



# Town of Indian Head NEWSLETTER



**Issue 78**  
**Summer 2022**

## Town Hall

### **Office Hours**

**Monday - Friday**

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

### **Phone Numbers**

Ofc: 301-743-5511

Fax: 301-743-9008

## Holiday Closings

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

### **Juneteenth**

**Monday, June 20**

**\*NO Trash Pickup\***

### **4th of July**

**Monday, July 4**

**\*NO Trash Pickup\***

### **Labor Day**

**Monday, September 5**

**\*NO Trash Pickup\***

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

After hours non-emergency 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.

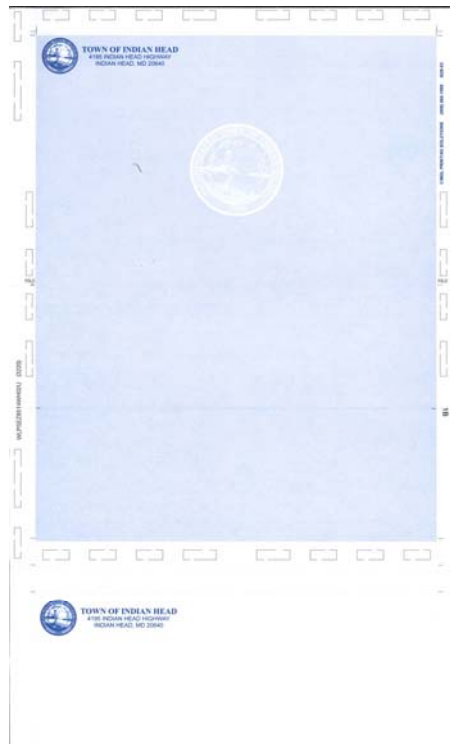
## **ATTENTION TOWN RESIDENTS!**

Starting July 5, 2022 the Town's residential trash service will be provided by Southern Maryland Recycling. Residential trash pickup for the entire Town will be on Tuesday and Friday. Your trash will need to be curbside by no later than 7:30am.

Commercial trash service will continue to be provided by the Town's Public Works Department. Your pickup days remain on Monday and Friday. Bulk trash service will also be provided by the Town's Public Works Department. You can continue to schedule bulk trash pickups through the Town Hall by calling 301-743-5511. Bulk trash will continue to be \$50 per pickup truck load, and it will be offered on Wednesdays. You will need to pay the required fee prior to being added to the pickup schedule.

The Town has recently upgraded the utility billing software system. With this recent upgrade you will notice some changes to your utility account number and the utility bill. The Town also has an updated online bill pay system which can be found on the Town's website, [www.townofindianhead.org](http://www.townofindianhead.org). A sample of the utility bill can be seen below. Please be on the lookout for this new bill next quarter!

We appreciate your patience while the Town makes the transition to these new services.



*Upcoming meetings and community events can be found on pages 2 & 3*

## Mayor's Message by Brandon Paulin

### TOWN OF INDIAN HEAD OFFICIALS / BOARDS /

#### PERSONNEL

##### Mayor

Brandon Paulin

##### Council

Ron Sitoula, Vice Mayor

Cassandra Grumbine, Councilwoman

##### Town Manager

Ryan L. Hicks

##### Planning Commission

Mary Armstrong, Chair

Wayne Higdon

Thomas Gordon Sr.

Brian Israel

Anthony McFarland

Thomas Hastings, Base Rep.

##### Board of Zoning Appeals

Dennis Scheessele

Michael Pellegrino

Thomas Blake

Anita Sampson

##### Ethics Commission

Paul Scott James

Stephen Gilligan

##### Town Hall Staff

Annie Brady, Town Clerk

Ginger Foster, Finance Officer

Diane Campbell, Deputy

Finance Officer

Community Relations Unit (formerly Com-

munity Policing), Gus Proctor

Plancheck, Code Enforcement

Eric Woodland, Head of Operations

Calvin Barnes, Field Supervisor

EAST, Inc., Water/Wastewater

##### Town Website

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

Happy summer everyone!

I have a few safety tips as temperatures rise and kids let out of school. First, when outside in the heat please drink plenty of water. Hydration is key to keep your body cool during the warm summer months. Second, kids will soon be out of school so please be mindful of your surroundings when driving through town. Approach crosswalks with alertness, and if you see kids playing in their yards near a street, SLOW DOWN and be a cautious driver.

Recently the town "cut the ribbon" on our new Potomac River Boardwalk! It's a magnificent and beautiful structure that many residents have already enjoyed walking along. If you haven't checked it out already make sure you do, visit our website for more information.

We also had a ribbon cutting at the new USBTA National HQ! This project will attract hundreds of people to our area, create jobs, and work to advance technology/training that protects police and military bomb squads nationwide. We are excited to have USBTA in town and look forward to working with them in the future.

Lastly, we recently approved our budget. All fees and tax rate remain the same for the next fiscal year while funding major infrastructure projects, economic development projects, road repairs, expansion of Washington Gas and the introduction of Verizon FIOS. We are happy to have another balanced budget that reflects the residents' priorities and allow for our town to continue its revitalization process.

Have a happy and safe summer,  
Mayor Paulin

## Summer Meetings

**Town Meeting:** Town Meetings are held the 1st Monday of every month unless it happens to fall on a holiday. The Summer Town Meetings will take place on Mon. June 6, Tues. July 5, Mon. August 1.

**Planning Commission:** Wed. June 15, July 20, and August 17, 5:30pm.

**Work Sessions:** Wed. June 22, July 27 and August 24, 3:30pm.

If you would like to log on for any of the upcoming Planning Commission or Work Session meetings please go to <https://gotomeet.me/TOIH> or you can dial in using your phone: 571-317-3122, Access Code: 135-757-733.

Agendas for upcoming meetings can be found under the Minutes & Agendas section under the Government tab on the Town's website. [www.townofindianhead.org](http://www.townofindianhead.org)

The Town meetings are now being held in person at the Village Green Pavilion.

## Community Events

**Charles County Early Childhood Advisory Council Meet Me at the Farmer's Market:** Sat. June 11, La Plata Farmer's Market, 9:00am until supplies last. The Farmer's Market is located near the Charles County Courthouse, Washington Avenue & Talbot Street. Charles County families with children ages birth to 5 years old will sample a yummy treat and receive a free book! Plus a recipe and free ingredients to recreate your treat at home. Ingredients provided by local vendors.

**Annual 4h of July Celebration:** Mon., July 4, 3:30pm - Fireworks, Village Green Park. (*Event flyer on page 14*)

**Charles County Public Library Morning Meditation:** Thurs., July 14, 10:30am, Village Green Park. OMM Works will be presenting this program to promote mental well being. Afterwards, visit with Mobile Library staff to pick up a calming at home activity. Register at: <https://ccplonline.libnet.info/event/6718818>

**National Night Out:** Tues., August 2, 6:00pm - 8:00pm, Village Green Park. (*Event flyer on page 15*)

**SAVE THE DATE! Annual Indian Head Car Show:** Sun., September 11, Village Green Park. The event is being held in memory of Emmet Posey. Registration from 8:30am to 12:00pm. \$20 fee on show day, \$15 fee prior to September 1st. Advanced registration available through Indian Head Baptist Church at 27 Raymond Avenue. Show runs from 9:00am to 3:00pm and includes, food, music, and awards for several categories. Come join the fun!

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Meals and Hope will be serving free meals on Wednesday June 22nd and July 27th from 5pm to 6pm at In His Service Community Ministry, UMC, 7305 Indian Head Highway, Bryans Road, MD 20640

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

Please join us for Morning Prayer on Wednesdays at 8 a.m. through our Facebook page.

The Easter season in the Episcopal Church ends on Sunday, June 5th which is known as Pentecost Sunday. This celebration commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks, as described in the Acts of the Apostles.

We are currently planning 2 more Community Spaghetti Dinners. They will happen on Monday, June 6th and Monday July 25th from 5 until 6:30. Please join us in our newly upgraded Hall with all the anti-COVID bells and whistles! As always these are offered at No Charge!

And sometime in August (keep an eye on our sign), we will once again hold our Indoor Yard Sale.

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

## **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  
301-743-5770

**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**  
Sundays 10am in person & via Zoom & Facebook  
Morning Prayer, Wednesdays 8am via Facebook  
301-743-2366

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

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

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

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

[www.shaareshalomsond.org](http://www.shaareshalomsond.org)  
**Indian Head Worship Center**  
Sunday Christian Education 9:30am  
Sunday Morning Service 11:00am  
Sunday Youth & Young Adult Service 6:30pm

Tuesday Bible Study 7:30pm  
Friday Evangelical Service 7:30pm  
301-743-7772

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

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

# Town of Indian Head Useful Information

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## Town Codes

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

## Code Enforcement

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 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	\$95.00 per quarter (per unit)
	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.**

# The Indian Head Riverwalk

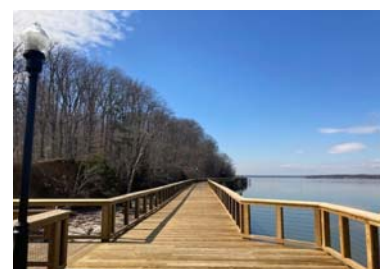
The Indian Head Riverwatch Upland and Riverwalk, is located at 165 Riverwatch Drive. Visitors to the Boardwalk will experience a 1,200 feet Upland Nature Walk that meanders through 10 acres of wooded Town-owned property that couples to a 1,200 feet Riverwalk along the Potomac River shoreline.

Any visitor who explores the Upland Nature Walk will experience a total immersion in nature, complete with bald eagles nesting overhead. Once upon the Upland Nature Walk, explorers will be able to walk past and touch trees that are over 100 years old, plus observe natural ecosystems, such as mature wetlands as the walk gives way to the Potomac River.

Once visitors reach the Potomac River, the Upland Nature Walk transitions to the Town of Indian Head's Riverwalk and Living Shoreline. The Riverwalk stretches along the Indian Head Cliffs for approximately 1,200 feet. As visitor's travel on the Riverwalk, they are able to look across the Potomac River to many points in Virginia. The constructed Living Shoreline that is situated between the Riverwalk and the Indian Head Cliffs allows for visitors to observe natural processes coupled with geologic history. Deposited natural driftwood covers the shoreline and helps to armor the toe of the cliffs and protect against erosion. Naturally planted grasses help secure the sands along the shoreline from eroding, as well.

The Town of Indian Head Upland Nature Walk and Riverwalk totals 2,400 linear feet that takes visitors on an unparalleled journey through multiple different ecosystems. Indian Head is the only town in Maryland that possesses a boardwalk of such magnitude.

*No alcohol or fishing is permitted on the Riverwalk.*



# SUMMER FIRE SAFETY

Summer is a time of vacations, picnics, and just more family time. Although this is a time for relaxation and family togetherness, we need to remember that this time of year also brings fires and injuries due to outdoor grilling, campfires, and 4<sup>th</sup> of July firework mishaps. The Indian Head Vol. Fire Department & Rescue Squad Inc. wishes everyone a Safe and Happy summer but would also like to remind everyone that these activities statistically have shown that approximately 8,000 people are injured each year because of these types of activities with half of them occurring during the first week in July. In addition, this is the time of year that can result in heat related emergencies due to overexertion both at work and at pleasure. By following these simple safety tips, you can make your family gathering, picnics and other outdoor activities safer for all and prevent accidents and injuries from happening.

## GRILLING SAFETY

- **As a reminder, in accordance with the Maryland State Fire Laws, the use of any type of grilling equipment on balconies is strictly prohibited and is subject to a fine by the Maryland State Fire Marshal's Office.**

## PROPANE GRILLS

- **Be sure to properly inspect your grill prior to use.**
- Check all the hoses for cracks, brittle, or damaged hose lines. If they are, you need to replace them immediately.
- The easiest way to check for damage is to spray the hoses and connections with soapy water. If bubbles appear, turn the tank off and make the needed repairs.
- If you turn the tank on and smell gas, **DO NOT ATTEMPT** to light the grill. Turn the tank off and reinspect the hoses and connections.
- When lighting the grill, make sure the lid is open and if the burn does not light after 5 seconds, turn the tank off, wait 5 minutes and try again.
- Never use a grill indoors or within 10 feet of your house or any structure or store your cylinders in your house or garage as gas can leak, build up and create an explosive situation.

## **CHARCOAL GRILLS**

- **NEVER** burn charcoal in an enclosed facility. When charcoal is burned, it produces carbon monoxide which is a colorless and odorless gas that can be deadly when inhaled.
- Be sure to use only approved lighter fluid designed for these types of grills and **NEVER** use gasoline.
- **NEVER** add fluid to the fire while it is burning.
- As with gas grills, position the grill at least 10 feet from your home or other structures.
- **Be sure to dispose of ashes in a metal container to reduce the chance of fire.**

## **FIREWORKS SAFETY**

- **Each year thousands of people are taken to the hospital emergency departments on the 4<sup>th</sup> of July, most often children and teens, with injuries from improper or illegal usage of fireworks. Many of these injuries were from sparklers which burn at approximately 1200 degrees.**

The best way to enjoy fireworks is to visit a public fireworks display put on by professionals who are trained and certified to safely handle fireworks. Unfortunately, many of these events were cancelled last year but hopefully there will be professional display this with probably limited attendance.

- **Remember that only ground based fireworks are legal in the state of Maryland.**
- Examples include sparklers, snakes and anything that does not explode or leave the ground.

## **OUTDOOR BURNING**

- **As a reminder, outdoor burning is prohibited in the Town of Indian Head. This includes burning trash, yard waste and any other type of materials.**
- The town provides trash and yard waste/debris removal so there should be no need for burning these items.

## **HEAT RELATED EMERGENCIES**

Summertime is also the time for mowing the yard and various other outdoor projects or activities. Unfortunately, these activities can lead to heat related illnesses and even death. Historically, more people in this country die from extreme heat than from severe weather each year. Very high body temperature may damage the brain or other major organs in the body.

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

### **HEAT CRAMPS**

Heat cramps usually effect people who are overexerting themselves and sweat profusely during strenuous activities. This sweating depletes the body's salt and moisture content. When these items are depleted in the muscles it can cause heat cramps.

- Muscle pain or spasms, usually in the abdomen, arms, or legs, that may occur in association with strenuous activities.
- Infants, children, and elderly are a greater risk of heat cramps due to the inability to regulate their body temperature.
- If you have heart problems or are on a low sodium diet, seek medical attention if you experience heat cramps.
- Heat cramps may also be symptom of Heat Exhaustion which is a more severe heat related emergency.
- In cases of Heat Cramps, the person needs to remove themselves from the heated environment, remove any excessive clothing, drink water to rehydrate the body and attempt to stretch the muscles that are cramping.

### **HEAT EXHAUSTION**

Can develop after long-term exposure to high temperature and lack of proper hydration. It is the body's response to excessive dehydration.

- Those most prone to heat exhaustion are the elderly, people with high blood pressure and people working or exercising in extremely heated environments.
- The skin may be cool, moist with a fast and weak pulse. Breathing will be fast and shallow because of the body's inability to cool itself.
- This is a true-life threatening emergency, and you should seek immediate medical attention.

- In cases of Heat Exhaustion, help the victim to cool off by moving them to a cooler environment, drink cold water and seek medical attention if sign and symptoms if conditions do not improve or worsen.

## **HEAT STROKE**

Occurs when the body is unable to regulate the person's temperature. The body temperature rises rapidly, the sweating mechanism fails, and the body is no longer able to cool down.

- Body temperatures may reach 106 degrees or higher within 10 to 15 minutes.
- At this temperature, the brain begins to overheat and causes life-threatening issues regarding breathing, heartbeat, and possible seizures.
- This is a true-life threatening emergency, and you should seek immediate medical attention.
- If possible, remove the victim from the environment, cool by removing excess clothing and contact 911.
- Heat stroke can cause death or permanent disability if medical treatment is not provided as quickly as possible.

Summertime should be a time of fun and making family memories but can be a traumatic time as well. By following these simple safety tips and exercising good judgement when grilling, camping, or working outside during the hot summer months, you and your family can have a safe and enjoyable summer.

The Indian Head Vol. Fire Department & Rescue Squad Inc. would like to wish everyone a happy and safe summertime season.

**If you have any questions or are interested in joining our team to serve the community, please contact the department at 301-753-9400 or stop by and visit us on Thursday nights for drill.**



**PROUDLY SERVING OUR COMMUNITY  
AND CHARLES COUNTY FOR OVER 70 YEARS.**

Charles County senior center are opened to those at least 60 years young. You are encouraged to be a part of the fast-paced center, Indian Head Senior Center, where we encourage our seniors to be independent as long as possible physically, mentally, spiritually, and socially.

## Indian Head Senior Center

We are fully opened and follow the County COVID mandates. Call us at 301 743-2125, Charles County Senior Centers Facebook page, [www.charlescountymd.gov/getconnected](http://www.charlescountymd.gov/getconnected), Maryland Access Point (MAP) 855 843-9725 or email [MDAccessPoint@charlescountymd.gov](mailto:MDAccessPoint@charlescountymd.gov).



### What is new at the Indian Head Senior Center?

- A wheelchair access picnic table donated by Warren and Jeanne Bowie.
- A raised garden where we are reaping the bounty of the spring planning.
- Our Cruise Party on May 26 (FULL) with Motown Butta and meals from Judy's Food Express.
- Updated fitness equipment.

### June SCOOPs will be available at the center on May 24<sup>th</sup>

- Juneteenth tickets on sale now for \$10, limited available

### July Activities

- Mobile Market, July 7<sup>th</sup> at 10:30 a.m.
- Blood Pressure Screening from Charles County Regional Medical Center and Morning Meditation July 14<sup>th</sup> at 10:30.
- Farmer's Market for seniors at 10 a.m. and for the Community at 11 a.m. on Wednesday, July 27.



### Always Available

- Fitness Classes. Some require a fitness card.
- Daily lunches, make reservations 24 hours in advance
- Bingo, Project Linus, Cards and Games and much much more – Make this your center.

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

*Quality on Tap Report 2021*  
Town of Indian Head  
MD0080020

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 report shows the results of our monitoring for the period of January 1<sup>st</sup> to December 31<sup>st</sup>, 2021. 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 EPAs 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	09/30/2020	1.3	1.3	0.068	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	2021	1.4	1.3 - 1.4	MRDLG = 4	MRDL = 4	ppm	N	Water additive used to control microbes.
Haloacetic Acids (HAA5)	2021	1	1.4 - 1.4	No goal for the total	60	ppb	N	By-product of drinking water disinfection.
Total Trihalomethanes (TTHM)	2021	7	6.7 - 6.7	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
Fluoride	2021	1.4	0.71 - 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	2021	1.2	0.2 - 1.2	0	5	pCi/L	N	Erosion of natural deposits.
Gross alpha excluding radon and uranium	2021	9	6.1 - 9.3	0	15	pCi/L	N	Erosion of natural deposits.

Sampling was done on September 8, 2021 within the Town for PFAS, our test results were non detect but this educational statement regarding PFAS is available as follows:

PFAS – short for per- and polyfluoroalkyl substances – refers to a large group of more than 4,000 human-made chemicals that have been used since the 1940s in a range of products, including stain- and water-resistant fabrics and carpeting, cleaning products, paints, cookware, food packaging and fire-fighting foams. These uses of PFAS have led to PFAS entering our environment, where they have been measured by several states in soil, surface water, groundwater and seafood. Some PFAS can last a long time in the environment and in the human body and can accumulate in the food chain.

Currently, there are no federal regulations (i.e., Maximum Contaminant Levels (MCLs)) for PFAS in drinking water. However, the U.S. Environmental Protection Agency (EPA) has issued a Health Advisory Level (HAL) of 70 parts per trillion (ppt) for the sum of PFOA and PFOS concentrations in drinking water. While not an enforceable regulatory standard, when followed, the EPA HAL does provide drinking water customers, even the most sensitive populations, with a margin of protection from lifetime exposure to PFOA and PFOS in drinking water. Beginning in 2020, the Maryland Department of the Environment (MDE) initiated a PFAS monitoring program. The combined PFOA and PFOS concentration from samples taken from our water system was **below the detection limit**. MDE anticipates that EPA will establish an MCL for PFOA and PFOS in the near future. This would entail additional monitoring. Additional information about PFAS can be found on the MDE website: [mdc.maryland.gov](http://mdc.maryland.gov)

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.



# INDIAN HEAD JULY 4TH CELEBRATION!

**Monday, July 4**  
**Village Green Park**  
**3:30pm to Fireworks!**

Join the Town of Indian Head to celebrate Independence Day!

The event will start with a Patriotic Kick-Off at 3:30pm. There will be amusement rides (*wristbands will be sold at the event*), food vendors, sales vendors and local organizations, live entertainment, and the celebration will close out with a beautiful fireworks display!

*Food vendors include, Judy's Food Express LLC, Sweet Street Donuts, Smoker's Delight BBQ, Circus Ice Cream, Ohana Snow Shaved Ice, Cole's Food Truck, Pizza Hotline, Kick'n Chik'n & More, Poseidon's Pot, Indian Head Moose Lodge 1712*

*Outdoor vendors include, Brooks Creations, BRIDGE Church, Toys & Light up items from Really Awesome Toys, American Legion Auxiliary Jack R. Cross Memorial Unit 233, Cobb Creative, Scentsy, Sassy Xpressions, Soaping On A Purpose, Living Out Loud Wood Crafts, Yummy Confections LLC, AVO & Associates Real Estate*

*Live Entertainment from the Flippin' Eyelids, DJ Rockin' Roger, & K. Bay*

*Event Sponsors include, Community Bank, Genesis Consulting Solutions, and Commissioner Bowling of District 1*



**Tuesday, August 2, 2022**  
**6:00pm - 8:00pm**  
**Village Green Park**



Join your neighbors and the Indian Head Volunteer Fire Department, Charles County Sheriff's Department and other local organizations at the Village Green Park!

Music from DJ Psyborg of Mosquito Cove Digital Magic Entertainment

Judy's Food Express, LLC will have hot dogs, brats, spicy Italian sausages, potato salad, chips and beverages for sale!

Charles County Community Mediation Center will be there offering giveaways and information on their services

BRIDGE Church will provide games for children to play

Please check back for additional event information!



# Upcoming Charles Regional Medical Center Events



**We love our cancer survivors.**

## Relay For Life of Charles County

**SATURDAY, JUNE 11, 2022  
2:00 PM - 10:00 PM**

**ST. CHARLES HIGH SCHOOL  
5305 Piney Church Rd, Waldorf, MD**



*This year's theme:  
Cruisin' Past Cancer*

**Join us to celebrate you!**



SCAN QR code or visit our  
website to sign up for the walk  
[relayforlife.org/charlescomd](https://relayforlife.org/charlescomd)

You and a caregiver are also invited  
to be recognized and honored at our free  
**Survivor and Caregiver Reception**

**Survivor Luncheon guest speaker:  
Dr. Aileen Kim, Radiation Oncologist,  
Chesapeake Potomac Regional Cancer Center**

**Registration: Begins at 12:00 Noon**

**Survivor and Caregiver Reception:  
Noon - 1:30 PM  
St. Charles High School Cafeteria**

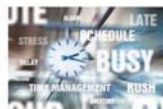
**Opening Ceremony, Survivor and  
Caregiver Laps: 2:00 PM**

**RSVP: Mary Levy at [Mary.Levy@umm.edu](mailto:Mary.Levy@umm.edu)  
or by calling (301) 609-4415  
Space is limited to 50 Survivors plus 1 guest each**

 **UNIVERSITY of MARYLAND  
CHARLES REGIONAL MEDICAL CENTER**

*Special thank you to our Survivor Reception Sponsor University of  
Maryland Charles Regional Medical Center*

The Center for Diabetes Education  
Diabetes Support Group



**“Lessen Your Stress for a Happier, Healthier You”**

*Join Us and Find New Ways!!*

*Palon Moon, DPP Lifestyle Coach,  
Community Health Worker*

Wednesday, June 22, 2022 2:00pm-3:00pm



Nagula 2 Conference Center at  
Charles Regional Medical Center



(masks required)

Please RSVP at 301-609-5444, due to limited space!



LIVING WELL  
Southern Maryland

A Free Six-Week Workshop  
**Living Well With Chronic Conditions**

**Are you living with:**

- Diabetes
- Arthritis
- Lung disease
- Heart problems, including high blood pressure
- Fatigue/Fibromyalgia
- Asthma/Allergies
- Stress/Anxiety
- Pain

This is a free six-week workshop designed for people with chronic conditions and/or caregivers. Each session builds upon the last to help you set goals, make action plans and improve your life. It is a motivational experience.

**Topics Include:**

- Managing your fatigue and pain
- Communicating better with your doctors
- Decreasing your frustration
- Improving healthy eating
- Regaining control of your life
- Putting changes into action



Any other condition that is keeping you from living your life to the fullest

Tuesdays

**Next 6-week Session:** June 21, 2022 to July 26, 2022  
9:30 AM - 12 Noon

In Person Class -- @ a La Plata, MD Location



To pre-register, call 301-609-6885 or fill out this form  
<https://forms.gle/jSmtLqCrwtC6ULho7>

Building Better  
Caregivers

6-WEEK  
WORKSHOP  
(FREE)

This workshop is for anyone providing care to another human (a parent taking care of a disabled child, spouse supporting spouse, adult child taking care of an aging parent, or any person providing care to another adult).

This workshop is only for the caregiver.

Who is Taking Care of You?  
Learn How to be Your Best Self.

Topics Covered During the Workshop:

- Caregiver Stress
- Dealing With Difficult Care Partner Behaviors
- Getting Help
- Making Decisions About Treatment, Housing, etc.
- Communicating Effectively With Family, Friends, And Health Professionals
- Dealing With Caregiver And Care Partner Difficult Emotions
- Planning For Future Needs
- Legal Issues Related To Caregiving
- Action Planning and Problem Solving

**Class  
Details**

Once a week on  
Thursdays from  
May 5-June 16, 2022

5:00PM-7:30PM

Department of Health  
4545 Crain Highway  
White Plains, MD

Class size is limited.

Call 301-609-6931 or complete this form (<https://forms.gle/wyovDxZRgmAridv9>)  
for more information or to register.



JOIN US!



2022

Diabetes Support Group

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

Come join us as we discuss different topics relating to Diabetes

Feel free to bring a friend!

Wednesday, March 23	2:00 - 3:00 pm	Nagula 2
Wednesday, April 27	2:00 - 3:00 pm	Nagula 2
Wednesday, May 25	2:00 - 3:00 pm	Nagula 2
Wednesday, June 22	2:00 - 3:00 pm	Nagula 2
Wednesday, July 27	2:00 - 3:00 pm	Nagula 2
Wednesday, September 28	2:00 - 3:00 pm	Nagula 2
Wednesday, October 26	2:00 - 3:00 pm	Nagula 2
Wednesday, November 9	2:00 - 3:00 pm	Nagula 2

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



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

# DIABETES 101



## Join Us for a No-Cost Education Course

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

### AVAILABLE DATES

April 14, 2022	October 13, 2022
May 12, 2022	November 10, 2022
June 16, 2022	December 8, 2022
July 14, 2022	
August 11, 2022	
September 8, 2022	



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

# Diabetes Prevention Program

Cut your risk for  
**Type II Diabetes**

in half



### This Program Is For

- Adults who are overweight
- Adults who have prediabetes
- Adults who have borderline diabetes
- Adults who have a family history of diabetes
- Adults who had gestational diabetes

Program goals are 5 - 7% weight loss and 150 minutes of physical activity each week  
Receive support for an entire year - Class meets weekly for 16 weeks

Caregivers and support staff are welcome to attend.

Wheelchair scale available.

UNIVERSITY of MARYLAND  
CHARLES REGIONAL MEDICAL CENTER  
CENTER FOR DIABETES EDUCATION



Pre-Registration is required.  
Call 301-609-6885 for more information and to register.



PREVENTT2 IS PART OF THE NATIONAL DIABETES PREVENTION PROGRAM LEAD BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC)

Charles County Department of Health

## LET'S MOVE, FREE 30-MINUTE CLASSES

### For Pregnant and Postpartum Women

Classes are Wednesdays at 1pm

WHAT WE OFFER

- Stretching
- Stress Relief
- Gentle Movement

Beginning 4/13/22

## LET'S LEARN-VIRTUAL CLASSES

Learn from the comfort of your own home.

Classes taught by a Registered Dietitian and Certified Diabetes Care and Education Specialist

All classes are free and open to everyone.

All classes held at 5pm.

- 5/5: What is Diabetes/Gestational Diabetes?
- 5/12: How Does Gestational Diabetes Affect my Baby?
- 5/19: Gestational Diabetes Treatment: What can I do?
- 5/26: Dietary Guidelines for Gestational Diabetes
- 6/2: Changing Your Diet for Gestational Diabetes: Individual Recommendations
- 6/9: Going Forward: Preventing Type 2 Diabetes

Meeting Details  
<https://zoom.us/j/91878731058>  
Meeting ID: 918 7873 1058  
Dial by your location  
301 715 8592 US (Washington DC)



Indian Head  
Center for the Arts

Our Doors Are Open for Performances. If you have a show or performance that you would like to see, we want to know about it! Visit our website [www.indianheadblackbox.com](http://www.indianheadblackbox.com) and fill out our form. We look forward to supporting local artists and bringing fresh entertainment to Charles County in 2022.

Are you in need of a space for rehearsals, meetings, or more? The Black Box stage is one the best kept secrets for rental venues. Our prices are listed on our website. Please contact us for additional information and prices for multiple-day rentals.

The Indian Head Center for the Arts is a proud partner of the College of Southern Maryland (CSM). This year we will host performances spanning the performing arts genres and can't wait to see you in the audience. Visit our website or Facebook page to see what is happening next.

**BUSINESS HIGHLIGHTS**



**DALE'S SMOKEHOUSE**  
301-743-6777  
Date Hayes/Pam Hundley 4645 Indian Head Hwy  
dalessmokehouse@aol.com Indian Head, MD 20640




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

**Michelle's Cakes**  
4336 Indian Head Hwy,  
Indian Head MD, 20640  
301 246.9007  
www.michellescakes.net  
michellescakes@yahoo.com  
Find Me On Facebook



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



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

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



**David Dixon, Agent**  
3A North First Street  
Indian Head, MD 20640-1801  
Bus 301 743 7200 Fax 301 743 5790  
Cell 240 299 649C  
dave.dixon.gzme@statefarm.com



The greatest compliment you can give is a referral.