



"A Customer First Company"

June 2018

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

How Should You Drive in Heavy Rain?

Heavy rains have become the norm during recent weeks. The National Highway Transportation and Safety Administration offers tips on how to safely drive during these conditions.



Source: <https://pxhere.com/en/photo/936729>

In order to increase visibility drivers should do the following:

- Make sure you have your headlights on to ensure you see better and other drivers can see you.
- Keep your defroster on so the inside of your windshield remains dry.
- Keep in mind that the reflection in your rear-view mirror may be distorted do to raindrops.
- If it is raining so hard that you can no longer see the car in front of you, pull over to a safe place until visibility improves.

Puddles and slicks also contribute to hazardous road conditions during periods of heavy rains. Here are a couple of tips when encountering these conditions:

- Large puddles can be hard to drive through and can impact a vehicle's brakes.

- The splash created from driving through puddles too fast can create a hazard to other drivers.
- Rain can cause oil and other chemicals to surface, making roadways slick.
- Drivers should always slow down when approaching puddles.
- After going through a puddle make sure you tap on your brakes lightly to ensure the brakes are still working.



Source: https://commons.wikimedia.org/wiki/File:Wet_Wells_Road_-_geograph.org.uk_-_481226.jpg

The potential for hydroplaning increases during these adverse conditions. The following tips can help you know how to navigate a hydroplaning situation:

- Drivers should know that hydroplaning occurs when the tires of your car lose contact with the road and rise up on water between the tires and the road.
- The chances of hydroplaning increase with half an inch or more of rain water on the road surface. However, hydroplaning can occur with less water.
- Vehicle weight plays a role in hydroplaning. If your vehicle is light or it has too much weight in the rear the potential for hydroplaning increases.

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Energy Drinks and Driving

Over the past decade energy drinks have become more popular. Scientists have issued warnings about the use of highly caffeinated drinks.

The over use of energy drinks can induce "caffeine intoxication" which, can cause restlessness, nervousness, excitement, muscle twitching, a rambling flow of thought and speech, irritability, irregular or rapid heartbeat, and psychomotor agitation. Larger doses can cause mania, depression, lapses in judgment, disorientation, disinhibition, delusions, hallucinations, and psychosis.

There's not a lot of information on the risks of high energy drinks and driving however, because of known side effects drivers should be cautious when relying on these drinks. Moderate use of caffeine has been shown to have a beneficial effect in raising alertness and can be effective in keeping a driver alert on the road. However, large amounts of caffeine can cause a driver to become excited, irritable, and restless. Irritable drivers become aggressive drivers and can cause a driver to take chances that he might not otherwise take. Loss of patience and anger can lead to poor decision making which can be deadly on the road.

Problems occur when energy drinks are used as a substitution for sleep. Lack of sleep along with the large doses of caffeine can increase the level of agitation and, instead of raising the alertness level, can cause a driver to become disoriented. Studies show that about one hour after drinking a highly caffeinated and sugared drink, a sleep deprived person can experience lapses in concentration and tends to have slower reactions. The greatest danger comes when the effects of the caffeine wear off. At that point, a sleep deprived driver won't be able to fight the fatigue and can very quickly fall asleep at the

wheel. Sleepy drivers have the same reaction time and driving skills as someone who is legally drunk.

Do You Have an Article You Would Like Featured in a Newsletter?

If you have information or a photo you would like to share with our K&K riders, please feel free to contact Onika Williams at owilliams@ridek2k.com. We are always looking for information that would interest you. In addition, we would love to hear what is happening on your vans. All submissions will be reviewed, to determine if the information will be used.

K&K Connections June Birthdays

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

Jerome Brooks	Letha Brooks
Claudia Brown	Erik Bungo
William Calhoon	Lisa Clanton
Gwendolyn Cody-Davis	Lisa Coleman
Torsheba Givens	Isaiah Collins
Dawnamarie Holmes	James Daniel
Linwood Sawyer, Jr.	Franklin Dunn
James Galloway	Marlon Grant
Danielle Graves	Susan Greer
Thomas Hartfield	Carrie Miller
Matthew Hrabak	Rick Taylor
Fredrecka Thompson	Tracy Willis
Srinivas Tuppurani	Michael Lattin
Teresa Hudgins	Tiffany Owens
Andrew Jackson	Deborah Jones
Manny Siddiqui	Linda Williams
Natalie Simpson	David Wilson
Derrick Wafford	Dwayne Taylor
Deborah Walton	

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.