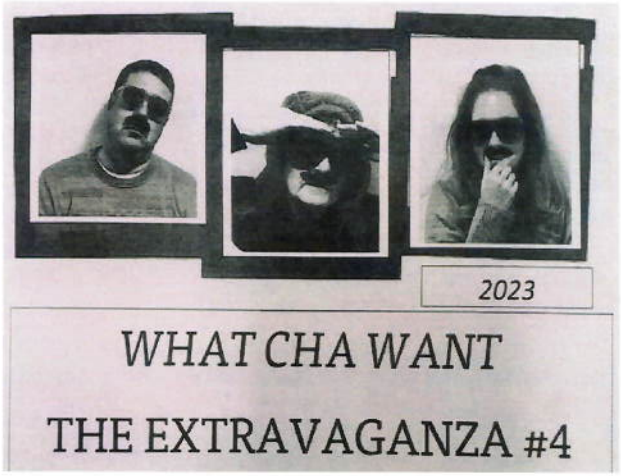
OCTOBER 2025

The PIC Informer

From the Desk of the Director



Remember this?? This event ended up cancelled due to the weather in 2023.

The 2025 Holiday Season is upon us so let's try it again and finish off the year with a joyful occasion!

THE EXTRAVAGANZA #6

The Extravaganza event of 2025 will be held in two locations. The first event will be held in Delaware at Blinky's on December 2nd. The second event will be held on December 19th at 1031 Pierce St. in Sandusky. Times and details of the events will be announced by mid-November.

We hope to celebrate PIC with you this 2025 Holiday Season! *Happy Holidays!*

Holiday & Food Assistance Options

THANKSGIVING FRESH MARKET - 11/26 2-3.30p
@Strobel Field- 2118 Camp St. Sandusky

(FREE turkeys, groceries and other holiday fresh food items)

PROJECT HAPPY PACKING PARTY - 12/12 5-7p @ Faith Church
(This event is for KIDS 12+***- come help wrap and pack shoebox gifts for project happy.)

CHRISTMAS TREE-GIVE -12/14 5-7p
Details Released at a later date**

CHRISTMAS FRESH MARKET- 12/16 2-3.30p
Strobel Field- 2118 Camp St. Sandusky 12/16 2-3.30p

(FREE hams, groceries and other holiday fresh food items)

PROJECT HAPPY DELIVERY- 12/23 4-8p
Details Released at a later date***

Delaware County Hunger Alliance

A collaboration of community partners committed to connecting neighbors in need with healthy food options and resources. Their website features an interactive map where you can search for food pantries by day of the week and get directions from your location.

- View the interactive food pantries map
- Download a printable brochure with information about food pantries and free or reduced community meals in Delaware County
- Follow Delaware County Hunger Alliance

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2 racks / 5 lb baby back ribs
4 tbsp pork seasoning

For the butter glaze

- 100 g / 3.5 oz butter
- 2 tbsp brown sugar
- 120 ml / 1/2 cup BBQ sauce

Instructions

1. Start by removing the membrane from the back of the baby back ribs using a knife and your fingers. Then slice between the bones to create individual rib pieces, making sure each one has plenty of meat.
2. Generously season all sides of the ribs with pork seasoning and place them on a rib rack or wire tray for easy handling.
3. Prepare your smoker or BBQ (ie: Napoleon Rogue EQ) for indirect heat at 120°C / 250°F. Add wood chips to the smoke box, place the grill grates, and set the smoke level to high.
4. Place the seasoned ribs on the opposite side of the smoker box and close the lid. Smoke for approximately 2 hours, until the ribs develop a mahogany color and the bones begin to protrude slightly.
5. Transfer the ribs to an aluminum tray. Add slices of butter, sprinkle over brown sugar, and drizzle BBQ sauce over each rib. Cover the tray tightly with foil.
6. Switch your BBQ to oven mode and increase the temperature to 140°C / 285°F. Return the covered tray to the BBQ and cook for another hour until the ribs are fall-off-the-bone tender.
7. Remove the tray from the BBQ and let it rest for 10–15 minutes. Then uncover, flip the ribs in the buttery BBQ glaze, and serve them hot, sticky, and irresistible.

You're Fine! It's Just Heartburn

What is Heartburn? Heartburn happens when the acid in your stomach travels back up into your esophagus. Though it is called heartburn, it doesn't actually happen in your heart, it only feels like it does.

How Did I Get Heartburn? There are multiple things that can cause heartburn. For some, it happens due to their digestive patterns.

For example, it's because of their intake of spicy food. Think back to what you've eaten in the day. Did you have hot wings? Spicy ramen? Hot chips? This may have caused your heartburn.

Other things like citrus foods, chocolate or fatty/fried foods could have also caused your heartburn, along with alcohol or coffee.

For others, heartburn may occur for other, non-food/drink-related actions. These actions cause the part of your esophagus that protects you from heartburn to weaken, allowing for the acidic components to travel back up.

Inhaling smoke is one action that can cause heartburn, along with having extra pressure on your abdomen through tight clothing or pregnancy. Some get heartburn if they lay down too soon after eating or if gas bubbles in their stomach rise.

Though this sounds like a lot of possible triggers for heartburn, remember that only a few of these may actually be triggering to your digestive system. You may be able to have spicy foods just fine but get heartburn when drinking alcohol or napping after a meal. Everyone is different so it's important to figure out which actions trigger your heartburn so you can monitor and control those actions.

How to Thrive in an AI World

5 Ways to Optimize Your Brain In an AI-Dominated World

GET ACQUAINTED WITH YOUR COGNITIVE LANDSCAPE – The brain's default-mode network plays a central role in self-reflection, daydreaming, and understanding the self in relation to others. When we spend time reflecting or being mindful, we activate this network, which enhances our ability to process information, make decisions, and understand emotions. Conversely, AI does not have self-awareness or a concept of "self", it processes inputs based on programmed algorithms without internal relations.

Practical Tool: Keep a Daily "Mindfulness Journal"

REFLECT REGULARLY ON YOUR APIRATIONS – Human brains are wired for purpose and meaning, thanks to the prefrontal cortex, which governs complex cognitive functions like planning, decision-making, and setting long-term goals. Unlike AI, which optimizes decisions based on logic or data, the human brain is motivated by intrinisic factors, like purpose and fulfillment, which drive us to pursue meaningful goals.

Practical Tool: Weekly "Goals Audit"

ACTIVATE EMOTIONAL INTELLIGENCE – The brain's limbic system, which includes structures like the amygdala and hippocampus, is integral to emotional regulaton and memory formation. Emotional intelligence – our ability to understand, manage, and react to emotions-revolves around this system. AI can mimic Empathy through natural language processing but does not experience or understand emotions as we do.

Practical Tool: Daily "Emotions Stretching" or - role-play sensitive conversations or conflict scenarios

INVEST IN INTELLECTUAL CURIOSITY – The brain's hippocampus plays a vital role in learning and memory. Curiosity activates brain regions, such as the ventral tegmental area, and is associated with reward and enhancing learning. By learning something new, we curate our intellectual hardware while enjoying the journey of exploration. While AI can store and retrieve vast amounts of inforamtion, it lacks curiosity – the human drive to eplore, learn, and innovate is the result of our biological evolution and the reason for our species' survival.

Practical Tool: Implement a "Curiosity Hour"- research ChatGPT to move past passive consumption to challenge your mind.

NURTURE SOCIAL CONNECTIONS – Human brains are hardwired for social interaction. The mirror neuron system, which was intially discovered by looking at monkeys, shows how our brains are designed to resonate with the emotional states of others. Social bonds are essential for mental well-being, cognitive development, and emotional resilience. While AI-driven apps can facilitate conversations, genuine connection – a handshake, a shared laugh – sparks oxytocin release, strengthening social ties in a way machines can't replicate.

Practical Tool: Establish a "Connection Ritual" by devoting at least a few minutes daily to unstructured conversations – genuine interaction.

By focusing on these five elements-building awareness, reflecting on aspirations, activating emotional intelligence, investing in curiosity, and nurturing social connections-you keep your mind curious and creative, and your heart compasionate and couragious to face the uncertainties that life in a hybrid world entails. -*Psychology Today June 2025*

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Can Quirks Foster Connection?

Never underestimate the thrill of riding a grocery cart like a chariot. Hang on, we're gripping the handle and feet up, sailing down an empty supermarket aisle in a small act of rebellion.

Is this habit just playful, or does it reveal something deeper? The shopping cart slide is a bid to make the mundane fun; it might also reveal a lower bar for decorum.

All personality traits have hidden cost, making them trade-offs. Excelling in one arena can create vulnerabilities in another: High openness fosters creativity, but it can lead to indecision. High agreeableness nurtures cooperation, but invites exploitation. And, of course, the converse is true: Weaknesses have hidden strengths. Whether you declare yourself eccentric or mentally ill, different or dysfunctional, is largely a matter of narrative and frame.

You could call quirks micro-mini personality traits. Quirks become valuable when we embrace and deploy them.

Being quirky can also serve as a low-stakes form of self-disclosure. Quirks are not guileful, performative, or a bid at social signaling; they're often unconscious – an unguarded glimpse into someone's nature.

The universe, like the supermarket, can be an arena for play, connection and unexpected moments of delight.. *-Psychology Today June 2025*

Beginner Pickleball 101 Clinic

General Rules and Recommendations:
1.*Serve:* The serve must be an upward sweep hitting the ball below the player's waist with the paddle below the player's wrist. The serve must bounce before the receiving player hits the ball. Ther served ball must land in the opposite side court from the server outside of the kitchen area. If the ball hits the net and lands in the proper area, it is a let and must be served again. If it lands in the kitchen or out of bounds, it is a loss of serve. At the beginning of the game and at each side out, the player in the far right side will be the first server.
2.*Return of serve*: The return of the serve must bounce before receiving team hits the ball.
3.*No-Volley Zone (Kitchen)*: A player may NOT hit a ball if any part of his body is in this area unless the ball bounces first. If the ball bounces first, the player may step in to hit the ball but then must re-establish both feet on the ground ouside of the kitchen before hitting the ball again. A player can not enter the kitchen even after their shot or if their momentum takes them into the area. This is a foot fault and loss of serve for point. A player's equipment or hat MUST NOT touch the kithen flooring.
4.*Scoring:* In the beginning of the game, only one player serves. The score is called out with the serving team's score first, the opposing team and then which server. At the beginning if the serving team scores a point, the score would be 1-0-2, because there would be no one to serve after the initial server. Once the serving team loses their serve, the other team serves and the score would be 0-1-1. If they do not score, the 2nd player would then serve and the score would be 0-1-2. Points are only awarded to the serving team.
5. Most games are played to 11 points.

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