions are navigating the future: with apps and A.I., yes, but also with something the digital world is starving for — human connection.

The Past Meets the Password Login

Credit unions are not known for being the first to adopt technology. In the 1970s and 80s, many resisted ATMs. In the 90s, some dismissed online banking as a fad. And in the early 2000s, a few famously debated whether a website would ruin the personal experience.

But slowly, and then all at once, the world changed.

Today, nearly every credit union offers:

- mobile banking with remote deposit
- budgeting and financial-health apps
- tap-to-pay debit cards
- online loan applications
- virtual financial counseling
- fraud-prevention A.I.

Some have even launched digital-only branches.

Yet the transformation is not merely about adding technology. It's about integrating technology into the

cooperative mission — something banks, built to maximize profit, struggle to do.

Chapter 1: The Digital Arms Race

The first challenge credit unions faced in the digital era was simple: survival.

By 2010, big banks had armies of engineers, data centers, and billions to pour into app design. Fintech startups appeared weekly, each promising frictionless payments or instant loans. Meanwhile, the average credit union had fewer than 50 employees and a tech budget smaller than what some fintechs spent on lunch.

To compete, credit unions did something very on-brand: they cooperated.

They formed CUSOs — Credit Union Service Organizations — joint ventures that let multiple credit unions share the cost of innovation. If one small credit union couldn't afford a cybersecurity team, ten of them together could. If another lacked developers, a shared platform could provide them.

"Ironically, the more complex finance becomes, the more credit unions return to the basics: people helping people."

Suddenly, credit unions were building:

- shared mobile-banking platforms
- shared fraud-detection A.I.
- shared call centers
- shared digital-mortgage tools

This collaborative model, unique in American finance, became their secret weapon.

As one credit union CEO put it:

"Banks compete by outspending. We compete by out-cooperating."

And it worked. By the late 2010s, many credit unions offered mobile experiences every bit as smooth as major banks — without losing their human touch.

Chapter 2: The Human Algorithm

Even as credit unions embraced technology, they made a deliberate choice: not to let algorithms replace judgment.

Where big banks and fintechs increasingly rely on credit-scoring models and automated decision engines, credit unions held onto something old-fashioned: relationship-based lending.

At Riverbend Community Credit Union in the Midwest, for example, a loan officer explained:

"If an algorithm says no, that's not the end — that's where the conversation starts."

A credit score is one piece of information, but not the whole story. Members can talk to real

humans who look at real circumstances. A car loan might be approved because the member has strong community references. A credit builder card might be offered because a counselor sees commitment rather than risk. A missed payment might be forgiven because the credit union knows the member lost her job.

In the digital era, this seems radical.

But it resonates — especially with Millennials and Gen Z, who are tired of being reduced to data points.

Chapter 3: Gen Z Finds Its Financial Home

For years, pundits insisted that young people didn't care about credit unions. They said Gen Z preferred cash apps, crypto exchanges, gamified investing.

Then something shifted.

After a decade of growing inequality, overdraft fees, "surge pricing," and algorithm-driven financial decisions, younger generations began craving something different: transparency, fairness, and community.

A 2023 survey from a national credit union organization found that:

- Gen Z trusts credit unions more than banks
- Millennials believe credit unions care more about their financial wellbeing
- Both groups prefer institutions aligned with social and community values

Credit unions suddenly found themselves appealing to the very demographic that Silicon Valley assumed it owned.

One credit union teller described the shift this way:

"Young people walk in and say, 'I want a bank that doesn't scam me.' And we say, 'Hi, welcome to a 100-year-old idea!'"

Chapter 4: Fighting the Rise of Robo-Everything

Fintech apps use automation to personalize your feed — but also to nudge you, profit from your data, or push high-interest products.

Credit unions, lacking a profit motive, use automation differently.

Automated savings that actually save you money

Apps round up purchases into savings — not into investment products with hidden fees.

AI fraud detection without data exploitation

Some credit unions explicitly limit how member data is used, even if the law would permit more monetization.

Chatbots that escalate to real humans.

Most credit union chatbots are designed not to deflect human contact but to enhance it — routing members to local staff, not to a remote call center.

This approach builds trust — a rare commodity in fintech.

Chapter 5: Community in a Digital Age

Digital transformation forced credit unions to ask a new question:

What does "community" mean

when everything is online?

Some answered by building virtual financial education sessions, attracting hundreds of attendees from different towns and states.

Others created online co-ops where members could:

- trade tools
- share childcare
- exchange tutoring
- coordinate volunteering

A credit union in the Southwest used its app to match unemployed members with local job postings. Another in the Northwest created an online marketplace for local artisans.

The digital world made community bigger, not smaller.

Chapter 6: Crypto, Cybercrime, and the Future

Credit unions have approached cryptocurrency cautiously — not rushing to offer speculative assets, but focusing on fraud protection and safe pathways for members curious about digital finance.

More urgent has been cybersecurity. Credit unions now spend more on cybersecurity than any other line item except labor.

Cyber teams monitor: phishing patterns, ransomware threats, account-takeover anomalies, dark-web data breaches

But here again, cooperation is key. When one credit union detects a threat, the entire network benefits.

Chapter 7: The Return to Radical Simplicity

Ironically, the more complex finance becomes, the more credit unions return to the basics: people helping people.

Credit unions are now investing heavily in:

- financial-wellness coaching
- youth banking programs
- first-time homebuyer support
- small-business microloans

By FTF



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Daria US Brokerage:

Where Expertise Meets Exceptional Service

Southwest Florida has long attracted visionaries drawn to its coastline, climate, and opportunity. Among the newest leaders shaping the region's real estate landscape is Daria US Brokerage, led by Broker Kevin Tremmel. His story, rooted in two continents and shaped by years of hands-on industry experience, is a testament to what happens when hard work, curiosity, and a genuine love for this community intersect.

Kevin was born and raised in Munich, Germany, but his connection to Naples stretches back decades. His father moved to Naples in the early 1990s, giving Kevin a front-row seat to

Southwest Florida continues to evolve, and with it comes a growing demand for real estate professionals who understand global buyers, modern expectations and the importance of execution without compromise.

the remarkable transformation of Southwest Florida—from quiet coastal towns to one of the most sought-after markets in the country. After graduating from university in Munich, Kevin relocated to the U.S. in 2017 and immediately earned his Florida real estate license, later becoming a licensed broker. Since then, he has built a reputation for integrity, market knowledge, and a practical, results-focused approach.

His career has spanned the full spectrum of residential real estate, from helping families buy and sell homes to guiding investors and navigating the complexities of new construction and development. What originally convinced him to stay in America was more than sunshine and blue water; it was the optimism and "can-do" spirit that matched his own drive. Outside of work, Kevin keeps life simple: time with family and friends, exploring Southwest Florida with his dog George, staying active through CrossFit, and enjoying days on the water.

Complementing Kevin is Melina Schmelter, whose international background brings a fresh, dynamic perspective to the brokerage. At just 27, Melina has already built a global résumé and an entrepreneurial track record uncommon for her age. Her American story began in 2014, when she spent a year as an exchange student in Wisconsin. The experience sparked a long-term dream of returning to the United States.

After completing her schooling in Germany, Melina began her real estate path with internships in Munich and London, deepening her understanding of property markets across Europe.

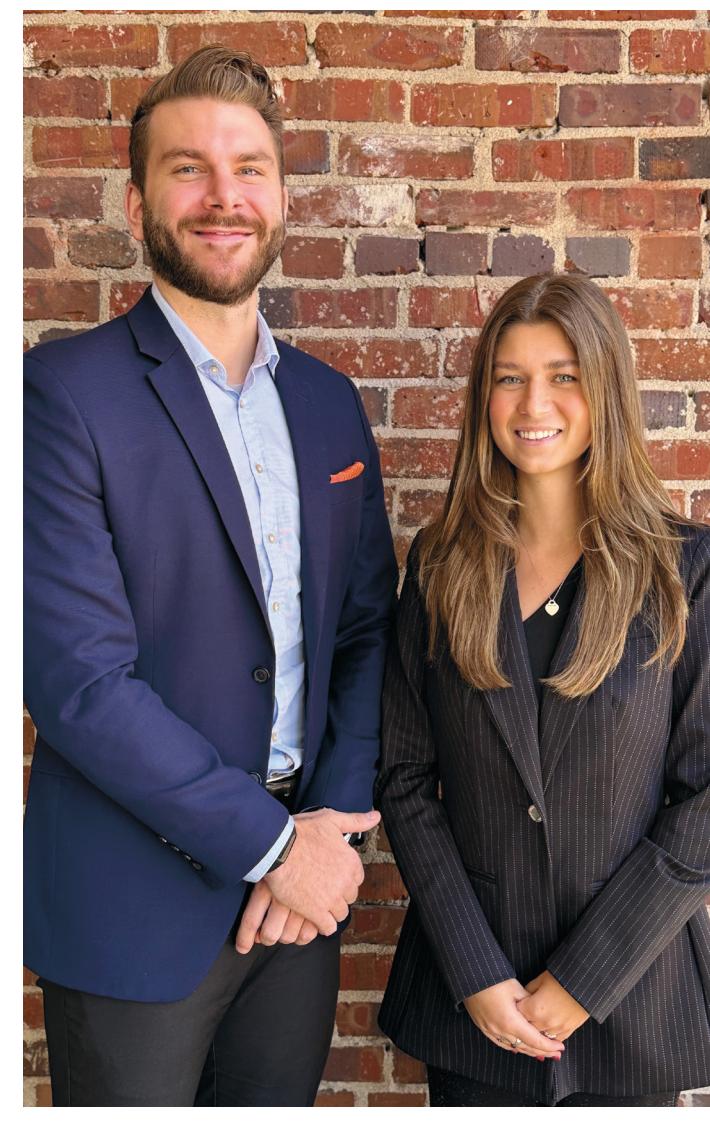
She went on to earn her German real estate license and gained invaluable experience working for a large international brokerage. In 2021, she reached a milestone many never achieve so early in their careers: becoming owner and CEO of her own real estate brokerage in Hamburg.

In 2025, Melina officially made the United States her home, bringing her international expertise, structured approach, and passion for helping people navigate big life decisions. Her personal interests mirror the lifestyle Southwest Florida is known for—traveling, discovering new restaurants, spending time at the beach, and connecting with people from all walks of life. Her genuine curiosity about others' stories shapes the way she serves clients.

Together, Kevin and Melina form the core of Daria US Brokerage, a modern, full-service real estate company built on the principles of precision, professionalism, and world-class customer care. The brokerage assists clients with buying, selling, investing, and renting across Southwest Florida, offering support that extends far beyond traditional real estate services.

The brokerage's guiding philosophy blends two powerful cultures: German efficiency, accuracy, organization, and work ethic with the American "can-do" attitude and white-glove, customer-first mentality. The result is a real estate experience that is highly structured yet deeply personal, thorough yet flexible, data-driven yet human.

Daria US Brokerage is intentionally young, energetic, and forward-thinking. Kevin and Melina believe real estate is not



Melina Schmelter and Kevin Tremmel of Daria US Brokerage,
Photos Courtesy of Kevin Tremmel

just about transactions—it's about stability, opportunity, and trust. They go beyond the basics by surrounding themselves with a vetted team of professionals, including tax advisors, legal experts, and international finance specialists. This network allows them to assist clients from around the world in transferring assets and navigating cross-border purchases safely and efficiently.

Another of Daria US Brokerage's defining strengths is its ability to deliver German-quality new-construction homes with a European flair through its affiliated construction company, Daria US Construction.

This vertical integration allows the firm to control quality, timelines, and craftsmanship at a level rarely seen in the U.S. market.

Southwest Florida continues to evolve, and with it comes a growing demand for real estate professionals who understand global buyers, modern expectations, and the importance of execution without compromise. Daria US Brokerage enters the market with a clear mission: to raise the standard, streamline the process, and represent clients with precision and care.

By Kevin Tremmel,
Daria US Brokerage



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St. Augustine shines with magical splendor

“Nights of Lights” will continue to attract thousands in 2025/26

S t. Augustine, FL –

When the sun sets in the oldest city in the United States, a spectacle begins in St.

Augustine every December that amazes even locals year after year. Millions of twinkling lights bathe the historic streets, squares, and colonial buildings in a warm, golden glow – “Nights of Lights,” one of the country’s most famous light festivals, has once again transformed the city into a winter wonderland for the 2025/26 season.

Since mid-November, visitors have been flocking to the historic old town to experience the light show, which lasts until January 11, 2026. Whether strolling along the waterfront promenade, taking romantic carriage rides over cobblestone streets, or enjoying boat tours in the bay – the city sparkles everywhere, as if covered in a glittering veil of light.

Tips for visitors: things you should definitely experience during the Lights

1. Walk through the old town at night

The best way to enjoy the lights is on foot: wander through the narrow streets around St. George Street, see the reflections in the shop windows, and just go with the flow.

2. Boat tour across Matanzas Bay

Viewing the lights from the water is one of the most popular activities. Several companies offer evening cruises—with music, warm blankets, and the best view of the glittering skyline.

3. Carriage ride through the historic district

For romantics: a horse-drawn carriage takes visitors on a leisurely ride through the illuminated streets. The ride along the Plaza de la Constitución is particularly impressive.

4. Ride on the trolley or the “Light-Seeing Train”

For those who don’t want to walk: Trolleys with open roofs travel through the old town and offer a comfortable all-round light experience – often with Christmas music and hot cocoa on board.

St. Augustine offers countless opportunities to experience the magic of the holiday season during the Nights of Lights.

5. Use photo spots

The most beautiful shots can be taken at:

- Bridge of Lions
- Bayfront between Castillo de San Marcos and Marina
- Plaza de la Constitución
- Lightner Museum (fantastic facade!)
- Aviles Street (oldest street in the USA)

6. Enjoy local restaurants and cafés

The festive season is the perfect time to visit the many small bistros and fish restaurants. Many establishments

decorate especially for the season – a real treat for the senses.

7. Christmas shopping in boutiques

From handmade jewelry to arts and crafts: the small shops in the old town offer special gifts that are hard to find anywhere else.

8. Sunset from Castillo de San Marcos

Just before the lights come on, it’s worth taking a look across the bay from the fortress – the sky turns pink and at the same moment the first lights begin to glow.

9. Combine with events

Numerous concerts, markets, and guided tours take place in December. A visit to the Lights can be perfectly combined with live music or historical tours.

10. Take advantage of oases of calm

Despite the crowds, there are quiet places, such as the Spanish Garden behind the Lightner Museum or the small parks near Hypolita Street – ideal for those who want to enjoy the lights without the crowds.

Whether you’re looking for romance, family fun, or just curiosity, St. Augustine offers countless opportunities to experience the magic of the holiday season during the Nights of Lights. During this time, the historic city shows itself from its most beautiful side: sparkling, lively, and full of warmth.

By Tanja Mueller



Photos: Pixabay.

What's 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!

Home and Garden Show

Inspiration for homeowners and hobbyists alike with vendors on décor, renovations, landscaping, and more at the Caloosa Sound Convention Center (free admission). allevents.in

04

Business After Hours

Lover's Key State Park fortmyersbeach.org

Relaxed networking/social evening with complimentary refreshments at Lover's Key State Park's Welcome & Discovery Center.

15

Fort Myers Collectorfest

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A one-day expo for toy, comic, game, and collectible enthusiasts: classic and modern items, vendor booths, and fun for all ages at Caloosa Sound Convention Center.

18

Caloosahatchee Celtic Festival

Celebrate Celtic culture downtown with live music, dancing, food, drinks, and entertainment at the Caloosa Sound Amphitheater. A local seasonal highlight! fortmyersanibel.com

24
25

IMAG Community Day

A community event at the IMAG History & Science Center with hands-on activities and family-friendly exhibits celebrating local engagement and learning.

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Send Us Your Event Recommendations!
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Messi vs. Müller

The 2025 MLS Final and the Long Road of a League

There are football matches that are more than ninety minutes long. They tell stories of beginnings, doubts, and the endurance of an idea. The 2025 MLS Final was such a match — and at the same time the symbolic culmination of a league once ridiculed, now commanding global attention.

A League Born from an Idea

When Major League Soccer was founded in 1993, it was above all one thing: hope. The United States had been awarded the 1994 World Cup, yet football had barely taken root in the country. What followed was a bold project. When MLS kicked off in 1996, ten teams played in front of often half-empty stands, accompanied by skepticism and mockery from the football world.

But behind the scenes, something was growing. The league did not chase instant glory; it chose patience. It wanted to last. In a sports culture accustomed to immediate success, this was a risky — almost idealistic — approach.

Years of Doubt — and the Will to Survive

The early 2000s felt like a permanent state of uncertainty for MLS. Clubs disappeared, losses mounted, and many predicted the league's demise. Yet it was precisely in these dark years that the league's character was forged. Instead of giving up, investment flowed into infrastructure, soccer-specific stadiums were built, and efforts began to inspire children to embrace the sport.

With the introduction of the Designated Player Rule, a window to the world finally opened. It was

the moment MLS began to think bigger.

David Beckham and Faith in the Dream

When David Beckham moved to MLS in 2007, it was more than a transfer. It was a signal. Beckham brought glamour, cameras, and international attention — but above all, he brought belief. Later, as co-owner of Inter Miami CF, he became part of the very story he had once entered only as a player.

Inter Miami became a symbol of the new MLS: modern, ambitious, and global. A club that proved football in the United States could do more than exist — it could inspire.

The Slow Rise to Maturity

With the arrival of further international stars such as Thierry Henry, Zlatan Ibrahimović, Bastian Schweinsteiger, Frank Lampard, and Steven Gerrard, MLS moved ever closer to the global spotlight. Yet the decisive factor was not the star power alone, but structural development: academies produced homegrown talent, American players moved to Europe, and the overall sporting level rose steadily.

By the 2020s, MLS had become a genuine alternative — no longer merely a retirement destination, but a serious competition with growing tactical and technical quality.

Messi, Müller — and the Moment of Truth

Lionel Messi's move to Inter Miami, David Beckham's club, felt like the final knighthood. Shortly thereafter, Thomas Müller followed, opening a new

chapter after a unique European career. Two legends, two personalities, united in a league that once could only dream of such moments.

Messi, the artist who can change a match with a single touch. Müller, the Raumdeuter, who thrives on chaos and finds order within it. When they faced each other in the 2025 MLS Final, the narrative seemed perfectly written.

A Final to Remember

The final was intense, passionate, and filled with emotion. After Inter Miami took the lead in the 8th minute, the Vancouver Whitecaps equalized at 1–1 in the 60th. Two further goals in the 71st and 90th minutes crowned Inter Miami as MLS champions of 2025.

When the final whistle blew, everyone in the stadium and in front of the screens knew: this match had already won, regardless of who lifted the trophy.

More Than a League

The 2025 MLS Final was no accident, no marketing product, no empty spectacle. It was the result of courage, patience, and the willingness to believe in an idea. Major League Soccer has found its place in world football.

Messi vs. Müller was not just a duel between two legends. It was the moment a league proved that dreams take time — and that they can come true.

By John Heinrich

Thomas Müller

Personal Information

Full Name: Thomas Müller

Date of Birth: September 13, 1989

Place of Birth: Weilheim in Oberbayern, Germany

Age: 36 years

Height: approx. 1.85 m (6'1")

Position: Attacking Midfield / Second Striker

Known as: "Raumdeuter" (Space Interpreter)

Clubs:

1. TSV Pähl (Youth)

2. FC Bayern Munich (Youth, from 2000)

3. FC Bayern Munich II (2007–2009)

4. FC Bayern Munich (2008–2025 / 756 appearances)

5. Vancouver Whitecaps (since 2025)

Honours:

National

· 12× German Champion

· 6× DFB-Pokal Winner

· 8× DFL-Supercup Winner

International

· 2× UEFA Champions League

· 2× UEFA Super Cup

· 2× FIFA Club World Cup

National Team (Germany)

· 1× FIFA World Cup Winner

· 2× UEFA European Championship Semifinalist

Individual Awards:

· FIFA World Cup Top Scorer

· World Cup Bronze Boot

Lionel Messi

Personal Information

Full Name: Lionel Andrés Messi Cuccittini

Date of Birth: June 24, 1987

Place of Birth: Rosario, Santa Fe, Argentina

Age: 38 years

Height: approx. 1.70 m (5'7")

Position: Right Winger / Attacking Midfield

Strong Foot: Left

Nickname: "La Pulga" (The Flea)

Clubs:

1. Newell's Old Boys (Youth, Argentina)

2. FC Barcelona (Youth & Senior, 2000–2021 / 778 appearances)

3. Paris Saint-Germain (PSG) (2021–2023)

4. Inter Miami CF (since 2023)

Titles:

National FC Barcelona

· 10× Spanish Champion (La Liga)

· 7× Copa del Rey

Paris Saint-Germain

· 2× French Champion

· 1× French Super Cup

Inter Miami

· 1× MLS Champion

· 1× Leagues Cup

International Club

· 4× UEFA Champions League

· 3× UEFA Super Cup

· 3× FIFA Club World Cup

National Team (Argentina)

· 1× FIFA World Cup Winner

· 1× Copa América Winner

· 1× Finalissima Winner

· 1× Olympic Gold Medalist

· 1× U20 World Cup Winner

Individual Awards

· 8× Ballon d'Or (record)

· 8× FIFA World Player of the Year

· 6× European Golden Shoe

· 2× FIFA World Cup Golden Ball (Best Player)

· 1× Copa América Best Player

Hidden Sparks – Pets Looking to Shine

As a new year begins, it brings with it quiet hopes, fresh beginnings, and the chance to open our hearts to something meaningful. Once again, we're shining a light on two wonderful animals from the Cape Coral Animal Shelter — each one waiting for a place to belong.

Some arrive with playful energy, others with gentle caution, shaped by what life has already asked of them. But all of them carry a spark that deserves to be seen, nurtured, and given the space to grow. With patience, kindness, and a little time, these hidden sparks can turn into lifelong companionship and love.

Maybe the start of this year is also the start of something beautiful — for them, and for you.

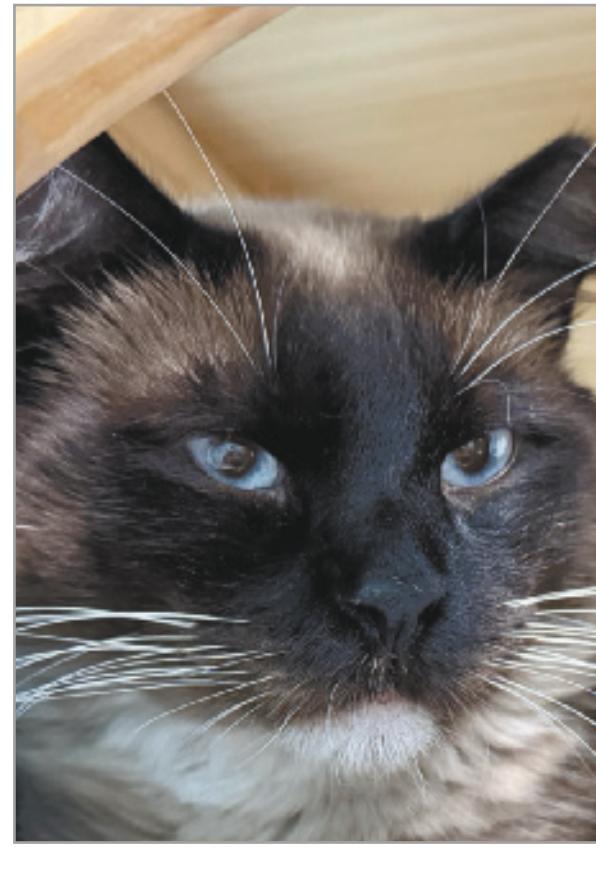
By J. & J. Heartley

Hours of Operation:

Tuesday & Thursday:
12:00–5:00 pm

Friday through Sunday:
12:00–4:00 pm

Monday & Wednesday:
Closed



Photos courtesy of Cape Coral Animal Shelter.

DARA

is a 1–3-year-old female — a quiet, gentle girl with a soft seal-point coat and the most beautiful blue eyes. Life has made her a little shy, so she prefers to take things slowly, observing the world from a safe and comfortable spot until she feels ready to step forward.

Once Dara learns that you are kind and patient, she begins to peek out and reveal her sweet, tender nature. She isn't one to rush into new situations, but with time and reassurance, her gentle presence becomes a truly special part of the room. She shows her affection in subtle ways — a soft glance, a calm presence nearby, and quiet moments shared at her own pace.

We believe Dara would enjoy the companionship of another calm, friendly cat who can help her feel secure and show her the ropes.

Dara would do best in a peaceful home where patience is part of everyday life. If you're willing to give her the time she needs, she's ready to blossom into the loving companion we know she can be. Dara has been with us for over 160 days, and her adoption fee is \$70.

DINGHY (MILES)

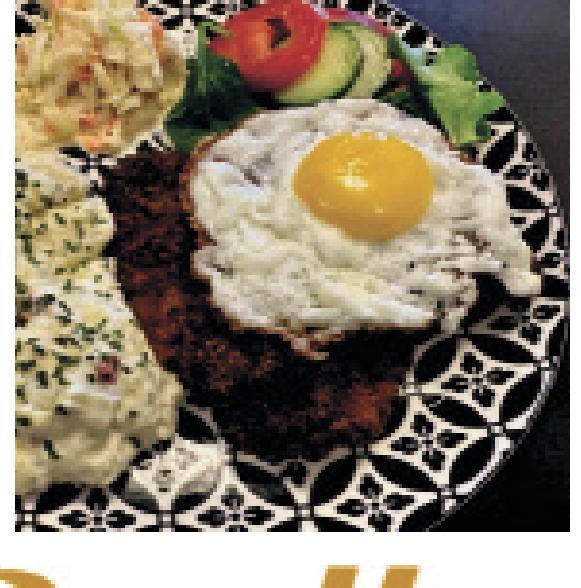
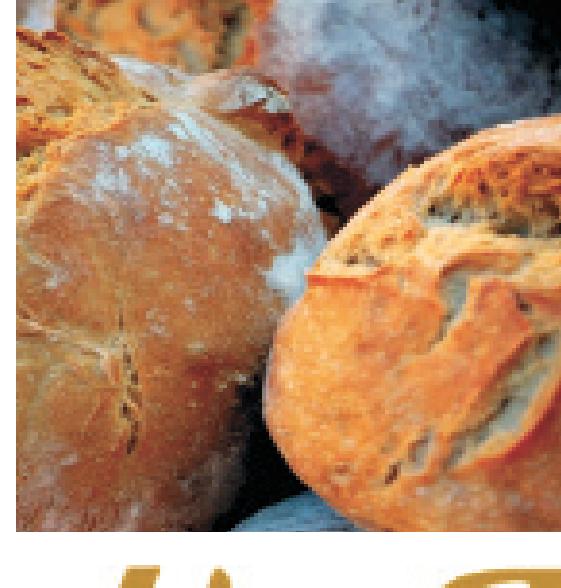
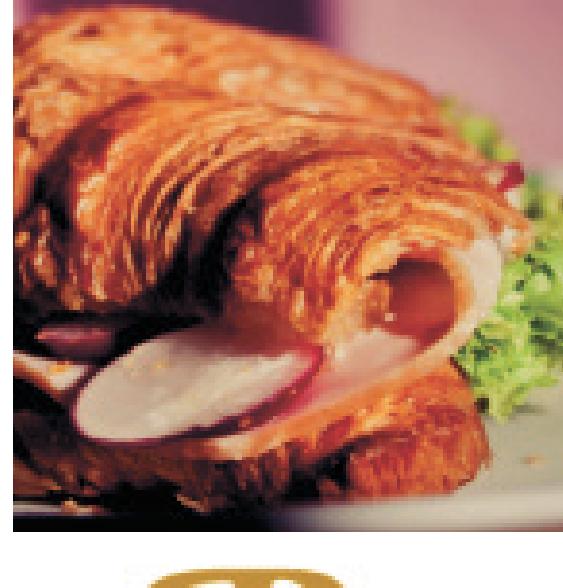
is a 1–3-year-old male — a young adult pup who may feel a little unsure when you first meet him. Give him a bit of time, though, and his happy, silly side begins to shine through in the most endearing way. Once he feels comfortable, Dinghy shows just how much joy and personality he has to share.

He's got that wonderful balance many people are looking for: enough youthful energy to keep up with playtime, paired with a softer side that truly enjoys snuggling up with his favorite people. One of his favorite activities is playing fetch in a secure, fenced yard, where he can run freely and let his playful spirit take over.

Dinghy would thrive in a home that understands patience, encouragement, and the importance of letting a young dog build confidence at his own pace. If you're looking for a companion who will grow into your heart and reward your kindness with loyalty and laughter, Dinghy might be the perfect match. He has been with us for over 90 days, and his adoption fee is \$225.

Cape Coral Animal Shelter
325 SW 2nd Avenue
Cape Coral, FL 33991

More information and all adoptable animals at:
www.capecoralanimalshelter.com



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Responsibility - Leadership begins with Oneself

“Most people do not really want freedom, because freedom involves responsibility.”

Sigmund Freud

Responsibility isn't a title. It's an inner decision. Not everyone who leads takes responsibility. And not everyone who carries responsibility needs a title to do so. Responsibility begins where excuses end.

What does it mean to take responsibility?
It means: I acknowledge that I'm part of the whole. That my actions have impact. That I may not control everything – but I always choose how I show up. Taking responsibility doesn't mean being perfect. It means being willing to own your thoughts, feelings, and actions.

When responsibility is missing, someone else will fill the gap – not always for the better.

Avoiding responsibility leaves space for others to step in. And it's not always the wisest or most grounded voices that do. That's how power shifts. Not because someone planned it – but because too many stayed silent.

The Gift of Living Responsibility
Those who embody responsibility radiate clarity. Not control. Not rigidity. But inner strength. Leadership begins where someone chooses to see – and not look away.

Where someone says: I'll take this. Not everything. But what I can influence. That presence changes dynamics. Teams. Cultures.

Societal Perspective:
A society that honors responsibility becomes capable of action.

It stops chasing blame and starts seeking solutions. It no longer asks, “Who's in charge?” It asks, “What can I do?” That's leadership.

Not through position – but through presence.

Reflection Prompts:
Where are you already carrying responsibility—but haven't claimed it?

And where are you still waiting for someone else to step up—when deep down, you know it's your turn?

By Angelique Soularis



Sunshine Post Recipe of the Month: Crispy Tofu Nuggets

January often inspires a fresh start in the kitchen, and lighter comfort food doesn't have to mean giving anything up. These Crispy Tofu Nuggets deliver all the crunch and dipping-sauce fun of classic nuggets, but with a plant-based twist that feels just right for a reset. They're easy, satisfying, and proof that “better-for-you” can still taste like a treat.

INGREDIENTS

- 1 block of tofu (your choice)

For the marinade:

- 2 tbsp olive oil
- 2 garlic cloves, crushed
- ¼ tsp onion powder
- ¾ tsp smoked paprika
- salt and pepper to taste
- 2 tsp tapioca starch

For the topping:

- nutritional yeast



INSTRUCTIONS

- Cut tofu block in half and press out all liquids with a cloth or paper towel.
- Mix the marinade ingredients in a bowl or container.
- Cut the tofu into 1-inch cubes, cover in marinade and toss in nutritional yeast to make the nuggets extra crispy.
- Put nuggets in air-fryer at 370°F for 12 minutes or bake at 400°F for 20 minutes.
- Serve with rice or sauteed vegetables. Enjoy!

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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.

My Body City - The City That Never Sleeps



Photo: Freepik

were younger: If you played Basketball once and suddenly, when work and kids came into your life - by miracle - the ball appeared in your belly.

People with a so-called apple-shaped figure carry more weight in the abdominal area. A pronounced waist circumference, also known as „abdominal obesity“, can be a warning sign for an increased risk of diseases such as heart disease and diabetes.

In My Body City, like in every other City, the transportation of inhabitants and goods takes place on the streets and railways.

Lets call our blood cells inhabitants and all the goods are the proteins, the oxygen, the vitamins and the minerals. The major is obviously sitting in your head, even if you are male... And he has some very anxious advisors. As My Body City has Billions of Inhabitants, you can imagine, that a lot of Garbage is produced. One of the most important places in My Body City is the waste incineration plant. It is so important, that the major installed 650 of them almost at every corner of your city. They are high technology plants which distribute the delivered energy with their incineration work. Let's call them muscles.

It is obvious, that bigger plants can burn more garbage than smaller plants, because they can take more waste per delivery.

This is for example the reason, why endurance training is potentially an highly ineffective way to lose weight.

You might first want to increase the size of your incineration plants, so that they can burn waste (fat) effectively.

It's all about energy and communication

Via the transportation system (the bloodstream), the energy from the plants is delivered to where it is needed. Excess (food) energy is stored in the liver, the muscles in fat cells. While liver and muscles have a limited storage capacity fat cells can be filled almost endlessly. And the ancient advisors will never stop putting some „extra energy“ in the storage for „bad times“.

The good news is, the plants work 24/7 and they can recycle the excess energy, the fat! Translated to our real body it means you definitely can burn fat while sleeping. It just depends on the order of waste you send to the plants.

Sugar and carbohydrates burn like paper, so they will always be burnt first. The fat, which most of us aim to burn, will always only be burnt, when there is no more Carbs to be burnt first. So if you skip the side dish at dinner your body will be able to burn fat while sleeping... Unfortunately alcohol is comparable to gasoline, so we will have to skip the glass of wine at dinner as well. I don't want to animate you to day drinking, but for

Welcome, or welcome back to Healthy Aging, the place, where we finally reveal the biggest secret in human history: Ourselves...

Sometimes things are easier to understand, if we compare them with things we know. Even if you haven't been in New York City yet, we all can imagine how a city works.

It has streets, buildings, an administration, police- and fire departments, electricity, a lot of traffic and waste incineration plants. AND especially New York City: it is busy around the clock! Wait a second: why do I point out waste incineration plants?

Because this is not gonna be a nice Instagramable photo-spots travel guide for NYC, but a view on the critical working areas, a city needs in order to function.

Referring to our body and healthy aging, you first want to focus on health-critical measures, before you focus on building tourist attractions. Or to put it a little more graphic: How attractive is an injected lip on a terminally ill body?

So now let's call our city My Body City, and for some of us, Big Apple will fit as well, if we take the apple-body-shape-definition from the fashion industry into count.

Or for those of you who have been physically active when they

burning fat at night, it would be recommended. If that doesn't fit to your work, you better stop drinking alcohol anyway.

I would like to point out a few other comparisons between a city and My Body City.

With billions of inhabitants you will sometimes have to cope with stressors, intruders and predators. So your clever major employed thousands of policemen, to take care of your City. We can call them T-Cells. They are very well organized and are able to call for reinforcement e.g. the national guard, b-cells and antibodies. And here comes an important secret: For efficient communications reasons all these parties will need radio equipment. This radio equipment is our Vitamin D. So if you suffer from Vitamin D deficiency, the police may attack the own inhabitants, or will continue to beat the „intruders“, although the attack is already over. Your Immune system can not adapt to attacks as efficient as it should, because the security forces cannot coordinate their reaction.

The take-away from this issue is that once you realize, that your body works like a city, you can discuss directly with the major about the needs and wishes. Some things suddenly make more sense, if you understand that your major sometimes just follows his ancient advisors.

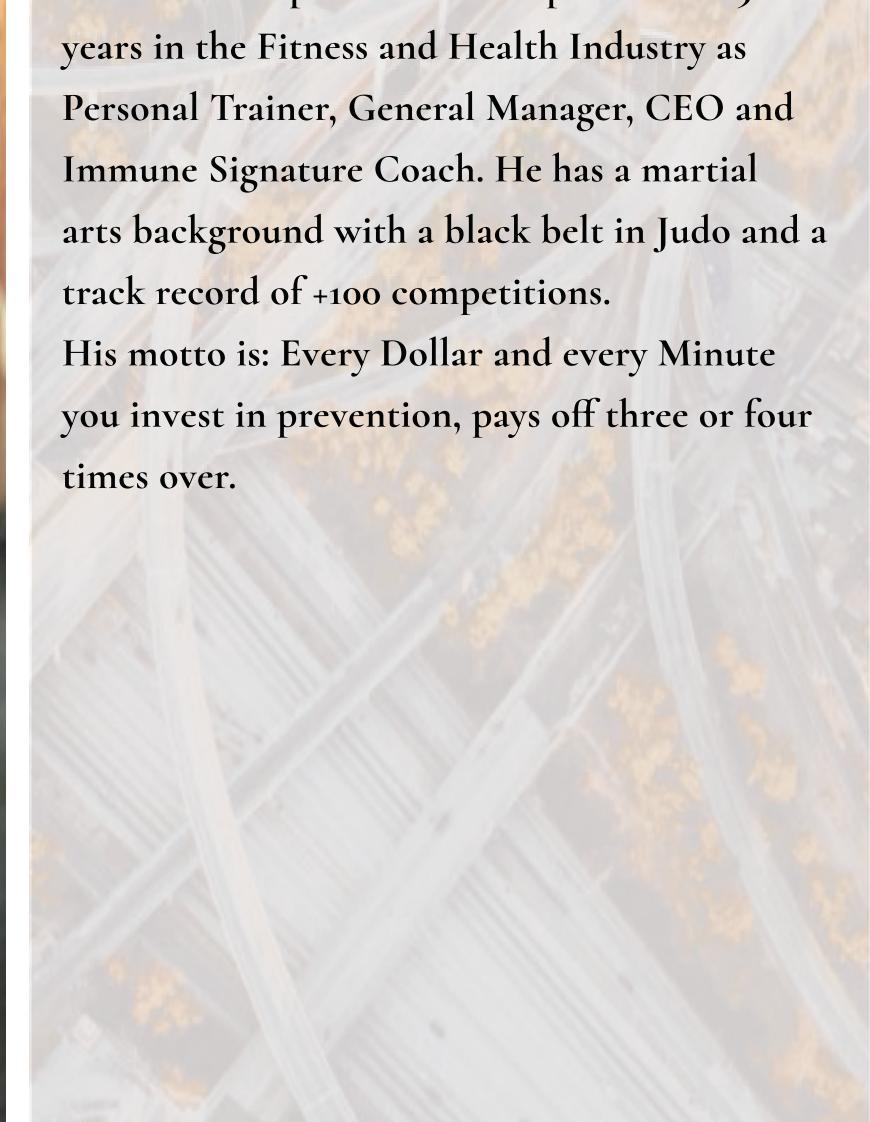
Allmost everything, your body does makes sense and you can influence everything that happens in My Body City... So get the waste out of your infrastructure!

By Clemens Mueller



About the author

Clemens Mueller is a German Fitness and Prevention Expert with the experience of 30 years in the Fitness and Health Industry as Personal Trainer, General Manager, CEO and Immune Signature Coach. He has a martial arts background with a black belt in Judo and a track record of +100 competitions. His motto is: Every Dollar and every Minute you invest in prevention, pays off three or four times over.



Sunshine State of Mind – Part 1: The Decision

A German family's journey from Northern Germany to Fort Myers

The dream of living abroad has always been somewhere in the back of my mind. Not as a concrete plan, but as a quiet “what if” that surfaced every now and then. My wife Janine never shared that particular daydream—until now. But life has a way of turning vague ideas into reality when you least expect it.

When Florida First Caught My Attention

It was during the pandemic that Florida suddenly appeared on my radar. While Germany implemented strict lockdowns and restrictions, Governor DeSantis took a different approach and lifted most COVID measures in Florida. I remember thinking: “That’s where I’d want to live.” But it seemed impossible. How would I even get to the United States permanently? I dismissed the thought as quickly as it had come.

Fast forward to May 2025. Through a series of coincidences—or fate, depending on how you look at it—I discovered the Daria Community, a German-American network of entrepreneurs and families building something remarkable in Southwest Florida. I traveled there, curious but skeptical. What I found exceeded all expectations.

The Offer That Changed Everything

During my visit, I had the opportunity to present my background to the founders. I’ve been working in IT for over 25 years, running my own consultancy and serving as CTO for various companies. Within days, what started as an exploratory trip turned into a concrete offer: Would I be willing to relocate, establish an IT company in Florida, and take responsibility for the community’s technology infrastructure?

Two weeks later, Janine and I flew back together with our youngest boys and my sister for deeper conversations. That’s when I met Lydia, who would become my business partner in our new venture. By the end of that week, the decision was made: We would do this.

Janine’s Journey to “Yes”

I won’t pretend it was easy. On our trip together—the one where everything became concrete—the final decision fell on our last evening in Florida. We stood on a pier in Fort Myers, watching the sunset, talking about a future that had suddenly become very real. Janine was overwhelmed. This was all happening so fast, and the weight of what we were about to do hit her right there, with the Gulf of Mexico stretching out before us.

But Janine is my rock. She didn’t fight against it—she fought through her own doubts until she found her own reasons to say yes. Her business can run from anywhere with a laptop and WiFi. But Janine isn’t naive—she knows Florida won’t be a permanent vacation. She’ll have to rebuild her client network, find her footing in a new market, prove herself all over again. And beyond her own career, she’s determined to do whatever it takes to help our family integrate. Finding the right school for the boys, building a social circle, making Fort Myers feel like home—she’s ready to fight for all of it.

Three Boys, Three Different Perspectives

Our sons couldn’t be more different in how they’re approaching this adventure.

Finn, our eighteen-year-old, is finishing his Abitur—the German equivalent of a high school diploma. Last August, he participated in Daria’s Young Managers

Academy in Florida, a program for teenagers aged fourteen to eighteen. He came back convinced. His plan: finish school, then join us in Fort Myers for at least a few months. Maybe longer. Who knows what opportunities might unfold?

Then there’s Lenn, five, and Lio, three. They know we’re moving “to America,” and they’ve started peppering their sentences with English words. Their biggest concern? Making sure they’ll get to meet Captain America. Every conversation circles back to superheroes and pickups. The innocence of childhood makes this enormous change feel like the beginning of a grand adventure—which, I suppose, it is.

Of course, it won’t all be easy for them. They’re leaving friends behind, the only home they’ve ever known. Janine and I are very aware that our job will be to help them navigate this transition, to build new friendships, to find their place in a completely different world.

What We’re Leaving Behind

There’s my mother. She’s eighty years old, and leaving her is the hardest part of this decision. We’re not abandoning her—we’ll visit, she’ll visit us, we’ll make it work. But the simple comfort of being a short drive away will be gone.

There’s also our house in the Lüneburg Heath. We’ve spent years making it our home, our sanctuary. The garden we planted, the rooms we painted, the memories in every corner. Letting go of physical spaces shouldn’t be this emotional, but it is.

This Strange December

As I write this, Christmas is approaching, but the usual festive feeling hasn’t arrived. Our days are consumed with preparations. Sorting through belongings—what comes with us, what gets sold, what goes into storage. Canceling contracts, deregistering from German bureaucracy, saying goodbye to friends. We’ve scheduled a farewell party, a farewell tour, countless “last” coffees and dinners.

It’s surreal. A lifetime in Germany, and now we’re packing it into suitcases and shipping containers.

On February 1st, we’ll have the keys to our rental house in North Fort Myers. In the first week of February, our plane will touch down in Florida—this time with four passengers and no return ticket.

What Comes Next

Starting January 1st, I’ll officially be working for my new company, still from Germany, bridging the gap until we physically arrive. There’s an IT infrastructure to build, systems to set up, a team to coordinate with. The work has already begun.

This series will document our journey—the challenges, the surprises, the moments of doubt and joy. I don’t know exactly what the coming months will bring. But I know this: Sometimes you have to leave the familiar to find something extraordinary.

The Sunshine State is calling. And this time, we’re answering.

Next month: Arrival—by the time you read this, we’ll have just landed in Florida.

By Marc Siewert



Marc and his family, photo courtesy of Marc Siewert

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.

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"

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"

New Year's Resolution Planner

"Help me create realistic New Year's resolutions for 2026 that take advantage of Florida's climate and lifestyle. I want to focus on fitness, outdoor activities, and work-life balance as a Southwest Florida resident."

AI suggests:

1. Commit to sunrise beach walks 3x weekly
– Fort Myers Beach or Sanibel offer peaceful morning settings
2. Join a local pickleball league – Florida's fastest-growing sport with year-round outdoor play
3. Set a kayaking goal: explore one new waterway monthly (Estero Bay, Peace River, Caloosahatchee)
4. Schedule "digital sunset" at 7 PM to enjoy Florida's famous evening skies

Healthy Aging - Florida Fitness

"I'm 62 and just moved to Cape Coral. Create a weekly fitness routine that uses Florida's natural environment and helps me stay active without gym memberships. I have minor knee issues."

AI suggests:

1. Monday/Thursday: Low-impact water aerobics at Sun Splash or community pools (easy on knees)
2. Tuesday/Friday: Morning walks on Four Mile Cove Ecological Preserve boardwalks
3. Wednesday: Gentle kayaking at Manatee Park – builds core strength, no knee stress
4. Weekend: Bike the Cape Coral Greenway trails – flat terrain, shaded paths
5. Join Silver Sneakers groups at local recreation centers for social fitness connections

Nights of Lights St. Augustine Trip

"Plan a weekend trip to see the Nights of Lights in St. Augustine from Fort Myers. We're a couple in our 50s who want to combine the light display with history and good food."

AI suggests:

1. Drive up Friday (4.5 hours) – stay at historic St. George Inn in the walking district
2. Book the Nights of Lights Trolley Tour for best viewing without parking hassle
3. Dinner at Columbia Restaurant for Spanish cuisine in America's oldest city
4. Sunday: Visit Castillo de San Marcos before heading home – fewer crowds in January
5. The display runs through January 31st – weeknights offer smaller crowds

AI as a Reflection Planner

"I want to use the new year to take on more responsibility in my life – both professionally and personally. Can you help me start a personal reflection process?"

AI suggests:

1. Journaling prompt for Day 1: "Where am I already carrying responsibility – without giving myself credit for it?"
2. Weekly exercise: Note one situation each day where you actively shaped an outcome instead of waiting
3. Reflection question: "Where am I still waiting for someone else to step up?"
4. 30-day challenge: Make one conscious decision each day and stand by it
5. Monthly review: What changes do you notice in your attitude and presence?

TECH QUOTES OF THE MONTH

"The question is not whether intelligent machines can have emotions, but whether machines can be intelligent without emotions."

Marvin Minsky, KI Pioneer and Co-founder of MIT's AI Laboratory (1986)

"AI is probably the most important thing humanity has ever worked on. I think of it as something more profound than electricity or fire."

Sundar Pichai, CEO of Google



Between Wishing and Reality

Why New Year's resolutions reveal more about people than about the New Year

Hardly any other social ritual is as universal, as predictable—and at the same time as revealing as the moment when a new year begins. Even before everyday life returns to its usual heaviness, people turn their gaze inward.

People of all cultures, age groups, and social classes formulate New Year's resolutions. They do so quietly or publicly, ambitiously or tentatively, by hand or mentally. And although we know they are fleeting, we hold on to them. Why?

The answer lies less in the calendar than in human nature itself. New Year's resolutions are not merely a product of social convention, but an expression of a deeply human need: the desire to shape, improve, and readjust oneself.

They are the moment when hope is translated into language!

Over decades, studies, surveys, and cross-cultural observations have revealed a remarkably consistent picture. The content of resolutions hardly changes.

Five main themes emerge worldwide—five reflections of human desires.

1. Health: The body as a silent promise for the future

The most common resolution is probably related to one's own health. More exercise, a healthy diet, fewer self-destructive habits. Behind this resolution lies not only the desire for a more efficient body, but also for autonomy. Health has become a prerequisite for modern freedom. Those who are healthy can choose, shape, and act. Illness, on the other hand, makes people dependent – on circumstances, systems, time.

In a world of constant acceleration, the body is increasingly perceived as the last place of self-control. Taking care of it means taking responsibility – not only for oneself, but for one's own future.

2. Weight and lifestyle: More than just an aesthetic issue

Closely linked to the topic of health is the resolution to lose weight or change one's lifestyle. On the surface, this may seem like a concession to societal ideals of beauty. In fact, however, it goes deeper than that. This resolution is an attempt to create order – in everyday life, in thinking, in one's own reflection in the mirror. It is about discipline, self-efficacy, the feeling of being the creator again instead of the driven. Those who change their lifestyle change their daily reality.

Small decisions add up to big effects.

3. Finances: The search for security in an uncertain world

Hardly any other resolution is as rational and at the same time as emotional as the desire for financial stability. Saving, investing, reducing debt – the goal is rarely wealth for its own sake. Rather, it is about peace of mind. About freedom of action. About the freedom to make decisions without having to do so out of fear.

Money acts as a symbol here. It stands for security, predictability, and the future. In times of economic volatility, financial literacy becomes a modern survival strategy – and an expression of foresight.

4. Career and education – humans as unfinished projects

The desire for professional advancement or personal development reveals a central characteristic of humans: their dissatisfaction with stagnation. Learning, growing, improving – these are not purely economic motives. They are existential.

Career resolutions are about the pursuit of meaning, recognition, and self-fulfillment. Education is no longer seen merely as a means to an end, but as a lifelong attitude. Those who learn remain flexible – both mentally and socially.

5. Relationships and self-care – closeness as a scarce resource

Perhaps the quietest but deepest resolution concerns interpersonal relationships. More time for family, genuine conversations, conscious presence. In a world of constant availability, closeness has paradoxically become scarce.

This resolution reflects a realization: success without connection remains hollow.

Self-care and relationship maintenance are not a luxury, but a prerequisite for emotional stability. Investing in these areas is investing in quality of life.

Self-care and nurturing relationships are not a luxury, but a prerequisite for emotional stability. Those who invest here invest in quality of life.

And Florida?

At first glance, Florida seems like an odd choice in this context. A geographical location, sunny, dynamic, seemingly lighthearted. But that is



Photos courtesy of Dina Veronique Scheve

precisely where its symbolic power lies.

Florida stands for movement. For the practical rather than the theoretical. For a place where change is not talked about, but implemented. Where opportunities are seen as an invitation, not a risk. The climate—both meteorological and mental—favors openness, growth, and courage.

While resolutions are being formulated elsewhere, decisions are being made there. Florida becomes a metaphor for action itself. For the moment when intention becomes action.

The flaw in thinking about resolutions

Perhaps New Year's resolutions fail not because of a lack of discipline, but because of false expectations. They are treated like obligations, not like experiments. Like rigid rules instead of flexible processes.

But change is not a switch, it is a journey. It requires patience, curiosity and a willingness to treat yourself with kindness. Those who fail learn. Those who start are already winners.

Perhaps it is time to rethink New Year's resolutions. Less as

moral self-accusation, more as an invitation. Less pressure, more movement. Less perfection, more starting.

The new year does not demand perfect people.

It only demands the courage to get started.

And who knows—perhaps the greatest growth begins precisely where you allow yourself to simply start.

Why resolutions fail – and why that's okay

Perhaps the biggest misconception surrounding New Year's resolutions is the belief in perfection. The idea that you have to do everything right straight away. But development is not a linear process. It is human – and therefore contradictory.

Failure is not proof of a lack of discipline, but part of the learning process.

Anyone who starts 2026 with resolutions is allowed to fail, take a break, and start again. It's not consistency that matters, but direction.

By Dina Veronique Scheve



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.

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"

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

Friedrich Scherer
Vitali Müller
Nikolai Haak
Maren Rohde
Anke Koch
Wencke Jörgens
Volker Camen
Sahin Binici
Wjatscheslaw Hartmann
Agnes Lorenz
Waldemar Hepperle
Sigrid Dreher-Küppers
Marian Miskiewicz
Nico Schütz
Maximilian Magath
Loic Memmesheimer
Timur Löser
Klaus Peter Schmidt
Bernd Wacker
Lukas Sachse
Michael Bernard
Winfried Weimar
Natalia Lindenlauf
Ellen Gölden
Iwona Piotrowski
Christian Büttner
Annemarie Metschurat
Marc Ormanns
Ute Urbals-Conen
Helmut Zemann
Katharina Müller
Alexander Saenger
Kevin Burger
Julian Adamski

Ulrike Patalla
Michael Peter Heuer
Claudio Herbst
Norbert Lang
Gomez Magalhaes Marisol
Matthias Schwardt
Daniel Zeller
Niklas Hausner
Cedric Balmert
Dirko Albath
Andreas Götz
Dirk Michael Kirch
Patrizia Zuchowski
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Elena Rachmann
Edward Ernest Osborn
Jonas Lindenlauf
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Joachim Herrmann Matthes

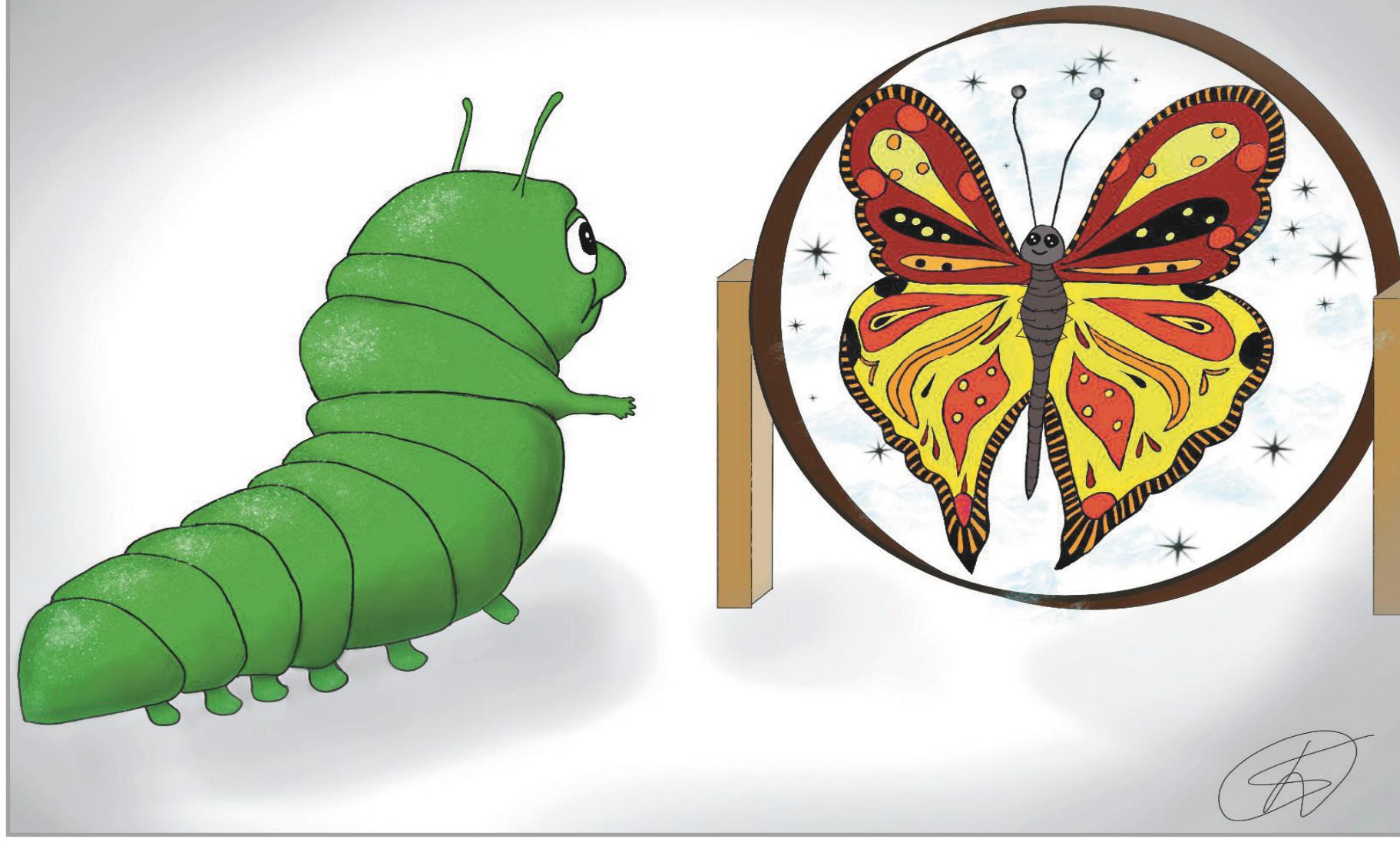
And a special congratulation to:

Emilia Fürst
Sergej Kerner
Katja Schaefer
Annika Papsch
Dina Veronique Scheve
Bernd Brechtel
Luca Lauber
Nadine Lantmann

Caricature of the Month: January

“What We Are Today is Not the End of Our Story”

Sometimes we don't see our wings until we need them.



By DiSi, Sunshine Post Editorial Team



INVEST IN YOUR DREAMS

A large, semi-transparent watermark image is positioned at the bottom of the page. It depicts a person wearing a swim cap and goggles, swimming towards a dolphin that is breaching the surface of the water. The background is a dark, blue-toned ocean scene.