



Town of Indian Head NEWSLETTER



Issue 82
Summer 2023

Town Hall

Office Hours
Monday - Friday
8:30 a.m. - 4:30 p.m.
Phone Numbers
Ofc: 301-743-5511
Fax: 301-743-9008

Holiday Closings

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

Juneteenth
Monday, June 19
4th of July
Tuesday, July 4
Labor Day
Monday, September 4

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 provide 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.

Upcoming 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 at 7:00pm on Mon., June 5 (virtual), Mon., July 3 (virtual), & Mon., August 7 (virtual). *If you would like to log in for the virtual meetings, go to <https://gotomeet.me/TOIH> or dial in using your phone by calling 571-317-3122, Access Code: 135-757-733*

Planning Commission: Wed., June 14, July 19, August 16, 5:30pm. *Planning Commission meetings are held virtually. You may log in for any meeting by going to <https://gotomeet.me/TOIH> You can also dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733*

Work Session: Tues. June 20, Wed. July 26 & Wed. August 23, 3:30pm. *Work sessions are held virtually. You may log in for any meeting by going to <https://gotomeet.me/TOIH> You can also dial in using your phone, 1 (571) 317-3122 Access Code: 135-757-733*

Board of Zoning Appeals Public Hearing: Wed., June 21, 7:00pm, at the Village Green Pavilion in regard to application 05-01-03. The application is a request for special exception at 4340 Indian Head Highway for a gym/personal training facility. Interested parties may attend. The public can review the file at the Indian Head Town Hall during normal business hours.

UPCOMING COMMUNITY EVENTS

Juneteenth Celebration: Mon., June 19, Village Green. Event details are still being finalized. Please check the Town's website for additional event information as it becomes available.



4th of July Celebration: Tues., July 4, 3:30pm thru Fireworks! Join the Town of Indian Head to celebrate Independence Day! (further event details can be found on page 3)

National Night Out: Tues., Aug. 1, 6:00pm to 8:00pm, Village Green Park. Join your neighbors and the IHVFD, CCSO, and other local organizations and take a bite out of crime! Please check the Town's website for additional event information as it becomes available.



Beating the Back-to-School Blues: Wed., August 9, 6:00pm to 8:00pm, Village Green Pavilion. Hosted by BRIDGE Church and partners. (further event details can be found on page 7)

Mayor's Message by Brandon Paulin

Hello everybody!

I hope everyone is enjoying their spring and is looking forward to summer right around the corner. Please be mindful when driving through town that the last day of school for students is June 8th, so you may see additional kids playing in the neighborhoods, stay vigilant and drive safely.

Movement still is happening at Oasis Fresh Foods market. Dialogue continues weekly between the town, grocery store management, and contractors. Lots of movement is anticipated over the summer, as obstacles have started to be climbed. We look forward to the continued progress on this project.

Another new business is moving into town. "Muscle House and Fitness", a new gym will be located in the old hardware store location next to Michelle's Cakes in the coming weeks. We look forward to this great addition to our town and a personal opportunity for me to get into shape prior to my wedding in early August. I plan to be down there often once they open, so if you want to be in shape and talk with me about anything feel free to meet me down there for a workout.

I wanted to take the time to thank our state delegation and State of Maryland for their recent support during the legislative session for numerous projects in Indian Head. From the state delegation Indian Head related projects received; \$500,000 for the Boys and Girls Club of Southern Maryland to have a presence

in Indian Head, \$100,000 for Oasis Fresh Food Market, and \$250,000 for USBTA. The State of Maryland also approved a grant for \$300,000 for the addition of a Splash Park/Pad to the Village Green. We look forward to these projects which will bring many activities for youth, additional access to fresh foods, industry/jobs, and fun to our community.

Finally, I wanted to congratulate all the 2023 graduates in town. Whether you are graduating from Lackey, North Point, College, or the Trades, I want to personally congratulate each and everyone of you. Your determination got you this far and will be a shining example for younger folks striving to achieve their goals. Always remember to utilize your skills and education to give back to your community where you can, because a community isn't built by one individual or neighborhood. It's built by many, willing to chip in their efforts, expertise, and knowledge to better the community.

This summer, remember to talk to your neighbors, make new community friends, get to know someone new, help a neighbor out, and above all else be kind.

Until next time,
Mayor Paulin

TOWN OF INDIAN HEAD OFFICIALS / BOARDS / PERSONNEL

Mayor
Brandon Paulin
Council

Ron Sitoula, Vice Mayor
Cassandra Grumbine, Councilwoman

Town Manager
Ryan L. Hicks

Planning Commission

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

Board of Zoning Appeals

Michael Pellegrino
Thomas Blake
Joanne Sullivan

Ethics Commission

Paul Scott James
Stephen Gilligan

Town Hall Staff

Annie Brady, Town Clerk
Ginger Foster, Finance Officer
Diane Campbell, Deputy
Finance Officer
Gus Proctor, Community Policing
Contact
Plancheck, Code Enforcement
Eric Woodland, Head of Operations
Calvin Barnes, Field Supervisor
EAST, Inc., Water/Wastewater

Town Website

www.townofindianhead.org

CODE ENFORCEMENT—HIGHLIGHTED CODES OF THE QUARTER

IPMC 304.2 Protective treatment. Exterior surfaces, including but not limited to, doors, door and window frames, cornices, porches, trim, balconies, decks and fences, shall be maintained in good condition. Exterior wood surfaces, other than decay-resistant woods, shall be protected from the elements and decay by painting or other protective covering or treatment. Peeling, flaking and chipped paint shall be eliminated and surfaces repainted. Siding and masonry joints, as well as those between the building envelope and the perimeter of windows, doors and skylights, shall be maintained weather resistant and weather tight. Metal surfaces subject to rust and corrosion, and surfaces with rust or corrosion shall be stabilized and coated to inhibit future rust and corrosion. Oxidation stains shall be removed from exterior surfaces. Surfaces designated for stabilization by oxidation are exempt from this requirement.

IPMC 304.3 Premises identification. Buildings shall have approved address numbers placed in a position to be plainly legible and visible from the street or road fronting the property. These numbers shall contrast with their background. Address numbers shall be Arabic numerals or alphabet letters. Numbers shall be not less than 4 inches in height with a minimum stroke width of 0.5 inch.



INDIAN HEAD JULY

4TH CELEBRATION!

**Tuesday, 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 for \$5 each*), food vendors, live entertainment, and the celebration will close out with a beautiful fireworks display!

New to this year's event, we will have carnival games! (*there will be a per game charge, the vendor will be accepting cash and credit cards*)

Food vendors include, Big Boy Tacos, Circus Ice Cream, Cole's Food Truck, County Manners, Judy's Food Express, Lauren's Lumpia LLC, Ohana Snow Shaved Ice, Pizza Hotline, Poseidon's Pot, Smokers Delight BBQ, Sweet Street Donuts, That Philly Spot

Live Entertainment from, DJ Rockin' Roger, Restart, and G Frequency

NO pets (except for service animals) or alcoholic beverages permitted.

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 \$ 75
**(per dwelling unit per quarter) plus
\$7 for every 1,000 gallons used**

Minimum rate for all commercial customers \$217
**(per unit per quarter) plus
\$7 for every 1,000 gallons used**

Bay Restoration Fee

\$15 to State of Maryland Comptroller's Office for the Bay Restoration Fund

Trash Rates

Residential/Multiple Residential Rate: \$90.00 (per dwelling unit per quarter) - Billed quarterly for twice a week curbside pickup and one (1) recyclable products pickup per week.

Commercial Rate

Category I	Dumpster (4cu yds)\$500.00 per quarter
Category II	Maximum 2 cans \$100.00 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 Senior Center is located on the Village Green in the Old Post Office, 100 Cornwallis Square. If you are at least 60 years young we encourage you to part of this fast-paced center, where we encourage older adults to be independent as long as possible physically, mentally, spiritually, and socially.

Indian Head Senior Center

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

WELL-Come to Wellness in 2023/24

Happy Summer! Our garden is ready for you to reap the benefits of our labor. During the next 18 months will be focusing on being a community of WELLNESS. Look for chats with Dr. Cook, cooking demonstrations, Maryland Food Bank and activities to keep you moving. Register at the any of the Charles County Senior centers to participate in our activities. For a complete list of activities pick up a copy of the SCOOP publication, go to <https://www.charlescountymd.gov>, visit our Facebook page Charles County Senior Centers or scan the QR code below.

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

- Dance Fit – a local instructor - Mondays at 10:15 a.m.
- Mobility & Balance w/Nieda – a local instructor – Tuesdays at 9:15 a.m.
- Diabetes Prevention Program (DPP) – Thursdays at 9:30 a.m.
- Eat Well – Move Well – once a month, check the SCOOP
- Kettle Bell workout – Thursdays at 2:15 p.m.
- Poetry Club – taught by published author Dorothy Simms, 2nd Tuesdays at 2:30 p.m.
- Fresh Fruit Fridays

Ongoing Programs:

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

Upcoming Events:

- Summer Water Aerobic registration now open \$50 at Lackey – call the center for details
- Beach Bingo – Tuesday, June 13 at 10 a.m.
- Health and Wellness with Dr. Stephen Smith, Thursday, June 15th at 10:30 a.m.
- Jaycees Senior Picnic, June 21, centers are closed – must have a ticket to attend
- Bryans Road Plan public hearing, Tuesday, June 27th at 6 p.m.
- Narcan Training, Wednesday, June 28th at 11 a.m.
- Juneteenth Celebration – Thursday, June 29th at 11 a.m. outside program – cost \$5
- Farmer's Market – Thursday, July 6 at 10 a.m.
- Widow and Widower Support Group, Thursday, July 13th at 10:30 a.m.
- Active Shooter Briefing, Wednesday, July 19th at 11 a.m.
- Self-Defense Demo, Thursday, July 20th at 9:15 a.m.

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



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

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

RELIGIOUS SERVICES

St Mary's Star of the Sea Church

Sunday Services 7:30, 9:00 & 11:00am

Saturday Services 5:00pm
Confessions Saturdays 4:00 to 4:30pm

Special Devotions 7:30am mass on the 1st Friday and 1st Saturday of each month
301-753-9177

Indian Head Baptist

Sunday School 9:15am
Sunday, Morning Worship 10:30am
301-743-3707

St James Episcopal

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
202-766-5066

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.
www.shaareshalomsm.org
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 11:00am
Bible Study – Tuesday 7:00 p.m.
240-377-8919

BRIDGE Church

Sunday Services at 10am, Black Box Theatre
Children's Ministry, Birth-5th Grade during service

Greater Spiritual Fellowship Community Church, 106 Ellerbe Drive, Indian Head, MD, will host its Vacation Bible School (VBS) on July 18 – July 21 from 7:15pm to 9:00pm nightly. Rev. Dr. Joanne P. Ward, Pastor

Indian Head Baptist Church - Sunday morning at 10:30am, Adult Sunday school at 9:15am on Sundays as well, and Thursday night Bible study for Men at 6:00pm every other Thursday (June 1st, 15th, and 29th/ July 13th and 27th/ August 10th and 23rd).

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

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

The Easter season in the Episcopal Church ends on Sunday, May 28th 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.

Our next 2 Community Spaghetti Dinners will happen on Monday, June 5th and Monday, July 31st from 5 until 6:30 pm. 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 once again we will hold our Indoor Yard Sale on Saturday, August 12th, from 7 am until 2 pm. There will also be a bake sale with lots of cookies!

We are currently trying to schedule another Paint Party, perhaps in July. Keep an eye out for our sign and FaceBook notifications once we get it scheduled.

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!

Looking for authentic community? BRIDGE Church invites you to join us on SUNDAYS at 10 AM at Black Box Theater Indian Head. We welcome you to a relaxed and authentic family-friendly environment where you are encouraged to come as you are. We have children's ministry (BRIDGE Kids) for ages 8 weeks – 5th grade. After sharing their memory verse and opening kid's song, littles age 3 – 5th grade transition to their own fun and creative spaces for an engaging age-appropriate experience. Infants and toddlers are checked-in to BRIDGE Kids prior to service, where our staff and volunteers provide a safe and loving learning environment. For more information go to www.bridgeih.church or call 301-841-6212.



June 7 - Aug 30th Wednesdays 6:30-8:00 pm

Midweek Summer Bible Study for older teens and adults is hosted by BRIDGE Church. Come for a day or join us for the whole summer, all are welcome. Go to our website at www.bridgeih.church or call 301-841-6212. *Group will not meet July 5 or August 9

Saturday July 29th 9am-5pm

Free Childbirth Education Workshop in Indian Head. Lunch, snacks, and gifts provided for all registered attendees. This workshop will help to prepare you for Labor and Delivery. Topics Covered: Reproductive Anatomy, Changes during Pregnancy, Nutrition and Exercise, Labor Process, Delivery Process, Role of the Coach, Packing for the Hospital, Breathing and Relaxation. Moms must be at least 5 months pregnant to register. This class will be led by Jenn Zeitler, a certified doula, Lamaze certified childbirth educator and evidenced based birth instructor. Space is limited, don't wait to register. To REGISTER, go to [Free Childbirth Education Workshop \(bridgeih.church\)](http://Free Childbirth Education Workshop (bridgeih.church))

Wednesday August 9th 6:00-8:00pm

Beating the Back-to-School Blues

This family event will be held at the Pavilion at Village Green Park, Indian Head. The evening includes:

- Free dinner for registered families
- Pro-tips for a successful back-to-school start
- School Supplies for eligible families
- Games & fun skill-building activities for kids
- Gifts and Prizes

Hosted by BRIDGE Church, in partnership with the Judy Center, Military Alliance Council of Charles County and Clarity Coffeehouse. To register go to [Beating the Back to School Blues \(bridgeih.church\)](http://Beating the Back to School Blues (bridgeih.church))

Summertime Fire Safety

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

Barbeque Safety Gas Grills:

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

Charcoal Grills:

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

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

Fireworks:

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

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

- Sparklers
- Fountains
- Wheels and spinners

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

Heat Related Emergencies:

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

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

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

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

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

Summertime should be a time for fun and making happy memories. By following these simple safety rules and exercising caution when grilling, camping or outside during the hot summer months you and your family can have many safe and enjoyable summertime events.

The Indian Head Volunteer Fire Department and Rescue Squad would like to wish you and your family a safe and happy summer season. We would like to thank everyone for your donations to the department during our annual fund drive and if you have any questions or are interested in joining us to serve the community, please contact the Fire Department at 301-753-9400 or 301-743-3900.



Proudly Serving Our Community and Surrounding Communities Since 1948

Upcoming events at the Black Box Theatre/Center for the Arts:

- June 1 Avery Sunshine Concert – fundraiser for the Phoenix International School for the Arts
- June 9 & 10 The Wiz
- Family Movie Night - dates and times TBD

Check our website to stay up to date on our upcoming events, camps, classes, and shows!
indianheadblackbox.com

Thank you to everyone who came out to vote during this year's Town Council General Election. Your re-elected Council members were sworn in on May 9th, and May 15th at the office of the Clerk of the Court. Mayor Paulin, Vice Mayor Sitoula, and Councilwoman Grumbine are looking forward to serving the Town and its residents for 4 more years!



Quality on Tap Report 2022
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 1st to December 31st, 2022.

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, may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- Inorganic contaminants, such as salts and metals, 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 bottles 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. Community members with questions are encouraged to attend Town Meetings that are held on the first Monday of each month.

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	2022	1.3	1.3 - 1.3	MRDLG = 4	MRDL = 4	ppm	N	Water additive used to control microbes.
Haloacetic Acids (HAA5)	08/13/2021	1.4	1.4 - 1.4	No goal for the total	60	ppb	N	By-product of drinking water disinfection.
Total Trihalomethanes (TTHM)	08/13/2021	6.7	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
Arsenic	2022	2.355	0 - 2.355	0	10	ppb	N	Erosion of natural deposits; Runoff from orchards; Runoff from glass and electronics production wastes.
Barium	2022	0.011	0 - 0.011	2	2	ppm	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.
Fluoride	2022	1.5	0.75 - 1.5	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	11/02/2021	0.3	0.3 - 0.3	0	5	pCi/L	N	Erosion of natural deposits.
Gross alpha excluding radon and uranium	11/02/2021	6.1	6.1 - 6.1	0	15	pCi/L	N	Erosion of natural deposits.

Unregulated Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely source of contamination
Chloroethane	3/7/2022	1.57	1.45-1.57	n/a	n/a	ppb	N	Man-made compound
Sodium	3/7/2022	144.5	59.39-144.5	n/a	n/a	ppm	N	Erosion of natural deposits

CCR PFAS Statement without test results in 2022:

PFAS – or 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.

Beginning in 2020, the Maryland Department of the Environment (MDE) initiated a PFAS monitoring program. Our water system was not tested for PFAS in 2022. In March 2023, EPA announced proposed Maximum Contaminant Levels (MCLs) of 4 ppt for PFOA and 4 ppt for PFOS, and a Group Hazard Index for four additional PFAS compounds. Future regulations would require additional monitoring as well as certain actions for systems above the MCLs. EPA will publish the final MCLs and requirements by the end of 2023 or beginning of 2024. Additional information about PFAS can be found on the MDE website: mde.maryland.gov/PublicHealth/Pages/PFAS-Landing-Page.aspx


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.

Business Highlights

CLARITY COFFEE HOUSE
M-F 6 AM Wkend 7AM



(240) 377-8190 4175 Indian Head Hwy
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www.ClarityCoffeeShop.com

State Farm®
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Home Office, Bloomington, Illinois 61710



David Dixon, Agent

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OF HOME**

Ask for Brittany

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email: atouchofhome316@gmail.com

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Desserts you'll love, made from scratch!

Upcoming Charles Regional Medical Center Events



DIABETES 101



Join Us for a No-Cost Education Course

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

AVAILABLE DATES

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



Interested? Contact us today for additional information.
DiabetesCenter@umm.edu | 301-609-5444



JOIN US!

2023

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



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

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



Schedule your appointment for a free health screening today.

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

Patients eligible for screenings include:

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

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

Call to secure your spot at 410-573-9483



MEDICAL NUTRITION THERAPY PROGRAM

What is Medical Nutrition Therapy?

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

Where is Medical Nutrition Therapy offered?

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

How to set up an appointment?

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

University of Maryland
Charles Regional
Medical Center



UM CHARLES REGIONAL
MEDICAL CENTER
Center for Diabetes
Education

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

www.charlesregional.org