Town of Indian Head NEWSLETTER

ISSUE 79
FALL 2022

Town Hall

Office Hours
Monday - Friday
8:30 a.m.- 4:30 p.m.
Phone Numbers
Ofc: 301-743-5511
Fax: 301-743-9008

Holiday Closings

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

Labor Day
Monday, September 5
Veteran's Day
Friday, November 11
Thanksgiving Break
Wednesday, November 23
Thursday, November 24
Friday, November 25
Recycling will be picked up on Friday 11/25 due to the holiday

check the Town's website for any updated holiday closures

If you have a water or sewer emergency after hours, call 301-373-1688 to report your emergency. On-call Town personnel will be contacted and the problem will be handled accordingly.
After hours non-emergency 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.

Fall Meeting Schedule

Town Meeting: The Town meetings are held the 1st Monday of every month at 7pm unless it falls on a holiday. Town meetings have returned to a virtual format with one meeting being held in person quarterly. The Council may also change the meeting to in person if they feel it is needed based on the agenda that month. The fall Town meeting schedule is as follows - Tuesday, September 6 (*virtual*), Monday, October 3 (*in person*), Monday, November 7 (*virtual*).

Planning Commission: The Planning Commission meetings are held on the 3rd Wednesday of each month at 5:30pm on the GoToMeeting platform. The fall Planning Commission meeting schedule is as follows - Wednesday, September 21, October 26, November 16.

Work Session: The Town Council Work Sessions are held on the 4th Wednesday of each month at 3:30pm on the GoToMeeting platform. The fall Work Session schedule is as follows - Wednesday, September 28, October 26, November 16.

If you would like to log in for any virtual meetings, please go to https://gotomeet.me/TOIH or dial in using your phone by calling 571-317-3122, Access code: 135-757-733

Please make sure to check our website to stay up to date on any changes to the meeting schedule www.townofindianhead.org

Upcoming Events

Annual Town of Indian Head Car Show in Memory of Emmett Posey : Sunday, September 11, 9am to 3pm, Village Green Park. Registration from 8:30am to noon. No spectator fee. Cars/Trucks 1997 & before. Newer cars may be displayed/not judged/no fee. No trailered vehicles. Entry fee $20 and includes a goodie bag, unlimited bottled water and lots of free raffle items from sponsors. Dash plaques to the 1st 100 participants. Judging will include pure top 20 voted on by registered participants. Awards for "Best of Show", "Top 20", "Pastor's Pick", and "Spectator's Choice". Shaded parking available, come early. Featuring oldies & praise music. There will be a special trophy category for vets and active duty. For additional information please call Tom Bowie at 240-585-2588. Major event supporters: Grinder's Seafood & Winegardner Chevrolet.

Trunk or Treat : Monday, October 31, 6pm to 8pm, Village Green Park. Join us for a night of fun and candy!

Veterans Day Ceremony : Thursday, November 10, 11am, Village Green Pavilion. Open to the public. Hosted by the Town of Indian Head, local military and veteran organizations. For more information call 301-743-5511 or email ALAUnit233md@gmail.com.

SAVE THE DATE! Holiday Festival, Saturday, December 10, 5pm to 8pm, Village Green Park and Pavilion. Come join the Town to celebrate the holiday season! Please keep an eye out for more event information on our website and Facebook page!

Mayor's Message by Brandon Paulin

Hello everyone!

I hope everyone had a safe and enjoyable summer. A reminder, now that kids are going back to school, please be diligent and keep a watchful eye out while driving in the community. Many kids walk or wait at bus stops so you may see more kids early in the morning. Please follow all the rules of the road and keep everyone safe.

In other news, Oasis Grocery store continues to move along! They are still on track for a 2023 opening. We recently met with CCPL to continue to push our Family Enrichment Center, the Southern Maryland Carousel is galloping into town and will locate here in the coming years, and L.I.F.E Community Garden started up a garden in partnership with the Southern Maryland Sierra Club at 4421 Indian Head Hwy.

October 7th is Lackey High school's homecoming game! Come and visit me in the parking lot prior to the game to play some games, eat some food, and get ready to root on your Lackey Chargers as they beat our cross-county rivals, LaPlata.

Lots of events upcoming as well! If you/or someone you know are interested in volunteering or supporting our events, feel free to reach out to myself or town staff! We would be ecstatic to have you assist and the hours you put in could be used towards community service.

As you can see, lots of good going on in Indian Head. Now despite many community members giving their all to make the town a better place, some continue to neglect our town with vandalism and damage. We encourage all residents if they "see something, say something" by calling CCSO non-emergency line 301-932-2222 to report anything suspicious or noteworthy. To report emergencies, Call 911. It's imperative to keep our communities safe that we report incidents, strange behavior, or crimes.

I hope everyone has a safe, wonderful, and healthy fall full of fun activities. Join us for some of our events. I look forward to seeing you around.

Until next time,

Mayor Brandon Paulin

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor
Brandon Paulin

Council
Ron Sitoula, Vice Mayor
Cassandra Grumbine, Councilwoman

Town Manager
Ryan L. Hicks

Planning Commission
Mary Armstrong, Chair
Wayne Higdon
Thomas Gordon
Brian Israel
Anthony McFarland
Thomas Hastings, Base Rep.

Board of Zoning Appeals
Dennis Scheessele
Michael Pellegrino
Thomas Blake
Anita Sampson

Ethics Commission
Paul Scott James
Stephen Gilligan

Town Hall Staff
Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell, Deputy Finance Officer
Community Relations Unit (formerly Community Policing), Gus Proctor
Planchek, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org

In His Service Community Ministry *(Formerly Shiloh UMC)*
Meals and Hope Drive Thru Community Dinners - September 28th and October 3rd from 5pm to 6pm.
Annual Fall Bazaar - October 29th, 9am to 2pm.
Location: 7305 Indian Head Highway, Bryans Road MD

Indian Head Church of the Nazarene will be in Revival on September 23rd, 24th, and 25th. Services will begin at 7pm.
Location: 35 Raymond Avenue, Indian Head, MD 20640
Guest Speaker: Tonya Tobe
Rev. David Blades lead pastor and Ordained Elder

Bridge Church
Friday, September 23rd we will be hosting a Community Family Movie Night. We will be showing Sing 2 at 6:30pm at the Black Box Theatre. We will provide snacks and will be raffling off two prizes, an AMC gift and the second prize is a Home Movie Night Basket.

Sunday September 25th we will have Military Appreciation Day. We will have service at 10am followed by food and fellowship.

St. James' Episcopal Church
The people of God at St. James' Episcopal Church in Indian Head worship on Sunday mornings at 10 a.m. All Sunday services are offered in-person, on Zoom, and Facebook. Masks are no longer required, but feel free to wear one if you are so inclined. We are also offering Coffee Hour following our Services. All are welcome and we hope to see you soon!

Please join us for Morning Prayer on Wednesdays at 8 a.m. through our Facebook page.

Fish Fry Friday is Back!! That's right, we are planning 2 Fish Frys this Fall. The dates are September 30th and October 14th from 11 am until 6 pm.

We are currently planning 2 more Community Spaghetti Dinners. They will happen on Monday, September 26th and Monday November 28th from 5 until 6:30. Please join us in our newly upgraded Hall with all the anti-COVID bells and whistles! As always these are offered at No Charge!

And the biggest news of all - Our Bazaar is back!! It will happen on Saturday, November 5th from 10 am until 3 pm. We will also have lunch from 10 until 2. As always there will be many gift baskets raffled off, like a Game Night Basket, a Date Night Basket, an Italian Basket, and other Surprises! Free photos with Santa and loads of Vendors. Not to mention an incredibly delicious Bake Sale! Yummy, Apple Dumplings!! Please call Brenda at 301-399-2779 for more information if you would like to be a vendor or any other questions you might have.

We also offer free Wi-Fi access to our community. You can come to the parking lot and sit in your car to use this service. Just give us a call to get the password!

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
Sundays 10am in person & via Zoom & Facebook
Morning Prayer, Wednesdays 8am via Facebook
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
240-766-5066

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
www.shareshalomsomd.org

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 12:00pm
Bible Study—Tuesday 7:00pm
240-377-8919

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. Bagged leaves MUST be in biodegradable paper bags. The Town WILL NOT pick up leaves in plastic bags.
- 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.

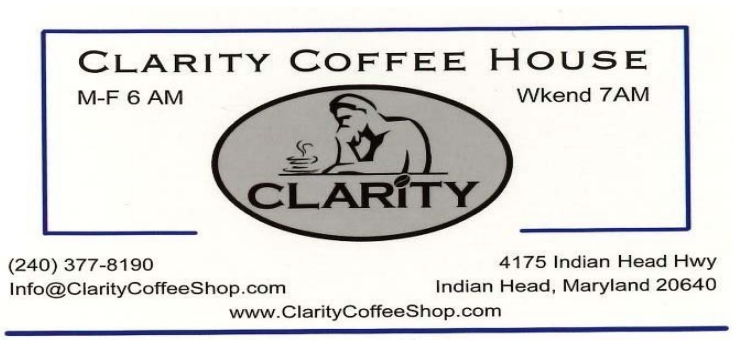
BURNING LEAVES IS NOT PERMITTED

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.

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

Business Highlights













Town of Indian Head Useful Information

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.

Code Enforcement

Planchek administers the Residential Property Maintenance and Building Codes for the Town of Indian Head. The Code Enforcement Officer does daily inspections throughout Town to check for code compliance. When a property is not up to code, the Code Enforcement Officer will issue a violation letter to address the code violation. Depending on the type of violation, the days for corrective action can be between 7 to 30 days. After the specified number of days, a fine letter will be issued for an additional 7 to 30 days, followed by a citation if the violation has still not been addressed. At the time that the citation is issued, the violation may be taken to court, or the Town may complete the needed property maintenance and lien the property for any costs incurred. The Town's Code Enforcement also does rental license inspections, and building permit inspections.

If you have any questions about the Code Enforcement process, if you would like to report a Code Enforcement violation, or if you need to speak with the Code Enforcement Officer in reference to an inspection, please call 301-743-5511 ext. 101.

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. Both Recycling and Yard Waste must be curbside by no later than 7:30AM. Bulk trash can be scheduled year-round on Wednesdays. Fee of $50 (credit card, cash or money order **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling. All items must be curbside by 7:30am on the pre-scheduled 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.

ALL Residential trash pickup is on Tuesday and Friday. Please don't forget your trash must be curbside by no later than 7:30am. If you have an issue with your pickup please call 301-855-3078

Charles County Senior Centers are open to those 60 years young. We encourage you to be a part of the fast-paced center, Indian Head Senior Center, where we encourage our seniors to be independent as long as possible physically, mentally, spiritually, and socially.

Indian Head Senior Center

We are open and follow the County COVID mandates. Call us at 301 743-2125, Charles County Senior Centers Facebook page, www.charlescountymd.gov/getconnected, Maryland Access Point (MAP) 855 843-9725 or email MDAccessPoint@charlescountymd.gov.



What is new at the Indian Head Senior Center?

- Come in and meet our new Staff
- Our raised garden is full of our Fall vegetable.

September SCOOPs are at the center

SAVE THE DATE – Fallfest on the Green, Thursday, October 6

All seniors are welcome to gather on the Indian Head Village Green as we celebrate the end of summer and the beginning of cooler days. Start the day at 9 a.m. with a walk and lawn games. Welcome Herbert's Farms for fall veggies at 10 a.m. The Steve Potter band will play some good Chicago and West Coast Blues at our celebration from 11 a.m. to 1 p.m. Enjoy the show by bringing your own chair, water, and lunch. Some food trucks will be on the Green, limited snacks and water will be available. Expect door prizes, lawn games, a 50/50, I & A table and loads of fun. **No Rain date**. **This event is sponsored in part by Warren and Jeanne Bowie, the Indian Head Senior Center Council and AVSI.**

Need a good laugh – Family Feud Indian Head Senior Center Style. Our returning champions Team Spirit is ready for a new team to try to knock them off the board. Join the fun. Thursday, October 27, 10:30 a.m. We will be serving our Halloween meal on the 27th, sign up for lunch by Tuesday, October 25th if you want a lunch.

Always Available

- Fitness Classes and Fitness Room. Some require a fitness card.
- Daily lunches, make reservations 24 hours in advance
- Bingo, Project Linus, Cards and Games, Pool table and much much more – Make this your center.

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



National Fire Prevention Week; October 9 – 15, 2022

This year's National Fire Prevention campaign, "*Fire won't wait. Plan your escape*" is designed to focus on educating children and adults about developing and practicing a home escape plan with all members of the household.

Here are some helpful items to think about when developing your family escape plan.

1. Draw a map of your home showing all doors and windows.
2. Visit each room and locate two ways out.
3. All windows and doors should open easily so you can use them to get out.
4. Make sure your home has working smoke alarms and test them regularly.
5. Make sure your house or business numbers are easily visible from the street.
6. Be sure to include a family meeting place in your plan.
7. Be sure to practice your plan!

Escape Planning

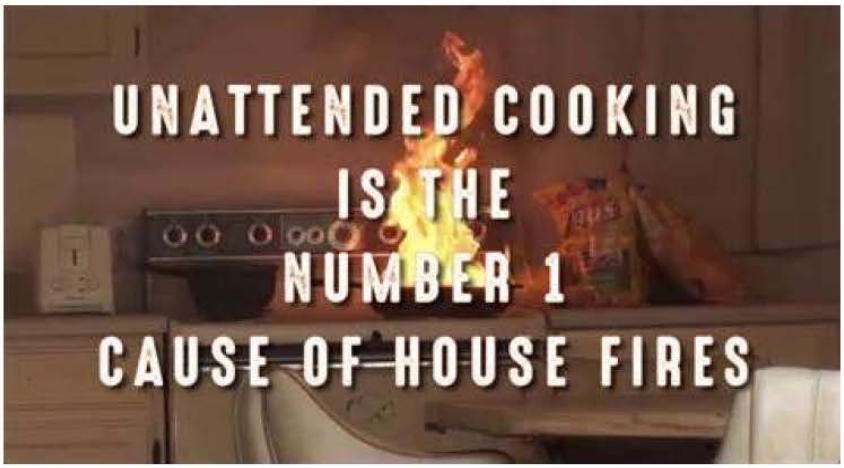
When fire strikes, the reality is that your home could be engulfed in smoke and flames in just a matter of a few minutes and your chances of escape reduce drastically. Should this happen, do you and your family know two ways out of your home? It is important to have and practice a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. What if your first escape route is blocked by smoke or flames, would you know how to get out? That is 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 a National 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 practiced it.
- One-third of American households think they would have at least 6 minutes before a fire in their home would become life threatening. Often the actual time is reduced to just a couple minutes.



"Know Two Ways Out of Every Room"

Cooking Safety



- Did you know that cooking fires are the #1 cause of home fires and home fire injuries every year and unattended cooking is the leading cause of fires in the kitchen?
- Nearly half of all home fires involve cooking equipment, with unattended cooking being the most common cause of these fires, according to the NFPA.
- In addition, scald burns are the second leading cause of all burn injuries and hot liquids such as coffee and even microwave soup can cause devastating injuries.

The majority of these fires are preventable, so in an effort to prevent these types of incidents from happening in your home, The National Fire Protection Association (NFPA) and Indian Head Volunteer Fire Department & Rescue Squad Inc. asks that everyone please follow these simple rules when cooking in the kitchen.

Stay Focused on Food – Unattended cooking is the leading cause of fires in the kitchen.

- Be sure to stay in the kitchen when you are frying, boiling, or broiling food. Turn off the burner if you leave the kitchen, even for a short period of time.
- If you are simmering, baking, or roasting food, be sure to check it regularly and **NEVER** leave the home.
- Use a timer to remind you that you are cooking.
- If you are sleepy, have consumed alcohol or have taken medication that might make you drowsy, do not cook. **Place a delivery order!**

Keep cooking areas clean and clear – Clear away all clutter and give cooking appliances space. Be sure to clean up food and grease on a regular basis, reducing the amount of grease and dust buildup.

- Keep anything that can catch fire such as oven mitts, towels, curtains, wood utensils and food wrappers away from the stovetop.
- Loose clothing can hang down over a burner and catch fire. Wear short, close fitting or tightly rolled sleeves when cooking.
- Have a 3-foot "Kid Free Safe Zone" around the stove and areas where hot food or drinks are being prepared and served.
- Keep pets off of cooking surfaces and nearby countertops.

Put a lid on it – you can take simple steps to keep a small kitchen fire from getting out of control.

- Always keep a lid nearby when cooking. If a small grease fire starts, carefully slide the lid over the pan and turn the burner off. Leave the pan covered until it's cool and **NEVER** try to remove the pan from the burner or take it outside until it's completely cooled down.
- In case of an oven fire, ***turn off the oven and keep the door closed*** until the oven has cooled down. By opening the door, you are adding oxygen to fire, and it will grow. Have the oven serviced by a licensed repair company before attempting to reuse.
- If you have a microwave oven fire, turn the appliance off immediately and keep the door closed. Have a licensed repair technician service the appliance before attempting to reuse or simply replace it.
- **Never** discharge a portable fire extinguisher on a grease fire because it will cause the fire to spread by pushing the grease out of the pan.

Prevent Scalds and Burns – Hot liquids and steam from the stove or oven can cause devastating injuries.

- Turn pot handles away from the stove's edge.
- Keep hot foods and liquids away from table and counter edges.
- Keep your face away from the oven door when checking or removing food so that the heat or steam cannot cause a burn.
- Open microwaved food slowly, away from your face. Let the food cool before eating.
- Keep all cords coiled and away from counter edges.



Smoke Alarms

Did you know that many people do not test their smoke alarms as often as they should? When there is a fire, smoke spreads fast. You need working smoke alarms to give you time to get out. Test yours every month! The Indian Head Volunteer Fire Department 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.

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

On July 1, 2013, a change was made to the Maryland fire law regarding residential Smoke Alarms. In accordance with the new law, 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.

Here are some tips about installing and maintaining residential smoke alarms.

- Be sure to install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- If 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. (All replaced alarms must have a 10-year sealed battery backup system).
- 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.
- Smoke alarms that include a recordable voice announcement in addition to the usual alarm sound may be helpful in waking children through the use of a familiar voice.
- Smoke alarms are available for people who are deaf or hard of hearing. These devices use strobe lights. 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 available for installation in your home at no cost to you or your family. These devices MUST be installed by the fire department in accordance with the Maryland law and cannot simply be handed out to the community.

- If your home needs these life saving devices, you can contact the fire station at 301-743-3900.

By following these simple rules and suggestions, you can make your home a fire safe one and help to prevent fire incidents from happening to you or your family. If you should have any questions regarding Fire Safety, please contact the Fire Station.

PROUDLY SERVING OUR COMMUNITY
AND CHARLES COUNTY FOR OVER 70 YEARS.

November 6, 2022 Saving time ends.



Remember your Clocks fall backwards 1 hour and your batteries in your Smoke Alarms and Carbon Monoxide Detectors need to be checked. This way our Smoke Alarms and Carbon Monoxide Detectors will be constantly working and helping our Family get out in case a fire is started.

This message brought to you by Chief Jeff Williams and the Members of Indian Head VFD & RS Inc. and Auxiliary

INDIAN HEAD VFD & RS INC., AUXILIARY

4095 INDIAN HEAD HIGHWAY

INDIAN HEAD, MD 20640

IS HOSTING A

HOLIDAY BASKET AUCTION ON FACEBOOK,

"INDIAN HEAD VFD & RS FUNDRAISING INFORMATION/EVENTS"

STARTS AT 5:00 pm FRIDAY, OCTOBER 7, 2022 –ENDS at

5:00 pm SATURDAY,OCTOBER 8, 2022.

PICK-UP ON SATURDAY, OCTOBER 8, from 6:00 pm – 7 pm

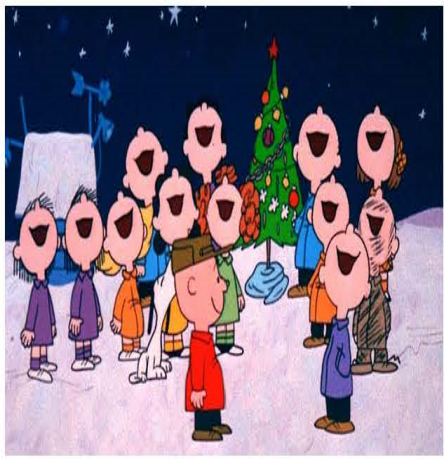
AND SUNDAY, OCTOBER 9 from 2:00 pm – 4:00 pm

BIDDING WILL START AT $25 PER ITEM AND WILL RAISE IN $5 INCREMENTS. THE HIGHEST BID AT THE CLOSE OF THE AUCTION WILL WIN THAT ITEM.

WE ACCEPT – CASH or CREDIT card in person or on-line. If you choose CREDIT on-line, invoices will be emailed to you after the Auction closes.







Fire Prevention 2022



JUDY CENTER
EARLY LEARNING HUB

The Judy Center serves families with children ages birth-5 years old who live in the Indian Head Elementary school zone. We provide a variety of programs and services to families in order to promote school readiness. If you are interested in receiving more information, please use the QR code or the link to fill out a quick survey. Judy Center staff will follow up with you after we receive your information.

Judy Center Recruitment Survey (surveymonkey.com)
https://www.surveymonkey.com/r/ZXLB6B6

The Black Box Theatre

October & November - Acting Classes: Look for registration soon

Holiday Shows: see website for details

Call to Volunteers! We are very excited to open our doors for our upcoming Black Box Players productions. We are now seeking volunteers for Directors, Cast, Crew, and More. If you are interested in participating in the upcoming performances please visit our website and fill out our Volunteer Form. We can't wait to see you at the Black Box!

Be sure to check out our website for upcoming news and events!!!
indianheadblackbox.com



Charles County Health Department

Walk Up COVID Testing & Vaccination Clinic

Mondays — 9:00am—2:00pm

Indian Head Village Green Pavilion

(subject to change based on weather or holiday closures)

Questions—CC Health Department Call Center
301-609-6900

Sponsored by **Indian Head Baptist Church**



Annual Town of Indian Head Car Show
In Memory of Emmett Posey
Sunday Sept 11th
9 a.m. - 3 p.m.





Registration: 8:30 am – Noon
No Spectator Fee

FEATURING
Oldies & Praise Music
Special trophy category for vets and active duty

SHOW INFORMATION

- Cars/Trucks 1997 & before
- Newer cars may be displayed/not judged/no fee
- No Trailered vehicles
- Entry Fee: $20.00 (Includes goodie bag, unlimited bottled water, lots of free raffle items from sponsors)
- Dash Plaques to the 1st 100 participants
- Judging will include pure top 20 voted on by registered participants
- Awards for "Best of Show", "Top 20", "Pastors' Pick, and Spectator's Choice
- Shaded Parking available (come early)

DIRECTIONS TO:
"The Village Green at Indian Head" located in Charles County Maryland at the end of RT 210 (Indian Head HWY) just outside the gate of the Naval Surface Warfare Center in Indian Head, MD 20640

Major Supporters

INCORPORATED TOWN OF INDIAN HEAD 1920

GRINDER'S SEAFOOD Indian Head

Jack Winegardner Chevrolet
Discover the Winegardner Difference

▪For additional information, please call:
Tom Bowie @ 240.585.2588

Indian Head Car Show - Registration Form

Name:_____

Address:_____

City/State/Zip:_____

Phone Number _____

E-mail:_____

Year/Make/Model:_____

Entry Fee: $20.00 ($15.00 if you register by Sept 1st)
(Includes goodie bag, unlimited bottled water, lots of free raffle items)
Make checks payable to: Indian Head Baptist Church
Mail to: 27 Raymond Avenue, Indian Head, MD 20640
In consideration of the acceptance of the right to participate, entrants and participants, by execution of this entry form hereby release and discharge any cause of action against Indian Head Baptist Church and its staff, volunteers or any other entity connected with the management and/or presentation of this car show for any and all known or unknown damages, injuries, losses, and/or other claims whatsoever, that may be suffered by an entrant, participant or his/her property with respect to participant in this show

Veteran _____Yes_____No

Participants Signature:_____

MARYLAND FOOD BANK
UNTIL HUNGER ENDS.



ONE-STOP-SHOP

The Maryland Food Bank's **MOBILE MARKET** is visiting!
We're inviting ALL to receive healthy foods and resources.
Fresh produce boxes and non-perishable foods will be offered **(While food supplies last).**

Thursday, September 22, 2022
11:00 am – 1:00 pm
Indian Head Senior Center
100 Cornwallis Square, Indian Head, MD 20640


Town of Indian Head
TRUNK
OR
TREAT
Join us for a night of fun and candy!
Monday, October 31st
6:00pm to 8:00pm
Village Green Park
100 Walter Thomas Road
Indian Head, MD

MARYLAND FOOD BANK
UNTIL HUNGER ENDS.



ONE-STOP-SHOP

The Maryland Food Bank's **MOBILE MARKET** is visiting!
We're inviting ALL to receive healthy foods and resources.
Fresh produce boxes and non-perishable foods will be offered **(While food supplies last).**

Thursday, November 3, 2022
11:00 am – 1:00 pm
Indian Head Senior Center
100 Cornwallis Square, Indian Head, MD 20640

Town of Indian Head Holiday Festival

Saturday, Dec. 10, 2022
5pm - 8pm
Village Green Park & Pavilion

Please join the Town of Indian Head to celebrate the holiday season!

The event will kick off with the lighting of the Town's Christmas tree and the arrival of Santa!

Indoor Holiday Shopping Market! *featuring local crafters and Santa will be on the stage for visits and photos!*

Outdoor Food Market! featuring local food trucks. There will be a tented outdoor dining area to enjoy your delicious treats and listen to acoustic music performed by Will Yeckley!

Holiday hayrides! Enjoy a free ride around the Green to the sounds of Christmas music!

Ice skating behind the Village Green Pavilion! Tickets will be on sale for $1 per person. All proceeds will be donated to Neighbors Eager to Serve (NETS)

Check the Town's website and Facebook page to stay up to date on all event information



The Town of Indian Head is looking for crafters and food vendors for an upcoming

Holiday Festival

The event is scheduled for
December 10, 2022 from 5pm to 8pm

There is space available for crafters for the indoor Holiday Market, located inside the Village Green Pavilion.

Food trucks/food vendors will be located outside on the Village Green. We do not have a limit on the number of food trucks/vendors, but ALL trucks/vendors are required to be licensed through the Charles County Health Department to participate in the event.

Interested participants can find an application on the Town's website. Please go to the calendar of events and select Holiday Fesival.

Check Facebook and the Town's website for additional event details!



Upcoming UMD Charles Regional Medical Center

UNIVERSITY of MARYLAND
CHARLES REGIONAL MEDICAL CENTER
CENTER FOR DIABETES EDUCATION

DIABETES 101



Join Us for a No-Cost Education Course

The Diabetes 101 Class has been added to serve the uninsured or underinsured to build a foundation of knowledge for participants to manage diabetes. It is a small group session that reviews the basic principles of managing diabetes, insulin administration, and glucometer teaching. This program does not require a doctor referral.

AVAILABLE DATES

April14, 2022	October 13, 2022
May 12, 2022	November 10, 2022
June 16, 2022	December 8, 2022
July 14, 2022	
August 11,2022	
September 8, 2022	

Interested? Contact us today for additional information.
DiabetesCenter@umm.edu | 301-609-5444

JOIN US!

UNIVERSITY of MARYLAND
CHARLES REGIONAL
MEDICAL CENTER

2022

Diabetes Support Group

We would like to invite you to the University of Maryland CRMC Center for Diabetes Education's Diabetes Support Group.

Come join us as we discuss different topics relating to Diabetes
Feel free to bring a friend!

Wednesday, March 23	2:00 – 3:00 pm	Nagula 2
Wednesday, April 27	2:00 – 3:00 pm	Nagula 2
Wednesday, May 25	2:00 – 3:00 pm	Nagula 2
Wednesday, June 22	2:00- 3:00 pm	Nagula 2
Wednesday, July 27	2:00- 3:00 pm	Nagula 2
Wednesday, September 28	2:00 – 3:00 pm	Nagula 2
Wednesday, October 26	2:00- 3:00 pm	Nagula 2
Wednesday, November 9	2:00 – 300 pm	Nagula 2

All support groups are subject to COVID restrictions. If in-person groups become unavailable, virtual details will be offered.



An RSVP is not required, but is preferred.

Please contact us with any questions or if you would like to RSVP call 301-609-5444 or email DiabetesCenter@umm.edu

Diabetes Prevention Program

Cut your risk for Type II Diabetes in half



This Program Is For

- Adults who are overweight
- Adults who have prediabetes
- Adults who have borderline diabetes
- Adults who have a family history of diabetes
- Adults who had gestational diabetes

Program goals are 5 - 7% weight loss and 150 minutes of physical activity each week
Recieve support for an entire year - Class meets weekly for 16 weeks

Caregivers and support staff are welcome to attend.

Wheelchair scale available.

University of Maryland
Charles Regional Medical Center
Center for Diabetes Education

Charles County Department of Health

Pre-Registration is required.
Call 301-609-6885 for more information and to register.

PREVENT T2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PreventT2 IS PART OF THE NATIONAL DIABETES PREVENTION PROGRAM LED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

UNIVERSITY of MARYLAND
CHARLES REGIONAL MEDICAL CENTER
CENTER FOR DIABETES EDUCATION

Diabetes Education

Cindy Adams, BSN, RN, CDCES **Jocelyne Loran, RD, LDN, CDCES** **Mitu Patel, MSN, RN, CAPA**

Office hours: Mon, Wed, Thurs: 8:00 am– 4:30 pm; Tues: 10:00– 4:30 pm; Fri: 8:00 am– 4:00 pm

Accredited by the Association of Diabetes Care and Education Specialists (ADCES)

Services

- Diabetes Self-Management Education for:
  - Adults with Type 1 diabetes; Type 2 diabetes; Women with gestational diabetes
  - Insured and uninsured individuals
- Blood sugar meter training
- Individual evaluation and diabetes instruction
- Group education classes (Daytime and evening classes are available)
- Insulin instruction, injection training, glucagon training
- Medical Nutrition Therapy (MNT) and help with weight management (offered for patients with diabetes only)
- Diabetes 101 class is offered for those who are uninsured or underinsured

Subjects covered include

- Healthy Eating
- Being Active
- Monitoring Blood Sugar
- Taking Medications
- Problem Solving (Preventing & treating high blood sugar & low blood sugar)
- Healthy Coping
- Reducing Risks

Participants will receive written material on every subject. Financial Assistance Applications are available upon request!!

Appointments

Call for an appointment: 301-609-5444

Please arrive about 15 minutes early to Patient Registration, located in our Same Day Surgery department on the first floor of the hospital.
Please bring blood sugar meter (if you have one) or a blood sugar log and a list of medications.

We are located at 5 Garrett Ave, La Plata, Maryland, 20646

RECYCLING INFORMATION

Recycling is picked up in Town every Thursday. Residents are required to have their recycling out before 7:30am on the scheduled pickup day. Examples of what can be included in your recycling and what are NOT recyclable items are listed below.

Examples of what can be recycled:



- Cardboard (flatten all boxes)
- Paper Bags
- Office Paper & File Folders
- Glass Jars & Bottles
- Plastic Bottles
- Plastic Tubs, Wide-Mouth Containers
- Aluminum, Tin and Steel Cans
- Milk and Juice Cartons
- Yogurt Cups
- Juice Boxes
- Newspaper & Inserts
- Magazines & Catalogs
- Paperback and Hardback Books
- Junk Mail

Please make sure to rinse bottles, jars, and other containers of any contaminants before putting them in your recycle bin.

What should NOT be included in your recycling:



- Yard Waste/Tree Trimmings
- Light Bulbs, Window Glass, Mirrors
- Styrofoam, Dishes, Ceramics
- Electronics
- Hazardous or Toxic Product Containers including Motor Oil Containers
- Plastic Grocery Bags, Food Waste, Garbage Bags
- Plastic Wrap
- Diapers, Tissues/Napkins
- Wood- Pallets, Stick Wood, Tree Limbs, Furniture
- Garden Hoses, Wire, Rope, Electrical Cords
- Rocks, Concrete, Dirt
- Clothing, Towels, Sheets, Curtains, Carpeting, Tarps, Blinds
- Propane Tanks, Tires, Christmas Lights, Mattresses
- Medical Waste