



Watch Works

Charles County
Sheriff's Office

Sheriff Troy Berry
May 2015

Ride a bike or fly a kite, get outside

What great weather. It's time to open the windows and get outside with the family. Bike riding isn't just for fun, it's also great exercise. When you first pull the bicycle out of the garage or shed to start riding, inspect it to make sure it's safe to ride.

- Lift the bicycle by its seat and spin the rear wheel. It should spin freely without wobbling, slowing quickly or touching the brake pads.
- Apply the rear brake smoothly to stop the wheel. The brake pads should touch the wheel rim evenly. When released, the brake should spring back into place.

- Lift your bicycle by the handlebars and spin the front wheel. It should spin freely without wobbling or touching the brake pads.
- Check the spokes on both wheels. Replace broken spokes before riding.
- Check the tire tread. There should be no worn patches.
- Check your handlebars. Stand in front of your bicycle holding the wheel tightly between your knees and try to move the handlebars back and forth or up and down. They should not move.
- Make sure the seat is secure and does not

move from side to side.

Now a few tips for flying a kite safely:

- Fly kites only in open areas where there are no overhead power lines or electric facilities.
- Never attempt to remove a kite or anything caught in power lines.
- Avoid flying kites made with metallic wires or parts.
- Never fly a kite close to a road. You may back, or walk into the road while looking up at the kite.

My Mom would say "get outside and get some fresh air, you'll sleep better tonight" and we always did.

Dates to Remember

May 10: Mother's Day

May 25: Memorial Day



Dispose of your old prescription drugs

While you are busy doing your spring cleaning, don't forget the medicine cabinet. We all have them. Expired prescription or over the counter drugs. Sometimes the doctor changes your prescription so we no longer need the bottle of whatever we were taking before. Sometimes they don't work. Sometimes we just can't take them (too strong, allergies). What do you do with all these left-

over drugs. You can't return them. You shouldn't dump them out in the sink or toilet. The longer they sit around the better the chance someone will break in and steal them or a visitor may check out your medicines and take what he wants. Did you know the Charles County Sheriff's Office takes medications at their district stations? Bring in your bottles and place the medications in a plastic

bag and drop them in a locked box. No liquids or syringes please. These medications are picked up and taken to be destroyed. This is a safe and easy way to dispose of unwanted drugs. District 1 in La Plata, District 2 station in Bryans Road and Districts 3 & 4 in Waldorf make it convenient to wherever you live in Charles County.



Everyone Loves a Barbecue



The food tastes good, it's fun, it keeps the kitchen cool and it's a great way to entertain. What's not to like?

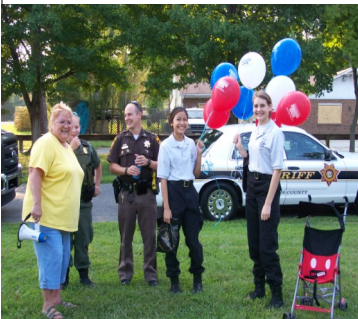
When you use that grill for the first time follow a few basic steps to ensure safe, reliable operation of your outdoor cooking appliance.

- Use your grill outdoors, in an open area away from any enclosure or overhang.
- Be sure all parts of your grill are firmly in place and that the grill is stable. Check the tubes that lead into the burner for blockage from insects, spiders, or grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing.
- Check for gas leaks, following manufacturer's instructions, if you smell gas or when you reconnect the grill to the gas container.
- Use long-handled utensils to avoid burns and spatters.
- Use baking soda to control a grease fire and have a fire extinguisher handy. If you do not have a commercial extinguisher, keep a bucket of sand or a garden hose nearby.

You say you use a charcoal grill. Charcoal produces carbon monoxide (CO) when burned. CO is a colorless, odorless gas that can accumulate to toxic levels in closed environments. Each year people die or are injured as a result of CO fumes from charcoal grills and hibachis used inside.

- Never burn charcoal inside homes, vehicles, tents, or campers.
- Do not store the grill indoors with freshly used coals.
- Do not dump hot coals out on a lawn or near the woods where it can catch fire or someone can walk on them.

NATIONAL NIGHT OUT



Yes, it will be here before you know it. This year National Night Out is celebrated on Tuesday, August 4th. Now is a good time to start thinking about your celebration. How big, how many people, where and who's going to help? So many things to consider. Will we be serving food or are we going to order pizza? Are we going to have games and will we need prizes? What ever you

you are going to need help. You will need to book the entertainment or the caterers. Order the pizzas or collect a couple of grills. Have you reserved the club house or the park? It doesn't have to be big and you don't have to do it all on your own. Send out flyers or have a sign up sheet at your next home owners meeting asking for volunteers. Ask for ideas and suggestions. If you have

never celebrated NNO contact me and I will help you get started. If you have had a celebration and are looking for new ideas contact me and I'll let you know what some of the other neighborhoods are doing. Connie Gray:
Email: grayc@ccso.us or phone 301-932-3080 Join in on the celebration. You'll be glad you did.

A word from your Community Organizer: Connie Gray.....301-932-3080

Thank you to all that attended the Crime Watch kickoff on March 24th. I am so upset that I had to miss it. Everyone I have talked to said the presentation on prescription drugs and how they are stolen, sold and used illegally was really eye opening. Many did not realize it was that bad or was happening in our area.

The meeting was well attended which shows how the citizens of Charles County want to know what is going on and what they can do to make our community better. If you would like to receive information about our meetings please contact me and leave your mailing address. We have two citizens advisory meet-

ings that will be held, one in the spring and one in the fall. At these meetings you are able to exchange information with officers that are assigned in your area. The first will be held on May 20th at the American Legion in La Plata at 7:00. Come out and be part of your community.



Vacation Time, are you ready?

You have worked all year, saving time and money so that you can go on that summer vacation. You have decided where, when and for how long you intend on going. After spending this much time on all the details make sure you spend time keeping your home safe for your return.

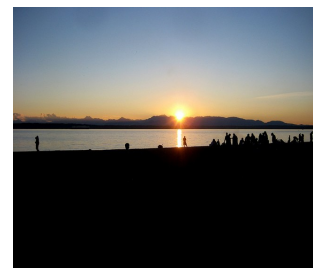
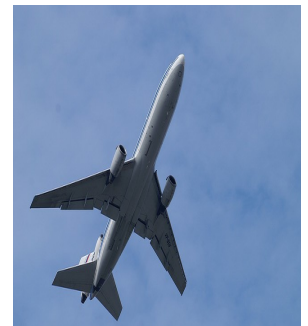
- Think twice before posting upcoming vacations on Facebook, Twitter or any other social media outlet. You'd be surprised how fast information can travel on the information highway-and sometimes to the wrong computer screen. Share photos and details after you return.
- Remember when leaving home that even the

best locks can't protect you or your belongings if you don't use them. Make sure everything is locked securely.

- Do some yard work before you leave for an extended period of time. Trim your hedges and bushes so thieves won't have a chance to hide out, and you won't give the impression your home has been left unattended and vacant.
- Remember to secure your spare key. Leave it with a trusted neighbor. Burglars know where to look for keys hidden outside and they have the time to look.
- Make sure all outside entrances of the home are well lit. A timer or

solar-powered light on the front, back and side of the house make it difficult for burglars to hide.

- Make sure mail and paper delivery are canceled for the length of your vacation. Or have a neighbor pick it up.





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Sheriff's Office**

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