

# "A Customer First Company" July 2012



## Welcome to the July 2012 Edition of "On the Move"

### K&K's Team Does it Again at First Baptist Church of Centralia's 9th Annual Charity Golf Tournament

K&K has brought home the trophy for another year at First Baptist Church of Centralia's 9th Annual Charity Golf Tournament. For the last 5 years K & K Connections, LLC has proudly sponsored this event.



From Left to Right – Melvin West, TJ Branch, KJ Trent, Pamela Trent, OC Burnette, Keith Trent, Warren Oliver



From Left To Right – OC Burnette, TJ Branch, Melvin West, Warren Oliver

Just as in 2011 the team could not be beat. We would like to thank the team for all their hard work in bringing home this year's trophy. It was truly an enjoyable event. Let's hope to continue this winning streak on into 2013!

### Play It Safe – Prevent Heat Related Illnesses

August is not here yet and we have consistently seen days of heat in excess of 90°F. Heat related illness is very serious. Below is a list of things you should consider as temperatures continue to rise.

- When the humidity is high, sweat can't evaporate as quickly. This prevents your body from releasing heat as fast as it may need to.
- Age, obesity, dehydration, heart disease, poor circulation, sunburn, and prescription drug and alcohol use are just some factors that can play a role in whether you can cool off enough in very hot weather. Remember people at the greatest risk include the elderly, the very young, and people with mental illness and chronic diseases.
- Air-conditioning is the number one protective factor against heat-related illness. If you do not have air-conditioning you can reduce your risk by spending time in public facilities that are air-conditioned.
- During hot weather remember to drink plenty of fluids and pace yourself.
- Consider wearing loose, lightweight, light-colored clothing and sunscreen.
- Never leave children or pets in a car in extreme heat.
- Remember to check on elderly neighbors, family members, and friends.
- Remember that even a young physically fit person can become overcome by the heat if they engage in strenuous activity.

Remember getting too hot can make you sick so please take precaution.

Source: Centers for Disease Control  
<http://www.cdc.gov/Features/ExtremeHeat/>



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## July 2012

### Recommendation for Holiday Van

Recently one of K&K's drivers offered a suggestion when it comes to commuting on a holiday that is also on a Friday. They are proposing a "holiday" van that would leave early (for example 4AM) and leave the DC area in the afternoon (about 1PM). For this idea to work we would need someone to run the van and have enough drivers to offset the cost of the van. If you are interested please email Roz Trent at [rtrent@ridek2k.com](mailto:rtrent@ridek2k.com).

### Tobacco Product Use on Vans

K&K would like to inform riders that we do not allow the use of any tobacco products on our vans. We want all of our riders to experience an enjoyable commute. We appreciate your cooperation with this matter.

### Richmond Metro Area August Events

Looking for things today in August? Here is just a couple of events happening in the Richmond Metro Area:

#### Movies under the Stars

Sunday, Aug 5 8:30pm  
at Dogwood Dell, Richmond, VA  
Catch a free movie at Dogwood Dell as part of Festival of the Arts.

#### Richmond Jazz Festival

Saturday, Aug 11 11:00am  
at Maymont, Richmond, VA  
Located at Maymont, the Richmond Jazz Festival features over 20 local, national and international bands and artists on two stages.

#### Carytown Watermelon Festival

Sunday, Aug 5 10:00am to 6:00pm  
at Carytown, Richmond, VA  
80 musicians, over 100 exhibitors, and one of the largest kid's areas of any festival!

Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
Or Contact Us At: [info@ridek2k.com](mailto:info@ridek2k.com)  
PO Box 2010, Chester, VA 23831  
Local: (804) 275-3872 Fax: (804) 275-387

### Benefits of Vanpools

We are well aware that all of you have several options when deciding how you will commute to work each day. From time to time we like to remind you of vanpooling benefits in hopes that you would share them with your friends, coworkers, and family. Here are some reasons why we feel like vanpooling is a great choice:

1. Vanpooling is more flexible than fixed route mass transit like buses and rail.
2. Riders have the ability to ride on any K&K van just as long as a seat is available.
3. You can save money on gas, maintenance, tolls, parking fees, insurance rates, etc...
4. You will enjoy having one low monthly fee that includes parking, tolls, and gas.
5. Participants enjoy time to rest, relax, or even catch up on work during commute time.
6. Personal vehicles have a reduction of wear and tear caused by daily commuting.

For more information please refer potential riders to our website [www.ridek2k.com](http://www.ridek2k.com).

### K&K Connection July Birthdays

We would like to wish everyone born in July 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 July. We are so very happy you have decided to join us!