

## "A Customer First Company" April 2011

### Welcome to the April 2011 Edition of "On the Move"

### **Fragrance Sensitivities on Vans**

Did you know that your favorite perfume can really cause another vanpooler to experience serious discomfort? A growing number of people suffer from reactions to odors that can trigger a variety of symptoms. Smelling or wearing strong fragrances or perfumes, using heavily fragranced laundry detergents, and exposure to deodorizers and fragrances in the air can all trigger allergy like symptoms in many people.



Unlike pollen or dander, fragrances are not allergens but irritants that cause many uncomfortable symptoms. These symptoms can include the following:

- Headaches
- Difficulty breathing
- Wheezing
- A tight feeling in the chest
- Worsening asthma symptoms
- Runny and stuffy nose
- Sneezing
- A skin allergy like contact dermatitis an itchy, red rash that appears on the skin

To make matters worse if you are someone that already suffers from seasonal allergies you may find yourself more susceptible to discomfort due to fragrances and odors.

In addition to fragrances, offensive body odor can greatly impact the morale of your van. Everyone should keep in mind that many people are unaware of their own odors.

Many factors can contribute to body odor. The odor itself is created by bacteria breaking down sweat from apocrine glands, which are typically found in the armpits or scalp. Hot weather conditions, hygiene, diet, and stress are other factors contributing to body odor.

In addition, some people may be affected by the medical condition hyperhidrosis, which causes excessive sweating. With this in mind every vanpool member should make sure they take regular baths or showers and use underarm deodorant to keep body odor under control. If body odor is a problem for you consider reapplying deodorant during the day or purchase an extra-strength product. In extreme cases of hyperhidrosis you will need to consult a physician in order to receive prescription strength remedies. Information taken from http://smallbusiness.chron.com/body-odor-workplace-1245.html

#### Follow RideFinders on Social Media

We are excited to share the news that RideFinders, the premiere TDM, or ride share, agency in Central Virginia, is expanding its reach. You can now "Like" RideFinders on Facebook, view RideFinders activities on YouTube, and follow RideFinders on Twitter.

Take a look at each of these new ways you can keep up to date with the happenings at

- Like RideFinders on Facebook, <a href="http://www.facebook.com/pages/RideFinders-Central-Virginia/166778283374042">http://www.facebook.com/pages/RideFinders-Central-Virginia/166778283374042</a>
- RideFinders commercials on YouTube, <a href="http://www.youtube.com/user/teamridefinders">http://www.youtube.com/user/teamridefinders</a>

### **K&K Connection April Birthdays**

Robert Alldredge Ramesh Appathurai Patrick Carey Sanjay Godbole

RideFinders...

Chris Lucas Richard Martin Valerie Mills Wanda Young

If we missed your birthday, or if you have an upcoming birthday please email <a href="mailto:owilliams@ridek2k.com">owilliams@ridek2k.com</a>

Visit us at: www.ridek2k.com
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## Robberies of Stolen Electronic Devices are up on Metro

When riding the Metro you should be extra diligent in protecting your personal electronic devices to help avoid becoming a victim of crime.

In 2010 stolen electronic devices accounted for 76% of Metro-related robberies and these types of thefts are climbing. The types of robberies that Police are seeing involve a thief targeting a rider who is sitting or standing near the doors with a phone or music player in hand. After the train doors open, the thief grabs the device from the victim's hand and runs out just as the train doors close.

With the growing popularity of technology devices such as SmartPhones, iPads and Kindles being carried by Metro riders, in addition to already-popular cell phones, music players and electronic games, people are often carrying devices worth hundreds of dollars. With this in mind Metro has posted an online video showing just how quick and easy it is for a thief to snatch a phone and get away. This video can be seen at: <a href="http://www.youtube.com/watch?v=SrSF4c1mnKc">http://www.youtube.com/watch?v=SrSF4c1mnKc</a>

With all of this in mind Metro offers the following safety tips:

- Always be alert of your surroundings and the people around you.
- Carry electronic devices in a pocket or a place where it is not easily seen or easy to reach.
- Keep the volume of your music player at a low to moderate level so that you can hear what's going on around you.
- When using an electronic device, avoid sitting or standing near doors of rail cars or buses.
- Report any suspicious activity to Metro Transit Police at 202-962-2121.

Information taken from www.wmata.com

### 15th Annual Omega Scholarship Open Golf Tournament

Attention all Golfers! Cecil Shorte (Van #20) would like to encourage you to participate in 2011's Omega Scholarship Open If you are interested in participating in this tournament or would like to learn more about sponsorship opportunities contact Cecil Shorte at:

cecil.shorte@associates.dhs.gov

### A Face and Name You Need to Know



This month we highlight Carlon Clarke, our K & K Connection's Logistics Manager. He takes care of the vehicle maintenance of K & K's full fleet of 40+ vans. Carlon is also the owner of Affordable Mobile Oil Change. We are very thankful to have him as part of our team. He is reliable, trustworthy and skilled at taking care of our vehicles so you can stay on the road each day. He is also available to provide maintenance to your vehicle during the day while you are at work if you desire. Simply contact Carlon at 804-888-1807 or via email – pontiacracing6@gmail.com.

If you want to highlight something or someone on your van, email Melanie at <a href="mailto:owilliams@ridek2k.com">owilliams@ridek2k.com</a>.



## A "Yellow Light" For April Driver Complaints

Below are complaints we received this month from angry motorists. The appropriate van coordinator is always immediately notified of complaints when we receive them. This notice is intended to *inform* and not *accuse* our members. However, we take all calls and complaints seriously and ask that you as drivers keep in mind that you are responsible for your safety as well as others.

Van 029 - caller claimed van was tailgating and "reckless driving" on I-95

Van 029 - caller claimed driver of the van almost ran the caller into another car because the van "didn't look when they tried to get into the center lane" causing the caller to "slam on her breaks and swerve"..

#### **Welcome To K&K Connections**

Dave Bell Demond Jones Richard Freeman James Ricks

Members of MV017–coordinated by Kelly Connor

©

Van 009 (CapitalOne) coordinated by Kalpesh
Shah! ©