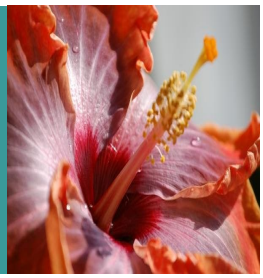


Town of Indian Head NEWSLETTER



Issue 86
Summer 2024

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
Wednesday, June 19
4th of July
Thursday, July 4
Labor Day
Monday, September 2

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 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 3, Mon., July 1, & Mon., August 5. *You may log in for the meetings by going 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 5, July 17, August 21, 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: Wed. June 26, July 24 & August 28, 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*

Constant Yield Tax Rate Hearing: For the taxable year beginning July 1, 2024, the Town Council of the Town of Indian Head proposes to increase real property tax rates from $0.3000 per $100 of assessment to $0.3400 per $100 of assessment. A public hearing on the proposed real property tax rate increase will be held at 6:00pm on Monday, June 3, 2024, on GoToMeeting. Please go to https://gotomeet.me/TOIH or dial in using 1-571-317-3122 (access code: 135-757-733) The hearing is open to the public, and public testimony is encouraged. If you are unable to attend the hearing but you would like to submit public comment, please submit your comments by no later than Friday, May 31, 2024 to the Town Hall located at 4195 Indian Head Highway, Indian Head, MD 20640 between the hours of 8:30am to 4:30pm, or submit them via email to annie@townofindianhead.org. All public comment received prior the meeting will be read under the public comment portion of the agenda.

UPCOMING COMMUNITY EVENTS

Charles County Arts Alliance Artsfest 2024: Sat., June 8, 11am to 5pm, Village Green Park. Free entry! Music, food, artwork, crafts of all sorts. Fun for all ages!

Juneteenth Celebration: Wed., June 19, 12pm to 3pm, Village Green Park.

MD Food Bank's Mobile Market: Wed., June 26, 11am to 1pm, Senior Center.

Annual July 4th Celebration: Thurs., July 4, 3:30pm through Fireworks, Village Green Park. Food vendors, live entertainment, amusements including pony rides, and the event will finish with a beautiful fireworks display!

National Nigh Out: Tues., August 6, 6pm to 8pm, Village Green Park. Join your neighbors, IHVFD, and the CCSO at the Village Green Park! Judy's Food express will be selling food *(first 100 people will receive a free meal),* music from DJ Psyborg of Mosquito Cove Digital Magic Entertainment, other local organization, and new this year a moon bounce & face painting!

Back to School Parents "Prep" Rally: Wed., August 14, 6pm to 8pm, Village Green Pavilion. For more info go to https://www.bridgeih.church/event/back-to-school-parent-prep-rally/

Mayor's Message by Brandon Paulin

Hello all, Summer is here, and it is HOT. Be sure to stay hydrated!

As the kids end their school year and the 2024 graduates walk across the stage (Shout out to my sister in-law Kiersten, for graduating from University of Maryland), here are a few reminders:

•Stay Hydrated. Whether you're doing yardwork or kayaking on the Mattawoman Creek, staying hydrated is the best way to avoid heat-related illnesses like heat stroke, heat exhaustion, and cramps.

• Keep an eye out for pedestrians and kids when driving through the community. Safe driving is always better driving. Be extra mindful when it's nice outside.

• Enjoy a stroll on the boardwalk or go fishing at Mattingly Park!

• Attend a Town Meeting (First Monday of every month, see TownofIndianHead.org for details).

• See the progress at Oasis Fresh Foods Market!! Indian Head's newest grocery store will be opening in September!

• Volunteer to do a park/neighborhood cleanup. How easy is it? Just email me and I can help get you started.

• Have an idea for the community? Reach out! I'd love to grab a cup of coffee, lunch, or just meet over Teams to talk about it. Email me at brandon@townofindianhead.org

• Check out our fun summertime events!! Join us for ARTSFEST, Juneteenth Celebration, and our world famous 4th of July fireworks!

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
Anita Sampson
Adam Lynch, 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 CODE OF THE QUARTER

IPMC 302.7 Accessory structures. Accessory structures, including detached garages, fences and walls, shall be maintained structurally sound and in good repair.

Indian Head
Center for the Arts

Check out what's coming up at the Black Box Theatre!

June 14 & 15 - The Lioness (private event)

July 12, 13, & 14 - Blue Mermaid

July 19, 20, & 21 - Blue Mermaid

Be sure to check our website for more information on these and all other upcoming events! https://www.indianheadblackbox.com/

Don't forget to Book your events at the Black Box Theater / Indian Head Center for the Arts! The Black Box Theater is an 85 seat venue with 118 capacity available for rent. Ask about our affordable and individualized rental policies.



OPENING NIGHT productions

presents

Blue Mermaid

By Mark Scharf

Directed by Sid Curl

July 12-14 & 19-24, 2024
Friday/Saturday at 8 p.m.
Sunday at 3:30 p.m.
Tickets: Adults $15/Students & Seniors $12

Indian Head Black Box Theatre

4185 Indian Head Highway ● Indian Head, MD 20640
https://www.indianheadblackbox.com/tickets

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

Planchek 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 through June 30th (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.

STARTING JULY 1ST THE BULK TRASH FEE WILL INCREASE TO $75 PER FLATBED TRUCK LOAD

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 curb-side 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 (per unit)	$100.00 per quarter
	Each additional can	$46.00 per quarter

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

Charles County Arts Alliance
Performing · Visual · Literary

ARTS FEST 2024!



June
8th
11am–5pm

Village Green Park
100 Walter Thomas Rd, Indian Head, MD 20640

Completely free entry!

THE ACTIVITIES

Music
Food
Artwork
Crafts of all sorts

FUN FOR ALL AGES

CHARLES COUNTY ARTS ALLIANCE

301. 392.5900 info@charlescountyarts.org

RELIGIOUS SERVICES

St Mary's Star of the Sea Church
Sunday Services 7:30, 9:00 & 11:00am
Saturday Services 5:00 pm
Confessions Saturdays 4:00 to 4:30pm
Special Devotions 7:30am mass on the 1st Friday and 1st Saturday of each month
301-753-9177

Indian Head Baptist
Sunday School 9:15am
Sunday, Morning Worship 10:30am
Sunday Bible Study 6:00pm
Wednesday Prayer Meeting 6:30pm
301-743-3707

St James Episcopal
Sunday 8:00, 9:15 & 10:30am
Sunday School 9:45am
301-743-2366

Indian Head Church of the Nazarene
Sunday School 9:45am
Sunday AM Worship 11:00am
Sunday PM Worship 6:00pm
Wednesday Adult Bible Study 7:00pm
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.shaareshalomsomd.org
301-645-4606

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 7:00pm
240-377-8919

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

www.bridgeih.church

What's Happening at BRIDGE CHURCH



Sunday Worship

BRIDGE Church invites you to join us every Sunday at 10 AM at the Black Box Theater in Indian Head. Experience a welcoming and relaxed family-friendly environment where you can come as you are and grow in your faith. Discover the love of Jesus through genuine fellowship and uplifting worship. We look forward to seeing you there!





BRIDGE KIDS

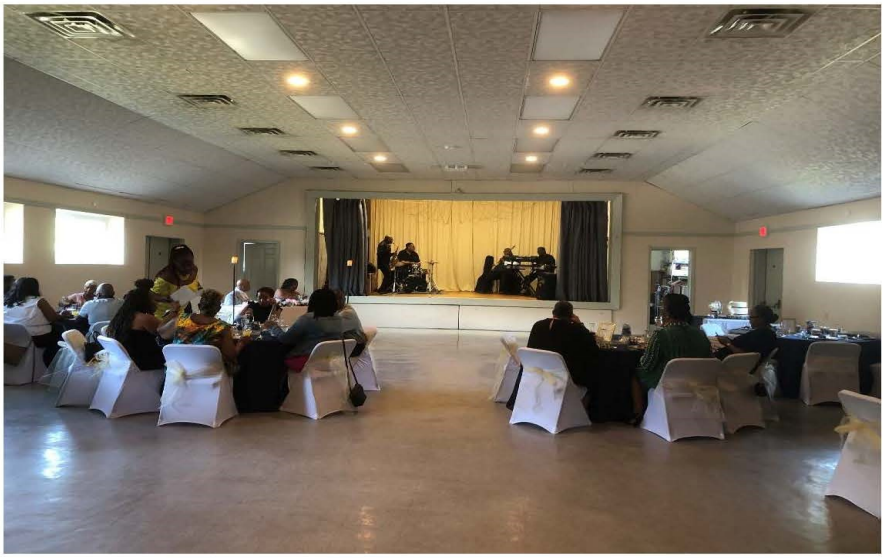
BRIDGE KIDS is our Children's Ministry for ages 8 weeks – 5th grade. Our littles meet upstairs in their own fun and creative spaces for an engaging age-appropriate experience. Our staff and volunteers provide a safe and loving learning environment. All members of our team have undergone background checks.

Bible Study

BRIDGE Church hosts a Midweek Bible Study for adults and high school-aged teens Wednesdays 6:30-8:15 in our upstairs church spaces at Black Box Theater. During the study we dig deeper into the Biblical passage from the previous Sunday's sermon and discuss relevant application for our daily lives. Study guides and all materials are provided. Come join us, all are welcome.
For more information, go to our website at www.bridgeih.church or call 301-841-6212.

www.bridgeih.church

Greater Spiritual Fellowship Community Church, 106 Ellerbe Drive, Indian Head, MD, will host its Vacation Bible School (VBS) on June 25 – June 28 from 7:15pm to 9:00pm nightly. Rev. Dr. Joanne P. Ward, Pastor



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. Check out our staffed Nursery during the Worship Service! Your kids will love Olivia!! 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 ended on Sunday, May 19th 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 3rd and Monday, July 29th from 5 until 6:30 pm. As always these dinners are offered at No Charge!

And once again we will hold our Indoor Yard Sale on Saturday, August 17th, from 7 am until 2 pm. There will also be a bake sale with lots of cookies!

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!

Need a place to hold that special event? Birthday Party? Wedding Reception? Baby Shower? Please call 301.399.2778 for details.

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". To respect others, we ask that you stay home if you are ill. Questions **call 301 743-2125**.

WELL-Come to Wellness – You Matter 2024

The staff at Indian Head Senior Center continues to focus on being a community of **WELLNESS**. Register at 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 or visit our Facebook page Charles County Senior Centers.

Fitness Classes:

- Tai Chi for Health – 41 movements – outside, weather permitting – Mondays & Wednesdays at 9 a.m.
- Dance Fit – Mondays at 10:15 a.m.
- Tai Chi for Beginners – Mondays & Wednesdays 1 p.m.
- Arthritis Foundation Exercise Program (AFEP) – Tuesdays & Thursdays at 11:15 a.m.
- Mobility & Balance – Tuesdays at 9:15 a.m.
- Strength Training– Wednesdays at 10:15 a.m.
- Fitness Surprise – Thursdays at 9:30 a.m.
- Circuit Training – Thursdays at 1 p.m.
- Kettlebell Training – Thursdays at 2:15 p.m.
- Seated Yoga – Fridays at 9 a.m.

We also have a fitness room. Schedule time to learn how to use the fitness equipment. One time charge of $5.

Ongoing Programs:

- Bingo the first, third and fifth Mondays and some Fridays 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. – Seniors only
- Senior Information & Assistance – Check the SCOOP for dates and times or call 301 937-6737 for an appointment
- Pop-up Yard Sales -updates are posted on FB
- Widow & Widower Support Group second Wednesdays at 10 a.m.
- Book Club – books provided – fourth Wednesdays at 1 p.m.
- Choir Group – every other Monday at 1 p.m.

Upcoming Events:

- Vital Document Workshop with Register of Wills, Loraine Hennesy, Thursday, June 6 at 10 a.m.
- Medication Adherence & Safety with Spencer from Charles Regional pharmacy team, Wednesday, June 12 at 10:30 a.m.
- Men's Health Month a conversation with Dr. Cook, Friday, June 14 at 10:30 a.m.
- Ask the Nutritionist with Brittney Bolin, Thursday June 20 at 10:30 a.m.
- One-Man Show with Matt Macis, Tuesday June 18 at 10:45 a.m. Cost $5 must pp
- Juneteenth Program – One Woman Show with Shamika Renee', Tuesday June 25 at 10:45 a.m. Cost $5 must pp.
- Self-defense Class with Charles Turpin First Strike, Friday June 28 at 11 a.m. Cost $5 must pp
- Senior Planet Classes – Learn to access TUBI (free TV) Tuesday July 16 and Being News Savvy, Tuesday July 30 both at 11 a.m. Space limited
- Outdoor Market and Bazaar – this free event is all about fun, music, games and give-a-ways. Thursday, July 18th starting at 9:30 a.m.
- AARP Smart Driver Course, Wednesday, July 31 at 9:30 $25 for non-members, $20 for members.
- **In August** look for Kettle Bell Training, Maryland Insurance Administration, Taste of the Chesapeake, Fair Registration

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

Creating a Safe gardening Space for Seniors and the Community in honor of Warren Bowie.

This is just the beginning let, the staff know if you would like to contribute plants or labor.





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

MARYLAND FOOD BANK
UNTIL HUNGER ENDS.



ONE-STOP-SHOP

The Maryland Food Bank's **MOBILE MARKET** is visiting!
We're inviting ALL to receive healthy foods and resources.
Join us for a FULL SHOPPING EXPERIENCE! (While Food Supplies Last)

Wednesday, June 26th, 2024
11:00am-1:00pm
Indian Head Senior Center
100 Cornwallis Square, Indian Head, MD 20640

IVY & PEARLS OF SOUTHERN MARYLAND COMMUNITY CHARITIES, INC.
IN PARTNERSHIP WITH
ALPHA KAPPA ALPHA SORORITY, INC. NU ZETO OMEGA CHAPTER
ALPHA PHI ALPHA FRATERNITY INC, SIGMA ALPHA LAMBDA CHAPTER
PRESENTS

JUNETEENTH

CELEBRATION

JUNE 19, 2024 12-3PM

VILLAGE GREEN | INDIAN HEAD, MD

SPONSORED BY

Charles County Arts Alliance
Performing · Visual · Literary

RMC Rural Maryland Council

SHARK BAR & Seafood House



SUMMERTIME FIRE SAFETY

Every year we look forward to summer vacations, camping, family reunions, picnics, and the Fourth of July annual celebrations to include fireworks. However, summertime also brings fires and injuries due to fireworks and outdoor grills. More than 8,000 people annually are injured by fireworks and grill fires. More than half these injuries occur during the first week of July. Families also enjoy camping in the summer. It is important to follow the park's rules for the use and extinguishing of campfires. By following these simple safety tips, you can make your grilling experience, family get together and other outdoor activities safer and avoid accidents or injuries for an enjoyable summer.

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

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

***As a reminder, use of gas or charcoal grills on balconies is strictly prohibited within the town limits. The use of these devices on balconies is also prohibited by Maryland State Fire Laws and is subject to a fine by the State Fire Marshal's Office.**

Fireworks Safety
The best way to enjoy fireworks is to visit public fireworks displays put on by professionals who know how to safely handle fireworks. If you plan to use fireworks, make sure they are legal in your area. Remember, only ground based fireworks are legal in Maryland. Never light fireworks indoors or near dry grass. Always have a bucket of water and/or a fire extinguisher nearby. Know

how to operate the fire extinguisher properly. Do not wear loose clothing while using fireworks. Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it. Always read the directions and warning labels on fireworks. If a device is not marked with the contents, direction and a warning label, do not light it. Ensure that children are supervised around fireworks at all times.

Heat Related Emergencies

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. 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-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.

Heat Cramps

Heat cramps usually affect people who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture. When low salt levels develop in the muscles it can be the cause of heat cramps. Heat cramps 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

Heat exhaustion is a form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced 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.

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

Heat Stroke

Heat stroke occurs when the body is unable to regulate its temperature. The body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. 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 Vol. Fire Department and Rescue Squad Inc. wishes you and your family a safe and happy summer season. 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.

NATIONAL NIGHT OUT

Tuesday, August 6, 2024

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!

Judy's Food Express will have delicious food for sale!
First 100 people will receive a free meal

Music provided by DJ Psyborg of Mosquito Cove Digital Magic Entertainment

New this year! Moon bounce & face painting!

Check the Town's website for additional information as it becomes available.
www.townofindianhead.org



Town of Indian Head
Annual 4th of July Celebration!

Thursday, July 4, 2024
Village Green Park
Event kicks off at 3:30pm

Food Vendors including Big Boy Tacos, Circus Ice Cream, County Manners & Poseidon's Pot, Freshly Made 4U, Twisted Jelly Beanz, Judy's Food Express, Ohana Snow Shaved Ice, Pizza Hotline, Simply Q Barbeque, Smokers Delight BBQ and That Philly Spot.

Live Entertainment from DJ Rockin' Roger & G Frequency

Amusements including Pony Rides!

The event will finish with a beautiful fireworks display!



Now hiring! The CSM Velocity Center Makerspace in Indian Head, MD is looking for technical experts with skills in electronics, CNC routing, graphic design, 3D printing, 3D modeling and experience using vinyl and laser cutters, to teach classes that embrace the makerspace philosophy of hands-on experiential learning. The Velocity Center Makerspace looks for instructors to teach makerspace skill-building that use a variety of applications, tools, and practices. Apply today https://www.schooljobs.com/careers/csmd/jobs/4498326/adjunct-instructor-technical-programs/apply/jobdetails?keywords=technical&pagetype=jobOpportunitiesJobs or contact makerspace@csmd.edu with questions.



COLLEGE *of* SOUTHERN MARYLAND



TO REGISTER

CONTACT US BY EMAILING
MAKERSPACE@CSMD.EDU OR
CALLING PHIL BALLO **301-539-4830**

UNLEASH YOUR CREATIVITY

AT OUR MAKERSPACE

PUZZLE-MAKING CLASS FOR SENIORS

TUESDAY, **JUNE 11, 2024** 1-4 P.M.

SCHOLARSHIP REDUCES THE PRICE TO $6.

Join us for a fun-filled session where you'll craft custom photo puzzles, perfect as cherished memorabilia or thoughtful gifts for your loved ones.

Whether it's capturing cherished memories, celebrating milestones, or marking special occasions like anniversaries, birthdays, graduations, or holidays, our class offers a unique way to turn your photos into timeless treasures. Come discover the joy of puzzle making and create lasting memories together!

WWW.CSMD.EDU/VELOCITYCENTER

Quality on Tap Report 2023

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, 2023.

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, 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.

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.

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. The Town of Indian Head is responsible for providing high quality drinking water and removing lead pipes but cannot control the variety of materials used in plumbing components in your home. You share the responsibility for protecting yourself and your family from the lead in your home plumbing. You can take responsibility by identifying and removing lead materials within your home plumbing and taking steps to reduce your family's risk. Before drinking tap water, flush your pipes for several minutes by running your tap, taking a shower, doing laundry or a load of dishes. You can also use a filter certified by an American National Standards Institute accredited certifier to reduce lead in drinking water. If you are concerned about lead in your water and wish to have your water tested, contact the Town of Indian Head and call 301-743-5511. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available 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. 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.

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	2023	1.3	1.3	0.0742	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	2023	1.4	1.3-1.4	MRDLG = 4	MRDLG = 4	ppm	N	Water additive used to control microbes.
Haloacetic Acids (HAAS)	2023	3	3.01-3.01	No goal for the total	60	ppb	N	By-product of drinking water disinfection.
Total Trihalomethanes (TTHM)	2023	9	9.47-9.47	No goal for the total	80	ppb	N	By-product of drinking water disinfection.
Inorganic Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Barium	10/31/23	0.011	.0028-0.011	2	2	ppm	N	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits.
Selenium	10/31/23	.0012	.0012-.0016	0.05	0.05	ppm	N	Metal found in natural deposits as ores containing other elements. Greatest use in electronic and photocopier components, glass, pigments, rubber, metal alloys, textiles, petroleum, medical therapeutic agents and photographic emulsions.
Fluoride	5/24/22	1.5	1.5-1.5	4	4.0	ppm	N	
Radioactive Contaminants	Collection Date	Highest Level Detected	Range of Levels Detected	MCLG	MCL	Units	Violation	Likely Source of Contamination
Combined Radium 226/228	11/02/21	0.3	0.3-0.3	0	5	pCi/L	N	Erosion of natural deposits.
Gross alpha excluding radon and uranium	11/02/21	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

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.

The Maryland Department of the Environment (MDE) conducted a PFAS monitoring program for Community Water Systems from 2020 to 2022. The results are available on MDE's website: https://mde.maryland.gov/PublicHealth/Pages/PFAS-Landing-Page.aspx.

The Environmental Protection Agency (EPA) proposed regulations for 6 PFAS compounds in drinking water in March 2023. The MCLs for PFOA and PFOS are proposed to be 4.0 parts per trillion (ppt). The proposal for HFPO-DA (GenX), PFBS, PFNA and PFHxS is to use a Hazard Index of 1.0 (unitless) to determine if the combined levels of these PFAS pose a risk and require action.

The 5th Unregulated Contaminant Monitoring Rule (UCMR5) began testing for 29 PFAS compounds and lithium in 2023, and testing will run through 2025. The UCMR5 should test all community water systems with populations of at least 3300 people. Three randomly selected systems in Maryland with populations less than 3300 people will also be tested under the UCMR5. Detections greater than the minimum reporting levels for each constituent should be reported in the CCR.

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.

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.

For more information on how you can help, go to **how2recycle.info**

RECYCLING GONE WRONG



Some reasons your RECYCLING ISN'T PICKED UP

- Plastic bags, pizza boxes or other unacceptable items commingled
- Not placed on the curb in time
- Not placed in a recycling container

If you're unsure of the proper way to recycle, **START HERE**! Following these tips will prevent your recycling from being thrown in the landfill.

Scan for the Residential Recycling Guide.

NEXT

ELIMINATE SINGLE-USE PLASTICS



Acceptable Plastic Recycling Items



Unacceptable Plastic Recycling Items

Single-use plastics are used once before they're disposed of. They are devastating to the environment, can take hundreds of years to degrade, contaminate soils & water & are detrimental to wildlife.

NB
"The Jewel of the Chesapeake Bay"
North Beach, Maryland
NORTH BEACH ENVIRONMENTAL COMMMITTEE
301.855.6681
www.northbeachmd.org

For more information on how you can help, go to **how2recycle.info**

BEWARE OF SINGLE-USE PLASTICS

What goes IN THE BIN?

RECYCLE CLEAN & EMPTY PLASTICS



- ✓ Detergent bottles & bleach containers
- ✓ Milk jugs
- ✓ Some take out containers marked recyclable
- ✓ Plastic cups
- ✓ Some plastic water & soda bottles
- ✓ Plastic tubs for margarine, cool whip, yogurt, cottage cheese & other foods
- ✓ Rigid plastic such as laundry baskets & dishpans

Scan for the Single-Use Plastics Handout.

DO NOT RECYCLE THESE PLASTICS!

- ✗ Motor oil containers
- ✗ Plates
- ✗ Tableware
- ✗ Toys
- ✗ Bubble wrap
- ✗ Medicine bottles
- ✗ Tupperware
- ✗ Styrofoam
- ✗ Straws

Empty anti-freeze containers

When in doubt, THROW IT OUT

If you're unsure if your items are recyclable, throw them in the trash to prevent contaminating other recycled items.

BUSINESS HIGHLIGHTS

If you previously had a business card featured in the business highlights section and would like to continue to have it published please send an updated copy to info@townofindianhead.org

If you are a business located within the incorporated Town of Indian Head, and are interested in having your business card featured in the business highlights section of the next newsletter please send it to info@townofindianhead.org

All business cards received prior to Friday, August 16th will be included in the fall issue of the newsletter.

Thank you!

