



## A message from Kathy Smith

“Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love.” - Martin Luther King, Jr.

In recognition of Dr. King's message of peace and empowerment, Martin Luther King Jr. Day has been designated as a national day of service. Click [here](#) to view volunteer opportunities. My office will be closed on Monday, January 21, 2019 in honor of Martin Luther King Jr. Day. The office will reopen on Tuesday, January 22, 2019 at 8:00 a.m.

Another weekend of winter weather is in the forecast. Check out the county's [Guide to Snow](#) for information about snow removal, tips on driving in the snow, and much more. You should also consider signing up for [Fairfax Alerts](#). There are 10 different delivery methods to choose from, including email and text. The alerts are customizable, and range from emergency weather alerts to general county news and information.

Sincerely,

*Kathy*

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## **Update: Assistance for Individuals & Families Affected by the Federal Government Shutdown**



Thousands of federal workers, contractors, vendors, and service providers in our county are being impacted by the partial federal shutdown. It can be frightening and stressful to be without a paycheck and unsure of when you will go back to work. Whether it is food, financial assistance, or other needs, we can provide you with the resources to get you and your family through this difficult time.

Want to help your neighbors in need? [Watch this video](#).

### **How to Get Help:**

We invite those in need to please contact [Coordinated Services Planning](#) at 703-222-0880, TTY 711, for assistance. Staff will help connect you to resources that can aid you during this time.

## Assistance with Child Care:

- **Child Care Assistance and Referral Program (CCAR)** - Families participating in the CCAR program have signed on with a 12-month eligibility. During this period, if you find yourself without income you can request that your child care co-payment be lowered. CCAR staff are available to speak with families to discuss their ongoing child care needs. Call 703-449-8484 or email [DFSccarinfo@fairfaxcounty.gov](mailto:DFSccarinfo@fairfaxcounty.gov) to seek information and help.
- **School Age Child Care (SACC)** - Families impacted by the federal government shutdown may continue to use services and apply for a reduced fee and/or develop a payment plan as needed. Alternatively, families may request to be placed in a temporary inactive status, which allows the family to discontinue services temporarily while maintain their child's enrollment space in SACC. Call 703-449-8989 or email [saccregistration@fairfaxcounty.gov](mailto:saccregistration@fairfaxcounty.gov) to discuss ongoing needs for before and after school child care with SACC staff.

## Free Connector Bus Rides:

Beginning Thursday, January 17, 2019, Fairfax Connector will provide free rides [system-wide](#) for federal government employees affected by the government shutdown who are still required to report for work.

- **You must show your federal photo ID to the bus operator when boarding to ride free.**
- By showing your federal photo ID, trips taken on [all Fairfax Connector bus routes](#) are free, including express routes to and from the Pentagon and Downtown D.C.

## **Two Ways to Help Our Neighbors in Need:**

1. The county's [Stuff the Bus events](#) begin on Saturday, January 19. Bring your food and cash donations and help us support our local nonprofit food pantries as they work to provide assistance for individuals and families in need.
2. We encourage you to contact our local nonprofits for information on providing donations. If you need assistance locating a nonprofit, we have a [Human Services Guide](#) with descriptions and contact information. A simple search will help you find a nonprofit near you!

## **Pet Supplies:**

The Fairfax County [Animal Shelter](#) has pet food and limited other pet supplies available for furloughed federal employees. The supplies are available during shelter business hours and no appointment is needed. For more information, call 703-830-1100 or email [animalshelter@fairfaxcounty.gov](mailto:animalshelter@fairfaxcounty.gov).

## **Consumer Affairs Resources:**

Our [Consumer Affairs](#) office has compiled some tips and information if you need assistance with: tenant-land issues, mortgages, credit cards, credit bureaus, donating to charities, and paying your phone and utility bills. Click [here](#) to view tips and resources.

## **Support from Fairfax County Public Schools (FCPS):**

- Breakfast and lunch will be provided to all students regardless of ability to pay or temporary financial circumstances. Unpaid balances will be allowed to accrue during this time.

- FCPS will offer a third hiring event for furloughed federal employees interested in substitute teaching positions on **Wednesday, January 23 from 5:00 to 7:30 p.m. at the FCPS Administration Center** (8115 Gatehouse Road, Falls Church, VA 22042). Anyone interested in serving as a substitute teacher should complete an [application for employment](#). To register for this event, click [here](#).

To read the full article, click [here](#).

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## Reminders!

### Public Information Meeting on Public Safety Unmanned Aircraft Systems:

**Date:** Thursday, January 24, 2019

**Time:** 6:30 to 8:30 p.m.

**Location:** Sully Governmental Center (4900 Stonecroft Boulevard, Chantilly, VA 20151) in the McDonnell Room

Fairfax County is developing a comprehensive Public Safety Unmanned Aircraft Systems (UAS) program and would like to hear from our residents on what they think. Each public information meeting will include a static display of unmanned aircrafts followed by a presentation outlining the program. After the presentation, there will be an opportunity to ask questions from representatives from the Office of Emergency Management, County Attorney's Office, Police, and the Fire and Rescue Department. The formal presentation will begin at 7:00 p.m.

For more information about the UAS program, click [here](#).

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## Event at Ellanor C. Lawrence Park



### Winter Wonder Campfire

**Date:** Friday, January 25, 2019

**Time:** 4:30 to 5:30 p.m.

If you have ever wondered how animals manage to survive the cold, make plans to go to the "Winter Wonder Campfire" to get some answers.

Bundle up in your winter wear and come to Ellanor C. Lawrence Park to learn animal strategies for making it through the winter. Meet some exhibit animals at the park and see first-hand how they beat the cold. Warm yourself by the campfire and enjoy s'mores too. Ages: four and older. Cost: \$8 per person. To register for this event, click [here](#).

[Ellanor C. Lawrence Park](#) is located at 5040 Walney Road, Chantilly, VA. For more information call 703-631-0013.

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## Event at Sully Historic Site



### All-American Girl: Living Dolls

**Dates:** Friday, January 25, 2019 & Monday, February 4, 2019

**Time:** 9:00 a.m. to 12:00 p.m.

Treat your favorite doll to a visit to the past. Bring your doll with you to the "All-American Girl: Living Dolls" program at Sully Historic Site and explore the life of an American girl from an era in history.

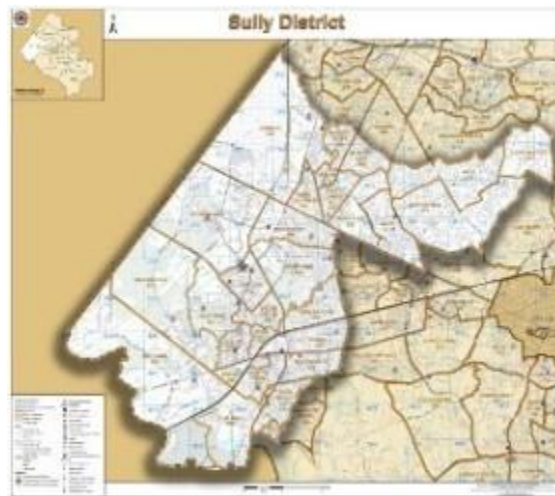
Bring these times to life with your doll through fun activities, costumes, crafts, and themed games in a beautiful historic setting. Ages: 5 to 9. Cost: \$30 per child.

Bring a snack and drink. To register for the event, click [here](#).

The [Sully Historic Site](#) is located at 3650 Historic Sully Way, Chantilly, VA. For more information call 703-437-1794.

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## Sully Land Use Spotlight



### **Upcoming Meetings:**

#### **Board of Supervisors Meeting -**

The Board of Supervisors will meet on **Tuesday, January 22, 2019 at 9:30 a.m.** at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035) in the Board Auditorium. The meeting will be broadcast live on [Channel 16](#). There is a Sully District case on the [agenda](#). More information is below.

***RZ 2018-SU-016/SE 2018-SU-011 (PAG Chantilly P1, LLC) -***



Tax Map # 34-1 ((1)) 2C. The applicant is requesting a rezoning of the subject property from the I-5 district to the C-8 district to allow two Special Exceptions permitting the construction of an automobile dealership and a waiver of minimum lot size requirements to reduce lot width along Route 50 from 200 feet to 198 feet. Staff recommends approval of RZ 2018-SU-016 and SE 2018-SU-011. The Planning Commission unanimously approved this application at their meeting on January 16, 2019. To view the full staff report, click [here](#).

### **Planning Commission Meeting -**

The Planning Commission will meet on **Wednesday**, January 23, 2019 at 7:30 p.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035) in the Board Auditorium. The meeting will be broadcast live on [Channel 16](#). Meetings are also recorded on videotapes and audiocassettes, both of which are available for review at the Planning Commission office, by appointment. There are no Sully District cases on the [agenda](#).

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## **Volunteer Opportunity**



**[Cub Run Stream Valley Park Habitat Restoration!](#)**

Did you know that invasive plants are a huge threat to local wildlife, including migrating birds? Help out these creatures by volunteering to remove invasive plants and restore habitat!

**Duties:** Volunteers will manually remove invasive plants and plant native species.

**Qualifications:** No prior experience necessary, a short training and introduction will be provided at the beginning of every opportunity.

**Minimum Age to Volunteer:** 11; Children 11-15 years old must be accompanied by an adult.

**Location:** Cub Run Stream Valley Park (Centreville, VA 20120)

**Contact:**

Gloria Medina

703-324-2598

[Gloria.medina@fairfaxcounty.gov](mailto:Gloria.medina@fairfaxcounty.gov)

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## Business Hazardous Waste Disposal Event Dates Announced



Businesses or Fairfax County Government agencies that generate small quantities of hazardous waste may qualify as [Very Small Quantity Generators](#) (VSQGs). This program provides a legal and affordable solution to hazardous waste disposal. The benefit of the program is that it offers prices well-below the normal cost of disposing of hazardous waste directly with a hazardous waste disposal contractor. Additionally, the program eliminates painstaking recordkeeping requirements to businesses and institutions that contract for disposal directly with hazardous waste disposal service providers.

The next VSQG event will take place on **Wednesday, January 23, 2019**. **The event runs from 9:00 a.m. to 2:00 p.m.**, rain or shine. Business/commercial hazardous waste may only be disposed of on a scheduled business disposal day by small businesses that meet federal and state requirements. To view the full

2019 schedule of event, click [here](#).

For more information about this program, click [here](#).

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## Introduction to Special Education Workshop

**Date:** Wednesday, January 23, 2019

**Time:** 6:30 to 8:30 p.m.

**Location:** Dunn Loring Center for Parent Services, Entrance 1 - Room 100 (2334 Gallows Road, Dunn Loring, VA 22027)

This workshop is provided for parents NEW to special education. Topics covered include the following: what is special education, early intervention resources and services, the special education process, 504 plans, and Individual Education Plans (IEP). To register for this workshop, click [here](#).

All workshops are FREE to parents, educators, and community members.

If you need ADA accommodations or an interpreter for the workshop, please call 703-204-3941.

For more information, call 703-204-3941 or click [here](#).

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## Free Workshop: Food, Mood, and Behavior



BEWELL WELLNESS WORKSHOP

# Food, Mood, and Behavior

**“You Are What You Eat & What You Do:  
How Food, Exercise and Sleep Affect Health, Mood,  
and Behavior”**

**THURSDAY, JANUARY 31, 2019  
5:00 P.M. - 7:00 P.M.  
MERRIFIELD CENTER**

In this workshop, you'll learn about:

- Key definitions of "food," mood and behavior
- The Wild, Wild Western lifestyle of diet and activity
- What and What Not to eat and do
- The How, Where and When to do it
- And more!

To attend this free seminar, register online at <http://bit.ly/BeWellWorkshop>

**BeWell**  
A primary and behavioral health care integration initiative.



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## Resolving to Better Your Mental Health in 2019



As we celebrate the beginning of 2019, we inevitably reflect back on the last year and think about what we want for the upcoming year. It is the perfect time to check in on your mental health or that of a loved one, and what you can do this year to set resolutions that will help you care for yourself.

**Here are a few resolutions that are relevant to all, no matter where you are with your mental health:**

1. **Be kind to yourself.** It is important that you treat yourself with the same kindness and encouragement you would extend to a friend. If you wouldn't say it to someone you love, don't say it to yourself.
2. **Practice good sleeping habits.**
3. **Eat healthy and get your body moving.** Instead of putting the focus on the scale, think about how you can include more veggies in your weekly meals, or going for a walk with a friend.



4. **Talk about learn more about mental health.** Being more open about your mental health helps others understand your needs, and allows them to be supportive to you.
5. **Help others.** Perform small random acts of kindness, express appreciation for people you care about, or volunteer in your spare time.

Winter months can be hard on mood and can spark Seasonal Affective Disorder. If you are feeling down or start feeling disinterested in things you love, notice appetite or sleep changes, take a [free, anonymous mental health screening](#); it can be the first step toward getting back on track.

To read the full article, click [here](#).

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## The Green Column



## Recycle Your Electronics

Electronic products are made from metal, plastics, and glass - all of which require energy to mine and manufacture. Reusing and recycling these materials conserves natural resources. In addition, many electronics contain lead, mercury, beryllium, and cadmium. If improperly disposed of, these contaminants may be released into the environment.

The E-Cycling program is a community service to the residents of Fairfax County only. There is a maximum limit of 10 large items per residential drop-off (i.e., TVs, printers, scanners, computers, etc...).

Click [here](#) to see what items are accepted at the [I-66 Transfer Station and the I-95 Landfill Complex](#).

**Before Donating or Recycling Your Used Electronics:**

- Delete all personal information from your electronic device.
- Remove any batteries from your electronics as they may need to be recycled separately.
- Rather than buying a brand new computer or laptop, consider upgrading the hardware or software on your existing device instead.

**For more information, click [here](#).**



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## Animal Shelter Corner



### Meet [Sophie](#) & [Leo](#)!

Are you looking for a whole lotta love to keep you warm and snuggly as winter starts to set in? Meet Sophie and Leo! These two big, beautiful BFFs are just shy of 100 pounds (Sophie) and 150 pounds (Leo). They are full of cuddles and affection because they just love people. They also love treats! Probably a little too much. In fact, their New Year's resolution is to shed a few of those extra treat-induced pounds. Luckily, they love going for walks and seeking out adventure together! Wouldn't you love to join them?

Sophie and Leo came to the shelter from one of their rescue partners, and

they love each other very much. The shelter can't bear the thought of breaking up this bonded duo, so they are looking for an extra special, big-dog-loving adopter willing to open their home to both dogs. Are you feeling extra special today? For more information about Sophie and Leo contact the Fairfax County Animal Shelter at 703-830-1100 or by email at [AnimalShelter@fairfaxcounty.gov](mailto:AnimalShelter@fairfaxcounty.gov).