ISSUE 53

SPRING 2016



MICROSOFT SMOKE SIGNALS

Town Happenings

A lot will be happening around Town this Spring! Come out and enjoy a few!

Town Meeting: Town Meetings are the 1st Monday of every month unless it happens to fall on a holiday. The Spring Town Meetings will take place on Mon., Mar. 7 Apr. 4 & May 2 at the Village Green Pavilion 7:30pm.

Community Activities Committee: Fri., Mar. 11, at 2pm, Tues., Apr.14 & Tues. May 10 at the Village Green Pavilion 7pm.

Indian Head Business Assoc.: Wed., Mar. 9, Apr. 13 & May 11 at 8:30am Dales Smokehouse.

Environmental Sustainability Committee: Wed., Mar. 9, Apr. 13 & May 11, 7:30pm Village Green Pavilion.

Parks & Rec Committee: Wed., Mar. 9, Apr. 13 & May 11, 6:30pm Village Green Pavilion.

Planning Commission: Wed., Mar. 16, Apr. 20 & May 25, 7pm Village Green Pavilion.

Work Sessions: Wed., Mar. 23, Apr. 20 & May 25, 3:30pm Town Hall.



Children's Spring Party & Easter Egg Hunt: Sun., Mar. 13, 2pm to 4pm, Village Green Pavilion. Ages birth to 12 years accompanied by an adult. Cost: $2/all ages at the door. Includes lunch, carnival & guessing games, 4-H bunnies display, children's craft-making, door prizes and Easter egg hunt. Infants under 1 free (no ticket bag or lunch). Photo with the Easter Bunny $1 each.



Town of Indian Head Neighborhood Crime Watch Meeting: Tues., Mar. 15, 7pm, Village Green Pavilion. Town residents & businesses are invited to join the Town of Indian Head Neighborhood Crime Watch. Volunteers are needed as Block Captains and watchful eyes. Learn helpful Crime Watch tools for keeping yourself and your property safe & secure. This is YOUR community! Jump on board!

Town FY17 Budget Public Hearing: Thursday, April 14, 7pm. Village Green Pavilion.

Save the Date! Annual Volunteer Appreciation & Recognition Dinner: Thurs., Apr. 28, 7pm, Village Green Pavilion. All individuals and organizations who have volunteered their time, efforts, and talents on behalf of the Town will receive an official invitation from the Mayor & Council to attend a Recognition Dinner being held in their honor. A simple show of appreciation on the Town's behalf. Please mark your calendars.

Village Green Free Flea Market: Sat., May 7 thru Oct. 29, 7am to 1pm. NO market May 14 (4th Taste of Indian Head & Parade), May 28 (Memorial Day Weekend), Jul. 2 (4th of July), Aug. 6 (Large outdoor event), Aug. 13 (Bass Masters Event), & Sept. 4 (Labor Day Weekend). No weekly permit fee. Set up your own tables, chairs, racks, groundcovers, pop up tents along Mildred Rice Road. NO pet sales/giveaways allowed. NO food sales without Town permit. Handicap accessible restrooms open 6am-1pm at the I.H. Senior/Community Center. Inclement Weather Policy: No Flea Market Today sign will be posted by Town rep. and the market cancelled for the day. No vendors may remain on the Village Green to sell items after Market is officially closed.



Bike to Work & Wellness Day: Fri., May 20, 7am-11am, Village Green Pavilion. Free Admission. Fun for the whole family! Breakfast snacks available 7am-9am, displays, handouts & giveaways, demonstrations, kid's coloring table, door prizes including new children's bicycles. Official Welcoming Ceremony at 9:45am. Picnic lunch served at 11am, inside and outdoor dining available. I.H. Elementary School 5th Grade essays, Older American's Month recognition and events.



Memorial Day Ceremony: Tues., May 31, 11am Village Green Pavilion. Complimentary luncheon served immediately following the ceremony. Public welcome! Monetary donations accepted at the door to benefit local families in need.



For additional information on Town events contact Karen Williams at 240-375-4061 or email karen@townofindianhead.org

Mayor's Message by Brandon Paulin

I hope everyone was able to stay warm these past few months. I know I'm looking forward to warmer weather, I'm sure you are too! Speaking of warmer weather I hope everyone will utilize some of the great parks and fields Indian Head has to offer this spring!

Even though it was very cold this past winter Indian Head is still progressing forward. The town has been in constant communication with the owners of the ELYs properties and the former CVS/SuperFresh properties to get those facilities moving forward just like the rest of the town. We are extremely happy to see the property owners are at the table, a luxury that hasn't been afforded the town in the past. I am confident that if we collectively unite to make something happen it will benefit Indian Head greatly.

The town will also be participating in an Urban Land Institute study co-sponsored by Charles County Economic Development this spring. This study will take a look at Indian Head's challenges economically and provide recommendations from a panel of experts that come down to visit our town.

This is a great opportunity to work hands on with experts of a high caliber from ULI and the department of Economic Development to develop recommendations to continue to move Indian Head forward

Some things we will continue to work on is Fiber, economic revitalization, and blight removal. If we as a town continue to make efforts in this area and progress forward I think we will be in good company!

A few things to remember before I wrap up. Our town meetings are the first Monday every month and you can always find a calendar of events and meetings taking place in the great town of Indian Head on our website townofindianhead.org or throughout this newsletter. Hope to see you around!

Until next time. –Mayor Brandon Paulin

Councilmen's Cornerstone

Spring is in the air. As we transition into spring you will notice more of our neighbors out and about town. Be a good neighbor - keep an eye out for pedestrians and cyclists. The council has been busy working on a number of revitalization efforts that will bring visible change to Indian Head.

The budget season is well underway as we balance prudence with progress. My goal is always to first seek efficiencies in town operations versus increasing the burden on the residents. Online payment of water bills is coming soon! We have implemented a new way to reserve our Parks and the Pavilion by emailing reservations@townofindianhead.org.

The Parks and Recreation (P&R) committee is in full swing! We have plans to offer family focused fun for all age groups, along with locally sponsored youth activities - *Think Recreationally*. The Environmental Sustainability Committee (ESC) will kick off our educational series with a number of workshops during the 2016 Earth Day and Taste of Indian Head celebrations. – Embrace the Three R's: *Reduce, Reuse, and Recycle.* Community gardens and a Farmer's market are on the horizon, as part of a sustainable Indian head!

Indian head has a rich legacy and a bright future so stay involved in your community. Lend a hand during our P&R Adopt-a-Park cleanup efforts. Seeking employment? Many of you have taken advantage of the county Job Source bus that comes to town the second Thursday of each month. Lastly, be cautious of online and phishing scams. Generally, if it appears too good to be true it normally is.

As your Councilman, I will always be receptive to your comments be they positive or critical. You can always email me at curtis@townofindianhead.org and remember "We wave in Indian Head".

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor

Brandon Paulin

Council

Ron Sitoula, Vice Mayor

Curtis Smith, Councilman

Town Manager

Ryan L. Hicks

Planning Commission

Michael Pellegrino

Chair

Thomas S. Blake, Sr.

Warren Bowie

Wayne Higdon

Anita Sampson

Joshua McDonald

Emery Nauden, Base Liaison

Board of Zoning Appeals

Edward Joell, Chair

Rose Chase

Rickie J. Posey

Ethics Commission

Mark Hobgood

Town Hall Staff

Annie Brady, Town Clerk

Ginger Foster, Finance Officer

Diane Campbell, Deputy Finance Officer

Karen Williams, Community Affairs

PFC Elliot (#396),Community Police Officer

Jim Casler, Code Enforcement

Eric Woodland, Head of Operations

Calvin Barnes, Field Supervisor

EAST, Inc., Water/Wastewater

Town Website

www.townofindianhead.org

Indian Head Black Box Theater

Art has the ability to encourage and inspire both children and adults. At the Black Box Theater in the Indian Head Center for the Arts, we create programs that stimulate, educate and excite the imagination in a unique venue. There is always a need for funding to improve and enhance our facility. Currently we are in need of new lighting and sound equipment as much has been donated over the years and time and use has taken it's toll. Additionally in 2015, we were dark due to renovations to our second level. The upstairs will be dedicated to giving rental opportunities to small arts and related businesses, thus fulfilling our efforts to provide economic development to our community.

To encourage a more viable performance experience for both audience and performers, we must find funding for this endeavor. Our goal is to raise $3,000. We would appreciate a donation from those of you in our Charles County community who understand the many advantages of arts in the lives. No amount is too small.

Upcoming Events

Cecil Ray Comedy Club: March 12th

Kickoff of New Artist Showcase: Starts February 20th and continued monthly.

Hickory, Dickory Dark: To perform in March and April.

For more information on these and other upcoming events please go to:
www.indianheadblackbox.org/

Charles County Sheriff's Office

2016 Events

Crime Watch Kick Off
Wednesday, March 23rd, 7:00pm
American Legion Post 82, La Plata

Citizens Advisory Council Meeting
Tuesday, May 17th, 7:00pm
American Legion Post 82, La Plata

National Night Out
Tuesday, August 2nd

NNO Coloring Contest
Wednesday, November 16th, 7:00pm
Location to be announced.

Citizens Advisory Council Meeting
Wednesday, November 16th, 7:00pm
American Legion Post 82, La Plata

Public is Welcome to Attend!

CIVIC EVENTS CALENDAR

American Legion Meeting
2nd Wednesday of each month - 8:00pm
Senior Community Center
301-283-0105

Western Charles/Indian Head Chapter 126 of the National Association of Retired Federal Employees (NARFE) meets the 1st Thursday of each month (Except July & August) 301-743-9445 or 301-743-3055

RELIGIOUS SERVICES

St Mary's Star of the Sea Church
Sunday Services 7:30, 9:00 & 11:00am
Saturday Services 5:00 pm
Confessions Saturdays 4:00 to 4:30pm
Special Devotions 7:30am mass on the 1st Friday and 1st Saturday of each month
301-753-9177

Indian Head Baptist
Sunday School 9:15am
Sunday, Morning Worship 10:30am
Sunday Bible Study 6:00pm
Wednesday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal
Sunday 8:00, 9:15 & 10:30am
Sunday School 9:45am
301-743-2366

Indian Head Church of the Nazarene
Sunday School 9:45am
Sunday AM Worship 11:00am
Sunday PM Worship 6:00pm
Wednesday Adult Bible Study 7:00pm
301-743-5768

Indian Head United Methodist Church
Sunday School 9:30am
Worship 11:00am
301-743-2312

Greater Spiritual Fellowship Community Church
Sunday School 9:30am
Sunday Worship 11:00am
Tuesday Discipleship Training 7:30pm
Thursday Bible Study 7:30pm
301-743-6014

Congregation SHA'ARE Shalom
Services 1st Friday, 2nd & 4th Saturday every month.
www.shaareshalomsomd.org
301-645-4606

Indian Head Worship Center
Sunday Christian Education 9:30am
Sunday Morning Service 11:00am
Sunday Youth & Young Adult Service 6:30pm
Tuesday Bible Study 7:30pm
Friday Evangelical Service 7:30pm
301-743-7772

Cornerstone AME
Sunday Morning Service 10:30am
301-743-6607

New Life Christian Ministries, Int'l
Worship Service—Sunday 11:00am
Bible Study—Tuesday 7:00pm
240-377-8919

Parks & Recreation Committee 2016 Spring Events

March

Family Fun Nights: Wednesday, March 2nd & March 23rd, 6:30pm to 9pm, Village Green Pavilion. The whole family is invited out to have some FUN! Indian Head Parks & Recreation Committee will be hosting Family Night activities on the 1st and 4th Wednesday of every month. Activities may range from tournaments, volleyball, Pictionary, parents vs. kids challenges and so much more. Family Night will be a fun event for all involved! We can purchase board games, card games, table games, for all ages and have game nights at the Pavilion.

April

Town of Indian Head Earth Day Event: RECXPO Open House and Field Day Games: Saturday, April 23rd, 2016, 10am to 1pm, Village Green Park & Pavilion. Your one-stop-shop for everything the Indian Head Parks & Recreation has to offer! Discover your parks and facilities, learn about all the classes and programs offered throughout the year and be one of the first to register for sports and fitness classes! Informational booths, interactive demonstrations and hands-on activities are just a few great features of this event. We'll keep your children engaged while you gather information about our programs and activities as well as those offered through our affiliate organizations. Raffles and discounts for classes given on the day of the event! Join us for a fun-filled afternoon of outdoor games. We will be playing tons of sports and other games, such as basketball, volleyball, capture the flag, dodgeball, and much more!

Family Fun Nights: Wednesday, April 6th & April 27th, 6:30pm to 9pm, Village Green Pavilion. The whole family is invited out to have some FUN! Indian Head Parks & Recreation Committee will be hosting Family Night activities on the 1st and 4th Wednesday of every month. Activities may range from tournaments, volleyball, Pictionary, parents vs. kids challenges and so much more. Family Night will be a fun event for all involved! We can purchase board games, card games, table games, for all ages and have game nights at the Pavilion.

Friday Night Lights - Basketball: Every 1st & 4th Friday, ages 15-20, Indian Head Elementary School. Time of the event is to be determined. Look for more information soon!

May

Ride-Run-Walk-N'-Roll Challenge: May 1st thru September 10th. Get moving, get active, get prizes! Join the Ride-Run-Walk-N'-Roll Challenge. Speaking of healthy activities, interested in trying the Ride-Run-Walk-N'-Roll Challenge? It's an Indian Head Parks & Recreation Committee initiative that helps you convert drive-alone car trips to walking, biking and transit trips. All you do is register for the program, convert at least two car trips between May 1st and September 10th and report your trips on your personal calendar each week. The earlier you join, the better your chances are for prizes!

Show Up and Shape Up Indian Head: FREE event, Saturdays, May 7th thru August 27th, 8am-10am. Shape Up is a free, drop-in fitness program, an Indian Head Parks & Recreation Committee Healthy Living Initiative, held on the Village Green. There is no class registration, simply show up to take fitness classes like aerobics and yoga. Join the Parks & Recreation Committee members and our exciting and energetic fitness instructors who know how to make

fitness fun! You do not need to be a member of a recreation center in order to attend a class. Bring a towel and bottled water. There will be no classes on certain dates.

Family Fun Nights: 1st and 4th Wednesday, 6:30pm to 9pm, Village Green Pavilion. The whole family is invited out to have some FUN! Indian Head Parks & Recreation Committee will be hosting Family Night activities on the 1st and 4th Wednesday of every month. Activities may range from tournaments, volleyball, Pictionary, parents vs. kids challenges and so much more. Family Night will be a fun event for all involved! We can purchase board games, card games, table games, for all ages and have game nights at the Pavilion.

Friday Night Lights - Basketball: Every 1st & 4th Friday, ages 15-20, Indian Head Elementary School. Time of the event is to be determined. Look for more information soon!

Taste of Indian Head—Field Day Games: Saturday, May 14th. Join us for a fun filled afternoon of outdoor games. We will be playing tons of sports and other games, such as basketball, volleyball, capture the flag, dodgeball, and much more! Bring your ideas for games to play and your friends. All are welcome!

GOVERNOR HOGAN VISITED THE TOWN ! FEBRUARY 28, 2016



Following the Governor's visit to the Town, he ended his day at George's Ribs and had lunch with local leaders. In the photos above : 1. Governor Hogan with the Town Council, County Commissioners, and State Delegates. 2. Governor Hogan accepting a key to the Town from Mayor Paulin. 3. Vice Mayor Sitoula meeting Governor Hogan. 4. Councilman Smith meeting First Lady Yumi Hogan. **All photos were downloaded from www.govpics.maryland.gov, Executive Office of the Governor. Photographer, Tom Nappi**

One Of A Kind Stuff



4135 Indian Head Highway, Indian Head, Maryland 20640

Vintage furniture, clothing, shoes, handbags, records, toys and more

A little bit of everything, including the bathroom sink!!!

301-743-7380 Tel

Hours: Thursday and Friday - 10am-6pm
Saturday - 10am-3pm

Hope You Dance

4338 Indian Head Highway
Indian Head, MD 20640
Director: Kay Cotton 240/508-0090
Spring 2016 Workshops & Classes!
HopeYouDance5678@aol.com ***** HYD.5678.KC@gmail.com
www.HopeYouDance5678.com
Like Us on Facebook!

Michelle's Cakes

4336 Indian Head Hwy.
Indian Head MD, 20640

301 246.9007

www.michellescakes.net
michellescakes@yahoo.com
Find Me On Facebook



Hilltop Salon & Tanning, LLC
Full Service Salon

Susan Mc Cormick
owner/manager

4171 Indian Head Hwy.
Indian Head, MD.20640

301-743-5902 *301-753-0660*

hilltopsalon@verizon.net



Village Green Designs

A Sewing & Craft Studio

Sewing, Embroidery, Crafts, Quilting,
Scrapbook Supplies, Classes and Dry Cleaning

Barbara Wheeler
3 North First Street, Suite B
Indian Head, MD 20640

301-743-2237
vgdstudio@verizon.net
www.villagegreendesigns.com

Vincent Ippolito
President/Pharmacist

Indian Head Care Pharmacy

The pharmacist you know the care you deserve

Hometown Pharmacy *301-684-2580*
www.indianheadcare.com *301-684-2693*

4115 Indian Head Hwy.
Indian Head,MD,20640

If you are interested in being featured in the business highlights section of the Smoke Signals please email a short write up to annie@townofindianhead.org. One to two businesses will be featured each quarter free of charge.



DON'T FORGET!

March 13th Daylight Savings Time Begins!

Change your clocks forward, and change your batteries in your fire alarms & CO2 detectors.

Town of Indian Head Useful Information

Holiday Closings

Town Hall, Public Works and the Community Affairs Office will be closed on the following days this quarter in observance of the holidays listed:

Good Friday
Friday, March 25
NO Trash Pickup
Memorial Day
Monday, May 30
NO Trash Pickup

If you have a water or sewer emergency after hours, call 301-743-2222 to report your emergency. On-call Town personnel will be contacted and the problem will be handled accordingly.

After hours non-emergency type problems can be reported by leaving a message on the Town Hall office number 301-743-5511. Be prepared to furnish your name, address, phone number and brief, but detailed description of the type of problem. Water cut-offs for non-payment are not considered emergencies and are only handled during Public Works regular business hours.

Town Codes

- **Burning**—No burning is allowed within the Town limits.
- **Animal Control**—Dogs must be kept on the owner's property unless properly restrained. The Charles County Animal Control provides animal enforcement within the Town. Call 301-932-1713 if you have a problem.
- **Abandoned or Inoperative Vehicles** are prohibited within the Town and may not be kept on the street for more than 24 hours or on private property, with certain exceptions. Call Code Enforcement at 301-743-5511 ext. 101 with any questions.
- **Property Maintenance**—Every dwelling and lot shall be kept free from trash and garbage. Weeds and grass must be cut and kept shorter than 10 inches.
- **Building Code**—The Town has an adopted building code. Any new construction or remodeling, including, but not limited to porches, fences, sheds and garages, requires inspection and a building permit from the Town.

Town Meetings

1st Monday every month at 7:30pm at the Village Green Pavilion. Televised 8 p.m. first two Fridays each month on Comcast Channel 99. Meetings will also be televised on CCGTV on Mondays at 10am and Wednesdays at 7pm. Comcast channel 99 and FIOS channel 12.

Town Hall

Office Hours : Monday—Friday 8:30am—4:30pm
Phone Numbers : Ofc: 301-743-5511
Fax: 301-743-9008

Recycling/Yard Waste

Solid waste products such as glass jars and bottles, newspapers, plastic bottles and metal cans will be picked up at the curb every Wednesday within the Town of Indian Head. Place these items in your recycling bin - no need to separate them. Have them curbside by 7:00am.

Yard waste will be collected on Wednesdays, year-round, weather permitting. Grass clippings and leaves must be placed in brown paper bags or in a trash container marked "Yard Waste" and placed at curbside. Brush must be bundled and must not be any longer than four feet (4') in length. Individual pieces of brush must not be any larger than six inches (6") in diameter.

Bulk trash can now be scheduled year-round on Wednesdays. Fee of $50 (cash, money order, debit/credit **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling at Town Hall. All items must be curbside by 7:00am on the prescheduled pick-up day but not earlier than 48 hours prior to pick-up day.

Utility Rates

The Town bills for utilities on a quarterly basis. Please make note that you will be receiving a bill four times a year (July, October, January and April). ***You are encouraged to make an estimated payment monthly toward your quarterly bill.*** For more information you can call Town Hall at 301-743-5511

Water & Sewer Rates

Minimum rate for all residential customers **$70.40**
(per dwelling unit per quarter) plus
$6.85 for every 1,000 gallons used
Minimum rate for all commercial customers **$212.80**
(per unit per quarter) plus
$6.85 for every 1,000 gallons used

Bay Restoration Fee

$15.00 to State of Maryland Comptroller's office for the Bay Restoration Fund

Trash Rates

Residential/Multiple Residential Rate: **$80.00 (per dwelling unit per quarter)** - Billed quarterly for twice a week curb-side pickup and one (1) recyclable products pickup per week. (Trash must be in a 20 to 32 gallon metal or hard plastic trash container with a secured lid)

Commercial Rate:

Category I	Dumpster (4cu yds)	$495.00 per qtr
Category II	Maximum 2 cans (per unit)	$95.00 per qtr
	Each additional can	$46.00 per qtr

All residential and commercial units within the Town of Indian Head shall avail themselves of the Town's curb-side trash collection service.

REMEMBER TO LOCK YOUR DOORS

Make Spring Cleaning a Fire Safety Priority: Chief Jeff Williams

As we finally say good bye to "old Man Winter" and cold temperatures, our thoughts turn to warmer temperatures, cleaning our homes and yards. In an effort to remind everyone that your "Spring Cleaning" project is also a time to remember fire safety, the Indian Head Volunteer Fire Department would like to remind everyone of the following safety tips.

When cleaning the inside of your home, don't forget to check these vital life safety devices and areas thoroughly.

- Remember that smoke alarms increase your chances of surviving a home fire by 50% so be sure to check these devices for proper operation and be sure to clean them by vacuuming them as part of your cleaning.
- Check the age of the smoke alarms, they should be replaced every ten years according to the manufacturers of the devices.
- **As a reminder, in the state of Maryland, if you replace your smoke alarms you must replace them with a new 10 year battery life battery alarm.**
- When you change your clocks, you should also take the time to clean the device and test the batteries in your smoke alarms. If they are not working properly, it's time to replace them.
- At minimum, there should be a least one smoke alarm on every floor of your home.
- If you have a fire extinguisher in your home this is a good time to check it and replace if necessary. If you have an ABC Dry Powder extinguisher it needs to be replaced every 12 years.
- This is a good time to check all electrical equipment and appliances for damaged or frayed cords and replace them if necessary.
- Be sure to check your electrical outlets to ensure that they're not overloaded or damaged.
- Remember to check for lint buildup from your dryer in the hose and vents. Dryer fires are rapidly becoming a major cause of home fires.
- Clean your oven and stove making sure you get all the grease and unwanted buildup to prevent a fire.

Pay special attention to more than the pretty flowers when outside!

- Be sure to remove all outdoor debris and dead vegetation away from home to help reduce the potential of a fire starting in your yard and extending to your home.
- **As a reminder, there is no outdoor burning permitted within in the Town limits.**
- Be sure your address numbers are visible for all Emergency Services to see in the event of an emergency and if needed replace the numbers with new ones.
- All fuels for lawn and garden equipment should be stored in an approved container and never stored in your home or attached garage.
- Barbeque gas grills should be thoroughly inspected, including gas hoses, connections, burners and propane tanks should be inspected prior to use.
- As part of our Spring Cleaning, many of us take this opportunity to get rid of many of the old and/or unwanted household chemicals and yard fertilizers. As a reminder these chemicals should be sorted in their original containers and property disposed of at the Charles County landfill at no cost to you.

Here are a few examples of these types of products:

- Pesticides, fertilizers and weed killers
- Pool chemicals
- Paint and thinners
- Gasoline or other flammable/combustible liquids
- **NEVER** dispose of these types of products in the trash as they could leak causing a chemical reaction and possibly start a fire.

While performing your annual Spring Cleanup and by following these simple safety tips you can greatly improve your family's safety and reduce your chances of a fire in your home during this annual event. If you or neighbors are in need of a new 10 year battery smoke alarm or if you have any questions or concerns about Fire Safety/Prevention please contact the department at 301-753-9400 or 301-743-3900.

If you are interested in serving your community and becoming part of our team, please stop by and see us at the Fire Station.

IHVFD & RS Events



Drive-Thru Chicken Dinners: Mondays in 2016, Mar. 7, Apr. 4, May 2, Jun. 6, 10:30am until 1:30pm. At the Indian Head Volunteer Fire Department, 4095 Indian Head Highway, Indian Head, MD 20640. Menu: 1/2 fried chicken, parsley potatoes, green beans, roll, butter and beverage. $9.00 plate. CARRY OUT ONLY. Call ahead to place your order: 301-753-9400 or 301-743-3900

Cornhole Tournament Fundraiser: Saturday, Mar. 12, 4095 Indian Head Hwy. Registration starts at 10:30am. Bags fly at 12pm. Cost: $50/team of 2 - BYOP (Bring Your Own Partner). Format: 2/3 in winners - 1/1 in losers. Prizes: "60% Payout" top 3 teams; 50/50 raffle; 2nd tournament Blind Draw - $10/person. Beer, sodas and food available for purchase. Tournament managed by Cornhole Junkeez of SoMd.

Indoor Yard Sale: Saturday, Mar. 19, 9am to 2pm. Tables available $10 each. Kitchen open for breakfast and lunch.

Statewide Recruitment Day: Sunday, Apr. 10, 12pm until 4pm. Applications for membership in the Fire Department, Rescue Squad or Ladies Auxiliary will be available. Refreshments will be available also.

2016 Indian Head Based Youth Sports Organizations

Indian Head Swim Team: C/O Chris Batchelor Email: ihtorpedoes@gmail.com
Website: www.ihswim.tripod.com Youth 5 to 18 years/Summer Only

Indian Head Soccer Association: C/O Dione Conley, President Phone: 301-283-3961
Website: www.ihsa1.tripod.com Fall & Spring Leagues
Register online: https://app.myezreg.com/Leagues/Login/indianhead

Potomac River Little League & T-Ball: Currently Inactive 2/2016

Charles County Youth League (CCYL): Website: www.ccyouthleague.org
Phone: 301-932-3713 Fall & Spring Leagues. T-Ball, 10U & 12U Baseball, Softball 12U, Rookie Baseball 14U/16U

I.H. Youth Football & Cheerleading: C/O Terry Proctor, President Phone: 301-792-2916
Website: www.westerncharleschargers.com Youth 5-13 years/Fall League Only

Indian Head Senior Center

The Indian Head Senior Center is located on the Village Green in the Old Post Office. Our address is 100 Cornwallis Square. If you are at least 60 years young we encourage you to be a part of our fast paced center, where we encourage our seniors to be independent as long as possible physically, mentally, spiritually and socially. As the days get longer find us walking around the Village Green.



Save the date, On Saturday, October 8, 2016 we will be hosting our 11th Annual Breast Cancer Awareness Fitness Walk. This year the money we will be raising will stay in the county. Like Sisters at Heart on Facebook. **Sisters at Heart** is a breast cancer support group and was established in 2007. Help us, so we can make sure that no one faces breast cancer alone.

In March:

- **Kidney Disease Month –** Kidney disease is the 9th leading cause of death in the United States. Join us on Tuesday, March 1 or Wednesday, March 30 as we discuss the important functions of our kidneys.
- **Visit the Nurse** at 9 a.m. on Thursday, March 3rd.
- **St. Patrick's Day Breakfast Murder Mystery** join us for breakfast at 9 a.m. and stay for the 11 a.m. whodunit 1956 murder mystery hosted by Hickory Dickory Dark Productions and the Indian Head Senior Center council. Cost is only $5.
- **Open Air Market** – first opportunity to purchase items handmade by the seniors. Joining us will be Wee Bean and Azure Bee, on Thursday, March 31st



In April:

- **April Fool's Bingo Party** No fooling around we are having a party on Friday, April 1st. Must sign up with this FREE event.
- **Scrapbooking Crop Fund-Raiser** – Only $25.00 for this all day event on Saturday, April 2nd from 9 a.m. to 9 p.m. Lunch and dinner will be provided along with goodie bags, snacks throughout the day and door prizes. You must pay for you reserved spot before March 23rd.
- **Coffee and Canvas** – Join Artist Nora Eicholtz for our version of Paint Nite at 10 a.m. on Tuesday, April 5. Space is limited and check supply list for cost. Let staff know what you want on the coffee bar.
- **Caregivers Conference** – Friday, April 22nd is the 24th Annual Caregiver Conference at the Richard R. Clark Senior Center.
- **Going Green** we are fortunate to be able to start an herb garden. Join us as we play in dirt on Thursday, April 28th

TRY-IT Series: Try something new for little or no cost.

- Quilting 101 – March 15th
- Guided Meditation – March 16
- Seated Kickboxing – March 29
- Electronic Lab – April 4
- Photography – April 11
- Hat Making – April 26 and 27th

Ongoing activities at the senior center to keep you healthy and moving:

Tai Chi for Health is an evidence-based fall prevention program for older adults that also aids with Arthritic pain. Ongoing every Monday and Wednesday at 10:30

Arthritis Foundation Exercise Foundation (AFEP) – This seated program is a community-based recreational exercise program that was originally developed by the Arthritis Foundation in 1987. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional availability. Every Tuesday and Thursday at 10:30.

Quilt N' Chicks – Meet every Tuesday at 10 a.m.

Hooked on Yarn – Bring your hook and we will provide the yarn to learn how to crochet or knit. Meeting every Wednesday at 9:15.

Aquatic Exercise at Lackey Pool– check SCOOP for start date, the cost is $45.

Line Dancing every Thursday at the center starting at 1pm – the cost is a fitness card.

Chair Pilates every Tuesday and Thursday morning at 9:15 – the cost is a fitness card.

Fitness Training every Monday and Wednesday morning at 9:15 – the cost is a fitness card.

Chair Yoga Integral Yoga can be done from a chair or on a mat. A gentle yoga class for all levels and abilities every Friday at 9 a.m. - the cost is a fitness card

Circuit Training every other Friday at 10 a.m. – Fitness card

Meet the Trainer – by appointment with a personal trainer. Cost $20 for 3 – Half hour sessions or $10 for a half hour session.

OTHER - The pool table, fitness equipment and computer lab is available every day.

The Book Club meets every 4th Wednesday at 11 a.m., selection for:

March is *Just One Evil Act* by Elizabeth George
April is *We were Liars* by E. Lockhart
May is *Ours Souls at Night* by Kent Haruf
June is *Everything I Never Told You* by Celeste Ng



Memorial Day Ceremony

Tuesday, May 31, 2016

11:00 a.m.

Village Green Pavilion
Indian Head

Complimentary luncheon served immediately following the Ceremony.
Public welcome!
Monetary donations accepted at the door to benefit local families in need.

For more information—call 240-375-4061

TOWN OF INDIAN HEAD

Children's Spring Party & Easter Egg Hunt



Don't forget to bring your Easter Basket!

Sunday, March 13

2:00 to 4:00pm

Indian Head

Village Green Pavilion

Ages Birth to 12 years accompanied by adult

Cost: $2.00/all ages @ door

Infants Under 1 Free (No Ticket Bag or Lunch)

includes Lunch, Carnival & Guessing Games,

4-H BUNNIES Display,

Children's Craft-making, Door Prizes &

Easter Egg Hunt (12yrs & Under)

Photo w/Easter Bunny $1.00 each



For more info. call (240)375-4061 or karen@townofindianhead.org

Pageant Registration Deadline:
April 1, 2016
Little Miss, Little Mr. Indian Head (Ages 4-6)
Jr. Miss, Jr. Mr. Indian Head (Ages 7-10)
Miss Teen, Mr. Teen Indian Head (Ages 16-19)
Details & Pre-Register: Kay Cotton 240/508-0090
E-mail: IndianHeadBiz4U2@aol.com



Rain or Shine

4th Annual

TASTE OF *Indian Head*



IndianHeadBiz4U2@aol.com

Co-Sponsored by:
Indian Head Business Association
& Town of Indian Head

May 14, 2016

Indian Head Village Green & Pavilion
100 Walter Thomas Rd.
11 a.m. - 4 p.m. (Pageant:3pm Inside Stage)
A Family Day of Fun!

Vendors Wanted!

Food Industry, Artisans, Crafters, Businesses,
Youth Groups, Churches & more!
Indoor & Outdoor space available ($25.00 Space)
Reservations: Pam Hundley 301/743-6777
(Vendor/Participant Applications available at Dales Smokehouse, 4645 Indian Head Hwy.)

Volunteer Entertainment Wanted!



Bands, Clowns, Choirs, Singers/Musicians,
Face Painting, Story Tellers, & Dancers!
Schedule: Kay Cotton 240/508-0090

PARADE ON THE GREEN!
New this year! All groups/schools are welcome!
Details & Registration: Karen Williams
301/743-9008/Karen@townofIndianHead.org

- Taste of Indian Head
- Miss Indian Head Pageant
- Indian Head Business Association