



"A Customer First Company" October 2017

Welcome to the October 2017 Edition of "On the Move"

We Would Like to Welcome Some of Our Newest Vans Members to the K&K Family

K&K is continuing to grow, and we would like to welcome and introduce you to some of our newest riders and vans.



Photo of V054

Van #V054: Destination – Local Richmond Area

Working hours: 7:45 am - 4:30 pm
Departs at 7:15 am

Riders include; from left to right in picture:
Pamela Trent, (K & K President)
Cynthia Shackelford
David Bailey
Alan Brasili (Coordinator)
Sharon Plymire
James Elliott
Lars Harrisville

Van #MV041

Coordinator's Names: Alva Brignoni & Lavara Neumon
Working hours 7:30 a.m. - 4:00 p.m.
Departs at 6:00 a.m.

Van #MV043

Coordinator Name: Debbie Edwards
Working hours 6:30 a.m. - 4:00 p.m.
Departs at 5:30 a.m.

We are so excited to have you all join the K&K Family.

How Daylight Saving Time Can Impact Your Commute

On November 5th many commuters are looking forward to the "fall back" time change. While the prospect of an extra hour of sleep is appealing, many people do not realize how this shift in time can impact your commute.



This shift in time can cause disruptions to our body clock, otherwise known as the circadian rhythm. This disruption can last for several days. Commuters must be extra cautious of their alertness as well as mood during this time.

Losing 1 hour of afternoon daylight after setting the clocks back to standard time can trigger mental illness, including bipolar disorder, and seasonal affective disorder (SAD), also known as winter depression. Also, it has been suggested that behavioral adaptation anticipating the longer day on Sunday of the shift in the fall leads to an increased number of accidents. Some believe this is because people stay up later because of the extra "hour" of sleep. This can be especially dangerous the weekend of

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the shift when drivers may be consuming alcohol.

The bottom line for commuters is that if you are either "falling back" or "springing forward," you must get adequate rest before getting behind the wheel.

Sources: <https://www.ncbi.nlm.nih.gov/pubmed/11152980>,
<https://www.timeanddate.com/time/dst/daylight-saving-health.html>

Exercise and Your Commute

Let's face it commutes can eat up time you might use for exercise and add to the total time you spend sitting.



Photo Source: <http://trustican.blogspot.com/2011/02/live-your-dreams.html>

If you want to make sure you are getting the health benefits of exercise you may have to be creative and mindful about the way you can get activity into your day. Here are a few suggestions you can give a try.

- Work out for 30 minutes before work.
- Find a gym near the office.
- Stop at the gym on your way home at least three days a week.
- Make time to get up from your desk at least every 2 hours.
- Take the stairs or walk around the parking lot for a minimum of 5 minutes.

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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. We will contact you upon receipt.

K&K Connections October Birthdays

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

Carmela Alfonso
Timothy Paredes
Jerome Stanberry
Hiram Centeno
Solana Williams
Moudeo Mahato
Arness Harris
Sheila Herndon
Dominique Nelson
Gerald Loney
Tiffany Lynch
Shavon Moore
Deborah Nelson
Gregory Speller
Rebecca Traylor
Todd Wilbourne

Lee Andrews
Alan Brasili
Eboni Brown
Sherry Condell
Kevin Dent
Teddy Dyer
Glen Hinton
Cecil Jones
Jill Jule
Clint Messer
Amber Mayes
Phyllis Rose
Laura Stuart
Gail Weary
Andre Wilson
Angel Curtis

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.