



"A Customer First Company" May 2019

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

Changes in Virginia Driving Rules

In April, Virginia Governor Ralph Northam signed a bill that would make holding a cellphone while driving in a Virginia road work zone against the law. Violators will now face a \$250 fine.



Photo Source: <https://www.ellsworth.af.mil>

Governor Northam signed the bill, adding the new, broader anti-distracted driving restriction to Virginia's existing ban on texting while driving anywhere in the state.

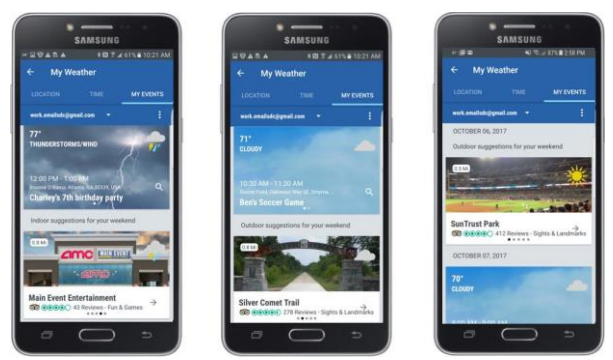
House Speaker Kirk Cox blocked an effort to expand the texting ban to bar handheld cellphone use by drivers anywhere in the state. Each chamber of the General Assembly had approved a version of that ban during the regular session, but the bill eventually died during a conference committee.

Another new rule significantly toughens penalties for drivers who fail to slow down or move over for police or firefighters stopped on the side of the road with flashing lights.

Source: <https://wtop.com/virginia/2019/04/changes-for-va-driving-rules-signed-into-law-other-bills-vetoed/>

What is the Best Weather App?

Smartphone weather apps can deliver up-to-the-moment specific info about the conditions where you are. There are several out there that you may not have heard of that deliver more than just today's high temperature. Take a look at some of the best weather apps for your device.



Dark Sky - Dark Sky is one of the best weather apps out there. Drawing data from its own weather service, it provides real time weather information and a variety of other useful information as well.

Carrot Weather - Carrot Weather provides up-to-date forecasts and daily comedy at the same time. It draws from 4 separate weather sources and is one of the most accurate weather apps available.

Flowx - Flowx has a lot of information available at a glance. Its strength is its weeklong forecast to help you plan. It also has easy to use navigation and a great storm tracker.

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RadarScope – This is the app of choice for storm chasers. This app provides incredibly detailed information on coming storms and other weather patterns.

RadarScope gives you a myriad of data due to its access to 233 radar points and NEXRAD data, and a variety of Doppler radar arrays controlled by the National Weather Service. However, it does come with a price ranging from \$10 to \$30 and up.

Google – Most people are familiar with Google's capabilities and it comes already ready on Android phones.

Hurricane by American Red Cross - The Red Cross has several disaster preparedness apps that cover events such as earthquakes, tornadoes, and wildfires. The Hurricane app doesn't tell you what the current temperature is, but it will alert you when a hurricane or high-wind storm is headed your way. It also has a feature that can activate a flashlight or strobe light on your device, sound a loud alarm to signal your location, and send an automatic text message to loved ones that you are safe. It connects directly with NOAA weather radio reports and provides information on what to do to prepare for and survive a hurricane

Sources: <https://www.popularmechanics.com/technology/apps/g25804798/best-weather-apps/> <https://www.imore.com/best-weather-apps-iphone>

Self-Care During Long Commutes

For those with long commutes it is essential to include self-care and relaxation techniques during your travel time, so that you can arrive at work ready for the day.

Here are a couple of techniques you can use to help take care of yourself on a long commute:

Stretching – Sitting during a long commute and then sitting for hours at work can be bad.

Make sure you are stretching your arms and legs during your commute.

Take Time Off from Work - Don't treat your travel time like you're already on the clock. Take time off from answering emails or trying to take calls. Instead take this time to rest and free your thoughts.

People Watch – Being engaged and aware of your surroundings is a great escape from our daily tasks.

Source: <https://transparency.kununu.com/simple-self-care-tips-practice-commute/>

K&K Connections May Birthdays

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

Pamela Trent
Ashley Bacon-Ward
Teresa Barbour
Michael Bernard
Rolandus Branch
Rochelle Brown-Sumpter
Stacy deCordova
Patricia Godette
Fredrick Jackson
Joseph Kasongo
Elaine McCaffery
Timothy Niemczyk
Charlene Rhodes
Tony Simuel, Jr.
Bernadette Smith
Alfreda Spraggins
Shareeta Vance
Nelson Washington
Deborah Winbush

KJ Trent
Ron Clark
Todd Halacy
Samuel Giles
Robert Hewitt
Dominic Hardy
Eric Morris
Minor Muncy
Church Meas
Nakiya Pitts
Reggi Brock
Stacee Ogburn
Jerome Rogers
Leon Wells
Terry Woods

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.