

"A Customer First Company" December 2018



Welcome to the December 2018 Edition of "On the Move"

Rise in Distracted Driver Related Accidents in Virginia

Virginia is launching a new Executive Leadership Team on Highway Safety to focus on distracted driving.



Photo Source: Airman Sadie Colbert Released

Distracted driving has been deemed "a growing and tragic epidemic," according to Shannon Valentine, Transportation Secretary. In Virginia the rise of distracted driving fatalities is devastating, and the injuries and fatalities are a loss to our communities and families. However, all of this is completely preventable if people change their behaviors.

Last year alone there were 843 people who were killed on Virginia roads. In addition, nearly 15,000 were injured seriously enough for their injuries to be recorded by the state. In 2018, Virginia is averaging about 2 vehicle deaths per day, many which are linked to distracted driving. This is up significantly from years past.

According to Brian Moran, Virginia Secretary of Public Safety and Homeland Security, "You're driving a multi-ton vehicle. You have to put those electronics down... We need to figure out a way, and I know we're capable of it, to put that phone down."

Source: <https://wtop.com/dc-transit/2018/12/virginias-new-push-to-save-lives-on-the-road/>

How Commuting Can Actually Help You Keep Your New Year's Resolutions

Each year most of us make resolutions to start the New Year off right. The most common resolutions are eating better, exercising, and getting organized.

Commuting can give and save you time to help you achieve your goals. Here is just a short list of how commuting can help you with this year's resolutions:

1. Lose weight – taking advantage of HOV lanes and getting the most direct route to your job, can significantly cut down on unnecessary stops and delays. This can in turn give you more time at home versus traveling alone. Take advantage of the time savings of commuting to go to the gym or even get in a late evening walk.
2. Personal and Professional Development - Try using your commute time to drill down on online classes such as those offered by Udacity. Check out Codecademy to gain some coding knowledge, Skillshare to explore your creative side, or get inspiration through listening to TED Talks.
3. Get Organized and Plan Ahead – Use your commute time to plan out your day, week, or even your entire month. You can even use this time to menu plan saving you time at the grocery store.



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4. Check-in with Social Media – Instead of binging on social media once you are at home with your family, use your commute time to tweet, check-in, swipe up, and scroll.
5. Get more rest – By participating in a vanpool you are cutting your commute time which leads to more time to simply rest. Also, you can use the commute time itself to catch up on some extra sleep.
6. Stress Less – Use your commute time to relax and even listen to calming music or meditation apps to help you start your day off right. Use this time to journal or reflect.

Source: <https://blog.chariot.com/2018/01/05/5-new-years-resolutions-ruined-terrible-commute/>

Time to renew registrations for the Emergency Ride Home Program

It is that time of year again to remember to renew your registration for the Emergency Ride Home Program. The Program is effective each year beginning January 1 and ending on December 31.

Visit us at: www.ridek2k.com
Or Contact us at: info@ridek2k.com
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K&K Connections December Birthdays

We would like to wish everyone born in December a very special HAPPY BIRTHDAY!

- | | |
|-------------------|-----------------|
| Keith Trent | Timothy Wilard |
| Brenda Billington | Dia Hayes |
| Courtney Bonneau | Clint Curry |
| Katherine Bosdell | Susan Colley |
| Carmen Daugherty | Randy Davis |
| Margaret Johnson | Scott Doust |
| Augustus Joseph | Roy Evans |
| Robert Franklin | Joyce Gouge |
| Anthony Hawley | Eric Hines |
| Edward Holmes | Earl James |
| Colleen Jenkins | Leslie Larkin |
| Doug Thompson | Lionel Lawson |
| Wilhelmina Wadley | Debora Lopez |
| Kenny Money maker | Tyler Percy |
| Wally Lumpkins | Dion Mealy |
| Sheena Marshall | John Schisa |
| Ellen Pittenger | Jastar Singh |
| Martin Sanchez | Jaideep Karni |
| Cosmos Williamson | Donnie Via, Jr. |

Welcome to K&K Connections

We would like to say a BIG welcome to all our new riders. We are so privileged that you have decided to make K&K your vanpool company of choice.

Happy Holidays from K&K Connections



On behalf of the K&K family we hope you have a happy and safe holiday season.