



# 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 5, Mon. July 3 and Mon. August 7 at the Village Green Pavilion 7:30pm.

**Community Activities Committee:** NO meetings June, July & August.

**Indian Head Business Association:** Wed. June 14, July 12, August 9, 8:30am Dales Smokehouse.

**Parks & Rec. Committee:** Wed. June 28, July 26, August 23, 7:00pm Village Green Pavilion.

**Environmental Sustainability Committee:** Wed., June 28, July 26, August 23, 7:30pm Village Green Pavilion.

**Planning Commission:** Wed. June 21, July 19, and August 16, 7pm Village Green Pavilion.

**Work Sessions:** Wed. June 21, July 26 & August 23, 3:30pm Town Hall.



**Kids End of School Fun Night:** Thurs. June 22, 6:30pm to 8:30pm at the Village Green Pavilion. FREE Admission. Includes Dinner & Snacks, Interactive Games, Temporary Tattoos, & Summer Door Prizes. Children must be accompanied by an adult.

**July 4th Celebration:** Tues. July 4 at the Village Green Park. Patriotic Kick-Off at 3:30pm at the fountain. Amusement Rides 4pm-8pm. Food & Novelty Booth Open at 4pm. Spectacular Fireworks Display at 9:10pm. Live Entertainment on the Outdoor Stage: DJ Rockin' Roger 4pm-8pm, One Louder Band 5pm-9pm. Bring blankets/lawn chairs. Limited general parking around the Village Green. Handicapped Parking available in V.G. Pavilion lot. Ticket booth closes promptly at 7:15pm -

Remains open for emergencies/lost & found only. NEW AGAIN for 2017 –Reduced rate ride wristbands for Town Residents –Must be purchased in advance at the Town Hall, available June 12-June 30. Proof of residency is required. The discounted wristbands are NOT available at the July 4th event. No ride wristband refunds for inclement weather and after ticket booth or amusements are closed. No pets of any kind or alcoholic beverages permitted.



**Annual National Night Out Celebration:** Tues. August 1, Village Green Park, 6pm-8pm. FREE Family Fun Community Event! New for 2017—Bicycle Parade Around the Village Green. Ride your bicycle, decorate it—win a prize! Activities for kids, CC Sheriff's Office N.N.O. Coloring Contest (Ages 4-12), 6pm-8pm. Displays, Demonstrations, Handouts. Cookout Food Served 6pm-7:45pm. Take A Bite Out of Crime—Leave Your Porch Lights On Sundown to Sun Up! Interested participants & all businesses and service, youth, fraternal, sports, religious & other organizations wanting to participate/volunteer, contact Karen at 240-375-4061 or karen@townofindianhead.org



**Grandparents/55 & Older Night:** Thurs. August 10, 6pm-8pm. 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:** Thurs. August 17, 6:30pm-8:30pm Village Green Pavilion. Free Admission includes Dinner & Snacks. Children must be accompanied by an adult. Door Prize Drawings, Loaded Back Packs, Pre-K thru 8th Grade for I.H. Elementary, General Smallwood Middle School & Home-Schooled Students ONLY.

**I.H. Village Green Flea Market:** Sat. 7am to 1pm, May 13 thru Oct. 21. No market Jul. 1, Jul 15, Aug. 12, Aug. 26, Sept. 2, Sept. 30, Oct. 7 & Oct. 28. \$5.00 Weekly Permit Fee. Set Up your own Tables, Chairs, Racks, Groundcovers, Pop Up Tents along Mildred Rice Road. NO Pet Sales/ Giveaways allowed. NO Food sales without a Town permit. Handicap accessible restrooms open 7am-1pm at the I.H. Senior/Community Center.

**FREE Countywide Household Hazardous Waste Collection & Recycling:** 1st Sat. April-December. Jun. 3, Jul. 1, Aug. 5, Sept. 2, Oct. 7, Nov. 4, Dec. 2. Location: Dept. of Public Works, 10430 Audie Lane, La Plata. 9am to 3pm. Please keep materials in their original containers whenever possible, and bring them to the collection site in cardboard boxes to ease unloading. Mark any container that does not have a readable label/original label. For more info call Charles County at 301-932-3599 or 870-2778. A flyer with further information is available on page 16,

*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

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Hello everyone,

In the words of Alice Cooper "School's Out for Summer!"... or at least it will be soon. That means everyone should keep an eye out while driving, SLOW DOWN, and be safe on our roads.

Lots of things are happening in Town. We are still working diligently with our property owners and hopefully we will have a location for the "Velocity Center" soon! For those that don't know what the "Velocity Center" is, it can be summed up as a hub for innovation in Southern Maryland. In a collaborative effort with multiple organizations, the College of Southern Maryland will locate in Town and partner with the Navy to do research, innovate, and perform job training. A great asset that we would be proud to have in Town.

In additional news, 4135 Indian Head Highway should be demolished soon. So the Fight against Blight in Town recommences. I

am proud to say we are revitalizing in Indian Head. With a few more investments I know our Town will thrive for the foreseeable future. I'm really excited, hope you are too!

A reminder that the first Monday of every month is when our Town meetings are and I encourage everyone to come and really get involved within the community. We have plenty of events throughout the year that we need volunteers for, Committee/Commissions that need members, and ideas that we need to listen to. So get involved!

In the mean time if any updates or new information about the Town comes about feel free to friend me on Facebook or follow me on Twitter. The Town of Indian Head is also on Facebook and Twitter so give them a follow! Or email me [Brandon@TownofIndianHead.org](mailto:Brandon@TownofIndianHead.org)

Until next time. –Mayor Brandon Paulin

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## Councilmen's Cornerstone

Since the last town newsletter, I have been busy working for the residents of Indian Head! Fulfilling my campaign pledge to implement transformational change. I asked what you want from your elected officials and you responded; Equity in Town operations and services; more recreational activities for youth and removal of blight. I continue to work towards these goals. Want to know what your Town council is doing for you? Review the meeting minutes

provided on our website. I continue to pursue a farmer's market through several sources and will need your help to identify potential vendors for our farmer's market. I had a wonderful time emceeing the Little Miss Indian Head Pageant at the Taste of Indian Head. Thanks to all the participants and this year's winner. Visit the Indian Head Dance Company Facebook page for more details on joining the company and information about the wonderful

## 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  
Mary Armstrong  
Thomas Gordon Dr.  
Lynne Keenan, Base Liaison

### Board of Zoning Appeals

Dennis Scheessele  
Rose Chase  
Rickie Posey

### Ethics Commission

Mark Hobgood

### Town Hall Staff

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

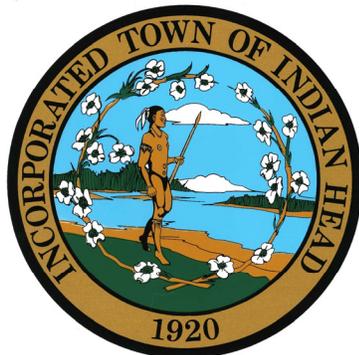
### Town Website

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

programs available to our dancers – ladies continue to *dream with your feet!* Special thanks to our public works staff for building the raised planters which allows our seniors to continue growing vegetables at the Senior Center. Congratulations to the class of 2017 graduates. May your future remain bright. *Please thank a teacher!* Stay tuned for more information on family events such as Solar Coop information sessions, Community garden, Composting stations, and the Big Day of Play (BDOP) coming late summer 2017. Running and walking enthusiasts get ready for the BDOP 5K Walk/Run on August 26<sup>th</sup> at 9am. Registration opens soon. We are getting closer to achieving our Maryland Certified Sustainable Community designation through the efforts of the Environmental Sustainability Committee – volunteers needed. Contact me at [curtis@townofindianhead.org](mailto:curtis@townofindianhead.org).

During the summer months, we anticipate more pedestrians on the roads; please slow down while driving throughout the town. Please note the bright red “Drive like your kids live here” signs reminding drivers to slow down, which are part of our public safety campaign. Indian Head is known for having good neighbors so continue to “Wave” as you are out and about. Lastly, our town hall staff continue to seek and have been awarded several grants on your behalf. Please join me in thanking them.

Humbly and with Gratitude, Councilman Curtis L. Smith



## 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.shaareshalomsomd.org](http://www.shaareshalomsomd.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

# Indian Head Business Association

## 2017 Events

(Event Flyers available at Town Hall, V.G. Pavilion & Local Businesses)



**THANK YOU** vendors, volunteers, entertainment, sponsors and community!

The 5<sup>th</sup> Annual Taste of Indian Head, held on May 6<sup>th</sup> was a huge success!

**Congratulations 3rd Annual Little Miss Indian Head Pageant Winners!**

**Little Miss Indian Head, MD 2017 - Miss Ashlyn Smith**

**2<sup>nd</sup> Place - Miss Kennedy Montgomery**

**3<sup>rd</sup> Place - Miss La'Myr Yeager**

**4<sup>th</sup> Place - Miss Jaslyn Bloczynski**

**Facebook: Indian Head Pageant**

**Facebook: Taste of Indian Head**



**Congratulations to our 2017 Pie Eating Contest Winner, Hunter Paulin!**



### Fall In Love With Indian Head - October 28, 2017 (11am-2pm)

#### **Trick or Treat Family Fun! Wear your costume!**

Several local businesses will host vendors, artists and crafters. There will be games, prizes, samples, treats, face painting, moon bounce, Pet Costume Contest Parade and MORE!

**Facebook: Fall In Love With Indian Head, MD**

Call Pam @ Dales Smokehouse 301/743-6777

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

**(Event is open to public. \$Fee may apply at selected Businesses)**



### Up on the Hill and Through the Town Business Open House & Vendor Expo-

#### Tuesday, November 28, 2017 (11am-5pm)

Over 10 local businesses will participate this year. In lieu of vendor fee, vendors are asked to donate canned food and contribute an item for game prize. Canned food is collected for Neighbors Eager to Serve.

**Park and Ride the Town Trolley (Free)** located at The Indian Head Senior Center.

The Trolley will visit all participating businesses for patron shopping convenience.

Children riding the Trolley must be accompanied by an adult.

**Facebook: Up on the Hill and Through the Town**

Call Pam @ Dales Smokehouse 301/743-6777

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

**(Event is open to public. No entrance fee)**

2nd Annual Indian Head Village Green \* 100 Walter Thomas Road

Aug 26th 12pm-4pm

# BIG DAY OF PLAY!

Delicious Food, Fitness,  
Music & Fun,  
Performances,  
Recreational Activities for  
Everyone



**Interested in Volunteering, being a Vendor or Sponsor?**  
If you are interested in volunteering, participating as a vendor or being a sponsor, contact Curtis Smith or Cynthia Jackson at [ParksandRec@townofindianhead.org](mailto:ParksandRec@townofindianhead.org). More information can also be found on the web at [www.townofindianhead.org/ParksandRecreation](http://www.townofindianhead.org/ParksandRecreation). Come join us and make the Town of Indian Head an even better place to live!

## BUSINESS HIGHLIGHTS

**DALE'S SMOKEHOUSE**  
301-743-6777  
Dale Hayes/Pam Hundley  
[dallessmokehouse@aol.com](mailto:dallessmokehouse@aol.com) 4645 Indian Head Hwy  
Indian Head, MD 20640

**Michelle's Cakes**  
4336 Indian Head Hwy,  
Indian Head MD, 20640  
301 246.9007  
[www.michellescakes.net](http://www.michellescakes.net)  
[michellescakes@yahoo.com](mailto:michellescakes@yahoo.com)  
Find Me On Facebook

**Village Green Designs**  
A Sewing & Craft Studio  
Sewing, Embroidery, Crafts, Quilting,  
Scrapbook Supplies, Classes and Dry Cleaning  
Barbara Wheeler 301-743-2237  
3 North First Street, Suite B [vgdstudio@verizon.net](mailto:vgdstudio@verizon.net)  
Indian Head, MD 20640 [www.villagegreendesigns.com](http://www.villagegreendesigns.com)

**Hilltop Salon & Tanning, LLC**  
Full Service Salon  
Susan Mc Cormick  
owner/manager  
4171 Indian Head Hwy,  
Indian Head, MD.20640  
301-743-5902 301-753-6666  
[hilltopsalon@verizon.net](mailto:hilltopsalon@verizon.net)

**Vincent Ippolito**  
President/Pharmacist  
**Indian Head Care Pharmacy**  
The pharmacist you know the care you deserve  
Hometown Pharmacy 301-684-2580  
[www.indianheadcare.com](http://www.indianheadcare.com) 301-684-2693  
4115 Indian Head Hwy.  
Indian Head, MD, 20640



## WELCOME TO THE BLACK BOX THEATER

To Arts and Entertainment Lovers -  
The Black Box at the Indian Head Center for the Arts has been really busy planning for summer fun for all residents. Below is our list of *Happenings*:

### Heart Cry Church

Every Sunday from 11:00 am to 1:00 pm

### JUNE

Sunday June 11

The Conway Academy Dance Performance  
3:00 pm and 6:30 pm

Saturday June 17

Comedy with a Cause sponsoring Project Healing Waters  
7:30 pm

Saturday, June 24

Dionne Warwick Tribute  
7:00 pm

### JULY

Saturday, July 8

The Roland Grimes Talk Show with musical guests  
7:00 pm

Saturday, July 15

Southern Maryland Film Festival  
TBA

Friday and Saturday, July 21 and 22

The Glass Menagerie Production  
TBA

4185 Indian Head Hwy.

Indian Head, MD 20640

301-743-3040



# SUMMERTIME FIRE SAFETY

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As the weather changes with warmer temperatures and longer day light hours; we look forward to spending much needed outdoor time with family and friends during summer vacations, picnics and family gatherings and of course the 4<sup>th</sup> of July annual celebrations. Although this is intended to be a happy time, summer time also brings fires and injuries due to outdoor grilling, campsite fires and of course fireworks. The National Fire Administration reports than 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 propane gas 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 required repairs can be made. 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 propane gas in homes or garages since propane 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 to prevent injuries.**
- **The use of gas or charcoal grills, on balconies is strictly prohibited within the town limits.**
- **In accordance with Maryland State Fire Laws; the use of these devices on balconies is also prohibited 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 that 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 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 3 major types of Heat Related emergencies and the signs, symptoms and first aid steps for these possible life threatening emergencies. Please remember to call 911 in the event you experience any of the following conditions to ensure you get the proper medical care needed.

**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.

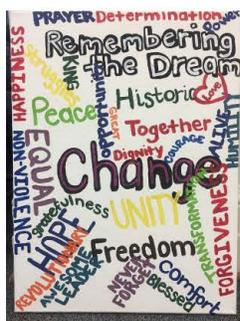
Summertime should be a time for fun and making happy memories. By following these simple safety rules and exercising caution when grilling, camping or outside during the hot summer months you and your family can have many safe and enjoyable summer time events. The Indian Head Vol. Fire Department and 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 your community, please contact the Fire Department at 301-753-9400 or 301-743-3900.

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# INDIAN HEAD SENIOR CENTER – THE PLACE WHERE OLDER AMERICANS PLAY

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

DID you know that the Indian Head Senior Center has been recognized twice in the last four years by the National Institute of Senior Centers (NISC)? There are over 11, 000 senior centers in the country and every year NISC awards 13 centers for outstanding programs. February 2017 we were recognized for our program Remembering the Dream.



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

Every month Charles County Department of Community Service – Aging Division publishes the SCOOP. The SCOOP provides a list of all activities in three of the four senior centers in the county. The Indian Head Senior Center activities can be found on pages six and seven. Click on the link for the web version of the SCOOP <http://www.charlescountymd.gov/cs/aging/senior-centers>.

**Tai Chi Quan: Moving for Better Balance** is an evidence-based fall prevention program for older adults that also aids with Arthritic pain. 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. Every Tuesday and Thursday at 10:30.

**Seated Massage** – 2<sup>nd</sup> Friday of each Month – Sign up is required. .50 per minute.

**Quilt N' Chicks** – Meet every Tuesday at 10 a.m.

**Hooked on Yarn** – Bring your hook and learn how to crochet or knit. Meeting every Wednesday at 9:15.

**Aquatic Exercise** at Lackey Pool– starting June 19<sup>th</sup> through August 31<sup>st</sup> every Monday and Wednesday at 8:20 a.m. Temperature of water 83 degrees, the cost is \$45.

**Line Dancing** the second Thursday of each month. – the cost is a fitness card

**Chair Pilates or Flex & Stretch** every Tuesday and Thursday morning at 9:15 – the cost is a fitness card.

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

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

**Fitness Surprise** check the SCOOP for the dates – Fitness card

**Meet the Trainer** – by appointment. Cost \$20 for 3 – Half hour sessions or \$10 for a half hour session.

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

Fitness Card is \$20 for 15 visits.

**The Book Club** meets every 4<sup>th</sup> Wednesday at 11 a.m., summer book selections for 2017 are:

June 28th *One Summer* by David Baldacci

July 26th *The Curious Charms of Arthur Pepper* by Patrick Phaedra

August 23rd *When Breath Becomes Air* by Paul Kalanithi

**Watch for the Mobile Library** on June 27<sup>th</sup> and July 18<sup>th</sup>.

**Piano Lessons** – meets every Tuesday for 8 weeks and the cost is only \$25.00. Space is limited

**TOPS** – Take Off Pounds Sensibly meets at noon every Tuesday and the cost is only \$32.00 per year.

### **What's new at or coming to the center?**

- Senior Scouting – looking for someone to go to a concert with or a museum. Check out the SCOOP for scouting opportunities.
- Drums Alive – you have got to try this new exercise program out to appreciate it. Call the center for details.
- Cane Tai Chi – you will want all your friends to be part of this exciting exercise.
- Our Annual yard sale, June 2<sup>nd</sup> and 3<sup>rd</sup>.
- Save the Date for the **Breast Cancer Awareness Fitness Walk**, Saturday, October 7<sup>th</sup>.
- Monthly Bars (food bars) at no cost to you

**Stop in during our operating hours, Monday through Friday, 9am to 3pm and meet the staff and the council. Like us on Facebook at ihsc council. Call us at 301 743-2125**

**There is always a party at the Indian Head Senior center.**



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## RECYCLING INFORMATION

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Recycling is picked up in Town every Thursday. 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



# 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**

**Tuesday, July 4**

**\*NO Trash Pickup\***

**Labor Day**

**Monday, September 4**

**\*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 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.

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: \$ 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.**

**\*Residential Trash Rate is increasing by \$5 per quarter starting July 1, 2017\***

*Drinking Water Quality Report 2016*  
Town of Indian Head  
May, 2017  
PWSID # 0080020

We are pleased to present to you the Annual Drinking Water Quality 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.

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).

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.

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. In this table, you will find many terms and abbreviations you might not be familiar with. The following definitions are provided to help you better understand these terms.

**Parts per million (ppm)** - one part per million corresponds to one ounce in 7350 gallons of water.

**Parts per billion (ppb)** - one part per billion corresponds to one ounce in 7,350,000 gallons of water.

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

**Action Level Goal (ALG)** - The level of a contaminant in drinking water below which there is no known or expected risk to health.

**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                      |                              |  |       |      |     |   |
|--|------------------------------|--|-------|------|-----|---|
| Contaminant<br>(Date Sampled)          | Highest<br>Level<br>Detected | Ranges<br>Detected                       | Units | MCLG | MCL | Likely Source of<br>Contamination                                       |
| Copper<br>(December 2014)              | .099                         | .099<br>(90 <sup>th</sup><br>Percentile) | ppm   | 1.3  | 1.3 | Corrosion of household plumbing<br>systems; erosion of natural deposits |
| Haloacetic Acids<br>(August 2016)      | 2                            | 1.5 - 1.5                                | ppb   | 0    | 60  |   |
| Total Trihalomethanes<br>(August 2016) | 7                            | 6.5-6.5                                  | ppb   | 0    | 80  | Byproduct of disinfection   |
| Chlorine<br>(Yearly Average)           | 1.1                          | 0.90-1.10                                | ppb   | 4    | 4   | Water additive used to control<br>microbes                              |
| Fluoride<br>(April 2015)               | 1.5                          | 0.76-1.5                                 | ppm   | 4    | 4   | Decay of natural and man-made<br>deposits                               |
| Gross Alpha<br>(June 2014)             | 6.6                          | 6.6-6.6                                  | pCi/L | 0    | 15  | Decay 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.

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. Scheduled Public meetings are held the first Monday of each month at the Village Green Pavilion, beginning at 7:30 pm.

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## **FREE Countywide Household Hazardous Waste Collection & Recycling 2017**

***1st Saturday April-December***  
**Apr. 1, May 6, Jun. 3, Jul. 1, Aug. 5, Sep. 2,  
Oct. 7, Nov. 4, Dec. 2**

**LOCATION:**  
**Department of Public Works**  
**10430 Audie Lane, off Radio Station Road, La Plata**  
**9 a.m. to 3 p.m.**

**Items Accepted free of charge include Automotive fluids, Fluorescent lights, Degreasers, Pesticides, Herbicides, Fertilizer, Gasoline, Oil-based paints (except Latex-must be solidified in can & disposed of in household trash), Cleaning supplies, Pool chemicals, Rust removers, and other Poisons around the house.**

**Items NOT Accepted: Ammunition, Bio/Medical wastes (sharps, needles, bodily fluids), Prescription drugs, Commercial hazardous waste, Latex paint (to solidify add kitty litter, shredded paper, paint hardener, or sawdust to paint in can to aid in drying it out)**

**Items Accepted ANYTIME at the C.C. Landfill & Pisgah \ Recycling Center,  
6645 Mason Springs Road, Pisgah,  
Monday-Saturday, 7:00am-7:00pm**  
**Batteries, Empty Gas Grill Propane Cylinders, Used Motor oil, Antifreeze**

**Old Computers & Electronics are accepted ONLY at the  
C. C. Landfill, Billingsley Road East, Monday-Saturday, 7am-7pm**

**24-Hour Oil & Antifreeze Drop Off Site—located at  
Ruth B. Swann Park, Bryans Road accepts used Oil & Antifreeze—open 24 hours  
NOT Accepted: Brake fluids, paint thinner, heating oil, and cooking oil.**

**Please keep materials in their original containers whenever possible, and bring them to the collection site in cardboard boxes to ease unloading. Mark any container that does not have a readable, original label.**

**For more info. call Charles County—(301)932-3599 or 870-2778  
Landfill & Recycling Info Line—301-932-5656  
Maryland Relay Service at 711 or TDD: 800-735-2258**

**For TOWN Trash Collection, Recycling or Special Bulk Pick-up  
Information—Contact Town Hall (301)743-5511**