

OPINION



Get ready for hot weather with a summer pasta

After spending a few days out at Camp Mennoscah last week, hanging out with a ram-bunctious group of 8-year-olds and sweating profusely, I decided I wanted something light and refreshing when I went to cook dinner back at home.

I spent way too much time going through recipes online, convinced that there had to be something that fit the bill that wasn't just a normal, old salad. As it usually does, the Internet finally provided me with exactly what I was looking for: a light, lemony pasta dish.

I had to change it a bit, since our local grocery store didn't have everything I needed, but since I'm so thankful to have the opportunity to shop locally for my food, I was definitely still buying my supplies there.



Lemon ricotta pasta is a fabulous summer dish, featuring a light flavor of lemon combined with creamy ricotta and parmesan. It can be customized with a variety of proteins or eaten as a vegetarian dish.

And the good news is it was still absolutely delicious.

This comes from the blog "Olive and Mango." You can find the original post at <https://www.oliveandmango.com/lemon-ricotta-pasta-with-arugula/>. I substituted spinach in my version, because I couldn't get arugula, and I also added extra ricotta and some chicken.

- Lemon Ricotta Pasta**
- Ingredients**
- 16 ounces tubular pasta (ex. penne, rigatoni)
 - 15 ounces whole milk ricotta
 - 1 cup freshly grated parmesan, plus more for serving
 - 1 tablespoon fresh lemon zest
 - 1/4 cup fresh lemon juice
 - 2 cups baby spinach or arugula
 - salt and pepper, to taste
 - red chili flakes, for serving (optional)
 - cooked chicken, shrimp, etc. (optional)

Directions

Cook the pasta in a stock pot according to the package directions. Reserve one cup of the pasta water and drain the rest.

In the same pot, off the heat, add the ricotta, parmesan, lemon zest, lemon juice, salt and pepper, and stir them well.

Whisk in about 1/2 cup of the pasta water, stirring until the sauce is smooth. If it's not as loose as you'd like, add more water, a little at a time, until

it's to your desired consistency.

Add in the spinach/arugula, and stir to coat and let it start to wilt.

Stir in the pasta (and any cooked protein you're adding), and coat it with the sauce, as well.

Serve immediately with more grated parmesan and a sprinkling of red pepper flakes.

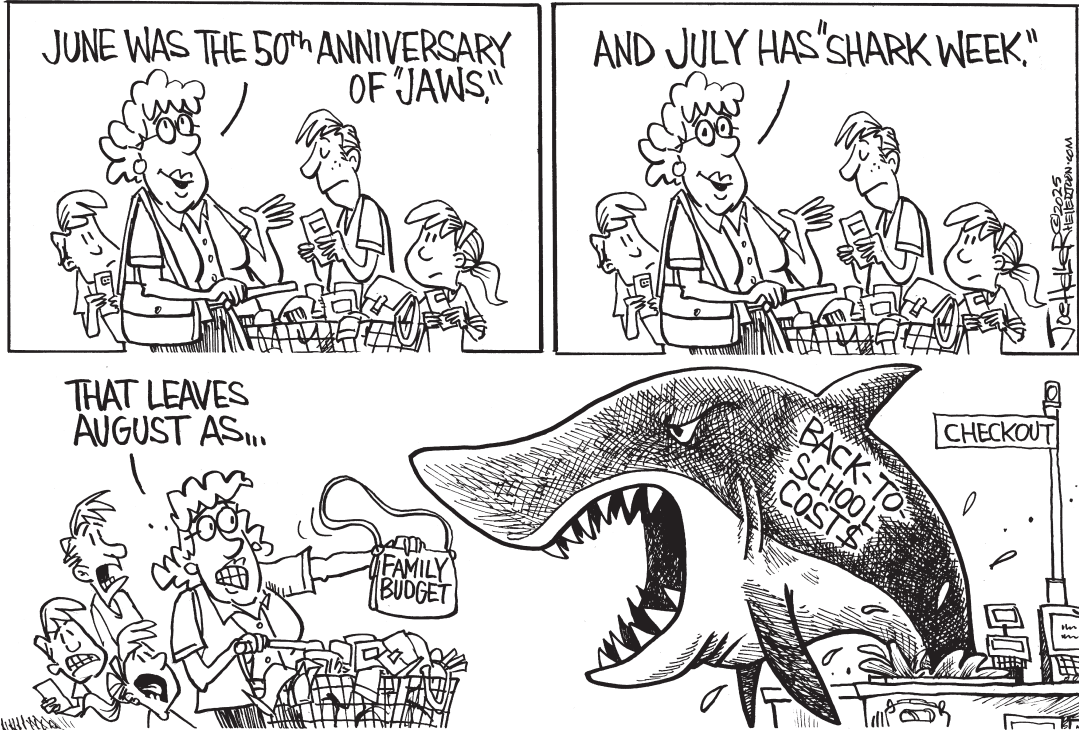
With the cheese sauce and pasta, you would think this dish was super heavy, but the lemon flavor made it taste really light and summery.

We opted to add chicken to our pasta, but we discussed how great it would be with some seared shrimp, a grilled steak or even some grilled salmon. It would be an easy one to customize, and if you're looking for a vegetarian dish, it was awesome without the meat, too.

Between this great pasta, a few loads of laundry and some quality time in air conditioning, I'm pretty sure I'm fully recovered from my time at camp.

And now I know exactly what to have on the menu when I do it all again next year

Spice Up Your Life is a weekly recipe column by Lindsey Young of Harvey County Now, who describes herself as an enthusiastic amateur cook and can be reached through her website at spiceupkitchen.net.



The power of sleep: Unlocking memory through rest

In our busy lives, we often sacrifice sleep. We need a good night's sleep for good physical and mental health. Sleep is critical for helping our brains sort, consolidate, and store memories.

Researchers have shown that a good night's sleep is vital for memory formation. Sleeping less than six hours can impair our ability to form and consolidate memories.

Experts say most adults need between seven and nine hours of sleep each night. During sleep, our brains go through an active process to decide which daily activities to keep and which to discard. This process is called memory encoding and consolidation.

Some of the information in our daily lives is stored in "short-term" memory. These pieces of information may be a phone number that you may only need to recall once, or they could be information you will remember for the rest of your life. Sleep is one of the ways your brain helps to decide whether or not the information is valuable enough to be stored in your "long-term" memory or discarded.

Sleep helps our brains perform these storage tasks. Con-



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verting newly acquired information from our short-term to long-term memory is called consolidation. While sleeping, consolidation begins without the incessant barrage of external information.

During sleep, your brain goes through different stages, transitioning from light to deep several times a night. During these cycles, your brain performs its restorative work and creates memories. Those seven to nine hours of sleep are highly productive.

As we get older, getting a good night's rest becomes harder, and we are more prone to experience insomnia. Many things can interfere with our ability to get a good night's sleep, including chronic illness, some prescription medications, lack of exercise, stress, anxiety, depression, and social isolation.

There are things you can do to help improve your chances of getting a good night's rest. Below are a few examples:

- Use your bedroom for sleep and sex only. Avoid reading, conversation, or watching television.
- Exercise in the afternoon or early evening, not within a few hours of bedtime.
- Avoid caffeine, nicotine, and alcohol for at least three to four hours before bed.
- Try to go to bed at the same time every night and wake up at

the same time every morning.

- If you cannot fall asleep within 20 minutes, get out of bed and participate in a quiet, relaxing activity. Go back to bed when you are sleepy.
- Don't eat a heavy meal right before bedtime.
- Keep your room at a steady temperature—not too warm.

In a fast-paced, busy world, remember that getting a good night's sleep is one of our best defenses to ensure good health. Happy dreaming.



Need to distribute a flyer for your event?

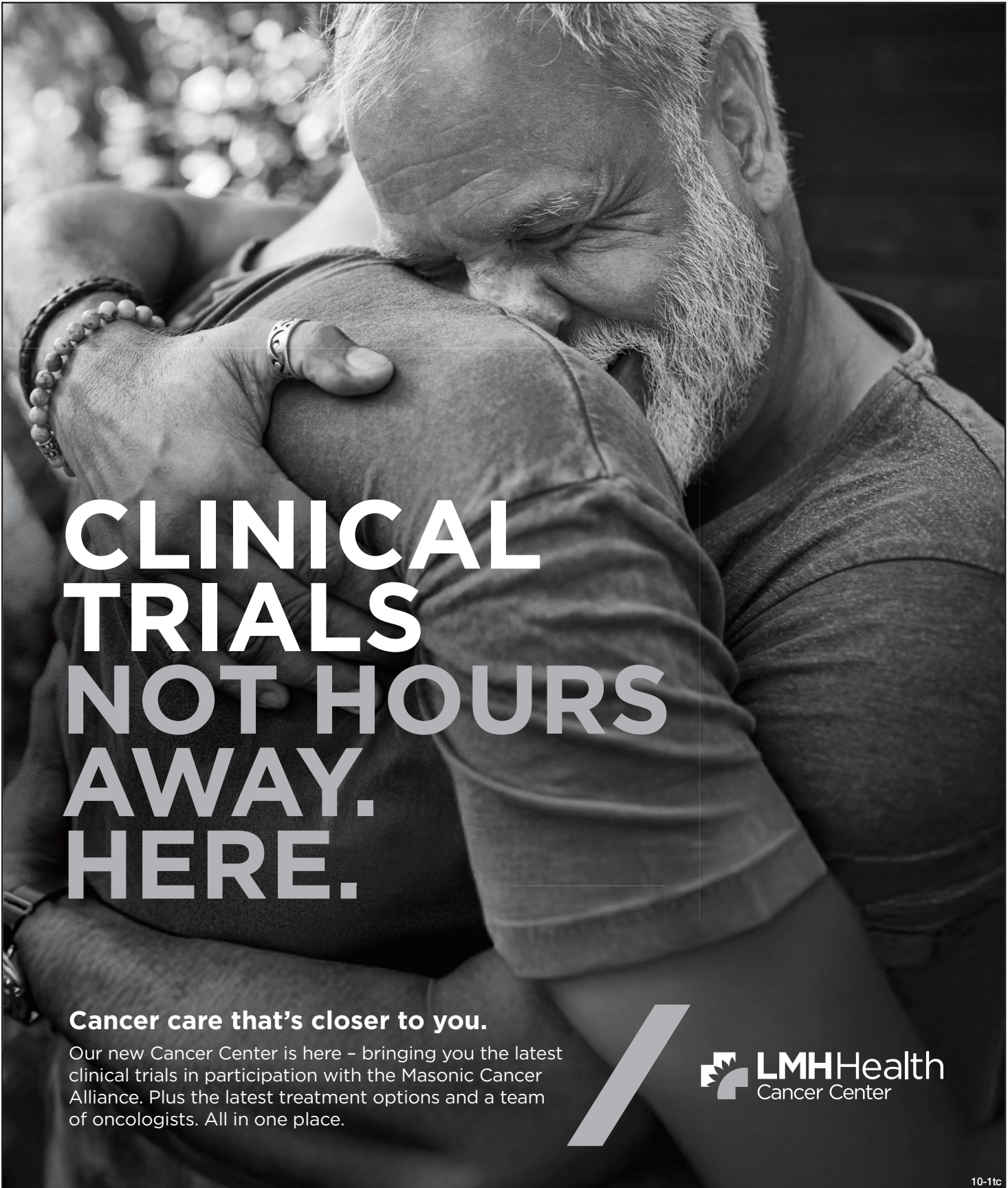
Let us deliver it for you!

Just .10 cents per flyer to insert into all county newspapers.

The Independent Email Address

independent@jeffcountynews.com






CLINICAL TRIALS NOT HOURS AWAY. HERE.

Cancer care that's closer to you.

Our new Cancer Center is here - bringing you the latest clinical trials in participation with the Masonic Cancer Alliance. Plus the latest treatment options and a team of oncologists. All in one place.



10-11c

PUBLIC NOTICE

(Published in The Oskaloosa Independent August 7, 14, and 21, 2025)3t

IN THE DISTRICT COURT OF JEFFERSON COUNTY, KANSAS

CIVIL DEPARTMENT

Lakeview Loan)
Servicing, LLC)
Plaintiff,)
vs.)
Mark A. Gregory, Jr.;)
Unknown Spouse, if any,)
of Mark A. Gregory, Jr.;)
John Doe)
(Tenant/Occupant);)
Mary Doe (Tenant/Occupant),)
Defendants.)

Case No. JF-2025-CV-000056

Court Number:

Pursuant to K.S.A. Chapter 60

NOTICE OF SUIT

THE STATE OF KANSAS, to the above-named defendants and the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any deceased defendants; the unknown spouses of any defendants; the unknown officers, successors, trustees, creditors and assigns of any defendants that are existing, dissolved or dormant corporations; the unknown executors, administrators, devisees, trustees, creditors, successors and assigns of any defendants that are or were partners or in partnership; the unknown guardians, conservators and trustees of any defendants that are minors or are under any legal disability; and the unknown heirs, executors, administrators, devisees, trustees, creditors and assigns of any person alleged to be deceased, and all other persons who are or may be concerned.

You are notified that a Petition has been filed in the District Court of Jefferson County, Kansas, praying to foreclose a real estate mortgage on the following described real estate:

Lots Four (4) and Five (5), Block Two (2), of the North Addition to the City of McLouth, Jefferson County, Kansas, according to the recorded plat thereof, commonly known as 210 N Union St, McLouth, KS 66054 (the "Property")

and all those defendants who have not otherwise been served are required to plead to the Petition on or before the September 17, 2025, in the District Court of Jefferson County, Kansas. If you fail to plead, judgment and decree will be entered in due course upon the Petition.

NOTICE

Pursuant to the Fair Debt Collection Practices Act, 15 U.S.C. §1692c(b), no information concerning the collection of this debt may be given without the prior consent of the consumer given directly to the debt collector or the express permission of a court of competent jurisdiction. The debt collector is attempting to collect a debt and any information obtained will be used for that purpose.

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