



A message from Kathy Smith



At this week's Board meeting, the Board of Supervisors proclaimed September 2019 as National Suicide Prevention Awareness Month in Fairfax County (pictured above). Suicidal thoughts can affect anyone regardless of age, gender, or background. Talking about the issue of suicide can save lives, reduce stigma, and encourage people to seek help. Read below for information about how to help those who are dealing with suicidal thoughts and how to recognize the signs.

As part of National Suicide Prevention Awareness Month I will be walking in the Out of the Darkness Walk as part of Team Fairfax BOS, a team I am co-sponsoring with Braddock District Supervisor John Cook, on Saturday, October 5, 2019 at the Veteran's Amphitheater in Fairfax. We are walking in support of the American Foundation for Suicide Prevention's mission to save lives and bring hope to those affected by suicide.

Sincerely,
Kathy

Reminders!

Personal Property (Car) Tax Payments Due:

The county mailed out more than 800,000 annual bills to vehicle owners, and because October 5 falls on a Saturday, **this year's deadline to pay your bill is Monday, October 7, 2019**. We have many ways to pay and extended hours to help make the process easy for everyone. For more information, [click here](#).

Important Dates for the November 5, 2019 Election:

- **September 20, 2019:** Absentee Voting began at the Office of Elections (12000 Government Center Parkway, Conference Rooms 2/3, Fairfax, VA 22035)
- **October 15, 2019:** Voter Registration Deadline. In-person by 5:00 p.m.; online by 11:50 p.m.
- **October 17, 2019:** In-person Absentee Voting begins at satellite locations.
- **October 29, 2019:** Deadline to request an absentee ballot by mail by 5:00 p.m.
- **November 2, 2019:** Final day to vote absentee in-person by 5:00 p.m.

For more information about the upcoming election, [click here](#).

Fairfax County Fire & Rescue: 2019 Open House

In celebration of Fire Prevention Week (October 6-12), all Fairfax County Fire and Rescue Stations will host an Open House on **Saturday, October 12, 2019 from 10:00 a.m. to 4:00 p.m.** Stop by your local station that day to meet your firefighters, see the fire trucks, join in the activities, and learn about fire safety. This year's Fire Prevention Week theme: "Not Every Hero Wears a Cape. Plan and Practice Your Escape!"

To find your Fairfax County Fire & Rescue Department Fire Station, [click here](#).



Fairfax County Fire & Rescue 2019 OPEN HOUSE

Saturday, October 12, 10 am - 4 pm

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Celebrating the Pets in Our Families



If you love pets, you will certainly *love* being at Centreville Day 2019! There will be vendors for pets; HART (Homeless Animals Rescue Team) will have animals available for adoption; Blessing of the Pets will be held at St. John's Episcopal Church; and water bowls will be available throughout the venue. The 5th annual Pet Pageant, sponsored by the Rotary Club of Centreville-Chantilly, will be held at 2:00 p.m.(registration begins at 1:30 p.m.) at the Goodwill Main Stage. While costumes are not required, pets and their families are welcome to dress to impress - or scare!

To learn more, [click here](#).

Volunteer Opportunity



Historic Document & Administrative Support Intern

Work closely with Sully staff to organize historical documentation and paperwork from a variety of projects. Administrative support includes, but is not limited to, park administrative filing, document scanning and filing, photo organization and labeling, answering phones, responding to public inquiries, development of flyers and brochures, and online program/event marketing entries. Minimum age to volunteer: 18. Time commitment: 30 hours per month for 1 year.

Location:

Sully Historic Site
3650 Historic Sully Way
Chantilly, VA 20151

Contact:

Tammy Higgs, Historian
703-437-1794
tammy.higgs@fairfaxcounty.gov

2019 Small Business Forum



Date: Thursday, October 10, 2019

Time: 8:30 a.m. to 2:30 p.m.

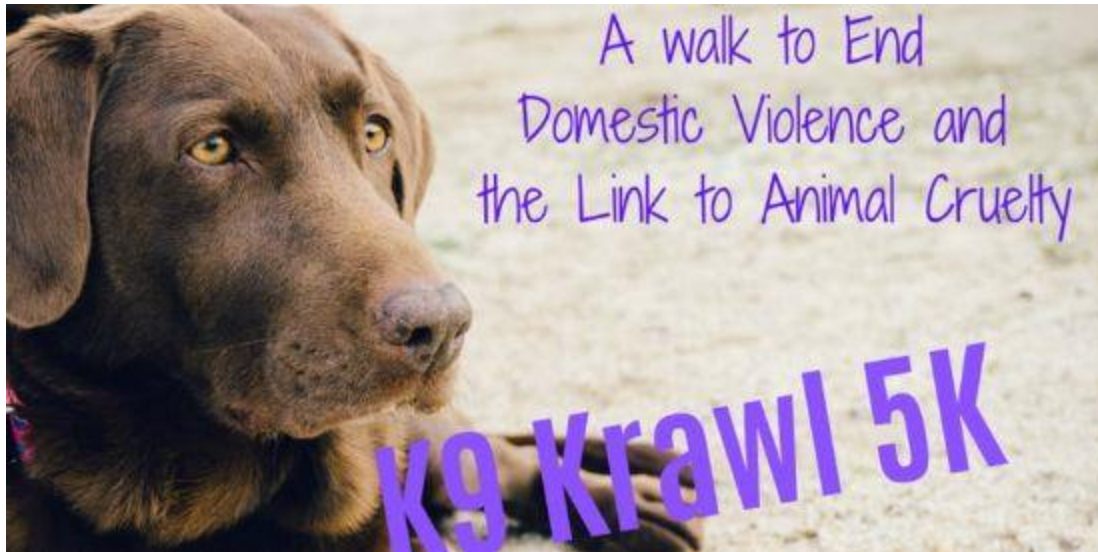
Location: Fairfax County Government Center (12000 Government Center Parkway, Fairfax, VA 22035)

Join us at Fairfax County's annual Small Business Forum. Take advantage of learning from business experts and connect with county procurement representatives. Bring your entrepreneurial spirit and learn how to grow your business opportunities. Participants will:

- Network with Fairfax County departments and business support organizations
- Discover marketing and business fundamentals that can help grow your company
- Explore alternative options for funding your business
- Learn how to properly and effectively pursue work with Fairfax County

To learn more information about this event, and to register, [click here](#).

2019 K9 Krawl 5K



Date: Saturday, October 12, 2019

Time: 9:00 to 11:00 a.m.

Location: Fairfax County Public Safety Headquarters (12099 Government Center Parkway, Fairfax, VA 22035)

Join the [Victim Services Division](#) of the Fairfax County Police Department for the 13th annual K9 Krawl 5K. This family friendly event is a FREE walk to bring awareness to the link between domestic violence and animal cruelty.

Activities include:

- Pet Costume Contest
- Face Painting
- Resource Tables
- Goodies & Treats
- Dog Adoption by the Fairfax County Animal Shelter
- Hot Cocoa/Coffee Bar
- FREE raffle at the end of the walk!

Check-in will begin at 8:30 a.m. and the walk will begin at 9:00 a.m. To register for this event, [click here](#).

Learn the Signs of Suicide Risk & Know How to Get Help



September is National Suicide Prevention Awareness Month - a time to share resources and stories to educate and help those who are dealing with suicidal thoughts and/or ideation.

Know How to Get Help:

If you or someone you care about may be at risk of suicide, don't hesitate to reach out for help right away. These resources are available 24/7:

- Call [Community Services Board \(CSB\) Emergency Services](#) at 703-573-5679.
- Text "CONNECT" to 855-11 to contact [PRS CrisisLink](#).
- Call PRS CrisisLink at 703-527-4077.
- Call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).
- **In an immediate, life-threatening situation, call 911.**

Learn to Recognize the Signs:

It is impossible to truly know what others are thinking and feeling, but knowing the common signs of suicide risk can help you identify potential negative thoughts and

patterns early on. Risk is greater if a behavior is new or has increased and seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

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

Severe Lung Illness Associated with "Vaping": What You Need to Know

Severe Lung Illness Associated with VAPING



WHAT YOU NEED TO KNOW

Many states, including Virginia, have recently reported cases of severe lung disease among teenagers and young adults with a history of "vaping" (i.e., practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device).

SYMPTOMS

Reported symptoms include cough, shortness of breath and fatigue, with symptoms growing worse over days or weeks leading to difficulty breathing or admission to the hospital. Other symptoms may include fever, chest pain, nausea and diarrhea.

LINK BETWEEN VAPING & DISEASE

Patients report vaping in the weeks and months before becoming ill. A variety of vaping products have been used by people who developed this severe illness; no specific product has been linked with the disease. Many of those with illness vaped marijuana oil, extracts, or concentrates (also known as "dabbing").

SEEKING CARE

Severe respiratory illness is a newly recognized complication of vaping. Patients with a history of vaping who are experiencing breathing problems should seek medical care right away.

Youth are discouraged from using vaping and e-cigarette products of any kind as the full spectrum of adverse health impacts using these products is unknown.

REPORT RESPIRATORY ILLNESS

Health care providers should be on the lookout for cases of severe respiratory illness among teenagers and young adults, and ask about recent vaping, dabbing or e-cigarette use. Cases should be reported to the local Health Department.

QUIT NOW VIRGINIA

Virginians who want to quit smoking or other nicotine products can get information and coaching by telephone or online.

Call 1-800-Quit-Now (1-800-784-8669) | www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia/

For disease reporting, contact
Fairfax County Health Department
703-246-2433, TTY 711 or hdcd@fairfaxcounty.gov

Clinicians are also encouraged to report adverse events with e-cigarettes to FDA's Safety Reporting Portal at: www.safetyreporting.hhs.gov

To learn more about vaping-related illnesses and to get updated numbers of Virginia cases, go to www.vdh.virginia.gov/vdhlivewell/vaping/

A Fairfax County, Va. publication. 08/2019. To request this information in an alternate format, call the Health Department at 703-246-2411, TTY 711.

www.fairfaxcounty.gov/health





Prevent Fires Via Proper Battery Disposal

Many people mistakenly believe they can put their rechargeable batteries and cell phones in their recycling bin. But lithium ion batteries, the type of rechargeable batteries found in cell phones and other electronics, can be dangerous. If the flammable electrolyte contained in the batteries is exposed or damaged it can cause an explosion and cause a fire.

Puncturing batteries, for example, can cause them to explode and cause massive damage to workers, equipment, and solid waste facilities. In fact, fires have been erupting at recycling centers throughout the country.

Indeed, just one cell phone battery can burn down an entire facility in a matter of minutes, because these facilities typically already house highly flammable materials, such as paper, plastic, and cardboard. Thus, rechargeable batteries and cell phones should always go to the county's [household hazardous waste drop off locations](#). Residents can access these locations free of charge, and businesses can drop off batteries during the county's [Very Small Quantity Generators](#) hazardous waste program. Please manage your lithium batteries responsibly to prevent these dangerous incidents.

Animal Shelter Corner



Meet Sadie!

Age: 12y 5m

Gender: Female

Color: Cream/Buff

Spayed/Neutered: Yes

Size: Large

Meet Sadie! She is a beautiful senior dog in search of a slow-paced, loving retirement home where she can soak up the sun, get lots of love and attention, and not have to deal with too many stairs. Simply put, this girl is sweet as can be. Her previous caretaker said that she is housebroken, has very nice manners in the home, and gets along with kids, dogs, cats - pretty much everyone! She is calm, laid back, and just wants everyone to get along. Visit Sadie today! For more information about Sadie, contact the Fairfax County Animal Shelter at 703-830-1100 or send an [email](#).
