



CHARLES COUNTY
SHERIFF'S OFFICE

WATCH WORKS

SHERIFF TROY BERRY

JANUARY 2019

January 1:

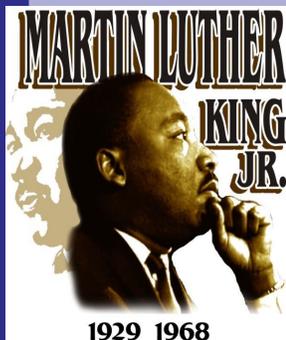
New Years
Day

January 21:

Martin Luther
King Jr. Day

February 2:

Ground Hog
Day



Safe Neighborhoods

Everyone wants to live in a safe neighborhood. Who wouldn't? We look back at old movies and neighbors greeting each other on the streets and in their yards.

Today's neighborhoods are more diverse than ever. We have people leaving for work before the sun comes up and coming home way after the sun goes down. Some are on shift work,

others are retired. It used to be that you knew someone's relatives because they came from the same community. Now we have people moving in from all over the world. Different languages, customs and tastes. This doesn't mean we can't have safe neighborhoods. One of the best ways is to look out for one another is if you "**See Something, Say Something.**"

When things just don't look right or you know it's against the law, call your local Sheriff's Office. If everyone in your neighborhood would report these things going on in your neighborhood the bad guy would get the message and move on. Make your neighborhood a safe neighborhood. Be the one who cares, call.

Keep Your Electronics Safe

Christmas is over and I'm sure someone got new electronics. Maybe a new phone, GPS, DS or new games for your systems. When you are jumping in your vehicle and the kids take along something to keep them

busy on the ride, make sure they don't leave them on the seats in plain view when you reach your destination. If you have a GPS that is not in your vehicle's dash, unplug it and put it in your glovebox. Put

the kids' games in the trunk or hide them under something. A thief walking by looking into your vehicle would think they hit the jackpot. Don't make it easy for them.



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Challenge of the Month

Live beneath your means.

The holidays are over and lots of us have hefty credit card bills. We wanted to give our children and friends and family the best Christmas ever. Now is the time to put extra on your credit card payments. Sure there are still a lot of things on sale, but do you really need them? If your closet is full you really don't need those marked down clothes and shoes. If the television you have works great you don't need to upsize to the 50 or 60 inch just because they have a good sale price. You can pay off those credit cards and

not only have good credit but you can now start saving for your summer vacation. Sure you could afford to eat out all week but it's a lot cheaper to just cook at home. Teach your children how to put money aside for things they may want. You can discuss how to live beneath your means as you sit down to a home cooked dinner and eat together with your family. Now is also a good time to put your new items you received for Christmas away and giveaway your old items or sell them on eBay or a yard sale site. Another way to put money aside for a vacation.

Or maybe you need that new sofa or refrigerator. Living beneath your means does not mean you have to give up everything, just decide what is most important and what you can do without. You would really be surprised when you tell your children what you plan to do with money saved. They will be glad to do their part. You could make it fun for the whole family seeing who knows ways to save the most. Turn off lights, shut off electronics not being used and then check out the electric bill together. Every little thing counts,

Local Phone Numbers

EMERGENCY DIAL
 911
CCSO non-emergency:
 301-932-2222
 301-743-2222
 301-932-7777

La Plata Police 301-934-1500
MD State Police 301-392-1200
Charles County
24hr. Info:301-645-0600

CC Public Schools
 301-934-7410
Maryland State Highway Admin.
 301-934-8031

Prescription or Street Drugs



A lot of prescription drugs become street drugs. Not only do we have dangerous drugs coming into the country daily but our prescription drugs are stolen from our medicine cabinets or tables every day. Family, visitors or someone that is in your house for other reasons can take from your prescription bottle without you knowing until you run out too early and have to return to the doctor.

Keep track of quantities: Take note of how many pills are in a bottle or pill packet and ask other households your teen visits to do the same, such as grandparents or other friends. Don't forget about refills. If you find you have to refill medication for a chronic condition more often than recommended, there could be a real problem. Someone may be stealing your medication.

Prescription drugs could be as dangerous and addictive as street drugs. They could also be lethal.

Follow Directions

Carefully: Make sure you use RX drugs only as prescribed by a medical doctor. Take only the recommended dosage. Make sure everyone in your household is taking only medication that is prescribed for them or is following directions on OTC medicines. This is cold and flu season but taking more will not make it work faster. OTC drugs can become addictive and are also dangerous.

Discard Old or Unused Medications:

Do not flush medications down the drain or toilet because the chemicals can taint the water supply. The Charles County Sheriff's Office has containers in their district stations made for disposal of medications. Some drug stores take back medication for disposal and the Charles County Public Facilities has a Household Hazardous

Waste Collection held every month. Check their website for more information.

Be Observant: If you find your child is quickly going through cough syrup, or you find empty bottles and pill packages among your child's personal effects, talk with him or her, listen carefully, and determine if there is a problem. If there is a problem, call your family physician immediately. Get professional help.

Sit down with your children. If possible have a meal with them everyday. It's a good time to talk to them and don't forget to listen. A lot of information can be shared over a meal.





Charles County Sheriff's Office

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REMINDER
FROM THE
CHARLES COUNTY SHERIFF'S OFFICE



**LOCK YOUR
VEHICLE
DOORS**

#9PMROUTINE