

Town of Indian Head SMOKE SIGNALS

**ISSUE 67
FALL 2019**

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, Public Works and the Community Affairs Office will be closed on the following days this quarter in observance of the holidays listed:

Labor Day

Monday, September 2

NO Trash Pickup

Veteran's Day

Monday, November 11

NO Trash Pickup

Thanksgiving Day & Day After

**Thursday & Friday,
November 28 & 29**

NO Trash Pickup

***Recycling will be on
Friday, November 29***

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.

A lot will be happening around Town this Fall! Come out and enjoy a few!

Town Meeting: Town Meetings are the 1st Monday of every month unless it happens to fall on a holiday. The Fall Town Meetings will take place on Tues., Sept. 3 Mon., Oct. 7 and Mon., Nov. 4 at the Village Green Pavilion 7:30pm. The Town Meeting is televised at 8pm on the 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.

Community Activities Committee: Tues., Sept. 10, Oct. 8, and Nov. 12, 7pm Village Green Pavilion. There will be no meeting in December. New Volunteers always welcomed!

Parks & Rec. Commission: Wed., Sept. 18, Oct. 16 and Nov. 20, 7:00pm, Senior Center.

Environmental Sustainability Committee: Wed., Sept. 18, Oct. 16 and Nov. 20, 7:30pm, Senior Center.

Planning Commission: Wed., Sept. 18, Oct. 16 and Nov. 20, 7pm Village Green Pavilion.

Work Sessions: Wed. Sept. 25, Oct. 23 & Nov. 20, 3:30pm Town Hall.

The Indian Head 100: Mon., Sept. 2, 6:00am

- 6:00pm. Begins and ends in Village Green Park. Cyclists will tour the entire western side of the county through Nanjemoy, Port Tobacco, La Plata and back to Indian Head. Drive cautiously and share the road with the 1,000 cyclists! Questions or more info: 240-375-4061 or visit OHBT website, Ohbike.org

Annual Indian Head Car Show & Veterans Health Fair & Recognition Day:

Sun., Sept. 8, 9:00am - 3:00pm, Village Green



Park & Pavilion. Registration: 8:30am - Noon. Car Show sponsored by Indian Head Baptist Church. Spectators FREE. Veterans Recognition Day & 9/11 Remembrance Ceremony at 1pm, sponsored by Local Veterans Organizations. Health Fair inside the Pavilion, 9:00am - 2:00pm, sponsored by Veterans of Foreign Wars Post 7461. Special recognition and services will be offered to all First Responders, Veterans, Active Duty Military and their families. Thank you for your Service! For additional information please call: Car Show: Tom Bowie at 240-585-2588 or Emmett Posey at 240-320-3806, Venue: Karen Williams at 240-375-4061, Veterans Recognition: Dr. JoAnn Fisher at 240-305-5516.

14th Annual Breast Cancer Awareness Fitness Walk: Sat., Oct. 12. Come to the Senior Center to register for the event, Mon. - Fri. 9am - 3pm. Look for more info coming soon to the Town's website!



Save the Date!! Pumpkins on the Potomac Fall Festival: Sat., Oct. 26.

Watch for event details on the Town's website: www.townofindianhead.org and Facebook page!



Trunk to Trunk Trick or Treating: Thurs., Oct. 31, 6:00pm - 8:00pm, Village Green. Children 12 years & under with adult welcome! FREE Trick or Treat bag & glow necklace to first 100 children in line (1-12 years only).

Meal bag of hot dog, chips, fruit snack & beverage \$2. Served 5:00pm - 7:45pm, inside dining & restrooms available.

*Residents, Businesses, Churches, Organizations - WE NEED YOU on the Village Green as Trunk to Trunk participants! Bring your trunks full of candy (enough for 600 trick or treaters, enjoy dinner on the Town as a thank you for participating! Line up between

5:00pm - 5:45pm (no vehicles after 5:45pm) for 6:00pm - 8:00pm trick or treating.

4th Annual Christmas Craft Fair: Sat., Nov. 2, 9:00am - 2:00pm, Village Green Pavilion. The Indian Head Volunteer Fire Dept. & Rescue Squad Auxiliary and the Town of Indian Head Community Activities Committee sponsored event.

Featuring Local Crafters with their handmade/hand-crafted items for sale. Bake Sale, 50/50 Raffle, Door Prizes & our famous Dip Luncheon! For more information please contact: Mary Hashagen 301-710-7650 or Karen Williams 240-375-4061. Come on out and enjoy a day of shopping with some of Southern Maryland finest Crafters!!



Veterans Day Ceremony & Lunch: Thurs., Nov. 7, 11:00am, Village Green Pavilion (indoor). Complimentary luncheon served immediately following the ceremony. Public Welcome - FREE Community Event. Hosted by the Town of Indian Head and Local Veterans Organizations.



For further information on the events listed please contact Karen Williams at 240-375-4061 or karen@townofindianhead.org.

NOTICE: Recycling will be on Friday, December 27th and Friday, January 3rd instead of the normal Thursday pickup due to the holiday schedule.



Mayor's Message by Brandon Paulin

Hello everybody!

I hope everyone had a fun and enjoyable summer. With the school year quickly approaching I encourage everyone to please stop for buses picking up or dropping off kids, and to be aware of where bus stops in your neighborhoods are so you can slow down and stay alert.

This summer has been a busy one, the CSM velocity center is set to open on January 1st, 2020. The building that's starting the Velocity Park where the old Ely's building was is coming to completion and will be the catalyst for future commercial development in town.

The Boardwalk project is progressing slowly. We are still awaiting permits from MDE (Maryland Department of the Environment). After we receive that the process should speed up exponentially. We are really looking forward to getting this project underway!

Recently we have seen a need to improve Indian Head's streetscape to make it more attractive, walkable, and business friendly. So, within the next few weeks I will be meeting with SHA to discuss different options, projects, and initiatives to do just that. It will probably be a longer process, but we are looking forward to seeing what comes out of it.

Next year is the Town's 100th anniversary! We want to highlight our past, present, and future. If you have any ideas on how we can celebrate and commemorate this centennial please email me at Brandon@townofindianhead.org

Have a great rest of your summer and Autumn and I hope to see you around.

Until next time -Mayor Paulin

Councilman's Cornerstone

Best wishes to our students returning to school. Let's continue to pour into them by supporting them with school supplies and encouragement. Contact the volunteer fire department to have a new smoke detector installed. We need more volunteers to support the volunteer fire department so visit them on Thursday evenings. We are continuing to enhance our communications sources with you by adding information centers in our local parks and village green. These information centers will be updates on the latest happenings around town. The little library program is going extremely well, so continue to take a book and donate a book.

I am always available to hear your concerns so feel free to contact me and remember "We wave in Indian Head"

Curtis L. Smith
Councilman
Town of Indian Head

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
Wayne Higdon
Anita Sampson
Mary Armstrong
Thomas Gordon
Kelly White
Brian Israel
Anthony McFarland

Board of Zoning Appeals
Dennis Scheessele
Rose Chase
Rickie J. Posey

Ethics Commission
Mark Hobgood
Paul Scott James

Town Hall Staff
Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell, Deputy
Finance Officer
Karen Williams, Community
Affairs
CPL Curtis #527, Community
Police Officer
Planchek, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org

BLACK BOX THEATRE

Calling All Local Artists: Would you like to display your work? The Indian Head Center for the Arts is looking for you! As we ramp up our celebration of the Arts, the Black Box is seeking to create a Quarterly Gallery. Whether you want to display or sell your work we are interested in meeting with you. Please contact pam@indianheadblackbox.org for more information.

Join Us for Fall Movies. Season line up will be posted in September.

Visit us on October 12th & 13th for the new play The Takeover. Follow our website for more details.

The Black Box Players is Proud to Present: Farndale Avenue: A Christmas Carol. December 6, 7, 8, 13, 14, and 15. This production is presented by special arrangement with Samuel French Inc. Purchase Tickets Online or at the door for \$15.

Looking for a place to hold your Event, Rehearsal, Performance or Birthday? The Black Box Theatre offers a unique intimate space for up to 80 guests. Our prices start at \$75. Visit our website: www.indianheadblackbox.com and click on Rental for more details.

St. James Events

9/14 – St James' Crab Cake Dinner 3 – 6 pm: 2 Crab Cakes (1 for child), Ham, Carrot Salad, Parsley Potatoes, Green Beans, Coleslaw, Rolls, Tea, Coffee, Punch and Water, Dessert. \$25 - Adults \$12.00 - Children 12 & under New! Family price - one free child per family 301-399-2778

9/15 – Tupperware Party at 1:00 pm – call Jackie at jrjw3520@aol.com for details

9/29 - Animal Blessing Service at 9:30 am next to Saint Francis Statue

9/30 - Community Spaghetti Dinner – 5 until 6:30 pm – There's no charge and ALL are welcome!

October 5th at St James' Episcopal Church – Come and experience Jesus' way of love by seeing who we are and what we do at our Free Family Fall Festival. We begin the day with a 10 am explanation of our Church Service. This will be followed by activities, food, fellowship, and fun for all! 301-743-2366

10/19 – Scrapbooking from 9 until 9 at St James' – breakfast, lunch, and dinner – email Ruth at ruthnova1@gmail.com for details. Cost is a \$35 donation.

11/2 – St James' Famous Fall Bazaar – 10am to 3pm – Drawings for our famous baskets, Vendors with antiques, crafts, jewelry and more, lunch from 10 to 2, homemade cakes, pies, famous apple dumplings, cookies, and much, much more, Free photo with Santa!

Interested Vendors please contact Shelly at shelley65@comcast.net

CIVIC EVENTS CALENDAR

American Legion Meeting

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

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

RELIGIOUS SERVICES

St Mary's Star of the Sea Church

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

Indian Head Baptist

Sunday School 9:15am
Sunday, Morning Worship 10:30am
Sunday Bible Study 6:00pm
Thursday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal

Sunday 8:00, 9:15 & 10:30am
Sunday School 9:45am
301-743-2366

Indian Head Church of the Nazarene

Sunday School 9:45am
Sunday AM Worship 11:00am
Sunday PM Worship 6:00pm
Wednesday Adult Bible Study 7:00pm
301-743-5768

Indian Head United Methodist Church

Sunday School 9:30am, Worship 11:00am
301-743-2312

Greater Spiritual Fellowship Community Church

Sunday School 9:30am
Sunday Worship 11:00am
Tuesday Discipleship Training 7:30pm
Thursday Bible Study 7:30pm
301-743-6014

Congregation SHA'ARE Shalom

Services 1st Friday, 2nd & 4th Saturday every month.
301-645-4606

Indian Head Worship Center

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

Cornerstone AME

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

New Life Christian Ministries, Int'l

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



Town Fall Leaf Vacuum Collection Begins November 7

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.

Call the Town Hall to confirm leaf vacuum operation before raking your leaves to the curb. 301-743-5511 or 301-753-6633

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

Business Highlights

CLARITY COFFEE HOUSE

M-F 6 AM Wkend 7AM



CLARITY

(240) 377-8190 4175 Indian Head Hwy
 Info@ClarityCoffeeShop.com Indian Head, Maryland 20640
 www.ClarityCoffeeShop.com

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



Michelle's Cakes

4336 Indian Head Hwy,
 Indian Head MD, 20640

301 246.9007

www.michellescakes.net
 michellescakes@yahoo.com
Find Me On Facebook



State Farm®
 Providing Insurance and Financial Services

Home Office, Bloomington, Illinois 61710



David Dixon, Agent

3A North First Street
 Indian Head, MD 20640-1801
 Bus 301 743 7200 Fax 301 743 5790
 Cell 240 299 6490
 dave.dixon.gzme@statefarm.com



The greatest compliment you can give is a referral.



BBQ

DALE'S SMOKEHOUSE

301-743-6777

Dale Hayes/Pam Hundley 4645 Indian Head Hwy
 dalessmokehouse@aol.com Indian Head, MD 20640



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

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 (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 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 curbside 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 curbside trash collection service.

Change Your Clock - Change Your Battery



Daylight Savings Time (DST) Ends at 2:00 am on Sunday, November 3, 2019. Remember your clocks go back 1 hour and at this time the batteries need to be changed. This way our Fire Alarms will be constantly working and helping your family get out in case a fire is started.

This message brought to you by Chief Williams, Indian Head VFD & RS, Inc

FUNDRAISER

Indian Head Volunteer Fire Department & Rescue Squad Inc. AUXILIARY are hosting a

DRIVE-THRU BOXED LUNCH

on Monday, September 16, 2019
from 11:00 am to 1:30 pm
WHILE THEY LAST

Featuring ...

- Homemade Chicken Salad on Bun
- Homemade Pasta Salad
- Fresh Fruit Cup
- Bag of Potato Chips
- Freshly Baked Brownie
- Soda or Bottle Water

\$6.00



Thank you for your support!
Drive-thru begins behind the firehouse



Fire Prevention Open House

Saturday October 12, 2019
from 11:00 am to 3:00 pm
at 4095 Indian Head Highway
Indian Head. MD 20640

- Featuring:
- Literature
 - Fire Demonstrations
 - Sparky the Fire Dog
 - Smoky Bear
 - Refreshments

**National Fire Prevention Week
October 6 - 12 2019**



The Indian Head Volunteer Fire Dept. & Rescue Squad Auxiliary and the Town of Indian Head Community Activities Committee are sponsoring our

4th Annual Christmas Craft Fair

November 2, 2019
9:00a.m. to 2:00p.m.

Indian Head Village Green Pavilion
100 Walter Thomas Road, Indian Head, Maryland

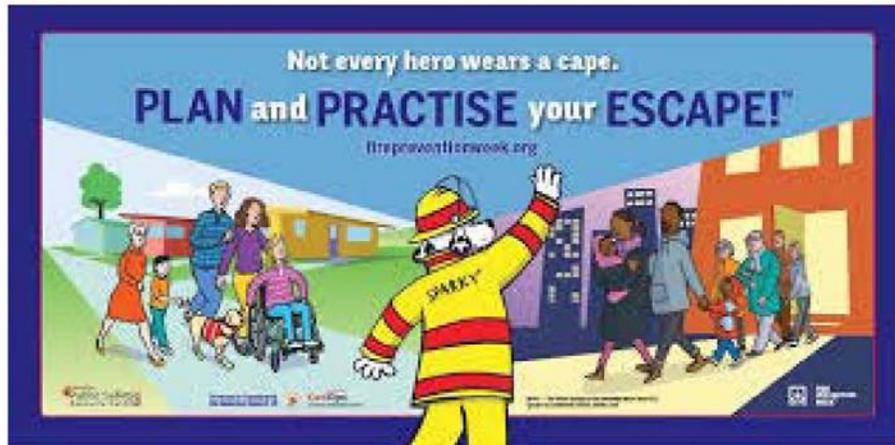
Featuring talented Local Crafters with their handmade/hand-crafted items for sale. Bake Sale, 50/50 Raffle, Door Prizes & our famous Dip Luncheon!

For more information - please contact
Mary Hashagen 301-710-7650
or Karen Williams 240-373-4061

Come on out and enjoy a day of shopping with some of Southern Maryland's finest Crafters!!!



Fire Safety Starts with YOU, Plan and Practice Your Escape!



This year's National Fire Prevention campaign is "Plan and Practice your Escape." 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 to escape reduced drastically. Should this happen, do you and your family have any escape plan and do you 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 smoke or flames block your first escape route, would you know how to get out through a secondary route? That is why having an escape plan and knowing two ways out is such a key part of your 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 have an escape plan; however, less than half actually practiced it.
- One-third of Americans households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life threatening. Often times the actual is drastically reduced to just a couple minutes.
- Be sure to include a family meeting place in your plan.

Remember that smoke alarms are an important part of a home fire escape plan.

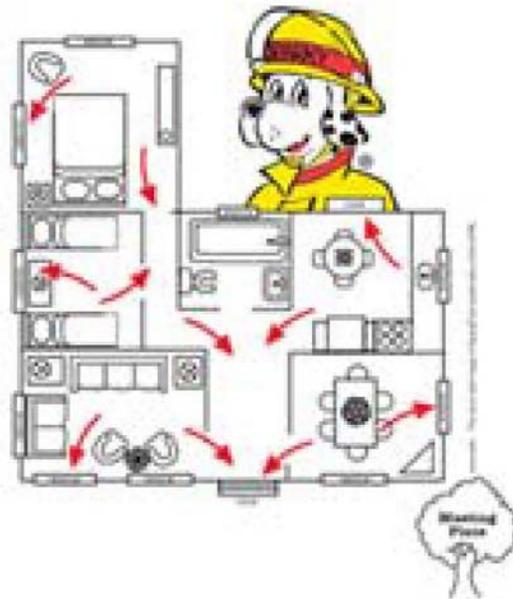
By following the three basic steps listed below and planning a Family Escape route, you cannot only prevent fire in your home or workplace but will increase your chances of surviving a fire should one occur. In addition to planning your escape route, be aware because fire can happen anywhere.

“LOOK” for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

“LISTEN” for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should know to meet.

“LEARN” two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

“Have a Plan and Know Two Ways Out of Every Room”





“Test Your Smoke Alarms”

Smoke Alarms

Did you know that many people don't 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 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.

Maryland Fire Law regarding residential Smoke Alarms:

Effective July 1, 2013 when replacing smoke alarms in your home, they must be a sealed battery unit with a 10-year life battery. If the alarms are hard-wired (electrical) with a battery backup and you are replacing them, they must have a sealed battery backup as well. The fire department offers a free detector replacement program however; we must install the detectors and cannot simply hand them out to residents. Please contact the Fire Department or the Community Affairs office if you are interested or in need of these life saving devices

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

- Be sure to install smoke alarm in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- If at all possible, interconnect all smoke alarms throughout the home. When one sounds, they all sound.
- ***Be sure to replace smoke alarms every 10 years in accordance with the manufacture's recommendations.*** (All replaced alarms must have a 10 year sealed battery back 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 and Hearing Impaired smoke alarms available for installation in your home at no cost to you or your family.**

Cooking Safety

Cooking fires have been the leading cause of all reported home fires and home fire injuries in the United States since 1990. Believe it or not, unattended cooking is the leading cause of fires with two-thirds of home cooking fires beginning with the ignition of cooking materials, including food, cooking oil, fat, or grease.

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

- NEVER leave anything stovetop cooking unattended.
- NEVER put water on a grease fire. Water and grease do not mix and it will overfill the pan causing the fire to spill out onto the counter top.
- Be sure to have an oversized lid handy to smother a pan fire. By simply placing the lid over the top of the fire and turning the burner off, it will go out.
- Have a “Kid Free Zone” around the stove. (3 feet)
- If you experience an oven fire, leave the door closed and turn off the oven. By opening the door, you could introduce air to whatever is burning making the fire larger.

In everyone’s busy world, many simple things are missed or overlooked. Although National Fire Prevention Week occurs only once a year, everyone should consider and practice fire safety year round and do all we can to keep ourselves **FIRE SAFE**.

National Fire Prevention Week October 6 - 12, 2019



We would also like to invite everyone to our Annual Fire Prevention Week/Community Safety Open House on Saturday, October 12 from 11:00 AM to 3:00 PM at the fire station. Stop on in and learn more about General Fire Safety, Smoke Alarms, visit with Sparky the Fire Dog and get vital safety information for all ages.

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 offer programs so seniors can be independent as long as possible physically, mentally, spiritually and socially. This year seniors are sharing the things they love to do. Come and share.

Annual registration is during the month of October. This is the only time that we actively ask for donations for our programs.



Save the date, On Saturday, October 12, 2019 we will be hosting our 14th Annual Breast Cancer Awareness Fitness Walk. We raised over \$4500 in 2018 for **Sisters at Heart** a breast cancer support group established in 2007. Come to the center to register for the event. We are open during the hours of 9 a.m. to 3 p.m., Monday – Friday.

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

You can try any of the fitness classes once at no charge.

Tai Chi is an evidence-based fall prevention program for older adults that also aids with Arthritic pain. Ongoing every Monday & Wednesday at 10:30 a.m. – no cost.

Arthritis Foundation Exercise Foundation (AFEP) – This seated program is a community-based recreational exercise program that was originally developed by the Arthritis Foundation in 1987. Every Tuesday and Thursday at 10:30 a.m.

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

Jewelry Club – Meets Tuesdays at 9:30 a.m.

TOPS – Take Off Pounds Sensibly – Meets at 9:30 a.m. every Thursday- cost \$32/year.

Quilt N' Chicks – Meets every Wednesday at 10 a.m.

Hooked on Yarn – Bring your hook to crochet or knit. Meeting every Wednesday at 9:15 a.m.

Line Dancing 1st and 2nd Thursday at the center starting at 1pm – the cost is a fitness card.

Chair Pilates every Tuesday and Thursday morning at 9:15 a.m. – the cost is a fitness card.

Fitness Training every Monday and Wednesday morning at 9:15 a.m. – the cost is a fitness card.

Chair Yoga Integral Yoga can be done from a chair or on a mat. For levels and abilities every Friday at 9 a.m. - the cost is a fitness card. Come and meet our new yoga instructor.

Fitness Room – *Try out our new Nu-Step and Elliptical equipment* .

Pool Table – Everyday all day. Come and challenge a senior.

Fitness Card is \$20 for 10 visits.

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

September – *An American Marriage* by Tayari Jones

October - Self-Selected Fiction – share a book of fiction you enjoyed

November – (date change – 20th) One Maryland One Book: *What the Eyes Don't See: A Story of Crisis, Resistance and Hope in an American City* by Mona Hanna-Attisha

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

Games and more games ongoing games, such as Spades, Acey-Ducey, Scrabble, Phase 10, Steal the Ole Man's Pile, Dominoes and Crazy 8's to name a few.

What's coming to the senior centers?

- Planning and Planting the Fall Garden
- Cash Bingo September 4th, October 2nd and November 6th at the **NEW Waldorf Senior Center** – Doors open at 9 a.m.
- Car Detailing only \$30 2nd Monday of each month.
- 9-11 Stair Climb Challenge – Support the National Fire Fighters Foundation through exercise.
- Energy Assistance with Julie Hammonds, September 12th – make an appointment by calling the center.
- Fall Prevention Week, September 23rd
- Halloween Party, Thursday, October 31st
- Thanksgiving Party, Thursday, November 21st

Mark your calendar for Medicare Training at **Potomac Branch Library, 3225 Ruth B. Swann Dr., Indian Head** • Wednesday, Sept. 18, 10 a.m. • Thursday, Sept. 19, 6 p.m.

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



Get ready for Fall at the Indian Head Senior Center

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

The Indian Head 100



September 2, 2019

Indian Head, Maryland

The Southern Maryland Century, 2019
Oxon Hill Bicycle and Trail Club - ohbike.org



**ANNUAL
INDIAN HEAD CAR SHOW
& VETERANS HEALTH FAIR & RECOGNITION DAY**

Sunday Sept 8, 2019
9:00 a.m. – 3:00 p.m.
Registration: 8:30 a.m. – Noon
CAR SHOW Sponsored by Indian Head Baptist Church
SPECTATORS FREE

Free lunch to All Veterans, Active Duty Military and their Families

Veterans Recognition Day & 9/11 REMEMBRANCE CEREMONY – 1:00P.M.
Sponsored by Local Veterans Organizations

Health Fair Inside Pavilion 9:00 a.m. – 2:00 p.m.
Sponsored by Veterans of Foreign Wars Post 7461

Special Recognition and Services will be offered to all First Responders, Veterans, Active Duty Military and their Families
• Thank You for Your Service! •

FEATURING
Oldies & Praise Music
Food For Safe Inside & Outside Pavilion
Serving Windows

THANK YOU MAJOR SUPPORTERS



CRABBER'S SEAFOOD Indian Head

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

*For additional information, please call:
Car Show – Tom Bowie @ 240-585-2588
Car Show – Emmett Posvy @ 240-320-3806
Vendor – Karen Williams @ 240-375-4061
Veterans Recognition – Dr. JoAnn Fisher 240-305-5516

Save the Date!

Saturday,
October 26



Pumpkins on the Potomac Fall Festival

Watch for Event details on the Town's website: www.townofindianhead.org and Facebook page!



Veterans Day Ceremony & Lunch

Thursday, November 7, 2019

11:00 a.m.

Indian Head Village Green Pavilion (Indoor)
100 Walter Thomas Road

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

Hosted by the Town of Indian Head and Local Veterans Organizations

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



TOWN OF INDIAN HEAD

Trunk to Trunk



Trick or Treating



Thursday, Oct. 31

6:00 - 8:00pm

Indian Head Village Green



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

Meal Bag of Hot Dog, Chips, Fruit Snack & Beverage \$2.00
(served 5:00-7:45pm)

Inside Dining & Restrooms Available

***Residents, Businesses, Churches, Organizations—WE NEED YOU
on the Village Green as Trunk to Trunk participants!**

***Bring your trunks full of candy (enough for 600 trick or treaters),**

***Enjoy dinner on the Town as a Thank you for participating!**

***Line Up between 5:00-5:45pm (no vehicles after 5:45pm)
for the 6:00-8:00pm trick or treating.**

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



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

