ISSUE 55
FALL 2016

Town Happenings



TOWN OF INDIAN HEAD
SMOKE SIGNALS

A lot will be happening around Town this Fall! 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 Fall Town Meetings will take place on Tues., September 6 Mon., October 3 and Mon., November 7 at the Village Green Pavilion 7:30pm.
Community Activities Committee: Tues., September 13, October 11, and November 8, 7pm Village Green Pavilion.
Indian Head Business Association: Wed., September 14, October 12 and November 9, 8:30am Dales Smokehouse.
Parks & Rec. Commission: No meeting in September. Meetings will be held, Wed., October 12 and November 9, 6:30pm Village Green Pavilion.
Environmental Sustainability Committee: No meeting in September. Meetings will be held, Wed., October 12 and November 9, 6:30pm Village Green Pavilion.
Planning Commission: Wed., September 21, October 19, and November 30, 7pm Village Green Pavilion.
Work Sessions: Wed. September 28, October 26 & November 30, 3:30pm Town Hall.

Oxon Hill Trail & Bicycle Club Annual Century Bicycle Ride: Mon., September 5, 6am-6pm. Begins & ends in the Village Green Park. Cyclists will tour the entire western side of the county – riding down to Nanjemoy, Port Tobacco and back to Indian Head. Drive cautiously and share the road with 1,000 cyclists. Questions or more info: 240-375-4061 or karen@townofindianhead.org



Walk to Fight Suicide - Out of the Darkness Community Walk: Sat., September 10, Village Green Pavilion. Southern MD/Charles County Out of the Darkness Community Walk presented by AFSP Maryland. Registration time: 9am Walk time: 10am. Contact: Michelle Wood & Sue Maskaleris - somdwalk@gmail.com
Suicide Prevention Starts with Everyday Heroes Like You. Register Today.

American Foundation for Suicide Prevention

St. James' Episcopal Church Ham & Crab Cake Dinner: Sun., September 11, 3pm-6pm at 7 Potomac Avenue. Menu: Ham & Crab Cakes, Parsley Potatoes, Carrots, Cole Slaw, Green Beans, Rolls, Dessert. Beverages: Water, Iced Tea, Coffee. Price: Adults—$25 (2 crab cakes), 6-12yrs. Old—$12 (1 crab cake), Ages 5 & Under FREE. Carryout available by stopping in or calling 301-743-2366.

10th Annual Town of Indian Head Car Show & Veterans Recognition Day: Sun., September 11, 9am-3pm, Village Green. Registration 8:30am-Noon. Car Show sponsored by Indian Head Baptist Church. Spectators FREE. Veterans Recognition Day! Sponsored by the American Legion Post 170. Special recognition and services will be offered to all veterans, active duty military and their families.



Thank you for your service! Featuring live oldies & praise music. Food available for sale. For additional information, please call: Car Show - Jim Gerber 301-375-7980, Venue - Karen Williams 240-375-4061, Veterans Recognition - Dr. Joann Fisher 240-305-5516 & Robin Cooper 240-346-6594.



11th Annual Breast Cancer Awareness Fitness Walk: Sat., October 8, 8:30am-1pm at the Village Green. Don't miss out on this great day benefitting the fight against breast cancer! We start at the Indian Head Village Green (100 Walter Thomas Rd, Indian Head, MD) and continue on a three-mile walk on the Indian Head Rail Trail. The entrance fee ($25/pp) includes your morning snacks, door prize ticket, bottled water, and a delicious healthy lunch. This event will be held rain or shine. Walk for the women & men in your life! First 100 paid participants receive a free T-shirt! Details: 301-743-2125. Proceeds benefit the Charles County breast cancer support group, Sisters at Heart.



Trunk to Trunk Trick or Treating: Mon., October 31, 6pm-8pm, Village Green. Children 12 years & under with adult welcome! Free Trick or Treat bag & glow necklace to the first 100 children in line (1-12 years only). Meal



Bag of hot dog, chips & beverages $2, served 5pm-7pm. Inside dining & restrooms available. Residents, businesses, churches, organizations—WE NEED YOU on the Village Green as Trunk to Trunk participants! Bring your trunks full of candy (enough for 600 trick or treaters), enjoy dinner on the Town as a thank you for participating! Line up between 5pm-5:45pm, no vehicles after 5:45pm, for 6pm-8pm trick or treating. More information & to sign up as a Trunk to Trunk participant call 240-375-4061 or email karen@townofindianhead.org



Veterans Day Ceremony & Lunch: Fri., November 11, 11am, Village Green Pavilion. Complimentary luncheon served immediately following the ceremony. Public Welcome—FREE Community Event. Hosted by the Town of Indian Head & American Legion Post 233. More info: call 240-375-4061 or email karen@townofindianhead.org



2016 Presidential General Election: Early Voting: When: Thurs. Oct. 27, Fri. Oct.28, Sat. Oct.29, Sun. Oct. 30, Mon. Oct. 31, Tues. Nov. 1, Wed. Nov. 2 & Thurs. Nov. 3, 10am-8pm. Places: La Plata Volunteer Fire Department, Glen Eagles Community Center. Primary Election Day: Tues. Nov. 8. Polls Open 7am-8pm. Registered Voters who are residents of the incorporated Town vote at Poll 7-2, Indian Head Village Green Pavilion. Questions call: C.C. Board of Elections 301-934-8972.

Village Green Flea Market: Saturdays, May 7-October 22. $5 weekly permit fee. Set up your own tables, chairs, racks, groundcovers, pop up tents along Mildred Rice Road. (No Market Sept. 4, Sept. 10, Oct. 8, Oct.29). No pet sales/giveaways, no food sales without permit.



Mayor's Message by Brandon Paulin

Hello everyone!

I hope everyone had a great summer!

We must always remember that the end of summer means back to school time for the children of Indian Head. Keep an eye out for bus stops and children walking to school and I cannot stress this enough, BE SAFE and FOLLOW TRAFFIC LAWS.

Fall also means the town is ramping up the number of events before the holiday season. You can find a full list of events on the online calendar or scattered throughout the newsletter! It's going to be fun for everyone, make sure you come out and enjoy it.

Now the Town has some good news and bad news in regards to our revitalization. The Good news is we've secured all the funding for fiber and that will be complete soon, The Urban Land Institute Technical Assistance Panel will be doing their study (in which business, community leaders, important groups, AND our property owners will be stakeholders) in September and recommendations following shortly after, and I've recently met with people from SHA to continue discussion on our street scape initiative. The bad news is PNC bank plans to close its Indian Head branch in December. Now I will not let corporate PNC close this branch without a fight, I have contacted PNC Representatives at every level and I encourage you to as well! Please send your emails with the subject line "Save PNC Indian Head" to corporate.communications@pnc.com and bill.demchak@pnc.com . That will get the message directly to corporate communications and PNC's Chairman, President and Chief Executive Officer, William Demchak. Please let them know what this bank means to you and this community! I will continue to push forward and work my hardest to keep them here and work towards a plan so if they do in fact leave that property will be utilized and serve the community in someway. In the mean time please email because I need as much help as possible!

If you have any questions or concerns about Indian Head feel free to contact me anytime at Town Hall, by email (Brandon@townofindianhead.org), Facebook, Instagram, or Twitter. I will do my best to respond quickly.

Have a fantastic fall. Until next time. – Mayor Brandon Paulin

Councilmen's Cornerstone

As the lazy days of summer come to an end and we prepare our children for the school year. I challenge all of our residents to stay involved in our children's education by supporting them and their teachers. These young minds are our future.

Drivers please be mindful that our pedestrian traffic will increase, so use extra caution.

I am hopeful that many of the positive changes within town have not gone unnoticed but we have a way to go. Despite the councils' tremendous amount of effort we still have abandoned buildings and slow economic growth. We have however experienced many successes such as Broadband fiber expansion; Sustainable communities' designation; and a streamlining of town operations to gain cost savings and improved services. I will continue seeking innovative solutions to our issues and welcome your ideas to move our town forward. Continue to walk around town and take-in the natural beauty and good neighbor warmth because "We wave in Indian Head".

In the Summer edition of the Smoke Signal I spoke of challenging our residents to invest in people revitalization where we focus on improving our prospects for the future by continuing your education, becoming healthier, more socially active and making thoughtful decisions today. Beginning in February 2017 I will host a quarterly "Councilman's Citizen Summit" that will consist of a series of family focused events geared to emphasize education; scholarships; finance; home ownership; career; health and wellness; and more for the entire family. Panels will be made up of local and national subject matter experts to lead these engaging discussions.

Councilman's Quarterly Citizen's Summit (Save the date):

February 18, 2017 from 10am - 4pm
April 15, 2017 from 10am - 4pm
July 15, 2017 from 10am - 4pm
October 27, 2017 from 10am - 4pm
February 17, 2018 from 10am - 4pm
April 14, 2018 from 10am - 4pm
July 14, 2018 from 10am - 4pm
October 26, 2018 from 10am - 4pm
February 16, 2019 from 10am - 4pm
April 13, 2019 from 10am - 4pm

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 Blake, Sr.
Warren Bowie
Wayne Higdon
Anita Sampson
Joshua McDonald
Mary Armstrong
George David, Base Liaison

Board of Zoning Appeals
Dennis Scheessele
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

This is a message for our youth: Enjoy your youth, learn as much as you can and exceed expectations. I always say "Change favors the prepared mind".

My sincerest thank you to the residents of Indian Head for entrusting me with the tremendous responsibility of moving our town forward. 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.

Warmest regards – Councilman Curtis L. Smith "We wave in Indian Head"

FALL AT THE BLACK BOX THEATER

We are pleased to present our performance schedules for the Fall season. We are a performing arts group who are dedicated to bringing professional entertainment and culture to our community and region. We need your support. Come hear the music we play as said in CABARET. Never seen a live performance, it's thrilling for our youth and adults.

September 9: Class of 1956 Reunion Show and Pizza Party.

September 23 & 24: Mission InPAWSable: Fundraising Show for animals.

October to be announced: New Comedy Club—benefiting a charity a month. Hilarious!: Musical Showcase. Movie time. (Check our marquee and website for more information)

October 28 & 29, November 4 & 5: Mystery of Edwin Droud, Hickory Dickory Dark production.

PTP presents God of Carnage, November 25 & 26, December 2 & 3, and December 9 & 10.

In November & December TBA: Comedy Club, Movie Time and special events. Check marquee & website.

Upcoming: Christmas Show in December

For more information call Pam at 301-743-3040 or got to the website at indianheadblackbox.org for ticket prices and dates, or check our marquee.

Indian Head Business Association

Fall in love with Indian Head: Saturday, October 29th, 11am to 1pm. Trick or Treat Street. Children and families are invited to wear their Halloween costumes and Trick or Treat with our merchants on the list for our first Trick or Treat Street on Indian Head Highway. Join us between Poplar Lane and Town Street for tricks, treats, arts and crafts, fun games and so much more. Look for the "pumpkin" in the window of the business. Sponsored by the Indian Head Business Association and the Indian Head Merchants.

5th Annual Up On the Hill & Through the Town: Tuesday, November 29th, 11am to 5pm. Business Open House & Vendor Expo. Visit with businesses to shop and meet with over 40 participating Artists, Crafters and Businesses in Indian Head. Refreshments, Games & Prizes. Donate a non-perishable food item to support N.E.T.S. and receive a raffle ticket for a chance to win a basket of goodies. Sponsored by the Town of Indian Head & the Indian Head Business Association. For more information, call Pam at 301-743-6777 or Sue at 301-743-5902.

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 5:00pm
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
Thursday 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.
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

Fire Safety Starts with You by Chief Jeff Williams



Is it time to replace your smoke alarm? Smoke alarms are a key part of a home fire escape plan and need to be maintained or replaced to ensure they're working properly. When there is a fire, smoke spreads fast and working smoke alarms give you early warning so you can get outside quickly. Did you know that many people don't test their smoke alarms monthly and don't know that they need to be replaced every 10 years? Test yours every month and replace them every ten years. The manufactured date should be located on the back of the alarm. The Indian Head Volunteer would like to remind everyone that ***you*** are the first link when it comes to Fire Safety for you and your family. Ensuring your families safety not only includes being fire safe but knowing what to do should you experience a fire at your home.

Here are some fire safety tips that we suggest you follow to help keep you and your family safe.

Smoke Alarms

Almost two-thirds (62%) of reported home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

Installing and maintaining residential smoke alarms.

- Be sure to install a smoke alarm in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- If at all possible, interconnect all smoke alarms throughout the home. When one sounds, they all sound.
- Be sure to replace smoke alarms every 10 years in accordance with the manufacture's recommendations.
- ***There has been a change to the Maryland fire law regarding residential Smoke Alarms.*** In accordance to the new law which went into effect on July 1, 2013 when replacing smoke alarms in your home, they must be a sealed battery unit with a 10 year life battery. If the alarms are hard-wired (electrical) with a battery backup and you are replacing them, they must have a sealed battery backup as well.
- Be sure to test your smoke alarms at least monthly in accordance with the manufacturer's recommendations.
- Working smoke alarms improve your chances of surviving a fire in your home by 50% and are an inexpensive device to ensure you and your family's safety. Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.
- There are Special Smoke alarms available for people who are deaf or hard of hearing. These devices use strobe lights and vibration devices can be added to these alarms.
- **The Indian Head Volunteer Fire Department and Rescue Squad Inc. would like to remind everyone that we have 10 year smoke alarms and Hearing Impaired smoke alarms available for installation in your home at no cost to you or your family.**



"Test Your Smoke Alarms"

Escape Planning – Your ability to get out in the event of a fire depends on advance warning from smoke alarms and advance planning so, **PLAN AHEAD!**

If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Smoke and flames can engulfed your home within just a matter of a few minutes and your chances of to escape are reduced drastically. Should this happen, do you and your family know two ways out of your home? It is important to have and practice a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. Everyone needs to know what to do and where to go. What if your first escape route is blocked by smoke or flames, would you know how to get out? That's why having an escape plan and knowing two ways out is such a key part of your plan. Remember that smoke alarms are an important part of a home fire escape plan.

- According to an NFPA survey, only one-third of Americans have both developed and practiced a home fire escape plan.
- Almost three-quarters of Americans do have an escape plan; however, less than half actually practiced it.
- When asked how fast smoke and flames could develop in your home, most people estimated they have at least 6 minutes before a fire in their home would become life threatening. Unfortunately, and often times the actual time is reduced to just a couple minutes.
- Be sure to include a family meeting place in your plan.



"Know Two Ways Out of Every Room"

Cooking Safety

According to the National Fire Protection Association, (NFPA), cooking fires have been the leading cause of all reported home fires and home fire injuries in the United States since 1990. Believe it or not, unattended cooking is the leading cause of fires with two-thirds of home cooking fires beginning with the ignition of cooking materials, including food, cooking oil, fat, or grease.

By following the below safety tips, you help prevent kitchen fires in your home;

- **NEVER** leave anything stovetop cooking unattended. Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.
- Have a **"Kid Free Zone"** around the stove. (3 feet)

If you experience a cooking fire and decide to try and extinguish it, please remember

- **NEVER** put water on a grease fire. Water and grease do not mix and it will overfill the pan causing the fire to spill out onto the counter top.
- Be sure to have an oversized lid handy to smother a pan fire. By simply placing the lid over the top of the fire and turning the burner off, it will go out.
- If you experience an oven fire, leave the door closed and turn off the oven. By opening the door you could introduce air to whatever is burning making the fire larger.

We would also like to invite everyone to our **Annual Fire Prevention Week/Community Safety Open House on Saturday, October 15th from 11:00 AM to 3:00 PM** at the fire station.

Stop on in and learn more about General Fire Safety, Smoke Alarms, visit with Sparky the Fire Dog, Smokey the Bear and get vital safety information from all ages.

UPCOMING IHVFD & RS AND LADIES AUXILIARY EVENTS

FIRE PREVENTION WEEK



The Indian Head VFD & RS
and the
Town of Indian Head
have partnered up again this year
and will be hosting an

OPEN HOUSE

on
SUNDAY OCTOBER 9, 2016
from
11:00 AM until 3:00 PM
at the
Indian Head Fire Department
4095 Indian Head Hwy.
Indian Head, MD
FEATURES INCLUDE:
Refreshments,
Smokey Bear, Sparky, Fire Prevention
literature and demonstrations

OCTOBER 9 - 15, 2016

Reproduced from NFPA's Fire Prevention Week website, www.fireprevention week.org. ©2011 NFPA

SPOOKTACULAR QUARTER AUCTION

Hosted by

Indian Head Volunteer Fire Department
& Rescue Squad Inc.
Ladies Auxiliary

Saturday,October 22, 2016
Doors open at 5:00 pm
Auction starts at 6:00 pm

If you have never been to a Quarter Auction you don't want to miss this one. Bring your quarters, your friends, and family and enjoy a night of fun.

The first 20 guests who comes in before 6:00 pm and buys at least one (1) paddle will receive one (1) paddle for free that evening. **The more paddles you purchase the more chances to win. Quarter bids range from one (1) quarter to four (4) quarters depending on the value of the item per paddle. For the items you want to bid on - hold up your paddle(s), throw your quarters in the buckets as they come aroumd, then hope you win. We will have a Fire House Duck call, where everyone who plays, is a winner.**

Examples of vendors who will be there are:
Scentsy, Tupperware, Origami Owl, Perfectly Posh and many more.

For more information or to reserve seating - please contact Mary Hashagen - 301 641-5690 or Michelle Mabry -301 653-0824 or email mary.hashagen@frhi.com

Food items will be available for purchase.

FUNDRAISER

Ho, Ho, Ho!

The Indian Head Vol Fire Department & Rescue Squad, Inc.
Ladies Auxiliary and the Town of Indian Head
will be hosting a

CHRISTMAS CRAFT FAIR

on

Saturday, November 5 2016
from
9:00 am until 2:00 pm

at the
Village Green Pavilion
100 Walter Thomas Road
Indian Head, MD 20640

Local Crafters * Door Prizes
50/50 Raffle
Bake Sale * Misc. Raffles
Our Infamous Dip Luncheon
($.50 dip / 5 dips $2)

For additional information.....Please contact
Mary Hashagen 301-641-5690 or
Mary.hashagen@frhi.com
Karen Williams 240-375-4061 or
Karen@townindianhead.org

FIRE PREVENTION

ON SUNDAY, NOVEMBER 6. 2016 DAYLIGHT SAVINGS TIME ENDS -- AS YOU TURN YOUR CLOCKS BACKWARD REMEMBER TO CHANGE THE BATTERY IN YOUR SMOKE AND CARBON MONOXIDE (CO2) DETECTORS!



IF YOU DO NOT HAVE WORKING SMOKE DETECTORS IN YOUR HOME PLEASE CALL YOUR LOCAL FIRE DEPARTMENT
REMEMBER WORKING SMOKE DETECTORS DO SAVE LIVES!

Indian Head Volunteer Fire Department
301-753-9400 / 301-743-3900

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.

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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



Business Highlights

Hilltop Salon & Tanning, LLC
Full Service Salon
Susan Mc Cormick
owner/manager
4171 Indian Head Hwy.
Indian Head, MD.20640
301-743-5902 301-753-6600
hilltopsalon@verizon.net

Michelle's Cakes
4336 Indian Head Hwy.
Indian Head MD. 20640
301 246.9007
www.michellescakes.net
michellescakes@yahoo.com
Find Me On Facebook

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

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

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:

Labor Day
Monday, September 5
NO Trash Pickup
Veteran's Day
Friday, November 11
NO Trash Pickup
Thanksgiving Day & Day After
Thursday & Friday, November 24 & 25
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 cutoffs 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.
- **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 7:30 pm at the Village Green Pavilion. Televised 8pm 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
8:30 a.m.- 4:30 p.m.

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.

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 be scheduled year-round on Wednesdays. Fee of $50 (cash or money order **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.

Commercial Rate

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

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



Oxon Hill Trail & Bicycle Club Annual Century Bicycle Ride

Monday, Sep. 5, 2016

6:00 a.m.– 6:00p.m.

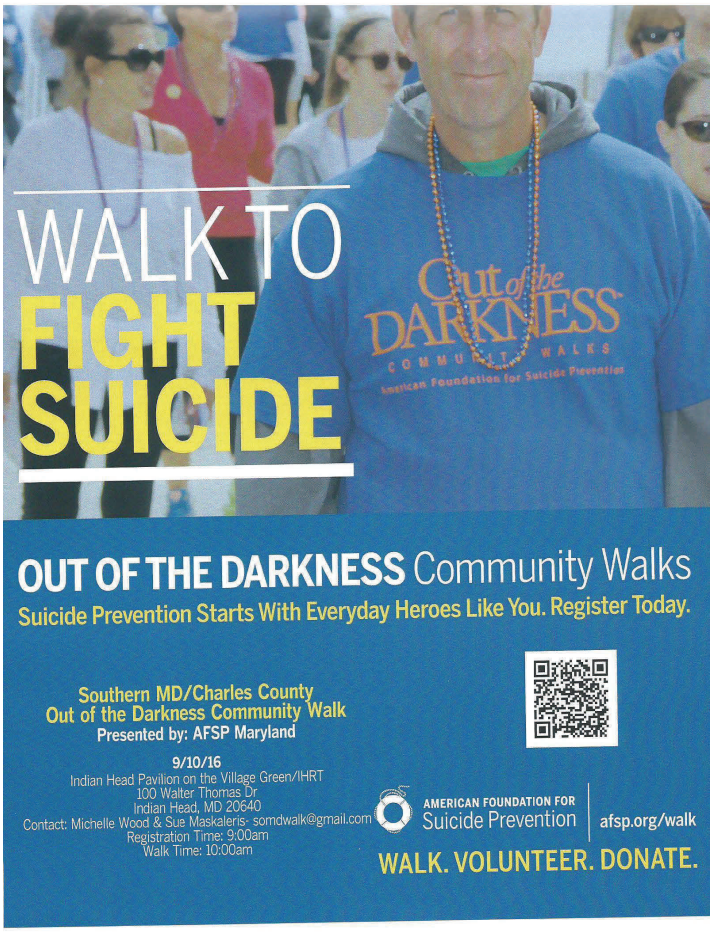
Begins & Ends in Village Green Park

Cyclists will tour the entire western side of the county - riding down to Nanjemoy, Port Tobacco and back to Indian Head

Drive Cautiously and Share the Road with the 1,000 Cyclists Sep. 5

Visit the Car Show on the Village Green on Sep. 10, 9am-3pm

Questions or More Info. 240-375-4061
or karen@townofindianhead.org



St. James' Episcopal Church
Is holding their Annual

HAM & CRAB CAKE DINNER

Sunday, September 11, 2016
3:00 to 6:00 pm at
7 Potomac Ave, Indian Head, MD

Menu: *Ham & Crab Cakes*

Parsley Potatoes	*Carrots*
Cole Slaw	*Green Beans*
Rolls	*Dessert*

Beverage: Water, Iced Tea, Coffee

Price:	*Adults*	*$25 (2 crab cakes)*
	6 to 12 year olds	*$12 (1 crab cake)*
	Ages 5 and under	*FREE*

CARRY OUT AVAILABLE BY STOPPING IN OR CALLING 301-743-2366



Breast Cancer awareness Fitness Walk

11th ANNUAL

Saturday, Oct. 8
8:30 a.m.–1 p.m.
At the Indian Head Village Green



Don't miss out on this great day benefitting the fight against breast cancer!

We start at the Indian Head Village Green (100 Walter Thomas Rd, Indian Head, MD), and continue on a three-mile walk on the Indian Head Rail Trail. The entrance fee ($25/pp) includes your morning snacks, door prize ticket, bottled water, and a delicious and healthy lunch. This event will be held RAIN or SHINE.

Walk for the women & men in your life.

First 100 paid participants receive a FREE T-Shirt!

DJ • Exercise Warm Up
Vendors • Door Prizes • Raffles

All festivities will be held at the Village Green Pavilion

Sponsored by the Indian Head Senior Center Council, the Town of Indian Head, and many local community businesses!

Details: 301-743-2125

Proceeds benefit the Charles County breast cancer support group, Sisters at Heart.

Department of Community Services • 8190 Port Tobacco Rd, Port Tobacco, MD 20677

Trunk to Trunk Trick or Treating

Monday, Oct. 31
6:00 - 8:00pm
Indian Head Village Green

Children 12 years & under with adult welcome! FREE Trick or Treat bag & Glow Necklace to first 100 children in line *(1-12 years only)*

Meal Bag of Hot Dog, Chips & Beverages $2.00
(served 5:00-7:30pm)
Inside Dining & Restrooms Available

Residents, Businesses, Churches, Organizations—WE NEED YOU on the Village Green as Trunk to Trunk participants!
Bring your trunks full of candy (enough for 600 trick or treaters),
Enjoy dinner on the Town as a Thank you for participating!
Line Up between 5:00-5:45pm (no vehicles after 5:45pm) for the 6:00-8:00pm trick or treating.

More information & to Sign Up As Trunk to Trunk Participant
240-375-4061 or karen@townofindianhead.org

Veterans Day Ceremony & Lunch

Friday, November 11, 2016

11:00 a.m.

Indian Head Village Green Pavilion (indoor)

Complimentary Luncheon served immediately following the ceremony.
Public Welcome - FREE Community Event

Hosted by the Town of Indian Head and American Legion Post 233

More Information—call 240-375-4061 or Karen@townofindianhead.org

2016 PRESIDENTIAL GENERAL ELECTION EARLY VOTING

General Election Early Voting

When: Thurs. Oct. 27, Fri. Oct. 28, Sat. Oct. 29,
Sun. Oct. 30, Mon. Oct. 31, Tues. Nov. 1
Wed. Nov. 2 & Thurs. Nov. 3 10am to 8pm

Places: La Plata Volunteer Fire Dept.
911 Old Washington Avenue, La Plata

Glen Eagles Community Center
4900 Kirkcaldy Court, Waldorf

PRESIDENTIAL PRIMARY ELECTION DAY

Tuesday, Nov. 8
Polls Open 7:00am-8:00pm

Registered voters who are residents of the incorporated Town of Indian Head vote at Poll 7-2, Indian Head Village Green Pavilion

Election/Voting Questions—Call C.C. Election Board 301-934-8972

FREE Countywide Household Hazardous Waste Collection & Recycling 2016

1st Saturday April-December

Apr. 2, May 7, Jun. 4, Jul. 2, Aug. 6, Sep. 3, Oct. 1, Nov. 5, Dec. 3

LOCATION:
Department of Public Works
10430 Audie Lane, off Radio Station Road, La Plata
9 a.m. to 3 p.m.

Items Accepted free of charge include Automotive fluids, Fluorescent lights, Degreasers, Pesticides, Herbicides, Fertilizer, Gasoline, Oil-based paints (except Latex-must be solidified in can & disposed of in household trash), Cleaning supplies, Pool chemicals, Rust removers, and other Poisons around the house.

Items NOT Accepted: Ammunition, Bio/Medical wastes (sharps, needles, bodily fluids), Prescription drugs, Commercial hazardous waste, Latex paint (to solidify add kitty litter, shredded paper, paint hardener, or sawdust to paint in can to aid in drying it out)

Items Accepted ANYTIME at the C.C. Landfill & Pisgah\ Recycling Center, 6645 Mason Springs Road, Pisgah, Monday-Saturday, 7:00am-7:00pm
Batteries, Empty Gas Grill Propane Cylinders, Used Motor oil, Antifreeze

Old Computers & Electronics are accepted ONLY at the C. C. Landfill, Billingsley Road East, Monday-Saturday, 7am-7pm

24-Hour Oil & Antifreeze Drop Off Site—located at Ruth B. Swann Park, Bryans Road accepts used Oil & Antifreeze—open 24 hours
NOT Accepted: Brake fluids, paint thinner, heating oil, and cooking oil.

Please keep materials in their original containers whenever possible, and bring them to the collection site in cardboard boxes to ease unloading. Mark any container that does not have a readable, original label.

For more info. call Charles County—(301)932-3599 or 870-2778
Landfill & Recycling Info Line—301-932-5656
Maryland Relay Service at 711 or TDD: 800-735-2258

For TOWN Trash Collection, Recycling or Special Bulk Pick-up Information—Contact Town Hall (301)743-5511

Town of Indian Head

Village Green FLEA MARKET








2016

Saturdays
7:00am-1:00pm
May 7 thru Oct. 29

No Market May 14 (4th Taste of Indian Head) May 28 (Memorial Day Weekend), Jul. 2 (4th of July) Aug. 6 (Large Outdoor Event) & Aug. 13 (Bass Masters Event) Aug. 27 (Cancelled 8/18), Sep. 4 (Labor Day Weekend) Sep. 10 (Out of Darkness 5K Event), Oct. 8 (Breast Cancer Walk) & Oct. 29 (Fall Festival Event)



****NEW $5.00 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 6:00am-1:00pm at the I.H. Senior/Community Center (left side ramp entrance)

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.

Directions: Indian Head Highway Southbound to Right on Lackey Drive to Mildred Rice Road, park and set up on grass

Questions or for more info. - (240)375-4061 or Karen@townofindianhead.org

Fall in love with Indian Head

TRICK OR TREAT STREET



SATURDAY, OCTOBER 29TH 11AM-1PM

Children and families are invited to wear their Halloween Costumes and Trick or Treat with our merchants on this list for our first Trick Or Treat Streets on Indian Head Highway. Join us between Poplar Lane and Town Street for tricks, treats, arts and crafts, fun games and so much more. Look for the "**pumpkin**" in the window of the business.

Sponsored by the Indian Head Business Association and the Indian Head Merchants

5th Annual Up On The Hill & Through The Town

Business Open House & Vendor Expo



TUESDAY, NOVEMBER 29, 2016

11AM-5PM



Visit with each of these businesses to shop and meet with over 40 participating Artists, Crafters and businesses in Indian Head, Maryland.

5th Annual Up On The Hill & Through The Town

Refreshments ✷ Games ✷ Prizes

TUESDAY, NOVEMBER 29, 2016 / 11AM - 5PM



Food Pantry Donations Needed

Donate a non-perishable food item to support N.E.T.S (Neighbors Eager to Serve) and receive a raffle ticket for a chance to win a basket of goodies.



Food Pantry Donations Needed

Sponsored by The Town of Indian Head and the Indian Head Business Association
For more information, call Pam at 301-743-6777or Sue at 301-743-5902

Town Fall Leaf Vacuum Collection

Begins November 2

Leaf Vacuum Collection is offered by the Town on Wednesdays during the fall season, weather permitting.

- Only leaves free of sticks, rocks and debris can be raked to the curb.
- Do not rake leaves into the paved portion of the streets or into the storm drains.
- Bagged leaves placed curbside will be picked up with other yard waste during the regular Wednesday year-round yard waste pick-up.
- Keep regular household trash containers separate from yard waste.
- Bagged yard waste may be placed curbside on Wednesdays year-round for pick-up.

Please be patient, due to large volume of leaves the entire Town cannot always be covered in a single day. The crew will conduct one complete pass through of the entire Town before doubling back on streets.

BURNING LEAVES IS NOT PERMITTED

NO OUTDOOR BURNING OF ANY KIND IS PERMITTED WITHIN THE TOWN LIMITS

Vacuum Collection is subject to weather. Should snow removal be required, the leaf vacuum will not operate.

Call the Town Hall to confirm the operation schedule before raking your leaves to the curb.

301-743-5511 or 301-753-6633

LAST DAY for the Leaf Vacuum is January 1 or the first snow.

Charles County Sheriff's Office 2016 Events

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

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

National Night Out—Tuesday, Aug. 2

NNO Coloring Contest Awards
Wednesday, Oct. 12, 7:00pm
Location To Be Announced

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

Public is Welcome to Attend!!!!!!