

# *Sull-E Newsletter*



## **A message from Kathy Smith**



Happy Lunar New Year! 新年快乐! Chúc Mừng Năm Mới! This past weekend I attended the 11th annual New Year's Festival at Luther Jackson Middle School (pictured above).

2018 is the Year of the Dog. The Fairfax County Animal Shelter is holding an adoption event from now until Saturday, February 17. All adoption fees for dogs (and other pets too!) are half-off.

Save the date! The 2018 Sully District Budget Town Hall will take place on Wednesday, March 7, 2018 at 7:00 p.m. at Rocky Run Middle School (4400 Stringfellow Road, Chantilly, VA 20151). We will be discussing the FY 2019 budgets for FCPS and Fairfax County. More information is below.

Sincerely,

*Kathy*

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## Reminders!

### **Sully District Paving and Restriping Comment Period Open through Saturday, February 17, 2018:**

Community members are invited to give feedback on general traffic safety concerns regarding roads scheduled for repaving, and the proposed striping changes by [submitting comments online](#). Please note that no additional roads can be added to the paving schedule at this time; any suggestions for new paving and restriping changes will be saved for future planning.

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## Save the Date! 2018 Sully District Budget Town Hall



### SULLY DISTRICT TOWN HALL to discuss the Fairfax County FY 2019 Budget



From left to right: Supervisor Kathy Smith, County Executive Bryan Hill, and School Board Member Tom Wilson

**Wednesday, March 7, 2018;  
7:00 to 9:00 p.m.**

Please join Supervisor Kathy Smith, County Executive Bryan Hill, School Board Member Tom Wilson, The Sully District Council, and Budget Staff from Fairfax County and FCPS to discuss the FY 2019 budgets for FCPS and Fairfax County.

**Location:**  
Rocky Run Middle School  
Little Theatre  
4400 Stringfellow Road  
Chantilly, VA 20151

**For more information, please contact:**  
[Sully@fairfaxcounty.gov](mailto:Sully@fairfaxcounty.gov) or 703-814-7100

This event is co-sponsored by Supervisor Kathy Smith, School Board Representative Tom Wilson, and the Sully District Council.

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## Citizen Advisory Council (CAC) Meeting

### Sully Citizen Advisory Council Presents: Mental Health Awareness



MPO Marshall Thielen from the Fairfax County Police Crisis Intervention Team and Steve Black from the Mobile Crisis Unit will present how law enforcement and mental health professionals are working together.

Learn how you can help others in the community by being aware of the resources available to everyone.

February 21, 2017 at 7:30 p.m.  
Sully District Station 4900 Stonecroft Blvd

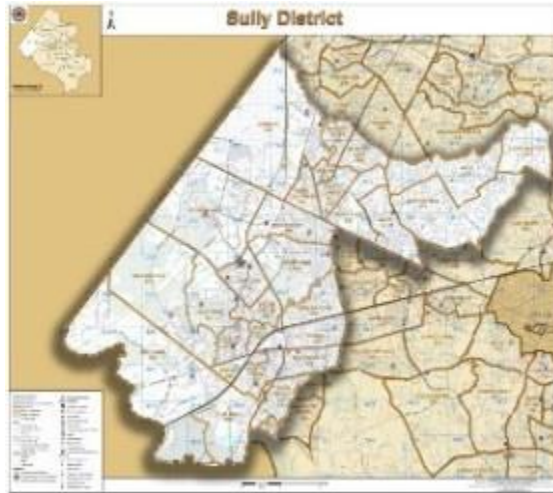
More info contact:

MPO Sabrina Ruck (Crime Prevention Officer)

[Sabrina.ruck@fairfaxcounty.gov](mailto:Sabrina.ruck@fairfaxcounty.gov)

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## Sully Land Use Spotlight



### **Recent Sully Cases:**

#### **SE 2017-SU-008 (Vigarío Management Corp.) -**

This is an application to enable the construction of a fast food-type establishment at 13839 Lee Highway. It was initially heard before the Planning Commission on February 8, 2018 but was deferred, decision-only to March 15, 2018.

#### **Plan Amendment DSC-D1-1 & DSC-D1-2 (Middleton Farms & Jackson Property sites from the Dulles Suburban Center Study) -**

This was a plan amendment for Land Unit D1 of the Dulles Suburban Center. It was heard before the Planning Commission on February 15, 2018. The amendment introduced an additional option to the existing plan text for the land unit and would have allowed for an option to development residential uses up to a density of five dwelling units per acre. DSC-D1-1 Middleton Farms was

recommended for approval by the Planning Commission and is under concurrent review with the rezoning case, RZ 2017-MD-027. DSC-D1-2 was indefinitely deferred by the Planning Commission.

### **Upcoming Meetings:**

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

The Board of Supervisors will meet on Tuesday, February 20, 2018 at 9:30 a.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035) in the Board Auditorium. There are no Sully land use cases on the agenda. The meeting agenda and materials are available [online](#).

#### **Planning Commission Meeting -**

The Planning Commission will meet on Thursday, February 22, 2018 at 7:30 p.m. at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035) in the Board Auditorium. There are no Sully land use cases on the agenda. The meeting agenda is available [online](#).

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## Volunteer Opportunity in Sully



### [Meals on Wheels Drivers](#)

Meals on Wheels Drivers pick up meals and deliver them to individuals on a specific route. Routes take a maximum of two hours to deliver all meals. Deliveries are made midday Monday, Wednesday, and Fridays, except in the Annandale/Falls Church region, where it is done Monday through Friday. Deliveries can be made by an individual or as part of a volunteer group. Opportunities available throughout Fairfax County close to where you live or work!

**Contact:**

Process Manager

703-324-5406

[volunteersolutions@fairfaxcounty.gov](mailto:volunteersolutions@fairfaxcounty.gov)

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## Fairfax County Agency Spotlight



### [Dept. of Administration for Human Services \(DAHS\)](#)

**Acting Director:** Lee Ann Pender

**What they do:**

The Department of Administration for Human Services (DAHS) ensures the successful delivery of health and human services to Fairfax County residents through the effective and efficient management of financial resources, human resources, contracted service delivery, and physical resources. Their work is achieved through a collaborative approach between the County's health and human services system and the County's central services departments. DAHS is a part of the Fairfax County Health and Human Services (HHS) System, which is a network of county agencies and community partners that support the well-being of all who live, work, and play in Fairfax County.



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# Black History Month Celebration: Know the Past Shape the Future

In celebration of Black History Month, Fairfax County in partnership with Cox proudly presents "Know the Past Shape the Future," a free celebration with music, entertainment, and light refreshments. Virginia's Lieutenant Governor Justin E. Fairfax will be the keynote speaker, and a portion of the program will recognize historically black churches in Fairfax County.

**Location:** Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035)

**Date:** Friday, March 2, 2018

**Time:** 6:00 p.m.

The poster features a decorative border with a repeating geometric pattern in red, yellow, and black. At the top left is the Virginia state seal. The text reads: "In Celebration of Black History Month Fairfax County in Partnership with Cox Proudly Presents". The Cox logo is at the top right. The main title "Know the Past Shape the Future" is in large, stylized yellow and orange letters. Below it, the date "Friday, March 2, 2018" is in red. The location "at the Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035)" is in black. A line of text says "Reception in the Forum (from 6 to 7 PM): Music, Entertainment and Light Refreshments Program will begin at 7 PM". Below this, it states "Admission is FREE!". On the left is a portrait of Justin E. Fairfax, Lieutenant Governor of Virginia. In the center are two rows of stylized human figures holding hands, one in black and one in purple. On the right is a group of stylized purple figures with arms raised. Below that, it says "Recognizing Historically Black Churches in Fairfax County". At the bottom, contact information for Fairfax Connector and WMATA is provided. A small accessibility icon and text are at the very bottom.

In Celebration of Black History Month  
Fairfax County in Partnership with Cox Proudly Presents

**Know the Past Shape the Future**

**Friday, March 2, 2018**  
at the Fairfax County Government Center  
(12000 Government Center Parkway, Fairfax, VA 22035)

Reception in the Forum (from 6 to 7 PM): Music, Entertainment and Light Refreshments  
Program will begin at 7 PM

**Admission is FREE!**

**Justin E. Fairfax**  
Lieutenant Governor  
Commonwealth Of Virginia

Recognizing Historically Black Churches in Fairfax County

For information on how to reach this location using public transportation contact the Fairfax Connector at 703-339-7200, TTY 703-339-1608, or visit their website at [www.fairfaxconnector.com](http://www.fairfaxconnector.com). You may also contact the Washington Metropolitan Area Transit Authority at 202-637-7000, TTY 202-638-3780, or visit their website at [www.wmata.com](http://www.wmata.com).

A Fairfax County, VA, publication. February 2018  
Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. To request accommodations, to acquire this information in an alternate format, or for more information about this event, call Emma Marshall at 703-324-7483, TTY 711.

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## Park Authority Summer Camp Registration



Who is thinking about summer? You should! Registration for summer camps began on Thursday, February 8, 2018. The Fairfax County Park Authority offers more than 1,900 summer day camp options at 100+ locations. Camps held at RECenters, nature centers, historic sites, lakefront parks, golf courses and schools offer a variety of camp formats. These camps feature plenty of fun and friendship building while providing a safe summer experience for children ages 3 to 17.

From traditional crafts and games to high-tech and high adventure, the Park Authority has something for everyone. Many camps offer swimming at RECenters each day. Sports enthusiasts can choose from an array of skill-development camps, including British soccer, basketball, football, baseball, cheerleading, archery, lacrosse or extreme sports programs. Enjoy the outdoors? Then check out our boating, fishing and biking camps.

Specialty camps such as chess, cooking, business and leadership allow for exploring new interests or developing a new skill. STEM programs stimulate cognitive development and enhance critical thinking.

Check out the new, exciting camps available in 2018: Ninja Obstacle Tumbling Camp, ACTION Performing Arts, T-Shirt Quilting, fun new STEM camps, and much more.

Extended care is available at 14 locations from 7:00 to 9:00 a.m. and 4:00 to 6:00 p.m.

With so many camps to choose from, the Park Authority camps website lets you narrow your choices by location, age of children, type of camp, and week of summer. Or just browse through the 2018 Summer Camp Guide. Find camps for all of your children at one place this summer.

All the summer camps plus classes for kids and adults, special events, and much more can be found in the spring edition of Parktakes Magazine. **Register for summer camps by May 11 and for spring break camps by February 16 to receive an early bird discount of \$8 off each session.**

For more information, call the registration hotline at 703-222-4664, Monday through Friday, 9:00 a.m. to 4:00 p.m.

[Find Park Authority Camps](#)

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## Erase Stress With These 5 Free & Low Cost Tips



What stresses us? Money ... politics ... traffic ... work ... relationships ... and the constant barrage of news, are just a few of the things on our minds every day.

Although we can't banish most of the above, we can look for ways to relieve stress. We have five nifty ideas from our Library and Park Authority that are free or low cost.

### 1. Meditation and Mindfulness

Quiet your stressed out brain with meditation and mindfulness books and videos from the Library. A few suggestions to get you started are listed below. Find more in the [library catalog](#) or stop in at your [local branch](#) and ask staff for additional titles.

- [Meditation for Fidgety Skeptics: A 10% Happier How-to Book](#), by Dan Harris
- [Meditation](#) by Domyo Sater Burk
- [A Beginner's Guide to Mindfulness Meditation: 10 Days to Change your Life Forever](#) (video)

- [Relax & Restore](#) (video)

You can also try a Park Authority class to learn meditation breathing exercises and more.

[Find Park Authority Meditation Classes](#)

## 2. Practice Yoga

Interested in trying yoga, but not sure where to start? The Library has [several beginner yoga videos](#) that you can borrow to try yoga at home. You can also learn more about Yoga by reading “Yoga Journal”. [Read online for free through RBDigital Magazines](#).

We have several yoga classes and events for you to explore, too!

[Yoga Events at Library Branches](#)

[Yoga Classes at RECenters](#)

## 3. Color

Adult coloring books are the latest in relieving stress and harnessing your inner artist. The Library has some coloring events to get you started, with coloring pages and color pencils provided.

- [Color Me Calm](#), Tuesday, February 20, 7:00 to 8:00 p.m., Thomas Jefferson Library. (Recurring event)

#### 4. Socialize

Meeting new friends and enjoying activities together is a great way to relieve stress!

Our Library branches are a great place to do both. You can join a [friends group](#) or [become a volunteer](#). Some of the library events that encourage active engagement include [Great Decisions Seminars](#), [book clubs](#), [foreign language conversation groups](#), game nights, [Canasta](#), and of course, [BINGO!](#) Find these events and more in our [online events calendar](#) or pick up a print calendar at your local branch.

You can also find neighbors that share your interests at our Park Authority programs. Your stress will melt away as you learn about the stars, attend a maple syrup boil- down, enjoy an afternoon tea or go for a hike!

[Sign Up for Park Authority Events](#)

#### 5. Laugh

Laughter is the best medicine for stress relief! Here are the [top 22 funniest books ever written according to Esquire Magazine](#). Look for them at the [Library](#). In addition, here are some suggestions of modern day humor writers you may want to check out:

- [Dave Barry](#)
- [Helen Fielding](#)
- [Terry Pratchett](#)
- [George Saunders](#)
- [David Sedaris](#)

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## Video - Community Tax Assistance Day is Feb. 24



The IRS Volunteer Income Tax Assistance (VITA) program offers free assistance with 2017 Federal and state tax returns for households with a total income of \$54,000 or less.

Complimentary snacks and onsite childcare is available to participating families. Spanish, Vietnamese, Korean, and ASL translators will be on hand to assist clients.

To learn more about Tax Assistance Day, please visit <http://www.volunteerfairfax.org/individuals/vita.php>.

Watch "16 Around Fairfax" to see the latest Fairfax County news – daily at 7:30 a.m. and 7:30 p.m. on Channel 16 (1016 on Cox HD).

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## College Scholarship for Criminal Justice Majors



Are you enrolled at a Virginia college or university? Are you majoring in a criminal justice field? And are you a resident of Fairfax County, the City of Fairfax, the Town of Herndon, or the Town of Vienna? If you answered "yes" to these three questions, then you may be eligible to apply for a college scholarship from the Virginia Sheriffs' Institute (VSI) Scholarship Program through the Fairfax County Sheriff's Office. Scholarships are available to both full- and part-time students.

**As part of the application process, Fairfax County Sheriff Stacey Kincaid must submit a letter of recommendation on your behalf.**

To get started:

- Please review the scholarship eligibility criteria and application checklist at <http://vasheriffsinstitute.org/scholarship/>.
- Then email [Kelly Hartle](#) at the Sheriff's Office **no later than April 6, 2018** to schedule a meeting with Sheriff Kincaid regarding the letter of recommendation to go with your application. You will be asked to provide



information about your school and extra-curricular activities/achievements prior to the scheduled meeting.

- Once you speak with Sheriff Kincaid and receive your letter of recommendation, include it with your application.
- The application and required attachments must be at the Virginia Sheriffs' Institute **by May 1, 2018.**

Founded in 1981, the Virginia Sheriffs' Institute is a non-profit professional and educational organization. In 2017, the VSI Scholarship Committee awarded 78 scholarships to students across Virginia -- \$1,000 for full-time students and \$500 for part-time students. The number of scholarships awarded each year varies depending on the number of eligible students and the amount of money that is raised.

Sheriff Kincaid is a member of the VSI and participates in the scholarship fundraising efforts.

[Click here](#) to read about the 2017 scholarship winners.

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## **Learn the Warning Signs of a Heart Attack**

February is Heart Health Month.

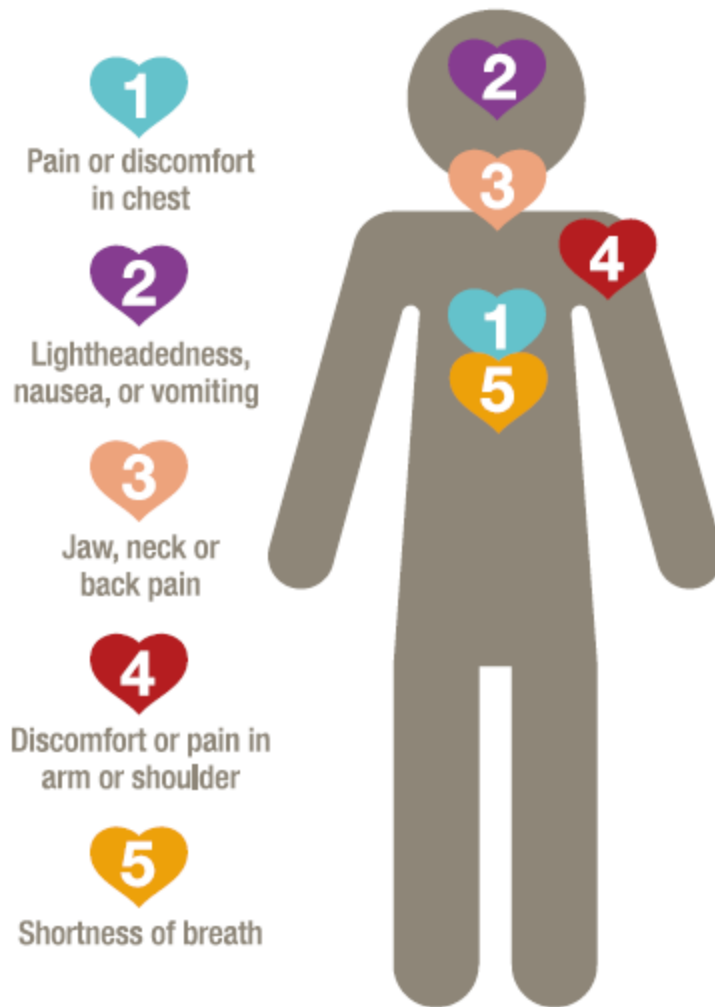
Unfortunately, heart attacks do happen. It is important that you and your loved ones know and recognize the warning signs of a heart attack as every second counts! Please take a moment to review the below tips from our friends at the [American Heart Association](#).

If you think you or a loved one are experiencing a heart attack, call 911 as soon as possible!

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



# Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

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## We're a SmartCities Readiness Grant Finalist; What Does That Mean?



Fairfax County was recently selected as a finalist for the [SmartCities](#) 2018 Readiness Challenge Grant.

Cool! But what does that mean?

We join nine other governments, including the Commonwealth of Virginia, in the national competition for five grants awarded by the [SmartCities Council](#). The grant will provide technical assistance, mentoring and services to help cities, counties and states use technology to become more livable, workable and sustainable.

### **What Are Smart Cities and Counties?:**

Imagine...

- Streetlights that also act like Fitbits, collecting and reporting data on air quality, parking spaces, or pedestrian and vehicle traffic.

- Bus stops that offer updates on bus locations, USB charging stations, and free Wi-Fi.

These aren't future technologies – they're things that smart cities like Barcelona, London, and Oslo are using today.

Smart cities deploy intelligent technology like sensors to collect data, communicate it back and analyze it. This data can provide real-time intelligence about what's happening, such as traffic conditions. The information can be used to make changes in real time or provide predictive analytics.

### **What's Next?:**

While grant winners aren't expected to be announced until sometime in March, we're moving forward with our vision to use data, technology, and analytics to improve services and quality of life for our residents.

In partnership with the council, on March 19 we are bringing together experts and staff from county agencies, utilities, regional transportation agencies, universities, and nonprofits to begin drawing a conceptual roadmap to becoming a smart county.

### **We Are Moving Forward:**

County leaders are working to develop an overall roadmap that will guide our future efforts. We've already been working on individual pilots and projects to leverage data and technology.

To help address traffic congestion, for example, we held a [transportation hackathon](#) using VDOT's new data portal to come up with innovative technologies

to improve traffic, mobility, and safety. We also [convened top autonomous vehicle experts, researchers, and entrepreneurs](#) to look at the future of this technology that's being tested in Fairfax County today.

We're also exploring how to deploy smart streetlights in our more urban areas like Tysons. These future light fixtures could be more energy-efficient LEDs that include sensors or offer free WiFi.

On a larger scale, we envision creating an innovation district that would bring together many different kinds smart technologies into one location, like autonomous shuttles, smart street lights, intelligent traffic signals to help motorists and pedestrians, and smart buildings that cut energy consumption.

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## Animal Shelter Adoption Event



All adoptions are half-off at the Fairfax County Animal Shelter from **Tuesday**, February 13 to Saturday, February 17. You can view all available pets online at <http://petango.com/fairfaxcountyanimalshelter>, and read about how the adoption process works at <https://www.fairfaxcounty.gov/animalshelter/adopt>.

The Fairfax County [Animal Shelter](#) is an open-access, municipal shelter and is located at 4500 West Ox Road, Fairfax, VA 22030. Their hours are Tuesday-Friday from 12:00 to 7:00 p.m., and Saturday from 10:00 a.m. to 5:00 p.m.

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## Animal Shelter Corner



### Meet Ninja!

**Age:** 4y 9m

**Gender:** Female

**Color:** Brown / White

**Spayed/Neutered:** Yes

**Size:** Medium

Ninja is a sweet, cuddly girl who has been known to squeeze herself between whoever is sitting on the couch so that she can snuggle and get as much attention as possible. She is also a playful girl who has a habit of stealing any soft, plush toys you have lying around the house. She is very smart and knows all kinds of commands, which she performs when the mood strikes her. Ninja is also a shy girl who takes some time to warm up to new people. Her new family will need to give her some space and let her get adjusted to her new home at her own pace. In return for that little patience, you'll be rewarded with a snuggly seat next to her on the couch. How can you resist? For more information about Ninja, please contact the Fairfax County Animal Shelter at [animalshelter@fairfaxcounty.gov](mailto:animalshelter@fairfaxcounty.gov) or by phone at 703-830-1100.

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