



Town of Indian Head SMOKE SIGNALS



Issue 70
Summer 2020

Town Hall

Office Hours

Monday - Friday

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

Phone Numbers

Ofc: 301-743-5511

Fax: 301-743-9008

Holiday Closings

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

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 240-375-4061 to report your emergency. On-call Town personnel will be contacted and the problem will be handled accordingly.

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

Summer Community Events

These events will be subject to COVID-19 mandates applicable throughout the summer months. Once we can confirm each event, we will advertise flyers with event details.

Questions – 240-375-4061/karen@townofindianhead.org

Annual End of School Fun Night – Thursday, June 25

Annual July 4 Celebration – Saturday, July 4

Annual National Night Out Celebration – Tuesday, Aug. 4

Annual Grandparents/55&Older Dinner & Concert Night – Thursday, Aug. 13

Annual Back to School Night – Thursday, Aug. 20

Summer Meetings

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, 7:00pm.

Community Activities Committee: Tues. June 9 6:30pm. No meetings in July and August. Meetings will resume, Tues. September 10.

Planning Commission: Wed. June 17, July 15, and August 19, 5:30pm.

Work Sessions: Wed. June 24, July 22 and August 26, 3:30pm .

Please check the Town's website, www.townofindianhead.org to verify all meeting times & locations. Due to COVID-19 the meetings may be postponed, canceled, or held virtually.

Mayor's Message by Brandon Paulin

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Hello Everyone!

Since my last Mayor's message, it seems like the world has flipped on its head. By now we've all received ample safety tips and we encourage you to keep those up. With so much uncertainty on when we can return to normal, or if we ever will, I want to provide some positive news.

The Town, despite stay at home orders, is still working virtually. Our friend, Lackey High School's athletic director John Lush, still went viral in a recent impromptu virtual wedding and "The Office" reunion. You can see that video at this link: <https://www.youtube.com/watch?v=NDjNX3nEfYo>. And we are still celebrating things like the class of 2020 with some yard signs and birthdays with drive by parades. Now I will be the first to say I miss normal. I wish I could celebrate all these momentous occasions with

all of you, but we must find a way to push through and keep a positive spirit. This too shall pass and just like we do as humankind, we will come back stronger. We just have to stay safe, take care of each other, and fight this virus the best way we know how.

I don't have all the answers and I don't know quite when, but when we all gather again it will be a great thing. I miss all of you and reach out anytime. Even if you just need someone to talk to.

God Bless,
Mayor Paulin



Mayor
Brandon Paulin
Council
Ron Sitoula, Vice Mayor
Randy Albright, Councilman
Town Manager
Ryan L. Hicks

Planning Commission
Mary Armstrong, Chair
Wayne Higdon
Anita Sampson
Thomas Gordon Sr.
Kelly White
Brian Israel
Anthony McFarland
Andrea Hornung, Base Rep.

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
CPL Curtis #527 Community
Police Officer
Plancheck, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website
www.townofindianhead.org

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

Michelle's Cakes

4336 Indian Head Hwy,
Indian Head MD, 20640

301 246.9007
www.michellescakes.net
michellescakes@yahoo.com
Find Me On Facebook

State Farm®
Providing Insurance and Financial Services
Home Office, Bloomington, Illinois 61710

David Dixon, Agent

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

The greatest compliment you can give is a referral.

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

BBQ

DALE'S SMOKEHOUSE
301-743-6777

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

Vincent Ippolito
President/Pharmacist

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

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

4115 Indian Head Hwy.
Indian Head, MD.20640

BLACK BOX THEATER

We will open when it's safe for all of us!

New Outreach scheduled to be coming soon to the Black Box.

We miss you!

St. James Church

Our doors are locked, but church continues on Zoom!

Sundays - 10am
Wednesdays - 7pm

We also offer bible Study at noon on Wednesdays

For more information, please call 301-743-2366 or visit our website at stjamesindianhead.org

We are praying for all!

We are currently awaiting a communication which will detail how and when we will be able to resume normal operations. Please call, check our website, or check the sign out front for the latest news!
God Bless you - stay healthy - be safe!!

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 & 10:30am
Sunday School 10:30am (except last Sunday of the month)
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

Indian Head United Methodist Church

19 Mattingly Ave. Indian Head, MD

"Come to the Table"

Join us for "Feed a Friend"

Drive thru - Community Dinners

June 18, July 16, August 27

5:00 - 6:00 p.m.

Menu will vary

Folks Unable to Pick Up A Meal - Call 301-743-2312 for Delivery

FREE Community Event



CORONAVIRUS (COVID-19)

The Town of Indian Head's highest priority is the safety and well-being of our residents, staff and visitors. Consistent with expert public health guidance related to the spread of COVID-19, the following adjustments have been made to Town Hall operations until further notice. The guidelines are being implemented on an emergency basis and in concert with Federal and State recommendations for controlling and containing the spread of COV-19 for the purpose of protecting public health and safety.

The Indian Head Town Hall will continue to be closed for walk-ins by the public . All contact with the Town Hall should take place by phone at 301.743.5511, by email at: info@townofindianhead.org or you can find a list of staff contact information at the town's website: www.townofindianhead.org. For afterhours Town related emergencies please call 240-375-4061

Water/Sewer Payments: Water/Sewer payments may be dropped off at Town Hall in the secure lock box to the right of the front door. Residents may also pay by phone by calling the Town Hall (the service fee will be waived at this time) or via online bill pay available at www.townofindianhead.org

Permits: Please call Town Hall to coordinate your permit delivery.

Please take this opportunity to seek additional information by visiting the CDC website and the Charles County Health Department's website.

Charles County Government COVID-19 Information:

<https://www.charlescountymd.gov/services/health-and-human-services/covid-19>

Charles County Department of Health COVID-19 Updates:

<https://www.charlescountymd.gov/government/other-agencies/charles-county-department-of-health-covid-19-updates>

If you suspect you have been exposed to COVID-19, it is very important that you **CALL** your healthcare facility (medical office, urgent care/ walk-in clinic, hospital, or health department) **PRIOR** to your arrival. This will allow you to receive necessary instructions and decrease exposure to others.

INFOdemicRx

INFOdemic?
TOO MUCH INFO ABOUT CORONAVIRUS CONFUSING YOU?

The Rx? 3 Simple Steps for Staying Informed:



1) FOCUS ON FACTS

Do not rely on friends' opinions, online theories, gossip, conflicting news stories, social media or political speeches. Not all information is accurate. YOUR HEALTH and LIFE depend on facts from trusted science and medical experts.



2) USE TWO TRUSTED SOURCES THAT WILL HAVE UP-TO-DATE INFO

Centers for Disease Control and Prevention
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>



World Health Organization



3) CHECK THREE TIMES DAILY

Situations change rapidly. Be aware of misinformation and disinformation. Check reliable sources 3x daily.



FACTS. TRUSTED SOURCES. 3 X DAILY.

INFOdemicRx is a public service of
PRSA and PRSA Health Academy.

PRSA.org



Wash YOUR HANDS!

- 1 Wet
- 2 Get Soap
- 3 Scrub
- 4 Rinse
- 5 Dry

Hands that look clean can still have icky germs!

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, CDC, and Unilever. INFOdemicRx does not endorse commercial products, services, or companies.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Symptoms of Coronavirus (COVID-19)

Your symptoms can include the following:

Fever



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

Cough



Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Shortness of breath



cdc.gov/coronavirus

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



When in public, wear a cloth face covering over your nose and mouth.

Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/coronavirus

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Indian Head Senior Center

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

During these unsettling times we want to give you news that you can use. We do not know when we will reopen, and we do not know what our reopening will look like. We are all in this together. We do want to encourage you to stay safe, stay home and stay healthy. I am trying to reach out to each registered senior while we all shelter in place. If you need to reach out to me, call 301 743-2125, I check messages throughout the day.



Important Media sites to visit or numbers to have:

- **Our Facebook page – Charles County Senior Centers** – get updated news, live fitness classes, join us in crafts or just send messages to say hello. We will not overwhelm you

Get Connected – www.charlescountymd.gov/getconnected - complete a simple form to get a copy of the SCOOP, and other enews

Senior Call Check Program – register by calling 866 502-0560 or <https://aging.maryland.gov/Pages/senior-call-check.aspx>. – once registered you will receive a daily call checking in on you.

Maryland Access Point (MAP) – 855 843-9725 or email MDAccessPoint@charlescountymd.gov to obtain resources and services in Charles County

COVID-19 updates – updated information found at <https://governor.maryland.gov/> and our local Health Department 301 609-6717

Please call the resources above for any concerns. There are a lot of SCAMS around COVID-19 targeting seniors. Ask questions and ask for help.

Coming SOON:

We are doing several food distributions in the county. We are using every outreach we have available to reach you, so please go to the Town of Indian Heads website on a regular basis for updates in and around the Town.

Our first food distribution in the Town is scheduled for **SENIORS ONLY** on Thursday, May 28th from 10 a.m. to 11:30 a.m. or until supplies last. These are sustainable grab and go meals. You do not need to get out of your car. Pop your trunk and we will place the food in your car. The distribution point is the Village Green Pavilion, 100 Walter Thomas Road. Please share this with you fellow seniors.

Stay Safe and Spread Love – Your Indian Head Senior Center Staff.

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

Town of Indian Head Useful Information

Town Codes

- **Burning**—No burning is allowed within the Town.
- **Animal Control**—Dogs must be kept on the owner's property unless properly restrained. The Charles County Animal Control provides animal enforcement within the Town. Call 301-932-1713 if you have a problem.
- **Abandoned or Inoperative Vehicles** are prohibited within the Town and may not be kept on the street for more than 24 hours or on private property, with certain exceptions. Call Code Enforcement at 301-743-5511 ext. 101 with any questions.
- **Property Maintenance**—Every dwelling and lot shall be kept free from trash and garbage. Weeds and grass must be cut and kept shorter than 10 inches.
- **Building Code**—The Town has an adopted building code. Any new construction or remodeling, including, but not limited to porches, fences, sheds and garages, requires inspection and a building permit from the Town.

Code Enforcement

Planckek 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/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, money order, debit or credit card) 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 curb-side 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 curb-side trash collection service.

Summertime Fire Safety

Every year we look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July annual celebrations to include fireworks. However, with the current health situation we are facing many of these plans may not be possible or postponed until later in the summer. The Indian Head Vol. Fire Department & Rescue Squad Inc. wants to remind everyone that summer time also brings fires and injuries due to fireworks, campfires and outdoor grills. Statistics show that fireworks, campfires and grill fires injure more than 8,000 people annually. According to the United States Fire Administration, more than half of these injuries occur during the first week of July. By following these simple safety tips, you can make your grilling experience, family get together and other outdoor activities safer and avoid accidents or injuries for an enjoyable summer.

Grilling Safety

- Propane grills
 - Inspect your propane gas grill prior to using for cracked, brittle or damaged hose lines. The easiest way to do this is to spray soapy water on all the lines and connections, 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 attempt to light 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. 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 ash disposal.**

***As a reminder, 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 Safety

Each year on July 4th, 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 alone in the past year.

The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks. If you plan to use fireworks, make sure they are legal in your area. **Remember, only ground based fireworks and sparklers are legal in Maryland.**

- Never light fireworks indoors or near dry grass.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- Do not wear loose clothing while using fireworks.
- Stand several feet away from lit fire-works.
- If a devise does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.
- Always read the directions and warning labels on fire-works. If a devise is not marked with the contents, direction and a warning label, do not light it. Supervise children around fireworks at all times.

Heat Related Emergencies

Summertime also means mowing the yard and various other outdoor projects or activities. 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. Whether on the playing field or the construction site, there must be measures taken that aid the body's cooling mechanisms and prevent heat-related illness. 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 is not enough and a person's body temperature can rise 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

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 are muscle pains or spasms, usually in the abdomen, arms, or legs—that may occur in association with strenuous activity.
- Individuals with impaired temperature control mechanisms, such as infants, young children, and the elderly, are also at a greater risk of heat cramps
- If you have heart problems or are on a low sodium diet, get medical attention for heat cramps
- Heat cramps may also be a symptom of heat exhaustion a more severe heat related emergency.
- In cases of Heat Cramps, the person needs to get out of the hot environment, remove any excessive clothing, drink water to rehydrate the body and stretch the muscles that are cramping.

Heat Exhaustion

Heat exhaustion is a form of heat-related illness that can develop after long-term exposure to high temperatures and lack of proper hydration. It is the body's response to excessive dehydration.

- 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, moist, 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.
- Otherwise, help the victim to cool off, and seek medical attention if symptoms worsen or last longer than one hour.
-

Heat Stroke

Heat stroke 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.
- AT this temperature, the brain can overheat and cause life-threatening issues to breathing, heart beat and possibly seizures.
- If possible, remove the person from the hot environment, cool if possible and contact 911.
- Heat stroke can cause death or permanent disability if emergency medical treatment is not provided as quickly as possible.

Summertime should be a time for fun and making happy memories but along with the current pandemic, this time of year can be a traumatic time as well. 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.

If you have any questions or are interesting in joining us to serve the community, please contact the Fire Department at 301 -753-9400 or 301-743-3900

Quality on Tap Report 2019
Town of Indian Head
PWSID # 0080020

We're pleased to present to you this year's Annual Quality Water Report. This report is intended to provide you with important information about your drinking water and the efforts made by the water system to provide safe 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(2) and Patuxent(1) Aquifers.

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

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs and wells. As water travels over the surface of the land or through the ground, it dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

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, 2019. 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 water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water Hotline at (800) 426-4791.

Contaminants that may be present in source water include:

- Microbial contaminants, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- Pesticides and herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- Organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also, come from gas stations, urban storm water runoff, and septic systems.
- Radioactive contaminants, which can be naturally-occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. FDA regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

Some people may be more vulnerable to contaminants in drinking water than the general population.

Contaminants may be found in drinking water that may cause taste, color, or odor problems. These types of problems are not necessarily causes for health concerns. For more information on taste, odor, or color of drinking water, please contact the system's business office.

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 microbial contaminants are available from the Safe Drinking Water Hotline (800) 426-4791.

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. We are responsible for providing high quality drinking water, but we 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 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 Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

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.

Listed below 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:

Avg – Regulatory compliance with some MCLs are based on running annual average of monthly samples.

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.

Action Level Goal (ALG) – The level of contaminant in drinking water below which there is no known or expected risk to health. ALGs allow for a margin of safety.

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.

Level 1 Assessment – A Level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in our water system.

Level 2 Assessment – A Level 2 assessment is a very detailed study of the water system to identify potential problems and determine (if possible) why E. coli MCL violation has occurred and/or why total coliform bacteria have been found in our water system on multiple occasions.

N/A – not applicable

Maximum residual disinfectant level (MRDL) – The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.

Maximum residual disinfectant level goal (MRDLG) – The level of drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.

Milirems per year (mrem) – millirems per year (a measure of radiation absorbed by the body).

Treatment Technique (TT) - A required process intended to reduce the level of a contaminant in drinking water.

Lead and Copper	Date Sampled	MCLG	Action Level (AL)	90th Percentile	# Sites Over AL	Units	Lead and Copper	Likely Source of Contamination
Copper	08/14/2017	1.3	1.3	0.09	0	ppm	Copper	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems.

Regulated Contaminants

Disinfectants and Disinfection By-Products	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Chlorine	2019	1.3	1.2 - 1.3	MRDLG = 4	MRDL = 4	ppm	N	Water additive used to control microbes.
Haloacetic Acids (HAA5)	2019	3	2.6 - 2.6	No goal for the total	60	ppb	N	By-product of drinking water disinfection.
Total Trihalomethanes (TTHM)	2019	18	17.9 - 17.9	No goal for the total	80	ppb	N	By-product of drinking water disinfection.
Inorganic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Barium	2019	0.01	0 - 0.01	2	2	ppm	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.
Fluoride	04/04/2018	1.4	0.7 - 1.4	4	4.0	ppm	N	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Radioactive Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Combined Radium 226/228	2019	2	0.4 - 2	0	5	pCi/L	N	Erosion of natural deposits.
Gross alpha excluding radon and uranium	2019	11	9.4 - 12.5	0	15	pCi/L	N	Erosion of natural deposits.

We are 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.

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.

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.

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

