



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. 2, Mon. Jan. 6, & Mon. Feb. 3, at the Village Green Pavilion 7:30pm.

Community Activities Committee: Tuesday Jan. 14, 7pm Village Green Pavilion. No meeting will be held in December

Indian Head Business Association: Wednesday Feb. 12, 8:30am Dales Smokehouse. No meeting will be held in December or January.

Planning Commission: Tuesday Dec. 17, Jan. 21, Feb. 18, 7pm Village Green Pavilion.

Economic Development Commission: Wednesday Jan. 15, Feb. 19, 7pm Village Green Pavilion. No meeting will be held in December

Green Team: Thursday Jan. 9, Feb. 13, 7pm Back room at the Senior Center. No meeting will be held in December.

Annual Tree Lighting Program: Tuesday Dec. 3, 7pm Village Green Pavilion. Holiday music from the bands and choruses from I.H. Elementary, General Smallwood and H.E. Lackey students,



refreshments, Santa, and more! Free admission- Everyone Welcome!

Gingerbread House Making Class: Friday Dec. 6, 6pm to 10pm and Sunday Dec. 8, 1pm to 5pm, Village Green Pavilion.

Adults & children 5 yrs. and older – Class sizes limited. \$12/single or



\$14/pair (each additional person \$2.00, maximum four persons per house) Fee includes 1 house set,



icing bullets & icing bags, students bring their own decorations. Pre-registration required. Call or email for available class openings! 240-375-4061 or karen@townofindianhead.org

Annual Holiday Festival & Craft Fair: Tuesday Dec. 10, 6pm to 9pm, Village Green Pavilion. Admission: \$1.00 each/all ages. Live entertainment: Hope You Dance Children's Dance Studio, Welcome First Baptist Church WDOGS Puppet Team, special live musical entertainment. Children's Activities. Homemade refreshments, hot apple cider. The Painter Family Running Antique Trains. Gingerbread house contest. Crafts for Sale. Photos with Santa for \$1.00 each. All donations and proceeds collected to be given to NETS (Neighbors Eager to Serve) Program.



Community Dinner & Memorial Ribbon Ceremony: Saturday Dec. 14, 6pm to 8pm, Village Green Pavilion. To place ribbon orders, call 240-375-4061 or email karen@townofindianhead.org The ribbon deadline to place orders & RSVP for dinner is Wednesday, Dec. 4. \$2.00 donation per ribbon or 6 for \$10.00. A ribbon purchase is not required to attend the Community Dinner. Co-sponsored by the Town and I.H. United Methodist Church.



Annual IHVFD & RS Santa Run Through Town: Monday Dec. 23, starting around 5:30pm. Questions/Info call 301-743-3900



Annual Christmas Tree Removal: Every Wednesday beginning January 8 thru January 29. Place discarded tree curbside with regular yard waste. Tree must be free of decorations. More information call 301-743-5511

For additional information on Town events call Karen at 240-375-4061 or email karen@townofindianhead.org or call the Town Hall at 301-743-5511.

Mayor's Message by Dennis J. Scheessele

The holiday season is fast approaching. Halloween has come and gone. And we have celebrated Veterans Day and Thanksgiving. Now we're looking forward to the many holiday activities leading to Christmas and New Years Day.

Before I discuss the upcoming holiday activities let me provide some updates on activities around town. As you are aware, the change in seasons is in full swing and the leaves are falling like snowflakes in a snow shower. As a result, the Public Works crews have begun the annual leaf vacuuming. If you rake your leaves to the edge of your lawn near the road, the Public Works crews will vacuum them up and haul them away. Please don't rake your leaves into the road, or storm swales.

The Indian Head Rail Trail is becoming increasingly popular and we are trying to get more of the trail users off the trail and into town to visit our businesses and other recreational attractions. To achieve this, we have started construction of the Indian Head Connector Trail from the Village Green to the beginning of the Indian Head Rail Trail. Construction should be completed this year. The Indian Head Connector Trail will be ready in the spring for families with small children and less experienced bicyclists to move safely from the Village Green to the Rail Trail and back. We are also preparing to advertise for bids to construct the Trail Head Plaza and Picnic Shelter on the Village Green. We are planning to award the construction contract this winter and start construction in the spring. If construction proceeds on schedule, the Trail Head Plaza and Picnic Shelter on the Village Green should be complete and ready for use by early fall.

During the upcoming General Assembly legislative session, mayors and municipal officials along with the staff of the Maryland Municipal League will lobby state delegates and senators for reinstatement of Highway User Revenue (HUR) money (primarily gas taxes and vehicle registration fees) to municipalities. The gas tax was originally established and occasionally increased to pay for maintenance and construction of roads and highways. For 40 years, the State has shared these revenues with municipalities for maintenance and construction of our roads. For four of the last five years, the State has redirected 80 to 96% of HURs from road maintenance and construction to support other purposes. Last year the Maryland

Senate and House of Delegates passed legislation to raise the gas tax each of the next three years. In that same legislation, they refused or forgot to reinstate the municipal share of the HURs. We may need your help in this effort to reinstate municipal HURs by sending letters to our delegates and senator asking them to restore HUR money to municipalities to pay for road repair, maintenance, and reconstruction. And stop diverting HUR money to support non-highway programs.

That is enough talk about business. Let's talk about the coming holiday season. Thanksgiving is later this year than usual, so Christmas is coming barely three weeks after Thanksgiving weekend. The Christmas season is fast approaching and we're looking forward to the many holiday festivities leading to Christmas and New Years. In the days and weeks ahead, the Community Activities Committee has scheduled and organized many activities and celebrations. There will be gingerbread house making classes, tree-decorating and caroling parties, the annual tree lighting celebration, a holiday craft festival, and a "Memorial Ribbon" tree decorating and dinner party. Many of these events will include holiday music. You can read more about these events in the pages of this newsletter.

The Christmas season is a time for enjoying the peace and joy of the holidays and sharing holiday greetings and fellowship with family, friends and neighbors. It is a time for celebrations, parties, and exchanging gifts with family, friends, and neighbors. This year the economy is still slow. All of us are experiencing some hard times, some more than others. But we can still celebrate the joyous spirit of the Christmas season and party with family and friends. Perhaps the celebrations and parties may be a little more modest than in the past, but they can still be joyful and uplifting. Some families, who have experienced harder times, will find it difficult to enjoy this Christmas season. So, I encourage you to give whatever you can to the charity of your choice to help these families have a happy and blessed holiday season. It doesn't matter how much you can give. Every contribution will help these families to enjoy a happier holiday season.

The Mayor, Council and staff of the Town of Indian Head wish each of you a Merry Christmas and Happy New Year.

Mayor

Dennis J. Scheessele

Council

Edward "Ed" W. Rice, Vice Mayor
Randy L. Albright, Councilman

Town Manager

Ryan L. Hicks

Planning Commission

Richard Allen, Chair

Thomas S. Blake, Sr.

Warren Bowie

Wayne Higdon

Bryan Leslie

Michael Pellegrino

Mary Thompson

William Rau, Base Liaison

Board of Zoning Appeals

Edward Joell, Chair

Rose Chase

Rickie J. Posey

3 Open Seats

Economic Development Commission

Peggy Palmer, Chair

Dave Dixon

Pam Hundley-Hayes

Mike Jones

Betsy Wallman

John Wheeler

2 Open Seats

Ethics Commission

Mark Hobgood

2 Open Seats

Town Hall Staff

Annie Brady, Town Clerk

Ginger Foster, Finance Officer

Diane Campbell, Deputy Finance Officer

Karen Williams, Community Affairs
PFC Elliot (#482), 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

BUSINESS HIGHLIGHTS

Indian Head Pharmacy

We are a small town pharmacy who is trying to be a pharmacy that is close to people and their families. Our goal is to be your one stop pharmacy for prescriptions and over the counter medication/items. Our experienced pharmacists come from backgrounds all over our community.

James Chen is an Indian Head resident and was a long time pharmacist at CVS Pharmacy in Bryans Road, MD. Dave Huston, formally, a pharmacist at Anchor Pharmacy in Waldorf, MD. Finally, Vincent Ippolito owner of Northgate Care Pharmacy in Waldorf, MD. Together the team of pharmacists meet everyone's individual needs.

We offer multiple services including: medication review, delivery (only for a 4 mile radius/local Indian Head residents), home health needs, durable medical equipment, wheelchair rentals, support stockings, special order items; which we normally have the next day. We transfer your prescriptions from your current pharmacy with no hassle on your part. We want you to experience our personalized services.


Vincent Ippolito
President/Pharmacist
Indian Head Care Pharmacy
The pharmacist you know the care you deserve

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

4115 Indian Head Hwy.
Indian Head, MD, 20640


Village Green Designs
A Sewing & Craft Studio

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

Barbara Wheeler 301-743-2237
3 North First Street, Suite B vgdstudio@verizon.net
Indian Head, MD 20640 www.villagegreendesigns.com

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

ATTENTION LOCAL BUSINESSES!

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

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
www.shaareshalomsomd.org
301-645-4606

Indian Head Worship Center

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

Cornerstone AME

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

New Life Christian Ministries, Int'l

Worship Service—Sunday 11:00am
Bible Study—Tuesday 7:00pm
240-377-8919

IHVFD & RS: Winter Heating and Holiday Fire Safety

The holiday season is intended to be cheerful and loaded with family memories. Unfortunately this time of year is also full of busy days and nights for all as we try to find time to shop, attend gatherings and plan time for family. With all these tasks, this time of year is suspect to many short cuts as we try to meet the required time frames and schedules we have set for ourselves. Unfortunately many of us get so busy and caught up in the hustle and bustle of this time of year that we tend to pay less attention to the details and take many shortcuts especially when it comes to cooking for the Holidays, decorating for the season and heating our home during the cold months, which can result in tragedy from fire damage, injuries and even deaths. In an effort to make this time of year incident free and safe for all, the Indian Head Volunteer Fire Department and Rescue Squad Inc. would like to offer the following Fire safety tips to all:

Cooking Safety:

The kitchen is the heart of the home, especially during the holidays. Family, especially the children love to be involved with the preparations. Safety in the kitchen is important all year but especially during the holiday season when there is a lot of activity and people at home.

Cooking equipment, most often a range or stovetop is the leading cause of reported home fires and home fire injuries in the United States. In addition, cooking equipment is also the leading cause of unreported fires and associated injuries this time of year. Here are some cooking safety tips to help keep you and your family safe in the kitchen.

- The leading cause of fires in the kitchen is unattended cooking.
- 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.
- Be sure to wear short, close fitting or tight rolled sleeves when cooking. Loose clothing can dangle over the stove burners and can catch on fire.
- Be sure to have a Kid-Free Zone around the stove and oven. This is an area of 3 feet and prevent children from getting too close to the appliances and possibly getting burned.

If a fire on the stove occurs, please remember the following:

- Stay calm.
- 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.
- If a fire occurs 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.

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 you home.

- Be sure to follow the manufacturer's operating and maintenance instructions.
- When buying 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 and certified.
- 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.
- If you use a fireplace for heating your home be sure to have it 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.

Carbon Monoxide Poisoning:

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, respiratory arrest which can lead to death. 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.

If you heat your home with any of these types of fossil fuels please follow these simple tips to help keep your family safe;

- Be sure to install at least one Carbon Monoxide alarm in your home.
- These devices should be placed either in the hallways or in the sleeping areas of the home.

- Purchase a device that is electric with a battery backup to ensure they work in the event of a power failure.
- Should your detector go into alarm, leave your home as is and contact the fire department. 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

Decorations:

- Be sure to purchase and use only UL or FM approved indoor and outdoor lighting and decorations.
- Be sure all electrical cords are in proper working condition with no frayed or damaged areas.
- Never attempt to repair any lighting or extension cords; this could cause a fire due to a short circuit.
- Never overload electrical outlets, all the 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.
- 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.
- Be sure to turn off or unplug all lighting and decorations when you're not at home or go to bed.
- **Never leave holiday lighting unattended.**

Christmas Trees:

According to the United States Fire Administration, during the past 5 years U.S. fire departments have responded to an average of **250 home fires** that started with Christmas trees per year. **These fires caused an average of 14 deaths, 26 injuries, and \$13.8 million in direct property damage annually.**

- 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.
- Be sure to check the water level daily and add water as needed.
- 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.

Candles:

- Try to use the jar type as they are enclosed and less likely to tip over.
- Make sure they are out of the reach of children and pets.
- Keep them away from all flammable or combustible material.
- Ensure they are not in the path of egress or block the way out of your home.
- Be sure to blow them out whenever you leave your home.
- **NEVER use candles on a Christmas tree.**

Did you know?

- About 3,500 Americans die each year in fires and about 20,000 are injured.
- 80% of all fire deaths occur in the home.
- 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.
- Smoke alarms 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.
- Per manufacturer's specifications, all smoke alarms should be replaced every 10 years.
- According to the new Maryland Law, 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. 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 have any questions contact the fire station at 301-743-3900 or 301-753-9400.



Indian Head Senior Center Events

Wednesday, December 4, 9:30am to 2:00pm: Just in time for the holidays, we are opening a mini-mall for one day only. Don't miss this shopping opportunity. We will have vendors from Mary Kay, Avon, Scentsy, and Fran's Nu Image, plus more to be announced!!! So if you need to pick up a gift for that special someone, and would like to shop at a relaxed pace join us. Refreshments will be provided.

Thursday, January 23, 11:15am to Noon: Living Well: Chronic Disease Self-Management Program Overview: Do you suffer from a chronic condition; diabetes, arthritis, high blood pressure, heart disease, chronic pain or anxiety? If so, the "Living Well with Chronic Conditions" workshop can help you take control of your life again. Learn How to deal with pain and fatigue, and how to make better nutrition and exercise choices. Also, learn how to communicate more effectively with your physician and try new techniques to deal with stress. This 2 1/2 hour Chronic Disease Workshop, will be held each week for 6 weeks and the cost is \$20 to cover materials. This class is open to adults with chronic conditions and caregivers. The first class being offered will be held at the Indian Head Senior Center, beginning Tuesday, February 4 through March 11.

Tuesday, February 4, 9:30am to Noon: Living Well: Chronic Disease Self-Management Program: The first class of the program. Reminder: The cost for the Workshop is \$20. This is a great deal! At local hospitals this program can cost up to \$480.

Become a Member!

Indian Head Business Association

Mission Statement

Unity * Pro-Active * Small Town Pride

Our Mission is to build promotional relationships, share resources, knowledge, opportunities, and create ideas. These tools will encourage commerce, business, balanced development, and tourism in Indian Head, MD.

Monthly General Meetings:

Second Wednesday, 8:30am, Dales Smokehouse

4645 Indian Head Hwy., Indian Head, MD

(No Meetings December & January)

Membership Levels:

Active

Associate

Student

Upcoming Evens in 2014:

Miss Indian Head Pageant 2/22/14

Fall in Love with Indian Head Business Showcase in February 2014 Date to be Announced

2nd Annual Taste of Indian Head 5/3/14

For more information, email: IndianHeadBiz4U2@aol.com

Town of Indian Head Useful Information

Holiday Closings

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

Friday December 13 (Closing at 1pm)

Christmas Holiday

Wednesday December 25

New Years Holiday

Wednesday January 1

Martin Luther King Day

Monday January 20

Presidents Day

Monday February 17

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

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

Town Codes

- **Burning**—No burning is allowed within the Town limits.
- **Animal Control**—Dogs 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 8p.m. first two Fridays each Month on Comcast Channel 99. meetings will also be televised on CCGTV on Mondays at 10am and Wednesdays at 7pm. Comcast channel 99 and FIOS channel 12.

Town Hall

Office Hours

Monday - Friday

8:30 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.

Pet Waste 101: Part 1

by Nieda Tice Town Resident & Green Team Member

Walk your Dog, but Clean Up

According to Cesar Millan (The Dog Whisperer), the most important ingredient for a happy, balanced dog is exercise. He recommends 30-45 minutes twice a day for best results, and the recommended form of exercise is walking. Of course, your dog may need more or less than this, due to health concerns, so ask your vet. Walking also has many health benefits for people, including maintaining a healthy weight, lifting your mood, and strengthening your bones. (See *your* doctor, too, before beginning any fitness program!)

When walking dogs, eventually you will need to deal with pet waste. This is a good time to re-use those plastic grocery bags you have accumulated. The Town of Indian Head also has clean-up stations at Meekins Park, Mattingly Park, and along the Village Green. In those locations you will find pet waste cleanup bags and trash cans. There are also similar stations along the Rail Trail. So walk your dog, but clean up!

Sources: www.cesarsway.com/tips/basics and www.mayoclinic.com/health/walking/HQ01612

Indian Head VFD Events

Drive-Thru Fried Chicken Dinner- Mondays, December 2, and February 3. From 10:30am until 1:30pm. Menu: 1/2 fried chicken, parsley potatoes, green beans, roll, butter, and beverage. \$8.00 per plate. Carry out only. Call ahead to place your order: 301-753-9400 or 301-743-3900



Support local businesses!

Consider giving gift certificates from local restaurants and businesses for holiday gifts this year.

Coming soon to the Smoke Signals: Local business directory!

