



"A Customer First Company"

May 2018

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

More People Will Be on the Roads this Memorial Day Weekend

According to AAA Mid-Atlantic we can expect to see record numbers of people traveling this Memorial Day. In the DC area more than 1 million residents are expected to be traveling at least 50 miles on the road, in a plane or on trains and cruise ships this holiday weekend. This is a record high.



Source: <https://www.flickr.com/photos/joeshlabotnik/2463318076>.

These numbers will not only show up in the DC area, but record highs will be appearing nationally. There is a projected 41.5 million total people expected to travel — a nearly 5 percent increase over 2017. Over 36 million of those travelers will be hitting the road.

The heavy travel volume is in part due to the area economy's strength.

In the DC area, where we have many of our vans, almost every single one of the major arterials will be filled to capacity according to experts. Thursday and Friday evenings' rush hour (3:30–7 p.m.) will be particularly heavy, as travelers hit the road and commuters leave work. Severe congestion is also likely on Monday as everyone returns home.

Some assume you can avoid the heavy traffic by leaving a day early. People try to beat Friday crowds by starting their trip on a Thursday, for example, but then Thursday becomes the new Friday, as WTOP traffic reporter Bob Marbourg explained.



Source: <https://en.wikipedia.org/wiki/File:Traffic-3IH35.jpg>

"When everybody has the same plan — whatever that plan is — then we've just time-shifted the experience to a different day or different time," he said.

Adding on to the weekend will be higher gas prices. However, they don't seem to be deterring travelers, even though gas prices are expected to be at their most expensive since 2014.

Commuters should try traveling at unconventional hours: leaving before 9 a.m. or after 9 p.m., for instance. Also, make sure that your car is ready for a stop and go trip. Have it checked before leaving, AAA suggests. Flat tires and dead batteries are two of the most common issues that require AAA assistance.

Finally, remember to avoid the four D's behind the wheel: drunk, drugged, drowsy and distracted. Drivers should play it safe, so you can have some fun at your destination.

Source: <https://wtop.com/dc-transit/2018/05/pack-your-patience-record-travel-volume-predicted-memorial-weekend/>



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Make Your Commute Time Happier

Your commute doesn't need to be something that you dread. It has the potential to become a time where you can enrich your career, feed your mind, and enhance your happiness. Here are three things you can do to make the most of your commute time.

First, create a short list of goals for the day. The morning is when you prepare for your coming day. It's when you can prioritize what you most want to get done, and in which order these items should be accomplished.

During your commute, decide on your top three goals you want to get done at work. By listing out your goals for the day, you will know exactly what needs to get done before you even walk into your job.

Second, take time to read a book. On average, Americans spend 26 minutes commuting to work. Over the course of a year that time adds up. Make the most of your time by reading a book or listening to an audio book. By reading a book, you will deepen your focus and lengthen your attention span which will train your mind for success at work.

Finally, just relax. For many people their days are filled with meetings, presentations, phone calls, and conferences. Try not to jam pack your commute with too many things to do. You can take this opportunity to close your eyes and practice breathing deeply. Listen to the sounds around you and relax.

Source: <https://www.cnbc.com/2018/03/01/3-things-you-can-do-on-your-commute-to-be-happier-and-more-successful.html>

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

If you have an article, information, or a photo you would like to share with our K&K riders in a future newsletter 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. Do you have any special celebrations or outings that you participate in? We can't wait to hear from you. All submissions will be reviewed, and a determination will be made on whether the information will be used.

K&K Connections May Birthdays

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

Pamela Trent
Teresa Barbour
Michael Bernard
Rolandus Branch
Derek Brewington
Stacy deDordova
Patricia Godette
Fredrick Jackson
Elaine McCaffery
Minor Muncy, III
Timothy Niemczyk
Shereeta Vance
Charlene Rhodes
Raquel Rickard
Bernadette Smith
Nelson Washington
Winbush, Deborah

KJ Trent
Samuel Giles
Todd Halacy
Robert Hinson
Robert Hewitt
Chuck Meas
Dominia Hardy
Eric Morris
Melissa Myers
Nakiya Pitts
Reggi Brock
Leon Wells
Terry Woods
Latonya Wray
Jerome Rogers
Stacey Ogburn

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.