ISSUE 59
FALL 2017



TOWN OF INDIAN HEAD
SMOKE SIGNALS

Town Happenings

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 5 Mon., October 2 and Mon., November 6 at the Village Green Pavilion 7:30pm.
Community Activities Committee: Tues., September 12, October 10, and November 14, 7pm Village Green Pavilion. There will be no meeting in December. New Volunteers always welcomed!
Parks & Rec. Commission: Wed., September 27, October 25 and November 22, 7:00pm Village Green Pavilion.
Environmental Sustainability Committee: Wed., September 27, October 25 and November 22, 7:30pm Village Green Pavilion.
Planning Commission: Wed., September 20 and October 18(Joint meeting with Town Council), 7pm Village Green Pavilion. The Planning Commission will not meet in November.
Work Sessions: Wed. September 27, October 25 & November 29, 3:30pm Town Hall.

Oxon Hill Bicycle & Trail Club Annual Southern Maryland Century: Mon., September 4. Register and Go, 7am-9am. The Century route starts at the Indian Head Village Green and has rest stops at Smallwood State Park, Oak Grove Baptist Church, Christ Church Durham Parish, St. Ignatius Church and Thomas Stone Historic Site. There are short-cut options for 17, 26, 40, 54 and 68 miles. More info at www.ohbike.org/century. Please drive carefully and watch out for cyclists.



Astronomy Night: Sat., September 9, 8:30pm-10:30pm, Village Green Park. Public Welcome - Free Admission! Fun for family members of all ages! The Southern Maryland Astronomical Society will have telescopes set-up and extends an invitation to stop by, gaze at the stars and lean more about astronomy. For more info - www.smas.us



11th Annual Town of Indian Head Car Show & Veterans Recognition Day: Sun., September 10, 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. Health Fair, sponsored by Veterans of Foreign Wars Post 7461. Special recognition and services will be offered to all veterans, active duty military and their families. Thank you for your service! 9/11 Remembrance Ceremony at noon. For additional info: Tom Bowie at 240-585-2588 or Emmett Posey at 240-320-3806.



12th Annual Breast Cancer Awareness Fitness Walk: Sat., October 7, 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.



94th Charles County Fair: Thurs., September 14 - Sun., September 17, C.C. Fairgrounds, La Plata. Stop by the Information Gazebo to say HELLO and let us know you're a resident of the Town to receive a special treat!

Trunk to Trunk Trick or Treating: Tues., 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-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 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: Thurs., November 9, 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



Go to page 15 to see a list of the December Holiday Happenings, to help get you in the mood for the upcoming Holiday Season!

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. Here are some back to school driving safety tips:

- Be on the lookout for school zone signals and ALWAYS obey the speed limits.
- When entering a school zone, be sure to slow down and obey all traffic laws.
- Always stop for school busses that are loading or unloading children.
- Watch out for school crossing guards and obey their signals.
- Be aware of and watch out for children near schools, bus stops, sidewalks, in the streets, in school parking lots, etc.
- Never text while driving in a school zone.
- Avoid using a cell phone at all times while driving.

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.

As stated in last news letter 4135 Indian Head Hwy. has been demolished. Thanks to the owner of that property for getting that down and filled in. The corner of Mattingly Ave will continue to be cleaned up soon with the assistance of a DHCD (State Department of Housing and Community Development) grant. We assumed that grant from the MAC (Military Alliance Council) to finish it out as quickly as possible.

In the "Great News" category two large commercial properties are under contract in Town! I can't go into much more detail however we are VERY optimistic that redevelopment, revitalization, and reinvestment will take place at these locations. Stay tuned and look around for any signs of what's to come in Indian Head. Also in the "Great News" category we are looking forward to bringing in CSM's Velocity Center in collaboration with NSWC to create jobs, bring higher education to Indian Head and western Charles, and create new technology right here in Indian Head. The location should be announced soon but I will have to leave that at "Stay Tuned" for now.

I hope all of you have a fun rest of your summer and a great fall! I look forward to seeing you around. If you ever need to get into contact with me you can always email Brandon@TownofIndianHead.org or follow the Town on Facebook or myself on any social media platform.

Until next time,

Mayor Brandon Paulin

Councilmen's Cornerstone

Greetings Town of Indian Head family,

In 2015, a small percentage of town residents voted in an entirely new council. The tally of votes indicates that approximately 380 out of nearly 2600 registered voters participated in that election.

The election was historic and provided many with the promise of a brighter future for the town. I am eternally grateful for the opportunity you have given me to make our town a wonderful place to live and raise a family. While some gains have been made I must say we have a long road ahead.

So how do we, the residents of Indian Head, ensure a brighter future? I urge us all to remain involved; demand excellence from your elected officials and town staff, and invest your time and talents in your town. As you conclude your summer activities and school starts for the youth, ask how can you help your town?

Why do we have to leave our town for the amenities that are commonplace in any other town in the U.S? We will have to make the hard choices if the Town of Indian Head is to realize its greatness.

In the coming months, you will see more blight removal; capital improvement projects and many of our traditional hometown events. Are these incremental changes enough to move us forward? I say 'no'. We need innovative ideas and actions to slow further economic decline and promote prosperity. I remind all citizens that this town belongs to the people who live here. I hope to see you on Facebook and 'out and about' so please continue to 'Wave'.

Humbly and with Gratitude,
Councilman Curtis L. Smith

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
Mary Armstrong
Thomas Gordon
Lynne Keenan, 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
Corporal Steve Bryant #461, Community Police Officer
Planchek, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org

THE BLACK BOX THEATRE

You can be a STAR

Stage your event NOW for the Fall Season. Ask about our low rental fees.

Watch for movies at the theater in late September. A special Thanks to the Military Alliance for our brand new equipment.

Use our unique facility for your business meetings, presentations, Holiday parties, private shows, special programs and more this coming season.

Want a non-profit event to raise money. Ask about our Comedy with a Cause today.

For information go to our website: www.indianheadblackbox.org
Or call Pam at 301-743-3040

UPCOMING EVENTS AT THE BLACK BOX THEATRE

Heart Cry Church

Every Sunday from 11:00am to 1:00pm

SEPTEMBER

Schedule your event!

OCTOBER

Thursday & Saturday, October 5 & 7
Poetry readings/event
5:00pm/7:00pm

Saturday, October 21
Domestic Violence Forum
TBA

Saturday, October 28
Indian Head Business Association Halloween Event
11:00am—2:00pm

NOVEMBER

Saturday, November 4
John Luskey
TBA

Saturday, November 18
Ladies of Illusion: A Night of Drag
TBA

Coming Soon - To be announced

- CSM Latin Music Night
- The Movement - one actor play
- The Roland Grimes Show
- Charles County: We've Got Talent

WATCH OUR MARQUEE!

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

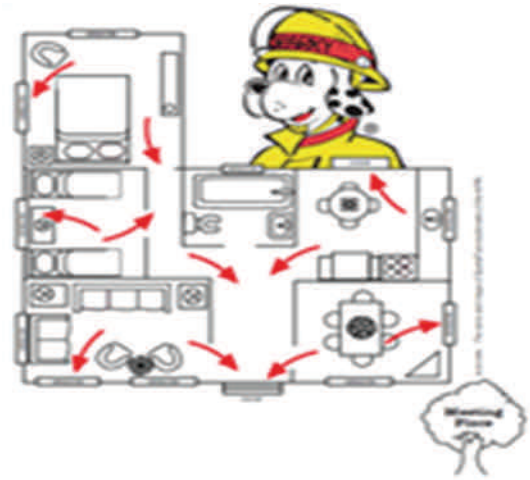
Fire Safety is Your Responsibility by Chief Jeff Williams



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.

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 and Have 2 Ways Out of your home!**

- 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, an often time the actual time is reduced to just a couple minutes.
- Be sure to include a family meeting place in your plan.



"Test Your Smoke Alarms"



Smoke Alarms

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.

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 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 manufacturer'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.**

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. *(Continued on Page 6)*

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 14th from 10:00 AM to 2:00 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.

IHVFD & RS will be conducting their Annual Fundraising Drive by delivering donation envelopes door-to-door to Town residents on Saturday, September 9th and September 16th, 9:00am to 3:00pm.

Residents interested in scheduling a smoke detector installation in their homes can inform the Fire Dept. member during the visit.

For more information—IHVFD & RS 301-743-3900

Upcoming Events

National Fire Prevention Week - October 8th - 14th, 2017

Open House - Saturday, October 14, 2017
10:00am - 2:00pm
Indian Head Volunteer Fire Department
4095 Indian Head Highway
Indian Head, MD 20640

REMINDER: Daylight Savings Time Ends, November 5, 2017.
When you set your clocks back,
Change your batteries in your smoke
and CO2 alarms.





Charles County Sheriff's Office
HOME SECURITY SURVEY
&
I.H. Volunteer Fire Dept. & Rescue Squad
SMOKE DETECTOR INSPECTION

In less than 30 minutes you can gain peace of mind!

By contacting the I.H. Community Affairs Community Policing Office to schedule a *Free* Home Security Survey.

Smoke Detector Inspections & Installation of New Smoke Detectors are offered *Free* by the I.H. Volunteer Fire Dept.

Security and Fire safety tips will be offered by certified police and fire prevention officers.

To Schedule Your Survey or Inspection—call 301-743-5574 x121

It's
FREE,
FAST,
EASY
&
WORTH IT!!!



Town Fall Leaf Vacuum Collection Begins November 1

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.

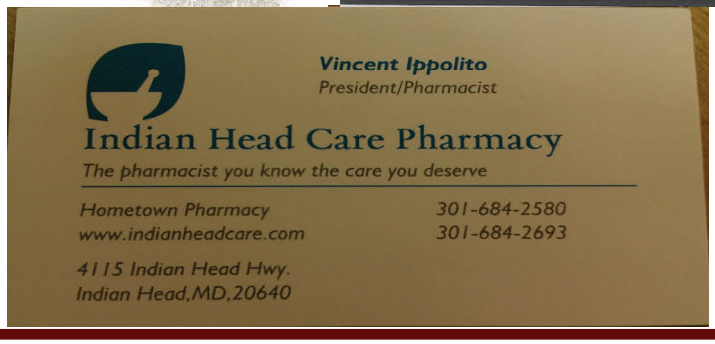
Business Highlights











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 4
NO Trash Pickup
Veteran's Day
Friday, November 10
NO Trash Pickup
Thanksgiving Day & Day After
Thursday & Friday, November 23 & 24
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 Thursday 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: ***$ 85.00 (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.

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.

Join the Charles County Seniors for a day at the Theatre. Port Tobacco Players are doing a daytime only $10.00 tickets available at all the senior centers. (see flier)



Save the date, **On Saturday, October 7, 2017** we will be hosting our 12th Annual Breast Cancer Awareness Fitness Walk. This year the money will stay in the county. **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. (see flier)

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

Tai Chi Quan: Moving for Better Balance is an evidence-based fall prevention program for older adults that also aids with Arthritic pain. Ongoing every 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. Every Tuesday and Thursday at 10:30.

Seated Massage – 2nd Friday of each Month – Sign up is required. .50 Per minute.

Walk with us Wednesday – Join us for a healthy walk around the green.

Quilt N' Chicks – Meet every Wednesday at 9:30 a.m.

Hooked on Yarn – Bring your hook and 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 2nd 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. For levels and abilities every Friday at 9 a.m. - the cost is a fitness card

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

Fitness Card is $20 for 15 visits.

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

September (One Maryland One Book) *Purple Hibiscus* by Chimamanda Ngozi Adichie
October is *Invention of Wings* by Sue Monk Kidd
November is *Lowland* by Jhumpa Lahiri
December is *Before the Fall* by Noah Hawley

What's coming to the center?

- Cane Tai Chi Mondays at 10:30
- Piano Lessons start on Tuesday, September 5 for 8 weeks and only $25.00. Call the center to be included. Space is limited.
- September is Fall Prevention month
- Halloween Hoe-Down
- TOPs (Take off Pounds Sensibly) – Meets every Tuesday at noon
- Thanksgiving Party, Thursday, November 16th
- Jaycee Christmas Party, Thursday, December 14th
- Christmas Party, Tuesday, December 19th

Stop in during our operating hours, Monday through Friday, 9am to 3pm and meet the staff and the council.

For more up-to-date information go to http://www.charlescountymd.gov/cs/aging/senior-centers



Charles County Department of Community Services
Indian Head Senior Center
100 Cornwallis Square (Village Green) • Indian Head, MD • 301-743-2125

All Charles County seniors are invited to:

The Hound of the Baskervilles

Port Tobacco Players has opened their doors for this performance specifically for seniors. See the senior center staff for tickets for the October 5th show.

Limited seating and limited wheelchair accessibility.

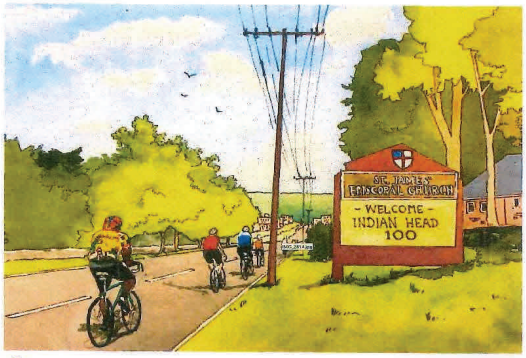
When: Thursday, Oct. 5
Where: 508 Charles St, LaPlata
Time: 1:00 p.m.
Fee: $10, open seating
Make checks payable to Charles County Commissioners (CCC)



Information for other showings can be found at www.ptplayers.com or call 301 934-6819

Charles County Department of Community Services • 8190 Port Tobacco Rd, Port Tobacco, Maryland 20677
301-934-9305 • 301-870-3388 • 301-932-6004 • MD Relay: 711 • Relay TDD: 1-800-735-2258
www.CharlesCountyMD.gov
Equal Opportunity Employer

The Indian Head 100



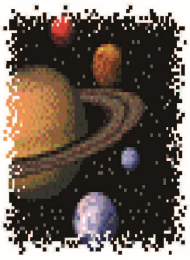
September 4, 2017

Indian Head, Maryland

The Southern Maryland Century, 2017
Oxon Hill Bicycle and Trail Club - ohbike.org



On Labor Day, Monday, September 4, cyclists will be using local roads for the 17th annual Indian Head 100. The Century route starts at the Indian Head Village Green and has rest stops at Smallwood State Park, Oak Grove Baptist Church, Christ Church Durham Parish, St Ignatius Church and the Thomas Stone Historic Site. There are short-cut options for 17, 26, 40, 54 and 68 miles. More info at www.ohbike.org/century. ***Please drive carefully and watch out for cyclists.***



Astronomy Nights

Sat. July 1, 9:30-11:00pm
& Sat. Sep. 9, 8:30-10:30pm

(Weather Permitting)

Village Green Park

Public Welcome—Free Admission

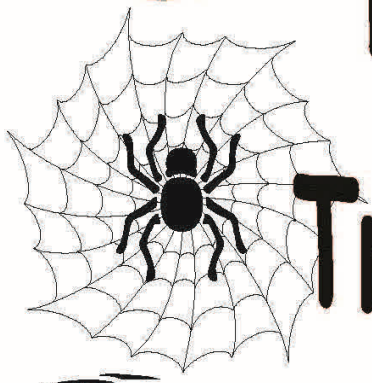


Fun for Family Members of All Ages!!!!!!

The Southern Maryland Astronomical Society will have telescopes set-up and extends an invitation to stop by, gaze at the stars, and learn more about astronomy.
For more information - www.smas.us

TOWN OF INDIAN HEAD

Trunk to Trunk Trick or Treating







Tuesday, 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 5:00-7:30pn)
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



FREE Countywide Household Hazardous Waste Collection & Recycling 2017

1st Saturday April-December

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

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

Veterans Day Ceremony & Lunch

Thursday, November 9, 2017

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

Town of Indian Head

December Holiday Happenings

Tree Lighting Program
1st Tues. Dec. 5, 7pm

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Gingerbread Classes
1st Fri. & Sun. Dec. 8 & 10

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Holiday Festival
2nd Tues. Dec. 12, 6-9pm

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Memorial Ribbon Ceremony
& FREE Community Dinner
3rd Sat. Dec. 16, 6-8pm

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IHVFD&RS Santa Run
4th Sat. Dec. 23, 5:30pm

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More Info—240-375-4061|Karen@townofindianhead.org
Visit the Town's Website: www.townofindianhead.org

HELP -FOR- PETS

Help For Pets is a Community Outreach Program and Pet Food Bank in Charles County, Maryland. We serve homeless, elderly, disabled and low income pet owners in Southern Maryland.

Our mission is to help keep pets out of the shelters and at home where they belong.

We provide pet food, pet supplies, minor medical care and help with access to low-cost and grant subsidized spay/neuter services. We can provide transportation to spay/neuter appointments and surgical recovery services when needed.

We also provide trapping services for folks who own outdoor cats on their property, helping to get the cats spayed and neutered, vaccinated for rabies, ear tipped for identification and returned to their outdoor homes.

Help For Pets is a 501c3 non-profit and we depend on the support of our community to continue to serve those who need a little help caring for their pets. We are staffed entirely by volunteers, so 100% of your donations goes directly back into helping our local community.

We can always use donations of pet food, especially dry cat food, and any other pet supplies, food bowls, dog houses, kennels, etc. in good condition. Any donations we receive in excess of our immediate need may be shared with local 501c3 animal rescues that help homeless animals. Monetary donations are always needed and used to purchase pet food, supplies, flea and tick medications or put towards our medical fund.

If you know someone that needs Help For Pets, please contact us at helpforpetssmd@gmail.com or 301-643-3049. Thank you!