

Who can you borrow a cup of sugar from?



Connie Mason Michaelis
Guest columnist

Where should you live as you age? Most of us move several times throughout our lives. We begin in a family home, then branch out to college, an apartment or into marriage. As our families grow, we often move again, needing more bedrooms, more space, more room for life to unfold. Sometimes a job relocation or a new relationship prompts yet another move.

For the most part, these transitions feel like progress, new chapters, new adventures. Moving may be a lot of work, but it usually signals growth. And then, something shifts.

It is my observation that many older adults reach a point where they stop considering whether their living situation still fits their lives. They stay put, often proudly, in a four-bedroom home when only one bedroom is needed. The attic is full, the basement is full, the garage is full — all containing decades of life and memories.

What once represented abundance and accomplishment can quietly become an albatross.

But the issue is not just space, it's connection.

Research increasingly tells us that one of the most significant health risks as we age is isolation, especially for those living alone. A large home does not provide companionship; as a matter of fact, it amplifies the feeling of emptiness.

A familiar neighborhood does not guarantee community. In fact, neighborhoods change. The friends who

once lived nearby may have moved away. The rhythm of the street may now belong to younger families rushing off to work each day. What once felt like a built-in social network can slowly, almost invisibly, disappear.

So, I've boiled this down to one simple but powerful question: Who can you borrow a cup of sugar from? It's an old-fashioned question, but it reveals something essential. Do you have neighbors you know well enough to knock on their door? Are there people nearby who would notice if you didn't come out for a few days? Is there a sense of mutual care, of casual connection, of belonging?

If the answer is no, it may be time to consider a new kind of move — not one driven by necessity but by intention.

This doesn't mean giving something up. It means choosing something new. It might look like a 55+ community, where neighbors are in a similar stage of life. It could be a smaller home in a neighborhood designed for connection. Perhaps it's a place with a Home Owners Association that takes care of the physical demands of homeownership, freeing up time and energy for living.

The goal is not to fit your life into your house, but to fit your house into your life.

As we age, our needs evolve. There is great freedom in recognizing that a well-chosen environment can support not just how we live, but how we age. Maybe the next move isn't about downsizing. It's about right sizing.

So, ask yourself: Who will you borrow a cup of sugar from?

The answer might just lead you to your next great adventure.

Find Connie's books "Daily Cures: Wisdom for Healthy Aging" and "The Way Grandmothers Are" at www.justnowoldenough.com.

Man identified after fatal motorcycle crash in Kansas

Tim Hrenchir

Topeka Capital-Journal
USA TODAY NETWORK

The Shawnee County Sheriff's Office revealed June 4 that Albert L. Phillips, 24, had been the man found dead at the scene of a motorcycle accident during the late morning June 3 near Dover in southwest Shawnee County.

Phillips and the motorcycle were found near SW 41st and Crawford Road,

the sheriff's office said. The site is about two miles northeast of Dover.

The death was being investigated as a fatality accident, sheriff's spokeswoman Abigail Christian said in a news release.

The sheriff's office had temporarily blocked off K-4 highway in the area involved as it investigated circumstances of the crash.

Contact Tim Hrenchir at 785-213-5934 or tim.hrenchir@cjonline.com.

Renovations at Hotel Topeka gets boost from county bonds

Keishera Lately

Topeka Capital-Journal
USA TODAY NETWORK

Shawnee County Commissioners Bill Riphahn, Aaron Mays and Kevin Cook on June 4 approved a resolution signaling their intent to issue up to \$7 million in industrial revenue bonds to help finance renovations of Hotel Topeka at City Center.

The vote followed a public hearing with no one speaking in favor or against the agenda item, which county bond counsel Bob Perry presented. No commissioners made a comment on the matter.

The resolution allows Endeavor Hospitality Investments to move forward with planning and contracting for the project while county staff and bond counsel begin drafting the lease-leaseback and bond documents.

The resolution is the first step in the industrial revenue bond process and doesn't finalize the bond issuance.

What does it propose?

The proposal will allow for the county to issue taxable industrial revenue bonds to help finance the hotel's acquisition, renovation, modernization and equipment upgrades.

The county would hold the property

under a standard lease-leaseback structure, with Endeavor Hospitality Investments purchasing all of the bonds and repaying them through lease payments.

Shawnee County will have no financial liability as the bonds "are not payable in any manner from tax revenues," said the memorandum.

What does the company get?

Endeavor Hospitality Investments will seek a sales tax exemption on construction materials from the Kansas Department of Revenue with a potential 10-year property tax exemption from the Kansas Board of Appeals.

Property tax exemptions would require a negotiated payment instead of taxes.

What's the next step for the project?

The City of Topeka must consent to the bond, before a final bond-authorization result is made by the county. Though the consent is automatically granted unless the city files an objection within seven days after its next council meeting, said the memorandum.

Endeavor Hospitality can begin spending and be reimbursed later.

DAILY RECORD

Births

Stormont Vail

Neida Silva-Perez and Alejandro Castillo Guajardo, Topeka, girl, June 3
Madelyn and Sean Bonous, Topeka, boy, June 3
Emilee Blevins and Donté Magers, Topeka, girl, June 1

TODAY IN HISTORY

Today is June 8. On this date in:

632: Muhammad, the founder of Islam who is recognized by nearly 2 billion Muslims worldwide as the chief prophet, died in Medina after he was poisoned. God, or Allah in the Arabic language, is believed to have revealed Islam's holy book, the Quran, to Muhammad. Shiite and Sunni Muslims, the religion's two main sects, became bitterly divided over Muhammad's rightful successor.

1861: Tennessee became the last slave state to secede from the Union as it joined 10 other states to form the Confederate States of America, which was defeated in 1865 after much domestic bloodshed during America's Civil War.

1928: Chinese nationalist troops led by Gen. Chiang Kai-shek forced communists to surrender control of Beijing amid the Chinese Civil War. But the struggle continued between the two parties, which led to the resignation of Chiang and withdrawal of nationalist forces from Beijing in 1949.

1966: National Football League and American Football League officials said they would merge as the NFL. In 1970, the league was divided into the National Football Conference and American

Football Conference.

1967: Israeli fighter jets and torpedo boats attacked allies on the USS Liberty, a U.S. Navy research ship collecting intelligence near the Sinai Peninsula, amid the Six-Day War between Israel and neighboring Arab nations Egypt, Syria and Jordan. The assault killed 33 sailors and Marines, as well as one NSA civilian aboard the flooded ship, and it wounded 174 other Americans. Prior messages to reroute the ship at least 100 nautical miles from the combat zone weren't received by the ship until afterward. Israel later apologized to the United States and paid restitution to victims' families.

2000: Russian President Vladimir Putin signed a decree that cited "illegal activities of terrorist organizations in the Chechen Republic" as a reason to impose direct rule over the rebellious Chechnya region. A 2020 U.S. State Department report found: "National-level civilian authorities have, at best, limited control over security forces in the Republic of Chechnya, which are accountable only to the head of Chechnya, Ramzan Kadyrov. Members of the Russian security forces committed numerous human rights abuses."

Charges

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from Lansing Correctional Facility to the custody of Wyandotte County to faces the charge, corrections department records show.

Wimberly was convicted in 1981 Topeka homicide

Wimberly is serving a life term for the first-degree murder of Sarah M. Woody, 75, whose body was found in June 1981 in the back seat of her vehicle outside what was then Montgomery Ward and is now the local law enforcement center at 320 S. Kansas Ave.

She had been robbed and shot five times.

Topeka police collected ballistic evidence and saved fingerprint images from the car but made no arrests at that time.

Fingerprint evidence triggered arrest in Topeka homicide

Six years later, detectives questioned Wimberly after Barnes was found shot to death in May 1987 in the back seat of her car in Kansas City, Kansas.

Investigators determined the bullets used to kill Woody and Barnes came from the same gun. They then found the fingerprint images they had taken from Woody's car were Wimberly's.

A Shawnee County District Court jury in 1988 convicted Wimberly of first-degree murder in Woody's slaying.

The Wyandotte County District Attorney's Office hasn't said why it didn't file charges in 1987 into Barnes's death.

Legislators have been among those seeking Wimberly's parole

Wimberly has since been an inmate in the Kansas Department of Corrections, where he has been considered for and denied parole several times.

When Wimberly became parole-eligible in 2012, Kansas Sen. Oletha Faust-Goudeau, D-Wichita, and former Rep. John Grange, R-El Dorado, unsuccessfully wrote letters to the Kansas Prisoner Review Board in support of Wimberly's parole.

Both said they had met him personally and thought he had been rehabilitated.

Wimberly had 1969 murder conviction

Wimberly pleaded guilty in a military court-martial as a member of the U.S. Army in 1969 to murder and robbery in the killing that year of Lou H. Schlosser, 21, a fellow soldier at Fort Hood, Texas.

Wimberly shot Schlosser and robbed him of his vehicle, authorities said.

Wimberly served about a decade in military prison before being paroled and earning a master's degree in the administration of justice at Wichita State University.

He subsequently served as an adjunct instructor in the criminal justice department at Washburn University and a computer systems analyst for the Kansas Department of Revenue.

Contact Tim Hrenchir at 785-213-5934 or tim.hrenchir@cjonline.com. Hrenchir was among people Topeka police questioned about Woody's death in 1981. A detective told Hrenchir, then 17 and a copy clerk with The Capital-Journal, that he had handed over his paycheck to a drive-through teller to be deposited at a downtown Topeka savings and loan about the same time Woody cashed a check for \$500 at that same drive-through.

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