

# Town of Indian Head NEWSLETTER

ISSUE 83  
FALL 2023

## Town Hall

### Office Hours

Monday - Friday  
8:30 a.m.- 4:30 p.m.

### Phone Numbers

Ofc: 301-743-5511

Fax: 301-743-9008

## Holiday Closings

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

### Labor Day

**Monday, September 4**

### Veteran's Day

**Friday, November 10**

### Thanksgiving Break

**Thursday, November 23**

**Friday, November 24**

*Trash will be picked up the regular Tuesday/Friday schedule for residential pickup.*

*There will be NO recycling pickup the week of Thanksgiving*

*\*check the Town's website for any updated holiday closures\**

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

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

## Meeting Schedule

**Town Meeting:** The Town meetings are held the 1st Monday of every month at 7pm unless it falls on a holiday. The remaining Town meetings for this year will be held virtually on the GoToMeeting platform. The fall Town meeting schedule is as follows - Tuesday, September 5, Monday, October 2, Monday, November 6.

**Planning Commission:** The Planning Commission meetings are held on the 3rd Wednesday of each month at 5:30pm on the GoToMeeting platform. The fall Planning Commission meeting schedule is as follows - Wednesday, September 20, October 18, November 15.

**Work Session:** The Town Council Work Sessions are held on the 4th Wednesday of each month at 3:30pm on the GoToMeeting platform. The fall Work Session schedule is as follows - Wednesday, September 27, October 25, November 15.

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

*Please make sure to check our website to stay up to date on any changes to the meeting schedule [www.townofindianhead.org](http://www.townofindianhead.org)*

## Upcoming Events



**Annual Town of Indian Head Car Show in Memory of Emmett Posey** : Saturday, September 9, 9am to 3pm, Village Green Park. Check the flyer on page 13 for further information.



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



**Veterans Day Ceremony** : Thursday, November 9, 11am, Village Green Pavilion. Open to the public. Hosted by the Town of Indian Head, local military and veteran organizations. For more information check the Town's website or email [ALAUnit233md@gmail.com](mailto:ALAUnit233md@gmail.com).

**SAVE THE DATE!** **Holiday Festival**, Saturday, December 9, 5pm to 8pm, Village Green Park and Pavilion. Come join the Town to celebrate the holiday season! Please keep an eye out for more event information on our website and Facebook page!



*Please make sure to check our website to stay up to date on any changes to the event schedule and follow our Facebook page*

# Mayor's Message by Brandon Paulin

Hello everyone!

I hope you all had a great summer that was both fun and relaxing. Now that summer is coming to a close let's be mindful that our younger residents will return to school, bus stops, and school activities and we have to be diligent operators of our motor vehicles. That means obey traffic laws, keep a special eye out when traveling through town, and be extra cautious around bus stops and school zones. A bit more awareness can ensure safety for all of our residents.

Some ongoing updates/ projects happening around town are listed below:

- Benches will be added to the boardwalk in the upcoming months.
- Bathrooms & Picnic Pavilion on the Village Green to begin soon. Awaiting federal go-ahead before we put the project out to bid.
- East Poplar stormwater project will start as soon as materials are received.
- \$200,000 from the state has been approved by the Board of Public Works for use towards an "Indian Head Recreation Center". Our goal is to have an MOU signed with the Boys and Girls Club in the upcoming weeks and have them permanently located in the old PNC bank location. That way they can expand, program, and have a dedicated space for their long-term goals in serving our youth in town!
- Apartments along Blair Road are undergoing renovations.
- The buildings immediately outside of the base gate have been sold to new ownership, which is fantastic news. They are looking at different options for the property and have had many discussions with the town on what's best to revitalize these properties. We look forward to working with the new owners.
- Oasis grocery store is picking back up steam! Work in the rear of the property has continued (go see some of the

cool machinery work) that will pave the way for a new parking lot and community garden. The project's anticipated completion date at this point is summer of 2024. We can't wait for the fresh grocery options, continued community partnerships, and the revitalized building that Oasis will bring to the town. They will be located in the Algonquin building (old Indian Head furniture) with building expansion to the rear and side.

- Other grant funded projects will proceed as we work through the paperwork and state processes. If you have any questions about any project/building, feel free to reach out.

This fall remember to support your local small businesses. They employ residents, support activities in our communities, and are the backbone to our economy. I wanted to congratulate one of Indian Head's businesses "Grinders Seafood" who celebrated their 20<sup>th</sup> year of business in town recently! Running a small business is a difficult task but doing so over the course of 2 decades shows that they have a real passion and dedication for all that they do. Big congratulations to Shannon, Daniel, and the whole team at Grinders Seafood!

Lastly (and on a more personal note), if you haven't been able to get ahold of me throughout August, it was intentional but for good reason. I officially became the luckiest person in the world and married my longtime fiancé, Taryn. Thank you to all those that have reached out to express their congratulations. We're excited to be the new Mr. & Mrs. Paulin.

If I haven't gotten back to you, please don't hesitate to reach back out. As I dig through my inbox from my time away, I will respond as soon as I get to your emails/messages. I hope everyone has a great rest of your summer and fall. To the students in town, learn as much as you can this school year!

Until next time,  
Mayor Paulin

## TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

**Mayor**  
Brandon Paulin

**Council**  
Ron Sitoula, Vice Mayor  
Cassandra Grumbine,  
Councilwoman

**Town Manager**  
Ryan L. Hicks

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

**Board of Zoning Appeals**  
Michael Pellegrino, Chair  
Thomas Blake  
Joann Broussard

**Ethics Commission**  
Paul Scott James  
Stephen Gilligan

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

**Town Website**  
[www.townofindianhead.org](http://www.townofindianhead.org)

Book your event at the Black Box – summers deals staying through fall!

Watch our website for events!



The Charles County Judy Center Early Learning Hub serves families with children ages birth-Kindergarten who live in the Indian Head Elementary School zone. Judy Centers are not childcare centers but a comprehensive hub where families can participate in family learning experiences and receive services and support. Judy Centers empower a child's first teachers— their families- by supporting child development and early learning skills for our youngest learners from birth through kindergarten.

Families who are interested in attending Judy Center playgroups should use the sign up link or QR code to register. For more information about The Judy Center please contact the following staff members.

Ms. Amanda Pheulpin  
[apheulpin@ccboe.com](mailto:apheulpin@ccboe.com)  
301-944-1093

Ms. Andrea Satchwell  
[asatchwell@ccboe.com](mailto:asatchwell@ccboe.com)  
301-944-1092

## Judy Center Playgroup Schedule Indian Head

### Mon

**Toddler Time Group**  
Ages 18 months-  
3 years

10:30-11:30am

**Pre K Prep**  
Ages 3-5 years  
12:00-1:00pm



### Tue

**Cuddle Time**  
story time @  
Potomac Branch  
Ages 0-2  
9:30-10:00am

**Preschool  
Story Time**  
@ Potomac Branch  
Ages 3-5  
10:00-10:30am



### Wed

**KinderMusik**  
Judy Center Trailer  
Ages 1-5

10:00-10:45 am

**Power Tots**  
IH Pavilion

Ages 1-2 years  
11:00-11:30am

Ages 3-5  
11:45-12:30pm



### Thu



### Fri

**TAP Cafe**  
(Tots and Parents)  
for parents and  
babies ages  
birth-18 months old

2nd Friday of every  
month

9:30-10:30am

Come join us for a  
special time  
including breakfast  
and a special  
presentation/activity



Please Click **SIGN UP** or scan the QR code to register.  
Please be sure to click each session you will attend based on your child's age. A Judy Center staff member will confirm your registration before the first week of groups.





## Town Fall Leaf Vacuum Collection Begins November 1

Leaf Vacuum Collection is offered by the Town on Wednesdays during the fall season, weather permitting.

- Only leaves free of sticks, rocks and debris can be raked to the curb.
- Do not rake leaves into the paved portion of the streets or into the storm drains.
- Bagged leaves placed curbside will be picked up with other yard waste during the regular Wednesday year-round yard waste pick-up. Bagged leaves MUST be in biodegradable paper bags. The Town WILL NOT pick up leaves in plastic bags.
- Keep regular household trash containers separate from yard waste.
- Bagged yard waste may be placed curbside on Wednesdays year-round for pick-up.

Please be patient, due to large volume of leaves the entire Town cannot always be covered in a single day. The crew will conduct one complete pass through of the entire Town before doubling back on streets.

### BURNING LEAVES IS NOT PERMITTED

### NO OUTDOOR BURNING OF ANY KIND IS PERMITTED WITHIN THE TOWN LIMITS

Vacuum Collection is subject to weather. Should snow removal be required, the leaf vacuum will not operate.

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

### Business Highlights

**CLARITY COFFEE HOUSE**  
M-F 6 AM Wkend 7AM



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

**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 649C  
dave.dixon.gzme@statefarm.com



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301 246.9007

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michellescakes@yahoo.com  
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**Vincent Ippolito**  
President/Pharmacist

**Indian Head Care Pharmacy**  
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Hometown Pharmacy  
www.indianheadcare.com

301-684-2580  
301-684-2693

4115 Indian Head Hwy,  
Indian Head, MD, 20640



**DALE'S SMOKEHOUSE**  
301-743-6777

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



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**SAMSON  
PROPERTIES**

**April Van Overbeek**  
Realtor®, SRES, ABR, MRP

202-716-9120  
240-724-6550  
april@aprilvanrealtor.com

6710 Oxon Hill Rd., Suite 460, Oxon Hill, MD 20745



**A TOUCH  
OF HOME**

Web: [atouchofhome.online](http://atouchofhome.online)  
email: [atouchofhome316@gmail.com](mailto:atouchofhome316@gmail.com)  
Phone: 240-554-5481

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**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**

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

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

**Recycling/Yard Waste**

Solid waste products such as glass jars and bottles, newspapers, plastic bottles and metal cans will be picked up at the curb every Thursday within the Town of Indian Head. Place these items in your recycling bin—no need to separate them. Yard waste will be collected on Wednesdays, year-round, weather permitting. Grass clippings and leaves must be placed in brown paper bags or in a trash container marked “Yard Waste” and placed at curbside. Brush must be bundled and must not be any longer than four feet (4’) in length. Individual pieces of brush must not be any larger than six inches (6”) in diameter. Both Recycling and Yard Waste must be curbside by no later than 7:30AM. Bulk trash can be scheduled year-round on Wednesdays. Fee of \$50 (credit card, cash or money order **ONLY**) per scheduled pick-up must be paid in advance at time of scheduling. All items must be curbside by 7:30am on the pre-scheduled pick-up day but not earlier than 48 hours prior to pick-up day.

**CODE ENFORCEMENT—HIGHLIGHTED CODES OF THE QUARTER**

**International Property Maintenance Code 302.8 Motor Vehicles.** Except as provided for in other regulations, inoperative or unlicensed motor vehicles shall not be parked, kept or stored on any *premises*, and vehicles shall not at any time be in a state of major disassembly, disrepair, or in the process of being stripped or dismantled. Painting of vehicles is prohibited unless conducted inside an *approved* spray booth.

**Exception:** A vehicle of any type is permitted to undergo major overhaul, including body work, provided that such work is performed inside a structure or similarly enclosed area designed and *approved* for such purposes.

**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 \$75  
**(per dwelling unit per quarter) plus  
\$7 for every 1,000 gallons used**  
Minimum rate for all commercial customers \$217  
**(per unit per quarter) plus  
\$7 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: \$90.00 (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)	\$500 per quarter
Category II	Maximum 2 cans (per unit)	\$100 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.**

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



Fire Prevention Week 2023 is October 8–14.

This year's National Fire Protection Association's Fire Prevention Week campaign theme is, "*Cooking safety starts with YOU*". The program is designed to educate everyone about simple but important actions they can take to keep themselves and those around them safer when cooking.

### Cooking Safety

According to the National Fire Protection Association, (NFPA), cooking fires have been the leading cause of all reported home fires and home fire injuries in the United States since 1990. Believe it or not, unattended cooking is the leading cause of home fires.

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

- NEVER leave anything stovetop cooking unattended. Stay in the kitchen while you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Keep anything that can catch fire such as oven mitts, wooden utensils, food packaging, towels or curtains away from your stovetop.
- Have a "Kid Free Zone" around the stove. (3 feet) If you experience a cooking fire and decide to try and extinguish it, please remember
- NEVER put water on a grease fire. Water and grease do not mix and it will overflow the pan causing the fire to spill out onto the counter top.
- Be sure to have an oversized lid handy to smother a pan fire. By simply placing the lid over the top of the fire and turning the burner off, it will go out.
- If you experience an oven fire, leave the door closed and turn off the oven. By opening the door you could introduce air to whatever is burning which can make the fire burn faster.



## Smoke Alarms

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

### **Installing and maintaining residential smoke alarms.**

- Working smoke alarms improve your chances of surviving a fire in your home by 50% and are an inexpensive device to ensure you and your family's safety. Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or the alarms are not working.
- Be sure to install a smoke alarm in every bedroom or outside each separate sleeping area and on at least every level of the home, including the basement.
- Be sure to replace smoke alarms every 10 years in accordance with the manufacture's recommendations.
- There was a change made to the Maryland Fire law regarding residential Smoke Alarms. *In accordance with the law, which went into effect on July 1, 2013 when replacing smoke alarms in your home, they must be a sealed battery unit with a 10-year life battery.*
- If the alarms are hard-wired (electrical) with a battery backup and you are replacing them, they must have a sealed battery backup as well.
- Be sure to test your smoke alarms at least monthly in accordance with the manufacturer's recommendations.
- If you or a family member need these life saving devices, please contact the fire station or the Town Hall, leave your name and contact information and we will contact you and install them at no cost to you.

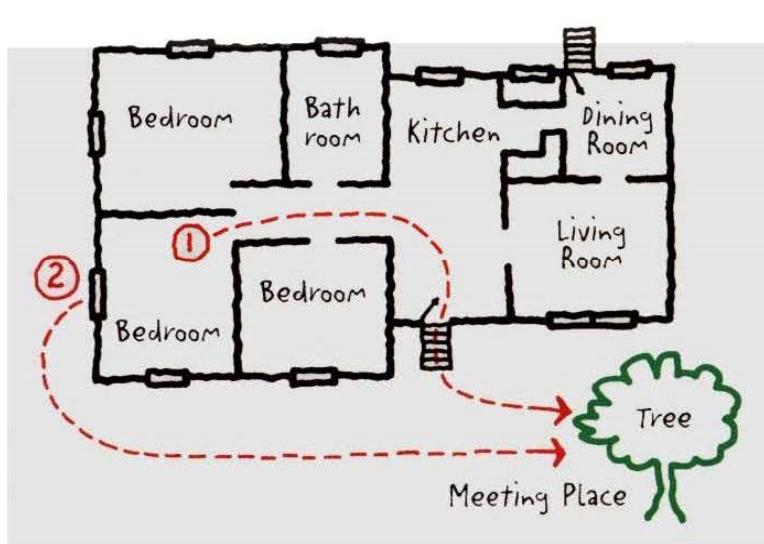


**“Test Your Smoke Alarms”**

## Have a family escape plan and practice it!

Your ability to get out in the event of a fire depends on advance warning from smoke alarms and advance planning so, **PLAN AHEAD!** If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Smoke and flames can engulf your home within just a matter of a few minutes and your chances of to escape are reduced drastically. Should this happen, do you and your family know two ways out of your home? It is important to have and practice a home fire escape plan that prepares your family to think fast and get out quickly when the smoke alarm sounds. Everyone needs to know what to do and where to go. What if your first escape route is blocked by smoke or flames, would you know how to get out? That's why having an escape plan and knowing two ways out is such a key part of your plan.

- According to an NFPA survey, only one-third of Americans have both developed and practiced a home fire escape plan.
- Almost three-quarters of Americans do have an escape plan; however, less than half actually practiced it.
- When asked how fast smoke and flames could develop in your home, most people estimated they have at least 6 minutes before a fire in their home would become life threatening.
- Unfortunately, and often times the actual time is reduced to just a couple minutes.
- Remember that smoke alarms are an important part of a home fire escape plan.
- Be sure that once you make a plan, practice it on a regular basis so everyone knows what to do in the event of a fire.
- Be sure to include a family meeting place in your plan.



By following these simple Fire Safety tips to ensure you and your family's safety, YOU can help to prevent a fire in your home and get out if one should occur.

If you are interested in joining our department please stop by the fire station on Thursday nights or contact us at 301-753-9400.

The Indian Head Senior Center is located on the Village Green in the Old Post Office, 100 Cornwallis Square. If you are at least 60 years young we encourage you to part of this fast-paced center, where we encourage older adults to be independent as long as possible physically, mentally, spiritually, and socially.

## Indian Head Senior Center

"Kindness is difficult to give away because it keeps coming back to you", even though COVID restrictions have been lifted if you are sick, we ask that you stay home. Questions call 301 743-2125.

### WELL-Come to Wellness in 2023/24

Ready for FALL! Our garden is being upgraded thanks to the Seirra Club, join us for some late Fall veggies. We are still focusing on being a community of WELLNESS. Look for chats with Dr. Cook, cooking demonstrations, Maryland Food Bank, and activities to keep you moving as long as possible. Register at any of the Charles County Senior centers to participate in our activities. For a complete list of activities pick up a copy of the SCOOP publication, go to <https://www.charlescountymd.gov>, visit our Facebook page Charles County Senior Centers or scan the QR code below.

#### New Programs – Please note we have extended our hours on Tuesdays and Thursdays to 4 p.m.:

- Widow & Widower Support Group – 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 10 a.m.
- Introduction to Pickleball – Wednesday, October 11<sup>th</sup> at 10:15 a.m.
- Gospel – Group – Monday, October 16<sup>th</sup> & 30<sup>th</sup> at 1 p.m.

#### Ongoing Programs:

- Bingo the 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Mondays and some Wednesdays and Fridays at 9:30 a.m.
- Project Linus/Sewing 101 the second and fourth Mondays at 9:30 a.m.
- Grocery Distribution third Thursday at 11:30 a.m.
- Mobile Market the 4<sup>th</sup> Wednesdays of each month at 11 a.m.
- Senior Information & Assistance – learn about current Medicare topics fourth Tuesdays at 9:30 a.m. or make an appointment by calling 301 934-6737.
- Pop-up Yard Sales -updates on posted on the Indian Head community FB page
- Book Club – books provided – fourth Wednesdays at 1 p.m.
- Senior Tech, Crafts, Tea Club, Crocheting Club, Green Thumb Club, AFEP, Seated Yoga and more

#### Upcoming Events:

- Fall Fest on the Village Green with the After 6 band, sandwiches from Chic-Fil-A, Herbert Farms and much more. Thursday, October 5<sup>th</sup> starting at 9 a.m. Band will start at 11 a.m.
- Halloween Parade with the students, October 31<sup>st</sup> at 3 p.m.
- Our annual Thanksgiving Dinner with the Richard R. Clark Gospel Singers, Thursday, November 16<sup>th</sup>
- Jaycees Christmas Party, December 14<sup>th</sup>, centers are closed – must have a ticket to attend
- Our Annual Christmas Dinner, December 19<sup>th</sup> with a Family Feud
- End of Year Piano Bar – Formal event, Thursday, December 28<sup>th</sup>

### **Stop by the center for more exciting Fall/Winter activities.**

Share the gem of our active senior center with someone you love!



The Charles County Senior centers are "Connecting older adults to an inclusive community that fosters healthy aging through programs that support independence, wellbeing and self-expression." We are here to remind you "if you don't move, you don't move" and "refuse to let an old person move into your body".

For more information visit: <https://www.charlescountymd.gov/services/aging-and-senior-services/senior-centers>

## 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  
301-743-3707

**St James Episcopal**  
Sundays 10:30am (In Person, Zoom, &  
Facebook)  
301-743-2366

**Indian Head Church of the Nazarene**  
Sunday School 9:45am  
Sunday AM Worship 11:00am  
Sunday PM Worship 6:00pm  
Wednesday Adult Bible Study 7:00pm  
240-766-5066

**Indian Head United Methodist Church**  
Sunday School 9:30am, Worship 11:00am  
301-743-2312

**Greater Spiritual Fellowship Community  
Church**  
Sunday School 9:30am  
Sunday Worship 11:00am  
Tuesday Discipleship Training 7:30pm  
Thursday Bible Study 7:30pm  
301-743-6014

**Congregation SHA'ARE Shalom**  
Services 1st Friday, 2nd & 4th Saturday  
every month.  
301-645-4606  
www.shareshalomsomd.org

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

**Cornerstone AME**  
Sunday Morning Service 10:30am  
301-743-6607

**New Life Christian Ministries, Int'l**  
Worship Service—Sunday 12:00pm  
Bible Study—Tuesday 7:00pm  
240-377-8919

**BRIDGE Church**  
Sunday Services at 10am, Black Box Thea-  
tre  
Children's Ministry, Birth - 5th Grade  
during service.

**Indian Head Baptist Church** Sunday morning at 10:30am, Adult  
Sunday school at 9:15am on Sundays as well, and Thursday night  
Bible study for Men at 6:00pm every other Thursday (September 7<sup>th</sup>,  
21<sup>st</sup>, October 5<sup>th</sup>, 19<sup>th</sup>, November 2<sup>nd</sup>, 16<sup>th</sup>, and 30<sup>th</sup>)

**Indian Head Church of the Nazarene** Yard sale on September 2nd  
from 8am—2pm. It will be located at Ace Hardware/Bryans Road  
Building Supply in Bryans Road.

**St. James Episcopal Church** The people of God at St. James'  
Episcopal Church in Indian Head worship on Sunday mornings at  
10:30 a.m. All Sunday services are offered in person, on Zoom, and  
Facebook. Masks are no longer required but feel free to wear one if  
you are so inclined. We are also offering Coffee Hour following our  
Services. All are welcome and we hope to see you soon!

Please join us for Morning Prayer on Wednesdays at 8 a.m. through  
our Facebook page. A convenient link can be found on our website,  
[www.stjamesindianhead.org](http://www.stjamesindianhead.org).

Great news! We are planning 2 Fish Frys in September. The dates  
are September 8th and September 22nd from 11 am until 6 pm.  
These are typically take-out only, however, if you ask with a smile  
you may eat in!

We are currently planning 2 more Community Spaghetti Dinners.  
They will happen on Monday, September 25th and Monday  
November 27th from 5 until 6:30. As always these are offered at  
No Charge!

And best of all - Our Bazaar is back!! It will happen on Saturday,  
November 4th from 10 am until 3 pm. We will also have lunch from  
10 until 2. As always there will be many gift baskets raffled off, like a  
Game Night Basket, a Date Night Basket, an Italian Basket, and  
other Surprises! Free photos with Santa and loads of Vendors. Not to  
mention an incredibly delicious Bake Sale! Yummy, Apple  
Dumplings!! If you would like to be a vendor, please call Bonnie  
Grimes at 240-222-2304.

Please call Brenda at 301-399-2779 for any other questions you  
might have.

We also offer free Wi-Fi access to our community. You can come to  
the parking lot and sit in your car to use this service. Just give us a  
call at (301) 743-2366 to get the password!

**SAVE  
THE  
DATE**

**COMMUNITY  
DAY**



**METROPOLITAN UNITED  
METHODIST CHURCH**

23 SEPTEMBER  
**2023**  
12:00 PM – 4:00 PM



**3385**

**Metropolitan Church Road,  
Indian Head, Maryland 20640**

Looking for authentic community? BRIDGE Church invites you to join us on SUNDAYS at 10 AM at Black Box Theater Indian Head. We welcome you to a relaxed and authentic family-friendly environment where you are encouraged to come as you are. We have children's ministry (BRIDGE Kids) for ages 8 weeks – 5<sup>th</sup> grade. After sharing their memory verse and opening kid's song, littles age 3 – 5<sup>th</sup> grade transition to their own fun and creative spaces for an engaging age-appropriate experience. Infants and toddlers are checked-in to BRIDGE Kids prior to service, where our staff and volunteers provide a safe and loving learning environment.



For more information go to [www.bridgeih.church](http://www.bridgeih.church) or call 301-841-6212.



Midweek Bible Study for older teens and adults is hosted by BRIDGE Church. Wednesdays 6:30-8. September 27<sup>th</sup> – December 14<sup>th</sup>. Come join us, all are welcome. The group will not meet on November 22<sup>nd</sup>. Go to our website at [www.bridgeih.church](http://www.bridgeih.church) or call 301-841-6212.

## **CSM Velocity Center**

Did you see that the College of Southern Maryland (CSM) Makerspace at the Velocity Center has a discounted membership for September?

Join the CSM Maker Community with industrial spaces made for everyone from entrepreneurs to artists, we're a maker's dream. Join our vibrant community, collaborate with like-minded individuals, and unleash your creativity in the Makerspace at the Velocity Center.

The Makerspace is 1,984 sq ft of collaborative community workspace for making, learning, exploring, and sharing. Located within the Velocity Center at Indian Head with more than 10,000 square feet of outstanding meeting space, including board rooms, customized general session rooms, breakout rooms, a banquet hall, and a computer lab with 20 workstations. The Conference Center can accommodate groups from 3 to 300.

The Makerspace offers Metal and Woodworking | 3D Printing/Scanning & CNC Prototyping | Laser Cutters | Soldering Irons | and other additive and subtractive machines for manufacturing.

It also includes hardware and software for cyber/gaming, CAD modeling, simulation, app development, robotics, and prototyping.

Register now to begin a membership in September for a low introductory price of \$10 your first month.

Take advantage of the makerspace in the Velocity Center to tinker and create. Complete this interest form right away to get the reduced September membership price.

<https://bit.ly/CSM-Makerspace-Interest>

If you miss this opportunity, no worries! Bookmark the following link to keep track of discounted membership opportunities at the makerspace.

<https://www.csmd.edu/makerspace>

If you have questions you can reach out to the makerspace staff at [makerspace@csmd.edu](mailto:makerspace@csmd.edu)

Sponsored by Living Water Bible Church  
**ANNUAL TOWN OF INDIAN HEAD CAR SHOW**



In Memory of Emmett Posey

**Saturday, September 9, 2023**

**9 am to 3 pm**

**On the Village Green, 100 Walter Thomas Rd, Indian Head, MD 20640**

(Follow Indian Head Hwy to the end, on right before Naval Surface Warfare front gate)

**Registration 8:30 am to noon**

**NO SPECTATOR FEE**

**Show Information**

**3 Categories: Cars/Trucks - 1997 & older; 1998 & newer, Motorcycles - any year!**  
 (NO Trailered Vehicles)

Entry Fee: \$20 (includes goodie bag, unlimited bottle water, free raffle items from sponsors)

Dash Plaques to 1<sup>st</sup> 100 registered participants

Awards for Best of Show, Top 20 ('97 & older), Top 5 ('98 & newer), Top 3 Motorcycles,  
 Pastor's Pick and Vets/Active Duty

Shaded parking available (COME EARLY)



For Additional Information, please call:

**Tony Wright 301-752-1560**

**Mike Tompkins 301-843-1660**

Indian Head Car Show-Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number : \_\_\_\_\_

Email: \_\_\_\_\_

Year/Make/Model: \_\_\_\_\_

Veteran  Yes  No

Entry Fee-\$20.00 (\$15.00 if register by September 1st)  
 (includes goodie bag, unlimited bottled water & free raffle items)  
**Make checks payable to: Living Water Bible Church**  
 10651 Deacon Road, White Plains, MD 20695  
 In consideration of the acceptance of the right to participate, entrants and participants, by execution of this entry form, hereby release & discharge any causes of action against Living Water Bible Church and it's staff, volunteers or any entity connected with the management and/or presentation of this car show for any and all known or unknown damages, injuries, losses and/or other whatsoever, that may be suffered by an entrant, participant or his/her property with respect to participation in this show.

Participant's Signature \_\_\_\_\_



Town of Indian Head

# TRUNK OR TREAT

**Join us for a night of fun and candy!**

**Tuesday, October 31st**

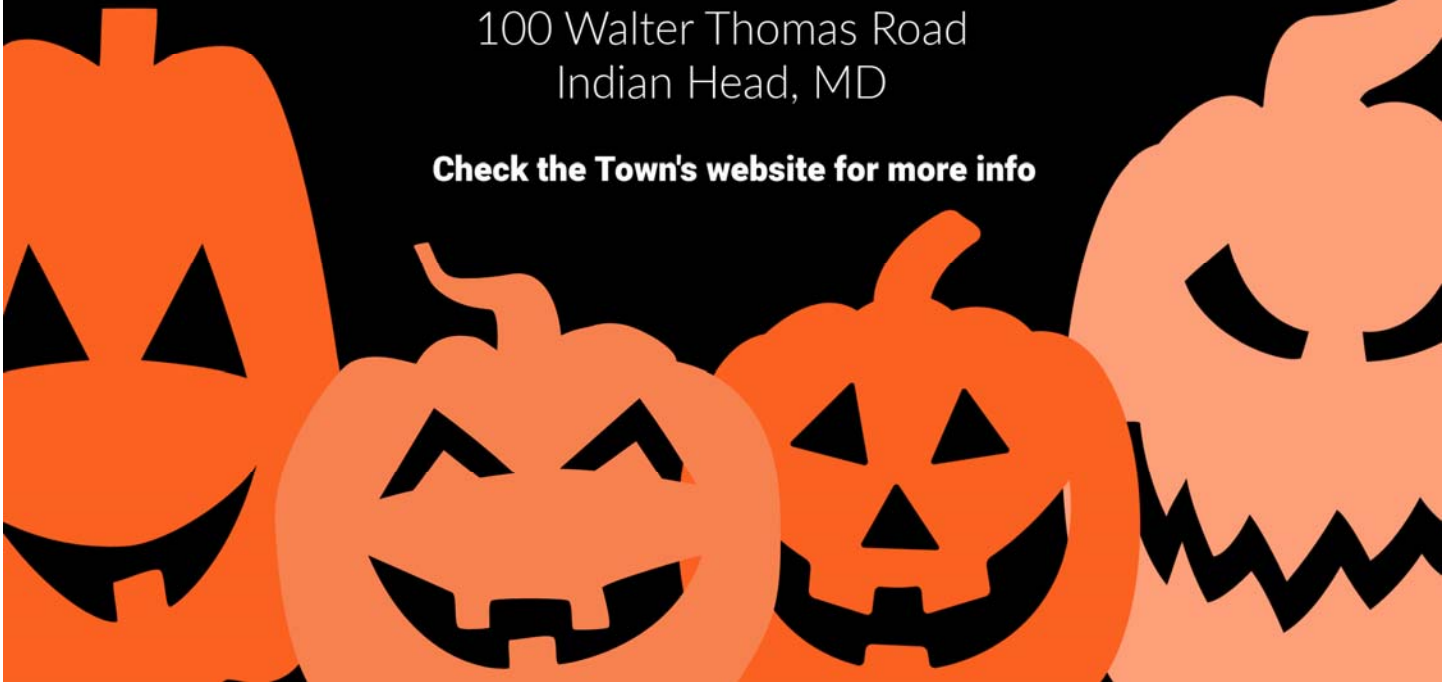
**6:00pm to 8:00pm**

Village Green Park

100 Walter Thomas Road

Indian Head, MD

**Check the Town's website for more info**





# UNIVERSITY of MARYLAND CHARLES REGIONAL MEDICAL CENTER

UNIVERSITY of MARYLAND  
CHARLES REGIONAL MEDICAL CENTER  
CENTER FOR DIABETES EDUCATION

## DIABETES 101



### Join Us for a No-Cost Education Course

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

#### AVAILABLE DATES

January 12, 2023	July 13, 2023
February 16, 2023	August 10, 2023
March 16, 2023	September 7, 2023
April 13, 2023	October 12, 2023
May 18, 2023	November 9, 2023
June 15, 2023	December 7, 2023



Interested? Contact us today for additional information.  
[DiabetesCenter@umm.edu](mailto:DiabetesCenter@umm.edu) | 301-609-5444

JOIN US!

UNIVERSITY of MARYLAND  
CHARLES REGIONAL  
MEDICAL CENTER

2023

## Diabetes Support Group

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

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

Wednesday, March 29	11:00am- 12:00pm	Nagula 2
Wednesday, April 26	11:00am- 12:00pm	Nagula 2
Wednesday, May 24	11:00am- 12:00pm	Nagula 2
Wednesday, June 28	11:00am- 12:00pm	Nagula 2
Wednesday, July 26	11:00am- 12:00pm	Nagula 2
Wednesday, September 27	11:00am- 12:00pm	Nagula 2
Wednesday, October 25	11:00am- 12:00pm	Nagula 2
Wednesday, November 15	1:00pm- 2:00pm	Nagula 2



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

An RSVP is not required, but is preferred. Please contact us with any questions or if you would like to RSVP call 301-609-5444 or email [DiabetesCenter@umm.edu](mailto:DiabetesCenter@umm.edu)



UNIVERSITY of MARYLAND  
CHARLES REGIONAL MEDICAL CENTER



**Schedule your appointment for a free health screening today.**  
UM Charles Regional Medical Center is thrilled to be bringing **Dare to C.A.R.E.**, a national vascular screening and disease management program, to Charles County on the first Tuesday of each month. This is the perfect opportunity to properly address your health. Free screenings for cardiovascular disease will be conducted from 8 a.m. to 4 p.m. at 8 Kent Avenue in La Plata, just behind the Port Tobacco Players theater. **Appointments are limited and are available on a first-come, first-served basis.**

#### Patients eligible for screenings include:

- Anyone over 60 years old.
- People over 50 years old with certain risk factors, such as obesity, smoking, and a family history of stroke.
- People over 40 with diabetes should also be screened.

Screenings are offered to local communities, like Charles County, through the non-profit Heart Health Foundation and is sponsored by UM Charles Regional Medical Center.

Call to secure your spot at 410-573-9483



## MEDICAL NUTRITION THERAPY PROGRAM

### What is Medical Nutrition Therapy?

"Medical nutrition therapy (MNT) is a key component of diabetes education and management. MNT is defined as a nutrition-based treatment provided by a registered dietitian nutritionist." (Centers for Disease Control and Prevention) MNT has been proven to help patients living with diabetes successfully reduce their A1C levels and better manage their chronic condition.

### Where is Medical Nutrition Therapy offered?

The Center for Diabetes Education at the University of Maryland Charles Regional Medical Center has started offering MNT. Our dietitian, Jocelyne Loran, RD, LDN, CDCES specializes in both nutrition and diabetes care and education. With previous experience counseling patients with gestational diabetes, diabetes, and prediabetes, our dietitian will be able to work with patients to individualize their care and help them achieve their health goals.

### How to set up an appointment?

Are you someone living with diabetes or prediabetes interested in starting on the path to achieve your personal nutrition and health goals? If so, call 301-609-5444 today to set up an appointment. We will be happy to assist you!

University of Maryland  
Charles Regional  
Medical Center



UM CHARLES REGIONAL  
MEDICAL CENTER  
Center for Diabetes  
Education

5 Garrett Avenue  
P.O. Box 1070  
La Plata, MD 20646  
Phone: 301-609-5444

[www.charlesregional.org](http://www.charlesregional.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

