



"A Customer First Company" June 2019

Welcome to the
June 2019 Edition of
"On the Move"

Self-Driving Shuttles Coming to Northern Virginia

Fairfax County plans to launch a self-driving shuttle, possibly the first autonomous shuttle for public use on public roads anywhere in Virginia.



Source: <https://www.flickr.com/photos/dougstone/4145277850>

The low-speed shuttle will run in the middle of the day between the Dunn Loring Metro and the Mosaic District as soon as the end of 2019.

Fairfax County's Department of Transportation will roll out of the program with the support of Dominion Energy. Dominion plans to purchase or lease the vehicle that would be operated by the county.

Over the testing period factors that will be looked at include public feedback, what kind of ridership is taking advantage of the shuttle, how the technology works in different circumstances, in different weather conditions, and in different scenarios.

The exact route the shuttle will follow is still to be determined, and it could even stretch as far as Inova Fairfax Hospital.

Once the exact route the shuttle will take is determined, it will need to be programmed and trained for that specific route. Once its route is completed, the vehicle would take itself back to recharge.

The shuttle would be the first state-funded autonomous electric shuttle for public use in Virginia, and the first to run on roads that are open to the public.

Source: <https://wtop.com/dc-transit/2019/06/self-driving-shuttles-set-to-hit-northern-virginia-streets/>

How Your Commute Can Help You

Research at Columbia Business School suggest that people who engage in thinking and planning about the day and week ahead and the steps needed to take to achieve career goals – tend to weather the stresses of their commutes better than people whose minds wander aimlessly. This translated to greater job satisfaction throughout the day.



Source: <https://www.flickr.com/photos/taedc/23356093905>

These benefits may come from the fact that it eases the conflict felt between roles at home and at work. Some people don't switch between the roles very naturally. This can create a sense of conflict that can compound work-related stress, feelings of exhaustion, and burnout.



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A few moments thinking about your day can ease the change of roles, reducing stress once you are in the office.



Source: <https://www.maxpixel.net/Jam-Highway-Auto-Drive-Vehicles-Traffic-2518741>

After your workday, your evening commute may be a good time to consolidate your memory of the things you have learned throughout the day. Reflection at the end of the day may aid in better work performance.

In addition to reflection, someone who spends around six hours commuting each week could read (or listen to) a 100,000-word book in that time. You could also take the time to learn a new something new.

Source: <http://www.bbc.com/capital/story/20180806-the-neglected-benefits-of-the-commute>

Free Meditation Sessions from Heartfulness Virginia

Srinivasa Tupurani has been riding K&K for the past 2 years and is currently a member of Van 53.



Over the past 2 , Tupurani has been practicing heartfulness meditation during commute times which helps him overcome stress.

As a part of a free community service Tupurani is offering to teach free meditation classes to anyone who is interested.

To learn more about this opportunity you can contact Tupurani directly at 804-869-7372. In addition, you can visit Heartfulness Virginia's website at <http://heartfulnessva.org/>

K&K Connections June Birthdays

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

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|-----------------------|----------------|
| Jeffrey Barra | Leon Benjamin |
| Jerome Brooks | Letha Brooks |
| Gwendolyn Cody-Davis | Erik Bungo |
| Thomas Hartfield, Jr. | Isaiah Collins |
| Fredreca Thompson | James Daniel |
| Srinivasa Tupurani | Marlon Grant |
| Franklin Dunn, Jr. | Matt Hrabak |
| Bonnie Feamster | Tiffany Owens |
| Brigitte Fitzgerald | Shannan Greer |
| James Galloway | Rick Taylor |
| Danielle Graves | David Wilson |
| Andrew Jackson, III | Linda Williams |
| Derrick Wafford | Dwayne Taylor |
| Manny Siddiqui | |

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.

Visit us at: www.ridek2k.com
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