



# Town Happenings

A lot will be happening around Town this Winter! 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 Winter Town Meetings will take place on Mon., Dec. 7, Mon., Jan. 4, & Mon., Feb. 1, at the Village Green Pavilion 7:30pm.

**Community Activities Committee:** Tues., Jan. 12, 7pm Village Green Pavilion. No meeting will be held in December

**Indian Head Business Association:** Wed., Feb. 10, 8:30am Dales Smokehouse. No meeting will be held in December or January.

**Planning Commission:** Wed., Dec. 16, Jan. 20, Feb. 17, 7pm Village Green Pavilion. No meeting will be held in December.

**Environmental Sustainability Committee:** Thurs., Dec. 10, Jan. 14, Feb. 11, 7pm Back room at the Senior Center. No meeting will be held in December.

**Annual Tree Lighting Program:** Tues., Dec. 1, 7pm Village Green Pavilion. Kick off the Holiday season with music provided by I.H. Elementary, General Smallwood Middle, and Henry E. Lackey High Schools Choruses and Bands. Official lighting of the Town tree, refreshments, visit from Santa, and more. FREE Admission—Everyone Welcome!



**Annual Gingerbread House Making Classes:** Fri., Dec. 4, 6pm to 10pm or Sun., Dec. 6, 1pm to 5pm, Village Green

Pavilion. Adults & children 5 yrs. and older –Class sizes limited. \$13/single or \$15/pair (each additional person \$2.00, maximum 4 persons per house) Fee includes 1 house set, icing bullets & icing bags, students bring their own decorating utensils & decorations. Pre-registration & payment required.



**Annual Holiday Festival & Craft Fair:** Tues., Dec. 8, 6pm to 9pm, Village Green Pavilion. Enjoy the Painter Family Running Antique Trains, live entertainment, children's activities, homemade refreshments, hot apple cider, gingerbread house contest, local crafters & vendors. Photos with Santa \$1.00 each. Admission is \$1.00 donation each/all ages. All donations & proceeds collected to be given to NETS Program.



**Annual Community Dinner & Memorial Ribbon Ceremony:** Sat., Dec. 12, 6pm to 8pm, Village Green Pavilion. FREE Community Dinner - RSVP by Mon. Dec. 7. Memorial Ribbons (\$2/ea or 6 for \$10)



purchase deadline is Mon. Dec. 7 - to place order call 240-375-4061 or email karen@townofindianhead.org. Ribbon purchase NOT required to attend the Community Dinner. Co-sponsored by Town & I.H. United Methodist Church.

**PHVFD & RS Santa Run:** Sun., Dec. 20, starting around 5:00pm (includes their 1st Due Response Areas of Knotts Subdivision & Strauss

Avenue from S. Poplar Lane to Hawthorne Road) Questions/Info call 301-743-7700

**Annual IHVFD & RS Santa Run Through Town:** Wed., Dec. 23, starting around 6:00pm. Questions/Info call 301-743-3900



**Annual Christmas Tree Removal:** Every Wed. beginning Dec. 30 thru Jan. 27. Place discarded tree curbside with regular yard waste. Tree must be free of decorations. More information call 301-743-5511

**Children's Spring Party & Easter Egg Hunt:**

Sun., Mar. 13, 2pm to 4pm, Village Green Pavilion. Ages birth to 12 yrs. Accompanied by an adult. Cost: \$2.00/all ages. Infants under 1 free (No ticket bag or lunch). Includes lunch, carnival & guessing games, 4-H bunnies display, children's craft-making, door prizes & Easter egg hunt. Photo with the Easter Bunny for \$1.00 each.



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



# Mayor's Message by Brandon Paulin

---

Hello everyone and Happy Holidays!

Entering the Holiday season please remember to stay safe and stay warm.

We have a lot of excitement in Indian Head this winter. Starting with our tree lighting ceremony on December 1<sup>st</sup> and many other events that you can find throughout this newsletter, this winter will be jammed pack with fun things for the whole family. So get out and enjoy our town!

I'm excited to tell everyone that things are moving along smoothly. Buildings near the Base gate will be torn down within the next few weeks. The Town will continue to work with property owners to ensure that eyesores and vacant buildings will be taken care of. So, keep an eye out because progress is happening! I couldn't be more excited and I hope you are too!

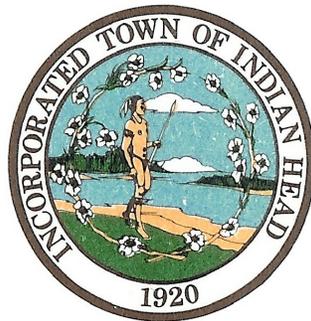
I hope everyone can transfer some of that excitement into creative ideas. There is no better way to share and implement those ideas than by joining some of the committees and commissions that we have in Town. One of my favorite quotes by Gandhi is "Be the change you want to see in the World". So I encourage everyone to participate within their community and make a difference. So, come visit Town Hall to get an application to join our committees/commissions. I'm looking forward to seeing you!

New Year's brings time for resolutions, this upcoming year; mine

will be to make an extra effort to connect with everyone in Town. So, starting in January I will be doing a short bi-weekly VLOG (Video Blog) which will be posted on my Facebook page and also my Twitter account (@BrandonPaulin). Feel free to post questions, concerns, or topics you want to discuss. I will do my best to address them!

Have a fantastic Holiday season, stay warm this winter, & until next time...

-Mayor Brandon Paulin



## TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

### Mayor

Brandon Paulin

### Council

Ron Sitoula, Vice Mayor  
Curtis Smith, Councilman

### Town Manager

Ryan L. Hicks

### Planning Commission

Michael Pellegrino, Chair  
Thomas S. Blake, Sr.  
Warren Bowie  
Wayne Higdon  
Anita Sampson  
Joshua McDonald  
Emery Nauden, Base Liaison

### Board of Zoning Appeals

Edward Joell, Chair  
Rose Chase  
Rickie J. Posey

### Ethics Commission

Mark Hobgood

### Town Hall Staff

Annie Brady, Town Clerk  
Ginger Foster, Finance Officer  
Diane Campbell, Deputy Finance Officer  
Karen Williams, Community Affairs  
PFC Elliot (#396), Community Police Officer  
Richard Wilcher, Code Enforcement  
Eric Woodland, Head of Operations  
Calvin Barnes, Field Supervisor  
EAST, Inc., Water/Wastewater

### Town Website

[www.townofindianhead.org](http://www.townofindianhead.org)

# Councilmen's Cornerstone

As the year comes to a close I am pleased to report that many of our residents are excited about the recent progress in our community. I have received many positive comments and observations about the state of Indian Head and believe this encouraging citizen response reflects the fact that the town officials and employees worked hard during the past year to provide the local services they require and deserve.

Autumn has fully arrived as evidenced by the colorful leaves and soon the cold of winter will be upon us. So please take every opportunity to walk the town and notice all the improvements made to our roads, playgrounds and signage. We have a number of improvements planned for 2016 to enhance the town, most notably the addition of a new picnic pavilion area on the Village Green.

I would like to thank our Town staff for continuing to provide exceptional operations despite strained resources in this challenging economy; it is vital that the Town explore ways to make its operations more efficient to save money, time, and add value to the services provided by making regular investments in technology or implementing process changes to drive efficiencies.

As a working adult, fulltime student, father and business owner I know first-hand that we are all juggling a work-life balance and with the holiday season fast approaching our stress level may be increased. So remember, the gift of time is free and our families will cherish those moments spent together.

Our towns' future is bright and you will see more changes your Council permissioned during our campaigns. I plan to continue sponsoring prudent legislation, increasing communication and delivering informative briefings during our open forums to build a stronger Indian Head. The partnerships with state and local agencies have allowed us to access a number of resources which we will bring directly to our town for maximum effect.

In early 2016 our newly established Parks and Recreation committee will begin offering an array of family fun activities for all ages such as Fit-Family-Day, Ping-Pong tournaments, Frisbee football, Kickball and much more. So stay tuned.

Lastly, I look forward to proudly serve our town as we usher an era of change in Indian Head. So remember to 'Wave' as you are out and about town. As your Councilman, I will always be receptive to your comments be they positive or critical. You can best reach me via email at [curtis@townofindianhead.org](mailto:curtis@townofindianhead.org) if you would like to chat.

Warmest regards,  
Curtis

## CIVIC EVENTS CALENDAR

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

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

## RELIGIOUS SERVICES

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

**Indian Head Baptist**  
Sunday School 9:15am  
Sunday, Morning Worship 10:30am  
Sunday Bible Study 6:00pm  
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  
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

## **WINTER & HOLIDAY FIRE SAFETY BY CHIEF JEFF WILLIAMS**

---

The holiday season is a time to spend with family and friends but this time of year can also be a dangerous time of year as well. As we try to find time to shop, attend gatherings and even prepare holiday meals, many of us are suspect to short cuts as we try to meet deadlines and schedules we have set for ourselves. Although this is supposed to be a happy time of year, too many of us get caught up in the hustle and bustle and pay less attention to the details, especially when it comes to cooking and decorating for the season and even heating our home during the cold months. Unfortunately this can result in tragedy from fire damage, injuries and possibly even death. According to the United States Fire Administration (USFA), fires occurring during the holiday season claim the lives of over 400 people, injure 1,650 more, and cause over \$990 million in damage annually. In an effort to make this time of year safe and enjoyable for all, the Indian Head Volunteer Fire Department and Rescue Squad Inc. would like to offer the following Fire safety tips for the winter months.

### Home Heating:

The leading cause of residential fires during the winter months is heating appliances and the misuse of these devices. The following are some safety tips that need to be observed when using any form of heating devices within your home.

- Be sure to have your furnace serviced by a trained professional every year.
- If you use a fireplace for heating your home, be sure to have your chimney professionally cleaned and inspected each year.
- Always use a fire screen and burn only appropriate materials.
- Be sure to properly dispose of the ashes in a metal container and store it away from your home.
- Be sure to follow the manufacturer's operating and maintenance instructions.
- If you use a space heater, be sure to look for the UL or FM testing laboratory label. This ensures the heater has been tested by a safety laboratory.
- Ensure the heater is equipped with an emergency tip-over device. This will ensure that if the heater is knocked or tipped over it will shut off automatically.
- Be sure to use only the appropriate fuel in these heaters, using the wrong or inappropriate fuels can lead to an explosion, fire and serious injury.

### Carbon monoxide:

Not having your furnace serviced or improper use of a portable heater can result in carbon monoxide poisoning. Carbon monoxide is caused by the incomplete combustion of fuel products such as fuel oil, propane, natural gas and even the log in your fireplace. Carbon monoxide is an odorless and tasteless gas that can make you and your family members sick and can even cause death.

- Some symptoms of carbon monoxide poisoning include headache and dizziness, nausea, convulsions and respiratory arrest which can lead to death.
- If you heat your home with any of these types of fossil fuels we recommend you install at least one Carbon Monoxide alarm in your home.
- Purchase a device that is electric with a battery backup to ensure they work in the event of a power failure. These devices should be placed either in the hallways or in the sleeping areas of the home.
- Should your detector go into alarm, get out of the house and leave your home as is and dial 911.
- By opening windows and doors in an attempt to ventilate the home, the fire department could get false readings on their meters.
- Be sure to replace the battery in these devices annually just as you would in a smoke alarm to ensure their operability

### Cooking Safety:

Cooking fires have become the #1 reason for fires in the home, especially during this time of year. In addition, cooking equipment is also the leading cause of unreported fires and associated injuries. Here are some cooking safety tips to help keep you and your family safe in the kitchen.

- Unattended cooking is the leading cause of fires in the kitchen. Be sure to stay in the kitchen when you're frying, broiling or baking any food. If you must leave the kitchen for even a short period of time, have an adult watch the cooking or turn the stove off.
- If you're simmering, roasting or broiling, be sure to check it regularly and use a timer to remind you of cooking times.
- **STAY ALERT!** Be sure to be well rested and try to stay away from alcohol to reduce your chances of fatigue and altered mental status.
- Be careful around the burners and heating elements, keep all potholders, oven mitts and other combustibles away from the heat. Wear short; close fitting or tight rolled sleeves when cooking. Loose clothing can dangle over the stove burners and can catch on fire.
- Have a Kid-Free Zone around the stove and oven. This is an area of 3 feet to prevent children from getting too close to the appliances and possibly getting burned.
- If a fire on the stove occurs, stay calm, you can smother the fire by placing a lid on top of the pan. Turn the burner off and allow the pan to cool completely before removing it from the stove.
- Should a fire occur in the oven; leave the door closed as fresh air will cause the fire to accelerate. Turn the oven off and allow it to cool completely before opening the door.

### Decorations:

- Be sure to purchase and use only UL or FM approved indoor and outdoor lighting and decorations.
- Inspect all electrical cords for frayed or damaged areas and NEVER attempt to repair any lighting or extension cords because this could cause a fire due to a short circuit.
- Never overload electrical outlets.
- Manufacturers strongly recommend not to link more than three strands of lights together on one extension cord or power supply.
- Be sure to connect all lighting to the extension cords before plugging the cord into an outlet to reduce a power surge on the electrical system.
- Be sure to check all wiring periodically, they should never be warm or hot to the touch. If they do become warm or hot, you should disconnect them immediately and replace them.
- Turn off or unplug all lighting and decorations when you're not at home or go to bed and NEVER leave holiday lighting unattended.

### Christmas Trees:

According to the United States Fire Administration, fire departments respond to an average of 250 home fires that started with Christmas trees each year.

- When using a live Christmas tree be sure to choose a freshly cut one. The needles should be green and hard to pull off the branches.
- Tap the tree on the ground and see if the needles fall off, if they do the tree has begun to dry out and could be a severe fire hazard.
- Before setting the tree up in your home, cut one to two inches off the trunk to allow the tree to draw water from the stand more evenly.
- Be sure to use a stand with a base for better balance and a deep water reservoir to immerse the trunk. This will allow for ample water helping to keep the tree fresh.

(Continued on Page 6)

- Be sure to check the water level daily and add water as needed and keep the tree away from all heat sources such as fireplaces, heat registers and portable heaters to prevent it from drying out.
- Be sure to set the tree up out of traffic areas to prevent it from being knocked over and from blocking your exit from the home in the event of an emergency.
- Be sure to dispose of your tree properly before it dries out by taking it to a recycling center or having it hauled away by a community pick-up service.
- If you are using an artificial tree, be sure that it has the UL or FM label on it.

Smoke alarms are a proven life saving device and increase your chance of surviving a fire in your home by 50%. Every home should have at least one smoke alarm installed on each floor. Smoke alarms should be replaced every 10 years in accordance to manufacture specifications and the Maryland Fire Law states that if you are replacing your existing battery operated smoke alarms you must replace them with a new 10 year battery device. This includes even the ones that are hard-wired with battery backup.

The Indian Head Volunteer Fire Department & Rescue Squad would like to wish everyone a Happy and Safe Holiday Season and hopes that by following these basic safety tips, you and your family enjoy a Fire Safe Holiday Season. For more information on Fire/Life Safety or if you would like to become a member of our team, contact the fire station at 301-743-3900 or 301-753-9400.

## IHVFD & RS EVENTS

## *Black Box Theater Events*

**Fried Chicken Dinner:** Mondays in 2016, Mar. 7, Apr. 4, May 2, Jun. 6, 10:30am until 1:30pm. At the Indian Head Volunteer Fire Department, 4095 Indian Head Highway, Indian Head, MD 20640.

Menu: 1/2 fried chicken, parsley potatoes, green beans, roll, butter and beverage.

\$9.00 plate. CARRY OUT ONLY.

Call ahead to place your order: 301-753-9400 or 301-743-3900



**Dickens', The Murder Mystery:** Dec. 13, 7:00pm. Ticket Price, \$12.00. Go online to [www.HickoryDickoryDark.org](http://www.HickoryDickoryDark.org) to purchase tickets or for more information.

**Almost Maine:** Dec., 18 & 19 at 7pm, Dec., 20 at 3pm. Ticket Price, \$12.00. A romantic holiday performance. Go online to [www.HickoryDickoryDark.org](http://www.HickoryDickoryDark.org) to purchase tickets or for more information.

**Cecil Ray Comedy Club:** Jan. 9. Tickets thru Groupon \$18.00, other \$22.00. Two hour show with a band and alternating standup comics. Special price to be a VIP on stage.

For additional information about upcoming events, go to [www.indianheadblackbox.org](http://www.indianheadblackbox.org) or call: 301-743-7453.

# 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 holiday listed: **Friday December 18 (Closing at 12:30pm)**

### **Christmas Holiday**

**Thursday, December 24 (Closing at 12:30pm)**

**Friday, December 25**

**\* NO trash pick-up Dec. 25**

### **New Year's Holiday**

**Thursday, December 31 (Closing at 12:30pm)**

**Friday, January 1**

**\* NO trash pick-up Jan. 1**

### **Martin Luther King Day**

**Monday January 18**

**\* NO trash pick-up Jan. 18**

### **Presidents Day**

**Monday February 15**

**\* NO trash pick-up Feb.15**

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 limits.
- **Animal Control**—Dogs and cats 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 p.m. at the Village Green Pavilion. Televised 8 p.m. first two Fridays each Month on Comcast Channel 99. meetings will also be televised on CCGTV on Mondays at 10 a.m. and Wednesdays at 7 p.m. 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 now 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 qtr

Category II Maximum 2 cans \$95.00 per qtr (per unit)

Each additional can \$46.00 per qtr

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

## Business Highlights

### One Of A Kind Stuff

4135 Indian Head Highway  
Indian Head, Maryland 20640  
(Located next to Indian Head Pharmacy)

Newly opened *One Of A Kind Stuff*, has something for everyone. Vintage furniture, glassware, records, clothing, toys, sports memorabilia and Holiday items. We also have a selection of original artwork and unique gift items from local artists, such as handmade canes/walking sticks and handmade jewelry for men and women. We would like to invite everyone to attend our Holiday Open House on December 5<sup>th</sup> from 10:00 AM to 3:00 PM, free gift wrapping provided for all purchases.

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

### One Of A Kind Stuff



4135 Indian Head Highway, Indian Head, Maryland 20640

Vintage furniture, clothing, shoes, handbags, records, toys and more  
*A little bit of everything, including the bathroom sink!!!*

301-743-7380 Tel

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

### *Hilltop Salon & Tanning, LLC*

Full Service Salon

*Susan McCormick*  
owner/manager

4171 Indian Head Hwy.  
Indian Head, MD.20640

301-743-5902 301-753-6666

[hilltopsalon@verizon.net](mailto:hilltopsalon@verizon.net)



### Hope You Dance

4338 Indian Head Highway  
Indian Head, MD 20640

Director: Kay Cotton 240/508-0090

Workshops and new classes forming January 2016!

[HopeYouDance5678@aol.com](mailto:HopeYouDance5678@aol.com) \*\*\*\*\* [HYD.5678.KC@gmail.com](mailto:HYD.5678.KC@gmail.com)

[www.HopeYouDance5678.com](http://www.HopeYouDance5678.com)

Like Us on Facebook!

**Michelle's Cakes**  
4336 Indian Head Hwy,  
Indian Head MD, 20640

301 246.9007  
[www.michellescakes.net](http://www.michellescakes.net)  
[michellescakes@yahoo.com](mailto: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](http://www.indianheadcare.com) 301-684-2693

4115 Indian Head Hwy.  
Indian Head, MD, 20640

### **ATTENTION LOCAL BUSINESSES!**

If you are interested in advertising in the Smoke Signals please email a business card size advertisement to [annie@townofindianhead.org](mailto:annie@townofindianhead.org) 10 to 12 businesses will be advertised in the Smoke Signals each quarter for FREE.

**Village Green Designs**  
A Sewing & Craft Studio

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

Barbara Wheeler 301-743-2237  
3 North First Street, Suite B [vgdstudio@verizon.net](mailto:vgdstudio@verizon.net)  
Indian Head, MD 20640 [www.villagegreendesigns.com](http://www.villagegreendesigns.com)

## Wintertime at 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 shorter and the nights colder we are focusing on ways to stay active and warm this winter.



The Indian Head Senior Center Council and the Indian Head Staff want to thank the town, the local businesses and the Indian Head Community Activities Committee for another successful Breast Cancer Awareness Walk. We had 160 registered walkers and we raised \$6,481.20 for the Susan G. Komen foundation of Maryland, earmarked for services in Charles County.

In November:

- **Open Enrollment** confused about your insurance, medi-gap choices. Join Alease Kouadio from Medstar to help you make choices that will benefit your health. Alease will be at the center on Thursday, November the 12<sup>th</sup> at 11 a.m.
- **Right at Home** making plans for aging in home is a smart idea. Join Heather Hartman, RN as she shares ways to stay healthy in your home as you age. Heather will be at the center on Tuesday, November 17<sup>th</sup> at 11:15 a.m.
- **Thanksgiving Party** join us for an hour of thanksgiving through song with the Richard R Clark Senior Center Gospel Choir on Thursday, November 19. Thanksgiving lunch will follow cost will be \$6.00.



In December:



- **Deck the Halls** - of the senior center during the first week of December. Of course, you need cookies and hot chocolate to make the task go faster.
- **Need Energy Assistance** – Make an appointment to speak with Caroline Edelen from our Aging Resource center on Tuesday, December 8<sup>th</sup> by calling the center 301 743-2125.
- **First Aid for the Holidays** – Join Charles County Government Safety Officer as she shares tips to stay safe during the holiday season. Joanne will be at the center on Wednesday, December 9<sup>th</sup> at 11:00 a.m.
- **Make-up 101** – Ayana Tuere studied with MAC cosmetics and is a licensed make-up artist. Ayana will help you looked polished for the Holiday season.
- **Trudy Marie Farewell Tour** - we are fortunate to be the final 2015 stop for Trudy Marie as she retires from touring with her husband Marty. Trudy will be singing before and after lunch on Thursday, December 17<sup>th</sup> starting at 11 a.m. Cost will be \$8.

In January:

- **Biggest Loser Kick-off** - Thursday, January 7<sup>th</sup> just in time for your New Year's resolution. Contact the center for details.
- **Try-It Series** - January will be the kick-off for the Try-It series. Check the SCOOP for guitar lessons, piano lessons, free massages, new exercise programs, art classes, new games and much, much more.
- **Senior Services Days** - starting, Friday, January 15<sup>th</sup> we are giving local businesses and organizations the opportunity to interact with the seniors through programs, printed material, songs or whatever you would like to share. For more information concerning the new opportunity contact Vern Smith, Indian Head Senior Center Council Chairperson, at 301 706-7169
- **Sock Hop with Josh Urban** - on Thursday, January 21<sup>st</sup>. Dust off your loafers and saddle shoes, find your poodle skirts and shake a tail feather. Fun for all for only \$6.



### **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 a.m.

Continued on Page 10

**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 a.m.

**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, while incorporating Yoga and Qi Gong movements and breathing techniques to release tension and improve health. - the cost is a fitness card

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

**New in 2016** – Circuit training, Zumba and one-on-one time with a personal trainer. Check the SCOOP or [www.charlescountymd.gov](http://www.charlescountymd.gov) for more information.

**The Book Club** meets every 4<sup>th</sup> Wednesday at 11 a.m., selection for:

December is *A Walk in the Woods* by Bill Bryson

January is *A Painted House* by John Grisham

February is *The Other Wes Moore: One Name, Two Fates* by Wes Moore

March is *Just One Evil Act* by Elizabeth George



---

New Life Christian Ministries, Int'l . would like to invite you to join us for our Watch Night Service Celebration, December 31, 2015 at 9:00 p.m. Service will be held at the Church, 4375 Indian Head Highway, Indian Head, MD 20640. This is not your traditional Watch Night Service and please note breakfast will be served. We look forward to bringing in the New Year with you and your family. For more information call: 240-377-8919

---

## Indian Head Business Association

### 4<sup>th</sup> Annual Taste of Indian Head

**Saturday, May 14, 2016 (10AM - 4PM) Indian Head Village Green Pavilion**

Please contact Pam Hundley @ 301/743-6777 or Kay Cotton @ 240/508-0090 for information regarding Vendor Space, Volunteer Entertainment and The Miss & Mr. Indian Head Pageant.

Email us @ [IndianHeadBiz4U2@aol.com](mailto:IndianHeadBiz4U2@aol.com)

Like us on Facebook: Taste of Indian Head

Miss Indian Head Pageant



***Event Sponsorships & In-Kind Services Available!***

---

## **Evening Story Time at the Black Box Theatre**

The Potomac Branch Library presents Evening  
Story Time at the Black Box Theatre.

January 20, 2016 & February 17, 2016

6 p.m. to 7 p.m.

Join us for stories, songs, dancing, crafts and  
more at the Black Box Theatre in Indian Head!

Black Box Theatre

4185 Indian Head Highway

Indian Head, MD 20640

For all ages. FREE





**Town Fall Leaf  
Vacuum Collection  
Begins November 4**

**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 COMBINE BRANCHES, ROCKS, OTHER DEBRIS WITH LEAVES!!!!
- \*Do not rake leaves into the paved portion of streets or into storm drains
- \*Brown bagged leaves placed curbside will be picked up with other yard waste during the regular Wednesdays year-round 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

Crew will conduct one complete pass through of the entire Town before doubling back on streets

BURNING OF LEAVES IS NOT PERMITTED

NO OUTDOOR BURNING OF ANY KIND IS PERMITTED IN TOWN LIMITS  
**LAST DAY for the Leaf Vacuum is January 1, 2016 or the First Snowfall**  
Vacuum Collection is subject to weather

Should snow removal be required, the leaf vacuum will not operate

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

Town Hall (301)743-5511/753-6633



**I.H.V.F.D. & R.S.  
Santa Run  
Through  
Town**

**Wednesday  
Dec. 23**

**Starting around 6:00pm**

Questions/Info IHVFD & RS 301-743-3900



\*\*\*\*\*



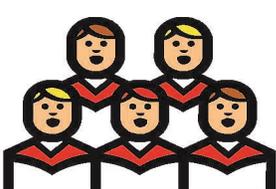
**P.H.V.F.D. & R.S.  
Santa Run  
Sunday, Dec. 20**

**Starting around 5:00pm**

(includes their 1st Due Response Areas of  
Knotts Subdivision & Strauss Ave. from  
S. Poplar Lane to Hawthorne Road)

Questions/Info PHVFD&RS 301-743-7700





# Annual Tree Lighting Program

**Tuesday, Dec. 1**

**7:00 p.m.**

**Indian Head Village Green Pavilion**

Holiday music from the bands and choruses from I.H. Elementary,  
General Smallwood & H.E.Lackey students, refreshments, Santa & More!

**FREE ADMJSSJON - EVERYONE WELCOME!**

For Information call (240)375-4061



ANNUAL

# Holiday Festival & Craft Fair

TUESDAY, DEC. 8 6:00 - 9:00 P.M.

Indian Head Village Green Pavilion



## LIVE ENTERTAINMENT



Hope You Dance Children's  
Dance Studio

The Painter Family  
Running Antique Trains



Photos w/Santa  
\$1.00 each

Special Live Musical  
Entertainment



ADMISSION: \$1.00 EACH/ALL AGES  
All donations & proceeds collected to be given  
to NETS (Neighbors Eager To Serve) Program



Children's Activities



Homemade Refreshments  
Hot Apple Cider



Gingerbread House  
Contest



Crafts  
for  
Sale

Sponsored by the Town of Indian Head—For more information call 240-375-4061 or karen@townofindianhead.org



Town of Indian Head



## Community Dinner & Memorial Ribbon Ceremony

Saturday, Dec. 12

6:00-8:00 p.m.



Indian Head Village Green Pavilion

CO-HOSTED BY  
TOWN OF INDIAN HEAD AND  
I.H. UNITED METHODIST CHURCH  
FOR MORE INFORMATION -  
240-375-4061  
KAREN@TOWNOFINDIANHEAD.ORG

To place Ribbon Orders, call 240-375-4061  
or email karen@townofindianhead.org  
Ribbon Deadline to place order & RSVP for Dinner  
is Monday, Dec, 7  
\$2.00 donation per Ribbon or 6/\$10.00  
Ribbon Purchase NOT required to attend the Community Dinner





*Town of Indian Head*

# *Annual Christmas*

## *Tree Removal*

Every Wednesday,

Beginning Dec. 30 thru Jan. 27



Place discarded tree curbside with regular yard waste.

Tree must be free of decorations

More Information: (301)743-5511

# TOWN OF INDIAN HEAD Children's Spring Party & Easter Egg Hunt



Don't forget  
to bring your  
Easter Basket!

**Sunday, March 13**

**2:00 to 4:00pm**

Indian Head

Village Green Pavilion

Ages Birth to 12 years accompanied by adult

Cost: \$2.00/all ages @ door

Infants Under 1 Free (No Ticket Bag or Lunch)  
includes Lunch, Carnival & Guessing Games,

4-H BUNNIES Display,

Children's Craft-making, Door Prizes &

Easter Egg Hunt (12yrs & Under)

Photo w/Easter Bunny \$1.00 each



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

