



# "A Customer First Company"

## February 2013

### Welcome to the February 2013 Edition of "On the Move"

#### Ways to Stay Safe on Metro

While waiting on the platform of the Shaw-Howard University Metro station, two people were injured in a possible stabbing on February 9, 2013. It appears that the possible stabbing was a result of an altercation between two groups of individuals. However, thankfully the victims did not receive life threatening injuries.



Unfortunately, these types of violent acts and robberies are not uncommon at Metro stations. As a rider there are a few things you can do to keep yourself safe during your Metro commute.

1. If you must travel late at night:
  - a. Travel with a friend and stand close to others while waiting on the platform.
  - b. If you do feel uneasy move near others or seek out a Metro employee
  - c. Ride in a railcar with others or move to the first car close to the operator.
  - d. Always be alert of your surroundings.
2. Protect your electronic devices:
  - a. Carry your devices in a pocket or place where they are not easily seen by others.
  - b. Use discretion about when and where you use your devices.
  - c. Avoid sitting or standing near the doors of Metrobuses

3. Report suspicious behavior or bad conduct at once.
  - a. Call the Metro Police at 202-962-2121.
  - b. On a bus, speak with an operator about any concerns.
  - c. If you are in a station, use the emergency telephones located on platforms to talk to a station manager.
  - d. While riding in a rail car, use the emergency intercoms located at both ends of the rail car to talk to the train operator.

Source: Awareness Bulletin 11 February 2013

#### Get Ready for Telework Week 2013

Telework Week 2013 is the third-annual global effort to encourage agencies, organizations, and individuals to pledge to telework anytime from March 4-8, 2013. This effort is being led by Mobile Work Exchange, who offers tools for agencies and organizations to support their internal Telework Week promotions. Many government agencies are participating in this effort. To find out if your agency is participating log onto:

<https://www.mobileworkexchange.com/teleworkweek/>



On this site you can also make a pledge as an organization or an individual to support and participate in this effort. If you still have questions about whether or not your agency is participating contact your Human Resource Department for details.

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### Virginia is Cracking down on Texting While Driving



It seems as if years of sparring by special interest and safety groups finally wore down legislators in Richmond. Legislation was approved by the Virginia General Assembly to toughen penalties for texting while driving.

Texting while driving is already punishable by a \$20 fine, but it's a secondary offense. This means police can only write someone a ticket if they have already been stopped for another violation. Both the Senate and the House of Delegates voted to pass bills that would increase the fine to \$250 dollars. In addition, in these bills texting while driving will become a primary offense, meaning police can pull over anyone they spot texting while behind the wheel.

The fine for a second offense would be \$500. Finally, if someone is charged with reckless driving as a result of texting, there would be a mandatory minimum \$500 fine. There have been countless reports on the dangers of texting while driving. Like so many other areas of the country Virginia is taking this very seriously.

Source: [http://wamu.org/news/morning\\_edition/13/02/06/larger\\_fines\\_for\\_texting\\_while\\_driving\\_pass\\_in\\_virginia](http://wamu.org/news/morning_edition/13/02/06/larger_fines_for_texting_while_driving_pass_in_virginia)

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### March is National Nutrition Month

According to the Nutrition Post, long commutes take away from healthy activities. Brown University researchers found that spending an hour every day commuting, means that the average person gets 30.6% less time for sleep, 16.1% less time for exercise, 5.8% less time to eat with the family, and 4.1% less time to prepare food -- all healthy behaviors.

Overall, "spending an additional 60 min daily commuting above average is associated with a 6% decrease in aggregate health-related activities and spending an additional 120 min is associated with a 12 percent decrease," researchers wrote in the Journal of Urban Health study.

While these are sobering numbers, as commuters we can be intentional about setting nutrition goals to better our health and lifestyle. Visit <http://www.eatright.org> for tips and advice of how to make the most of this Month and to implement healthy lifestyle changes that can pay off in spite of your long commute.

Source: [http://www.huffingtonpost.com/2012/06/18/long-commute-health\\_n\\_1600160.html](http://www.huffingtonpost.com/2012/06/18/long-commute-health_n_1600160.html)

### K&K Connection February Birthdays

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

If we missed your birthday please let us know by emailing [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com). Thank you!

### Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of February. We are so very happy you have decided to join us!