



## A message from Kathy Smith

This coming July 4th I wish you all the best in celebrating our country's Independence Day. The Fourth of July is a great opportunity to spend time with loved ones, so whether it is over grilling food outside or watching the fireworks at night, I wish you all a fun and safe holiday.

I do hope you take a moment away from celebration to reflect on the values, principles, and sacrifices which make our country great. And I believe we can best embody these values through an active and engaged civic life. County offices are closed on July 3rd and 4th, but will be back open on July 5 to address your questions or concerns.

Sincerely,

*Kathy*

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[www.facebook.com/sullydistrict](http://www.facebook.com/sullydistrict)

| [www.twitter.com/sullysupervisor](http://www.twitter.com/sullysupervisor)



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## Arts in the Parks



Arts in the Parks is a FREE family fun alternative to Saturday & Wednesday morning cartoons & video games. It serves to entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks.

For most children, Arts in the Parks is their first exposure to live entertainment, and for practically all of the young watchers, it is their first chance to join professionals on stage. So they remember and forever associate the delightful experiences with parks.

**Rain Cancellations:** For last minute performance cancellations due to

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inclement weather, call 703-324-SHOW (7469) one hour prior to the program start time.

The Arts in the Parks series is made possible through the efforts of the Fairfax County Park Authority and the [Fairfax County Park Foundation](#), and the generous support of PNC, RZ Foundation, Dominion, Arts Herndon, and the Friends of Mason District Park.

**Schedule for E.C. Lawrence Park:**

- **July 1:** The Great Zucchini (Comedy/Magic)
- **July 8:** Mr. Jon & Friends (Children Songs)
- **July 15:** The Goodlife Theater (Puppets)
- **July 22:** 123 Andrés (Children Songs)
- **July 29:** Mad Science - Preschool 123's (Science Show)
- **August 5:** Blue Sky Puppet Theater (Puppets)
- **August 12:** The grandsons, jr. (Children Songs)
- **August 19:** Fairfax Symphony Orchestra 'Percussion Ensemble' (Children Music)

**For more information, please visit**

<http://www.fairfaxcounty.gov/parks/performances/arts-in-the-parks.htm>.

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## **CSB Draft Strategic Plan**

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Your assistance is requested to help in the review and final development of a strategic plan for the [Fairfax-Falls Church Community Services Board](#) (CSB). The CSB's strategic plan will guide the agency's direction over the next three years and will be evaluated annually. Your input will help to ensure that the CSB's [vision, mission, values](#), and goals are aligned with the needs of the community and the people we serve.

The draft plan was designed to be accessible and understandable, with numerous links to provide more in-depth information about CSB services and operations, key strategic initiatives and local, state, and federal priorities.

Please [review the CSB Strategic Plan draft](#) and [email any feedback](#) by **July 14, 2017**.

The Strategic Plan is available in alternative formats upon request; call 703-324-7000, TTY 711.

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## Free Summer Meals for Kids Program

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Approximately 20 percent of Fairfax County students receive free and reduced price meals during the school year. When the school year ends, so does the opportunity for consistent, nutritious meals for many of these students. The Free Summer Meals for Kids Program fills that need by providing nutritious meals to children ages 5 to 18 during the summer – **because hunger doesn't take a summer vacation.**

[Become A Meal Site](#) / [Application Form](#)

**Service Dates, Meal Sites & Eligibility:**

**June 26 to August 25, 2017**

The Free Summer Meals for Kids Program provides free, healthy meals to children ages 5 to 18 at designated meal sites in Fairfax County. Sites provide breakfast and/or lunch as indicated (see lists of open and closed sites for details).

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Sites are designated according to national guidelines as either “open” sites or “closed” sites.

[Open sites](#) are established in areas where 50 percent or more of the students receive free or reduced price meals at school. At these locations, meals will be provided to all children without charge.

[Closed sites](#) are designated in areas where less than 50 percent or more of the students receive free or reduced price meals at school. To be eligible to receive free meals at a residential or non-residential site, children must meet [the income guidelines for reduced price meals in the National School Lunch Program](#) Children who are part of households that receive SNAP, or benefits under the Food Distribution Program on Indian Reservations (FDP1R), or Temporary Assistance to Needy Families (TANF) are automatically eligible to receive free meals.

Acceptance and participation requirements for the Program and all activities are the same for all regardless of race, color, national origin, sex, age, or disability, and there will be no discrimination in the course of the meal service.

**Related Links:**

- ["Lunchtime" Infographic: Change in Eligibility for Free & Reduced Price Lunches in Fairfax County Between 2002 and 2014](#)
- [U.S. Department of Agriculture: Summer Food Service Program](#)

**For more information call 703-704-6704, TTY 711.**

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# Heat Safety Basics



To keep cool as the summertime heat continues, Fairfax County encourages residents to follow this general advice:

- Drink plenty of fluids: **Drink two to four glasses** of cool fluids each hour. Your body needs water to keep cool. Drink water even if you don't feel thirsty.
  - **Do not drink caffeinated or alcoholic beverages** because they dehydrate the body.
  - Keep cool indoors: If you can, **stay in an air-conditioned area**. Resting for just two hours in air conditioning can significantly reduce heat-related illnesses. Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls and other community facilities.
  - Electric fans may provide comfort, but with temperatures in the 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
  - Plan outdoor activities around the heat: If you must go outside, **go before noon or at night** when it's cooler.
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- Avoid strenuous physical activities or reschedule them for the coolest part of the day, usually the early morning. **Limit physical activity** until your body adjusts to the heat.
- **Eat light meals**, avoiding high-protein foods because they increase metabolic heat.
- **Don't take salt tablets** unless directed by a physician.
- Wear light-colored clothing, which helps reflect sunlight.
- **Wear sunscreen** to prevent sunburn. Sunburn makes it more difficult for your body to cool off.
- Never leave children or pets unattended in a car—not even for a few minutes.
- Ensure your home's cooling system is working properly before it is truly needed.
- Make sure your home is well insulated and that you have weather stripping around your doors and window sills to keep the cool air inside.

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## Please Don't Feed the Geese!



Geese (and their droppings) seem to be everywhere in our county this

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summer. **And we need to stop feeding them.** Our seemingly good intentions are hurting these valued members the wildlife community.

### **The Challenge:**

**Geese can rapidly become dependent on human-provided foods.** Much of what we use to feed geese (bread, corn, popcorn, pastries, etc.) provides little or no nutritional value and can cause significant health problems for geese and other wildlife.

### **The Consequences:**

- Dependency on human-provided foods with empty calories can cause malnourishment (and starvation in severe cases).
- They lose their natural fear of humans and can become aggressive.
- Large concentrations of geese can cause environmental damage due to overgrazing, as well as degrading water quality and soil erosion.
- Unsanitary conditions and health concerns arise from significant accumulations of goose feces and feathers.
- Safety hazards occur when geese cross roadways or flock in medians, along road shoulders or at airports.
- Diseases and parasites can spread more rapidly within goose populations (e.g., avian cholera, avian botulism, aspergillosis).

In Virginia, it is unlawful for any person to place, distribute, or allow the placement of food, minerals, carrion, trash, or similar substances when it attracts any species of wildlife in such numbers or circumstances to cause property damage, endanger any person or wildlife, or create a public health concern.

### **What You Can Do:**

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**Our wildlife officials urge residents to stop feeding the geese.** “It is a common misconception that suburban areas, such as Fairfax County, are devoid of food for wildlife and that human intervention is necessary for species to survive,” says Katherine Edwards, wildlife biologist. “Suburban environments provide sufficient food resources and safety to support the geese – as evidenced by the abundant populations of geese present in Fairfax County.”

Left on their own, geese will feed on a variety of nutritious foods that are available (e.g., grasses, sedges, berries, grains, and seeds) and will move to new locations when resources have been depleted.

**For information on managing wildlife interactions including geese, call the Virginia Wildlife Conflict Helpline toll-free at (855) 571-9003, 8:00 a.m. to 4:30 p.m., Monday through Friday.**

### **Did You Know?**

- Geese are [federally protected](#).
  - There are two distinct populations: migratory geese and “resident” geese (non-migratory).
  - Geese mate for life and females lay 5-12 eggs with an incubation period of 25 to 30 days.
  - Adult geese go through a molt in late June to early July where they shed and replace their flight feathers with new ones. Geese are flightless during this period and are joined by their young goslings who have not yet developed flight feathers.
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## Talk with Children about Social Media Dangers



With summer break here, children and teens have more free time to explore, learn and grow; but the [Fairfax-Falls Church Community Services Board](#) (CSB) asks parents to be mindful and keep a vigilant watch over social media apps and games on their children's phones and devices. There are some unhealthy "games" reportedly present in our community, some involving forms of aggression, bullying, or threats.

Among these is the "[Blue Whale Challenge](#)," (PDF) as well as copycat versions, that have recently been reported to local school personnel here in Fairfax County.

These "games" reportedly target children between ages 10-14 and encourage them to complete a series of progressively more intense tasks over a 50-day period, including self-harm and, finally, suicide.

While many reports indicate that this "game" is a hoax; it is more important than ever for families to increase their digital literacy and do their research on such potentially deadly "games" children may be invited to "play."

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Suicide is the second leading cause of death for young people in Virginia between ages 15-34 and the third leading cause of death for ages 10-14.

The [CSB](#) urges adults to:

- Talk to your children about responsible cyber safety.
- Check phones or other devices for signs of a hashtag or communication with anyone telling your children to do specific tasks.
- Discuss websites, links and social media apps your child is using.
- Know warnings of psychological distress. Signs may include changes in behavior (e.g. outbursts or being withdrawn) or physical health (e.g. weight loss or gain; loss of appetite), hopelessness, sadness, boredom, and depression. If you see signs of distress, ask if they are considering suicide. Asking about suicide does not increase risk of suicide.
- Be aware of [suicide prevention information and resources](#).

Be aware of mental health resources available to students and families throughout the summer:

- [FCPS School Counseling Services](#) at 571-423-4420
  - [School Psychology Services](#) at 571-423-4250
  - [School Social Work Services](#) at 571-423-4300
  - [PRS CrisisLink Hotline](#) at 703-527-4077, or text "CONNECT" to 855-11 (available 24/7)
  - [Merrifield Emergency Services](#) 703-573-5679 (available 24/7)
  - [CSB Entry and Referral](#) during business hours at 703-383-8500.
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**FREE!**

FAIRFAX COUNTY PARK AUTHORITY

# Summer Entertainment Series

## Starlight Cinema



Saturday Evenings in August • 6:00 p.m.  
Trinity Centre 5860 Trinity Pkwy, Centreville

Welcome to another exciting season of Starlight Drive-in Cinema. These movie nights bring the community together and nurture community spirit with features that appeal to both children and adults. Our 2017 season provides four movies, free for the public to enjoy. The atmosphere is relaxed and informal. Feel free to bring a picnic, blanket and chairs, and enjoy the movies. To volunteer, please contact my office at 703-814-7100. I look forward to seeing you as we watch "Movies under the Stars!"

Kathy L. Smith, Sully District Supervisor

### FREE Drive-In Movies!

Gates open 6 p.m., movie starts at dark.

Free children's games and rides. Food and drinks available for purchase.  
Bring your own lawn chairs, blankets and FM radio,  
if you wish to sit outside. Consumption of alcohol is not permitted.



#### AUGUST 5 - MOANA

PG | 113 min | Animation, Adventure, Comedy  
Walt Disney Pictures | 2016

In Ancient Polynesia, when a terrible curse incurred by the Demigod Maui reaches an impetuous Chieftain's daughter's island, she answers the Ocean's call to seek out the Demigod to set things right.

#### AUGUST 12 - FINDING DORY

PG | 103 min | Animation, Adventure, Comedy  
Walt Disney Pictures | 2016

The friendly but forgetful blue tang fish, Dory, begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.

#### AUGUST 19 - ZOOTOPIA

PG | 108min | Animation, Adventure, Comedy  
Walt Disney Pictures | 2016

In a city of anthropomorphic animals, a rookie bunny cop and a cynical con artist fox must work together to uncover a conspiracy.

#### AUGUST 26 - STORKS

PG | 89 min | Animation, Adventure, Comedy  
Warner Bros. | 2016

A stork and his human pal must team up to transport a baby girl to her expectant family, despite the fact that storks now work as couriers for an Internet merchant after getting out of the baby-delivery business.

Check online for the full updated listing of Summer 2017 Starlight Cinema drive-in movies! [www.fairfaxcounty.gov/parks/performance](http://www.fairfaxcounty.gov/parks/performance)

Starlight Cinema is presented in partnership with the Friends of Starlight Cinema and generous support from the following sponsors. Supervisor Smith's office proudly sponsors one movie night this summer.



The summer concert series is made possible through corporate and private donations. To donate, visit [www.fairfaxparkfoundation.org/projects](http://www.fairfaxparkfoundation.org/projects)



Subscribe to Concert E-News



Shows are canceled due to inclement weather.  
Call 703-324-SHOW (7469) one hour prior to the start of the show for updates.

[www.fairfaxcounty.gov/parks/performance](http://www.fairfaxcounty.gov/parks/performance)



## Animal Shelter Corner



## Meet Emmy!

**Age:** 1y 2m

**Gender:** Female

**Color:** Brown / Brindle

**Spayed/Neutered:** Yes

**Size:** Large

Emmy is a super sweet dog who arrived at the shelter as a stray, so they don't know where she came from. At first, she was really hesitant of any interaction; some of staff referred to her as 'the scaredy little chicken,' in an endearing way of course. They soon discovered that Emmy LOVES other dogs, and so their caretaking staff got her out into dog playgroups as a way to boost her confidence, and it worked! She became less scared around people, too, and is now in a foster home continuing to learn how to be a dog. If you are interested in meeting Emmy, please email the animal shelter at [animalshelter@fairfaxcounty.gov](mailto:animalshelter@fairfaxcounty.gov).



## Volunteer Opportunity in Sully



### **One-on-One English Language Tutor (Centreville Regional Library)**

Assists adults in improving their English skills through practice in a conversational one-on-one setting.

#### **Duties:**

Provides opportunities for adults to practice English language skills in a one-on-one situation. Reports attendance to library staff and keeps library staff informed of any issues. Electronically reports volunteer hours promptly and accurately.

#### **Qualifications:**

Fluent in the English language. Strong verbal and written communication skills. Friendly, outgoing, and personable. Ability to talk effectively with speakers of other languages. Patience. Willingness to respond to specific needs participants.

**Minimum Age to Volunteer: 18**

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**Time Commitment:** You will be expected to volunteer 1 hour per week for 1 year.

**Location:**

Centreville Regional Library  
14200 St. Germain Drive  
Centreville, VA 20121

**Contact:**

Amy Mann

703-830-2223

[amy.mann@fairfaxcounty.gov](mailto:amy.mann@fairfaxcounty.gov)

<http://www.fairfaxcounty.gov/library/branches/ce/>

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