



Town Happenings

A lot will be happening around Town this summer. Come on 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 Summer Town Meetings will take place on Mon. June 1, Mon. July 6 and Mon. August 3 at the Village Green Pavilion 7:30pm.

Community Activities Committee: Tuesday, June 9, 7pm, Village Green Pavilion. No meeting will be held in July or August. New Volunteers Welcomed!

Indian Head Business Association: Wednesday June 10, July 8, August 12, 8:30am Dales Smokehouse.

Planning Commission: Wednesday June 3, July 15, and August 19, 7pm Village Green Pavilion.



Project Clean Creek: Saturday, June 6, 9am to Noon at Matting Park. Join Councilman Smith! Get outside, volunteer for a creek

and park cleanup to make a difference in our community. Contact Councilman Smith to sign up at

curtis@townofindianhead.org

Volunteer to make our water and parks cleaner and safer.

Kids End of School Fun Night: Thursday, June 25, 7pm to 9pm at the Village Green Pavilion. FREE Admission. Includes Dinner & Snacks, Fun Activities, Temporary Tattoos, and Summer Door Prizes. Children must be accompanied by an adult.



July 4th Celebration: Saturday, July 4 at the Village Green Park. Patriotic Kick-Off at 3:30pm at the fountain. Amusement Rides 4pm-8pm. Food, Game, & Novelty Sales Booths. Ticket Booth Closes promptly at 7:15pm. 9:10 Spectacular Fireworks Display. Live Entertainment: 4pm-8pm DJ Rockin' Roger, 6pm-9pm THE SARA GRAY BAND. Limited parking around the Village Green. More info on page 13.



Annual National Night Out Celebration: Tuesday, August 4, Village Green Park, 6pm-8pm. FREE Family event - Fun for everyone! Activities & Inflatables for Kids, open 6pm-8pm. CC Sheriff's Office N.N.O. Coloring Contest (Ages 4-12) 6pm-8pm. Displays, Demonstrations, Handouts. Cookout Food served 6pm-7:45pm. Live Entertainment featuring The Bucket List Band. Take a bite out of crime - Leave your porch lights on sundown to sun up & join the Town of Indian Head's Townwide Neighborhood Crime Watch Program! Interested participants and all business and service, youth, fraternal, sports, religious & other organizations wanted to participate/volunteer contact Karen.



Grandparents/55 & Older Night: Thursday, August 13, 7pm-9pm. Village Green Pavilion. Enjoy dinner on the

Town and delightful entertainment featuring The Port Tobacco Pickers Bluegrass Band. Family members of all ages welcome. Free Admission.



Kids Back to School Night: Thursday, August 20, 7pm-9pm Village Green Pavilion. Free Admission includes Dinner & Snacks. Children must be accompanied by an adult. Door Prizes-School Supplies Pre-K thru 8th Grade.



I.H. Village Green Flea Market: Saturdays, 7am to 1pm, May 9 thru Oct. 24. No market May 2 (Taste of Indian Head), May 23 (Memorial Day weekend), Jul. 4 (4th of July), Sep. 5 (Labor Day weekend), Sep. 26 (Base 125th Anniversary) Oct. 31 (Halloween Trunk to Trunk on the Village Green). NO permit fee, bring own tables and chairs.



NO pet sales/giveaways allowed. NO food sales without Town permit.

For more information on any Town of Indian Head events contact Karen Williams: 240-375-4061 or karen@townofindianhead.org

Mayor's Message by Brandon Paulin

I would like to thank all the town residents that came out to vote on May 5th, as well as the other candidates and election officials. Without all of you this election would not have been possible. I would also like to thank Dennis, Ed, and Randy for their many years of service.

As many of you know the new council consists of all new faces. Curtis Smith was elected Councilman, Ron Sitoula was elected Vice Mayor and I, Brandon Paulin was elected Mayor. I am looking forward to working with them for the next four years to find solutions to Indian Head's problems.

As your new mayor I plan to be easily accessible at all times. Feel free to call, email, use social media or just stop by to express your problems/concerns and we can start working towards solutions. I've always said that a community isn't just one person working towards a goal; it is when everyone can unite to achieve even more than expected. So, I encourage everyone to be a part of the solution. Volunteer your time, join committees, attend meetings, but

most importantly just be involved within your community.

On another note, schools are winding down and temperatures are rising. In the words of Alice Cooper, school will soon be "out for summer". I want children, parents, and teachers to all have a fantastic summer. Remember to enjoy the water, parks, town events, and many more things that are offered right here in Indian Head. Now to the drivers, keep an eye out. With increased foot traffic, please follow traffic laws and be safe.

All of us wish you an enjoyable summer, until next time—Mayor Brandon Paulin

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor

Brandon Paulin

Council

Ron Sitoula, Vice Mayor
Curtis Smith, Councilman

Town Manager

Ryan L. Hicks

Planning Commission

Michael Pellegrino, Chair
Thomas Blake, Sr.
Warren Bowie
Wayne Higdon
Anita Sampson
Emery Nauden, Base Liaison
2 Open Seats

Board of Zoning Appeals

Edward Joell, Chair
Rose Chase
Rickie Posey
3 Open Seats

Ethics Commission

Mark Hobgood
2 Positions Open

Town Hall Staff

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

Town Website

www.townofindianhead.org

Indian Head Business Association

Celebrating Our Youth!

Congratulations!

Miss Cierra Bracey was crowned Little Miss Indian Head on May 2, 2015 at the 3rd Annual Taste of Indian Head. For the talent portion of the competition, Cierra recited the fifty United States and their capitols in alphabetical order. Miss Taylor Holt placed second. Miss Naomi Davis placed third and Miss Sanya Sitoula placed fourth. All the girls did an excellent job and won scholarships ranging from \$25.00 - \$10.00 from Old Line Bank and Potomac Animal Wellness Services.

For more information regarding 2016 Little Miss Indian Head and 2016 Miss Teen Indian Head Pageant, please e-mail IndianHeadBiz4U2@aol.com or call Kay Cotton at 240-508-0090. Like Us on Facebook: Miss Indian Head Pageant

Business Highlights

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

301 246.9007

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



 **Vincent Ippolito**
 President/Pharmacist

Indian Head Care Pharmacy
 The pharmacist you know the care you deserve

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

Hope You Dance

4338 Indian Head Highway
 Indian Head, MD 20640

Director: Kay Cotton 240/508-0090

2015 Summer Camps & Class Registration:

June 23rd-25th & June 30th-July 2nd (4pm-7pm)

Open House: June 27th (11am - 2pm)

*****Summer Classes start July 6th*****

HopeYouDance5678@aol.com ***** HYD.5678.KC@gmail.com

www.HopeYouDance5678.com

Like Us on Facebook!

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

Wednesday 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.shaareshalomsm.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 11:00 a.m.

Bible Study – Tuesday 7:00 p.m.

240-377-8919

Quality on Tap Report 2014 Town of Indian Head

May, 2015 PWSID # 0080020

We're pleased to present to you this year's Annual Quality Water Report. This report is designed to inform you about the quality water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is 3 wells which draw from the Patapsco (Well 3 & 4) and Patuxent (Well 6) Aquifers.

We are pleased to report that our drinking water is safe and meets federal and state requirements.

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791).

If you have any questions about this report or concerning your water utility, please contact Town Hall at (301) 743-5511. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of our regularly scheduled meetings.

The Town of Indian Head routinely monitors for contaminants in your drinking water according to Federal and State laws. This table shows the results of our monitoring for the period of January 1st to December 31st, **2014**. As water travels over the land or underground, it can pick up substances or contaminants such as microbes, inorganic and organic chemicals, and radioactive substances. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some contaminants. It's important to remember that the presence of these contaminants does not necessarily pose a health risk.

In this table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Parts per million (ppm) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Picocuries per liter (pCi/L) - Picocuries per liter is a measure of the radioactivity in water.

Action Level (AL) - the concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Maximum Contaminant Level - The “Maximum Allowed” (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The “Goal” (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

| REGULATED RESULTS | | | | | | |
|---------------------------------|------------------------|-----------------------|-------------------------|-------------|------------|--|
| Location | Contaminant | Level Detected | Unit Measurement | MCLG | MCL | Likely Source of Contamination |
| Distribution System | Copper | .099 | ppm | 1.3 | 1.3 | Corrosion of household plumbing systems; erosion of natural deposits |
| | Total Trihalomethanes | 3.5 | ppb | | 80 | Byproduct of disinfection |
| | Haloacetic Acids | 1.1 | ppb | | 60 | Byproduct of disinfection |
| Well 3 Patapsco Aquifer | Fluoride | 1.6 | ppm | 4 | 4 | Decay of natural and man-made deposits |
| | Barium | .01 | ppm | 2 | 2 | Erosion of natural deposits |
| Well 4 Patapsco Aquifer | Fluoride | .91 | ppm | 4 | 4 | Decay of natural and man-made deposits |
| | Gross Alpha | 6.6 | pCi/L | 0 | 15 | Erosion of natural deposits |
| Well 6R Patuxent Aquifer | Fluoride | .78 | ppm | 4 | 4 | Decay of natural and man-made deposits |
| | Radium 228 | 1.1 | pCi/L | 0 | 5 | Erosion of natural deposits |
| | Gross Alpha Short Term | 4.1 | pCi/L | 0 | 15 | Decay of natural deposits |
| | Gross Alpha | 3.7 | pCi/L | 0 | 15 | Decay of natural deposits |
| | Gross Beta | 4.2 | pCi/L | 0 | 50 | Decay of natural deposits |
| UNREGULATED RESULTS | | | | | | |
| Well 3 Patapsco Aquifer | Sodium | 110 | ppm | N/A | N/A | Erosion of natural deposits |
| Well 4 Patapsco Aquifer | Sodium | 45 | ppm | N/A | N/A | Erosion of natural deposits |
| | Chloromethane | 1.9 | ppb | N/A | N/A | Decay of natural and man-made deposits |
| | Chloroethane | 1 | ppb | N/A | N/A | Man-made compound |
| Well 6R Patuxent Aquifer | Sodium | 64 | ppm | N/A | N/A | Erosion of natural deposits |
| | Chloroethane | .6 | ppb | N/A | N/A | Man-made compound |
| | Radon-222 | 206 | pCi/L | N/A | N/A | Erosion of natural deposits |

“If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. Town of Indian Head is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using water for drinking or cooking. If you are concerned about lead in your drinking water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the EPA Safe Drinking Water Hotline at 1-800-426-4791 or at <http://www.epa.gov/safewater/lead>.”

Radon is a radioactive gas that you cannot see, taste, or smell. It is found throughout the U.S. Radon can move up through the ground and into a home through cracks and holes in the foundation. Radon can build up to high levels in all types of homes. Radon can also get into indoor air when released from tap water from showering, washing dishes, and other household activities. Compared to radon entering the home through soil, radon entering the home through tap water will in most cases be a small source of radon in indoor air. Radon is a known human carcinogen. Breathing air containing radon can lead to lung cancer. Drinking water containing radon may also cause increased risk of stomach cancer. If you are concerned about radon in your home, test the air in your home. Testing is inexpensive and easy. (You should pursue radon removal for your home if the level of radon in your air is 4 picocuries per liter of air (pCi/L) or higher. There are simple ways to fix a radon problem that are not too costly. For additional information, call your state radon program or call EPA’s Radon Hotline (800-SOS-RADON).

We’re proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some contaminants have been detected. The EPA has determined that your water IS SAFE at these levels.

All sources of drinking water are subject to potential contamination by substances that are naturally occurring or man made. These substances can be microbes, inorganic or organic chemicals and radioactive substances. All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency’s Safe Drinking Water Hotline at 1-800-426-4791.

MCL’s are set at very stringent levels. To understand the possible health effects described for many regulated contaminants, a person would have to drink 2 liters of water every day at the MCL level for a lifetime to have a one-in-a-million chance of having the described health effect.

In our continuing efforts to maintain a safe and dependable water supply it may be necessary to make improvements in your water system. The costs of these improvements may be reflected in the rate structure. Rate adjustments may be necessary in order to address these improvements.

We, at the Town of Indian Head, work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children’s future.

Please call our office at 301-743-5511 if you have questions.

Summertime Fire Safety : Chief Jeff Williams

Every year we look forward to spending much needed time with family and friends during summer vacations, camping trips, family reunions, picnics, and the Fourth of July annual celebrations which usually includes fireworks. Although this is intended to be a happy time, summer time also brings fires and injuries due to outdoor grilling, camping, bon fires and of course fireworks. The National Fire Administration reports that more than 8,000 people annually are injured by fireworks and grill fires and more than half these injuries occur during the first week of July. By following these simple safety tips, you can make your family outings, grilling experiences, and other outdoor activities safer and hopefully avoid accidents or injuries for an enjoyable summer.

Barbeque Safety Gas Grills:

Inspecting your grill prior to using for cracked, brittle or damaged hose lines can dramatically reduce your chances of experiencing a grill fire. The easiest way to do this is to spray soapy water on all the lines and connections, turn on the gas supply and if soapy bubbles appear, turn the tank off and make needed repairs. If you suspect a leak or smell an odor, DO NOT attempt to light your grill. Turn the cylinder valve off and do not use the grill until all leaks are repaired. When lighting the grill, open the lid, turn on the gas, if the burner does not light within 5 seconds, turn the burner off, wait 5 minutes then try again. **NEVER** use your grill indoors and keep any grill at least 10 feet away from your house or any building. Remember to never use your grill under any structures that can catch fire. These include carports, patio covers, porches and breezeways. **NEVER** store LP gas in homes or garages since LP-gas is heavier than air and a leaking cylinder would allow the gas to seep into the home.

Charcoal Grills:

NEVER burn charcoal in an enclosed facility, when charcoal is burned it produces carbon monoxide, a colorless and odorless gas that can be deadly when inhaled. Approximately 30 people die and 100 are injured as a result of breathing carbon monoxide from charcoal each year. Use only approved starter fluids designed for these grills. Never use gasoline. Never add fluid to the fire while it's burning. Position the grill well away from siding, deck rails and all other flammable/combustible materials. Never leave a burning grill unattended. Remember that the charcoal briquettes remain extremely hot even after you finish cooking. Hot coals can result in severe burns if not handled properly. Allow the coals to cool completely, approximately 24 to 48 hours prior to disposal and place all coals in a metal container. Never use a plastic container for disposal.

***As a reminder, be sure to keep a 3 foot "Kids Free Zone when grilling or around campfires and the use of a gas or charcoal grills, on balconies is strictly prohibited within the town limits. The use of these devices on balconies is also prohibited by Maryland State Fire Laws and is subject to a fine by the State Fire Marshal's Office.**

Fireworks:

Each July Fourth, thousands of people, most often children and teens are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks which could include, devastating burns, other injuries and even fires. The United States Fire Administration reports that each year approximately 11,000 people visit the emergency room as a result of firework related injuries. The majority of these injuries were sparklers than burn at about 1200 degrees F. In addition to the reported injuries, almost 18,000 fires were caused by fireworks in 2014 alone.

As a reminder, the following are the only legal fireworks in the state of Maryland;

- Sparklers
- Fountains
- Wheels and spinners

We strongly recommend ensuring you and your family's safety by attending public fireworks displays and leave them to the professionals.

Heat Related Emergencies:

Summertime activities, whether it's working in the yard, on the playing field or the construction site can be dangerous and life threatening. When performing these types of activities we need to ensure we are taking necessary precautions to ensure balance with measures that aid the body's cooling system and prevent heat-related illness. Heat-related deaths and illness are preventable yet annually many people are overcome by the extreme heat. Historically, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001 alone, 500 deaths were caused by excessive heat exposure. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. However, under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

The following are the three major types of Heat Related emergencies and the signs, symptoms and first aid steps for these possible life threatening emergencies.

Heat Cramps: Usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. When low salt levels develop in the muscles it can be the cause of heat cramps. Heat cramps may also be a symptom of heat exhaustion. Heat cramps are muscle pains or spasms, usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low sodium diet, get medical attention for heat cramps.

Heat Exhaustion: A form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate re-placement of fluids. It is the body's response to an excessive loss of the water and salt contained in sweat. Those most prone to heat exhaustion are elderly people, people with high blood pressure, and people working or exercising in a hot environment. The skin may be cool and moist. The victim's pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. Seek medical attention immediately if any of the following occurs: symptoms are severe; the victim has heart problems or high blood pressure. Help the victim cool off, and seek medical attention if symptoms worsen or last longer than one hour.

Heat Stroke: A true life threatening emergency that occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Summertime should be a time for fun and making happy memories. By following these simple safety rules and exercising caution when grilling, camping or outside during the hot summer months you and your family can have many safe and enjoyable summer time events. The Indian Head Volunteer Fire Department and Rescue Squad would like to wish you and your family a safe and happy summer season. We would like to thank everyone for your donations to the department during our annual fund drive and if you have any questions or are interested in joining us to serve the community, please contact the Fire Department at 301-753-9400 or 301-743-3900.

* The Ladies Auxiliary will be hosting one last Drive-Thru Chicken Dinner on Monday, June 1st. The Drive-Thru Chicken Dinners will start again in September*



Summer Fun at the 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 a resident of Charles County and are at least 60 years old we encourage you to be a part of our fast paced center, where we encourage our seniors to be independent as long as possible physically, mentally, spiritually and socially.

We are jazzing up summer at the senior center, starting with a nature walk around the village green with Marc Imlay, PHD on Wednesday morning, June 3rd. Marc specializes in native plants and will show us all the natural beauty we have in Indian Head, make sure you wear walking shoes. On Thursday, June 11th we will be rocking the center with the jazzy sounds of John Lewis for the Electroakoustic band. The party starts at 10:30 am, call to reserve your seat. On Tuesday, June 16 as we learn more about Elder Abuse. Unfortunately elder abuse is a growing issue and Linda Blake will help us recognize the signs. Don't miss our annual yard sale which will be held on Thursday, June 18th, Friday, June 19th from 9am to 3pm and Saturday, June 20th from 8am to noon. We are accepting donations at the center now. We are extending Father's Day and playing Father's Day games on Monday, June 22nd. Bring your competitiveness as we play corn hole, pool, toss water balloons and much more. June is also National Safety Month and we will be looking at ways to prevent falls in our homes.



July brings the opportunity for us celebrate our freedom. On Thursday, July 2nd we will be sharing our thoughts of freedom through poems and songs. On Tuesday, July 7th Indian Head Senior Center will host the joint Senior Center Council meeting. The council members from the Richard Clark Senior Center in La Plata, the Waldorf Senior Center and the Nanjemoy Community Center will be sharing the events that they hosted throughout the year at each of their centers.

August brings the Western Ho-down with the fiddler guy. Wear your cowboy boots for this rip roaring fun. Review the SCOOP for date and time. Find the SCOOP online at <http://www.charlescountymd.gov/cs/aging/senior-centers>.

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

Tai Chi /Tai Ji Quan: Moving for Better Balance™ (TJQMBB) is an evidence-based fall prevention program for older adults. The program consists of an 8-form core routine with built-in exercise variations and a subroutine of integrated therapeutic movements. Ongoing every Monday and Wednesday at 10:30

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 and revised in 1999, 2005, and 2009. Class levels are modified to accommodate the different capabilities of people with arthritis and related diseases. The program's multiple components help reduce pain and stiffness, and help maintain or improve mobility, muscle strength and functional availability. Every Tuesday and Thursday at 10:30.

Aquatic Exercise at Lackey Pool every Tuesday and Thursday at 8:30 – check SCOOP for start date, the cost is \$50.

Line Dancing every Thursday at the center starting at 1pm – no fee

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

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

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

Coming soon – Chair yoga on Fridays.

The nurse is available the 1st Thursday and the 3rd Thursday each month from 9:30 to 11:30.

Have questions about social security, Medicare, Medicaid, energy assistance? Make an appointment to see our Senior Information and Assistance specialist who comes to the center the 2nd Thursday of each month.

The book club meets every 4th Wednesday at 11 am.

Save the date 10th Annual Breast Cancer Awareness Walk, October 10, 2015.



Models and escorts from the LuLuRoe fashion show: Helen Myers, Vern Smith, Joyce Austin, Horace Johnson, Mae Robinson, Rose Chase, Charles Frost and Geneva Johnson.

Town of Indian Head Useful Information

Holiday Closings

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

4th of July

Friday, July 3

NO Trash Pickup

Labor Day

Monday, September 7

NO Trash Pickup

If you have a water or sewer emergency after hours, call 301-743-5511 and press #5 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.
- **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.

Town Meetings

1st Monday every month at 7:30 pm at the Village Green Pavilion. Televised 8pm 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/Bulk Trash

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 flatbed truck load 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 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 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 |

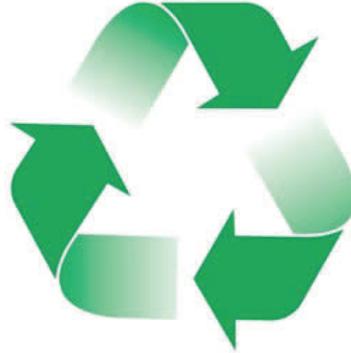
All residential and commercial units within the Town of Indian Head shall avail themselves of the Town's curbside trash collection service.

RECYCLING INFORMATION

Recycling is picked up in Town every Wednesday. Residents are required to have their recycling out before 7:30am on the scheduled pick up 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
- Newspapers & Inserts
- Magazines & Catalogs
- Paper back and Hard back books
- Junk Mail



What should NOT be included in your recycling:

- ◆ Yard Waste/Tree Trimmings
- ◆ Light bulbs, Window Glass, Mirrors
- ◆ Styrofoam, Dishes, Ceramics & Electronics
- ◆ Household Hazardous Waste, Motor Oil Containers
- ◆ Plastic Grocery Bags, Food Waste, Garbage Trash
- ◆ Black, Blue, or White Garbage Bags with Unknown Contents
- ◆ 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
- ◆ Propane Tanks, Tires, Toters, Christmas Lights, Mattresses
- ◆ Medical Waste





Indian Head July 4th Celebration!

Saturday, July 4

Village Green Park, Indian Head

Make a day of it! Come Early — Come Hungry — Come Ready To Have Fun!

| | |
|---|--|
| 3:30 p.m. - Patriotic Kick-Off @ Fountain | Live Entertainment Outdoor Stage: |
| 4:00-8:00p.m. - Amusements Rides | 4:00p.m.— 8:00p.m. DJ Rockin' Roger |
| Food, Game & Novelty Sales Booths Open | 6:00-9:00pm THE SARA GRAY BAND |

Ticket Booth Closes Promptly@ 7:15pm

9:10 p.m. - Spectacular Fireworks Display
Sponsored by the Town of Indian Head

Outdoor Stage (bring blankets/lawn chairs)

Limited Parking around Village Green
Additional Parking Below in Business Area

TICKET BOOTH CLOSSES PROMPTLY @ 7:15PM - REMAINS OPEN FOR EMERGENCIES/LOST & FOUND

AMUSEMENTS OPEN 4:00 to 8:00PM - WEATHER PERMITTING

NO TICKET REFUNDS FOR INCLEMENT WEATHER OR AFTER TICKET BOOTH OR AMUSEMENTS ARE CLOSED!

No Pets of Any Kind or Alcoholic Beverages Permitted!

More info 301-743-5511/240-375-4061



Town of Indian Head



Kids End of School Fun Night

Thursday, June 25

Indian Head Village Green Pavilion (*Indoor*)

7:00-9:00pm

Doors Open 6:45pm



FREE ADMISSION includes Dinner & Snacks

Dinner (served 7:00pm-8:15pm)

Includes Hot Dog or Peanut Butter & Jelly, Chips, Dessert and Endless Water & Lemonade

Fun Activities, Temporary Tattoos, Summer Door Prizes

Children must be accompanied by Adult



Summer Fun Door Prizes

For More Info or to Volunteer — 240-375-4061
or karen@townofindianhead.org

**Come Out & Enjoy
Lots of Fun with your Neighbors
& Make New Friends!**



Annual National Night Out Celebration



**Tuesday, August 4
Indian Head Village Green Park
6:00-8:00pm**

FREE Family Event—Fun For Everyone!

**Activities & Inflatables for Kids - Open 6:00-8:00pm
CC Sheriff's Office N.N.O. Coloring Contest (Ages 4-12) 6:00-8:00pm
Displays, Demonstrations, Handouts
Cookout Food Served 6:00-7:45pm**

Live Entertainment featuring *The Bucket List Band*

**TAKE A BITE OUT OF CRIME - LEAVE YOUR PORCH LIGHTS ON *SUNDOWN TO SUN UP!*
& Join the Town of Indian Head's Townwide Neighborhood Crime Watch Program**

**Interested participants and all Businesses and service, youth, fraternal, sports, religious,
& other organizations wanting to participate/volunteer
—contact Karen (240)375-4061 or karen@townofindianhead.org**

Town of Indian Head

Grandparents/55&Older Night

Thursday, Aug. 13

7:00-9:00pm

(doors open 6:30pm)

Indian Head Village Green Pavilion (Indoor)

Enjoy DINNER on the Town and Delightful Entertainment

**Featuring *The Port Tobacco Pickers*
*Bluegrass Band***



Family Members of All Ages Welcome

Free Admission

More Info. 240-375-4061

Town of Indian Head 
Kids Back to School Night



Thursday, August 20

Indian Head Village Green Pavilion (Indoor)

7:00-9:00pm

Doors Open 6:45pm



FREE ADMISSION includes Dinner & Snacks

Dinner (served 7:00pm-8:15pm)

Choice of Hot Dog or PB&J Sandwich, Chips, Unlimited Fruit Punch & Water & Dessert

*****Children must be accompanied by Adult*****



For More Info—Call 240-375-4061
or karen@townofindianhead.org

**LOOK!! LOOK!! LOOK!!
DOOR PRIZES
SCHOOL SUPPLIES
Pre-K thru 8th Grade
(Boys & Girls Each Grade)**

IT Kidz USA, LLC
 **TECHNI SIUM**
STEM Learning Academies

2015 Summer Camps
Robotics * E.M.T * SHE-Tech
Youth and Teen Camp
iDesign Fashion Camps



2015 Summer Camp Days, Hours and Locations:

Monday thru Friday - 9am to 4:30 pm,

Before care 7am to 9am / After care 4:30pm to 6pm

St. James Episcopal Church

7 Potomac Avenue

Indian Head, Maryland 20640



The Lutheran Church of Our Savior

7365 Indian Head Highway

Bryans Road, Maryland 20616



For more information:

Email Curtis@stemlearning4kidz.com

or call 703-300-2220