



"A Customer First Company"

March 2009 Edition

Welcome to the March 09 Edition of "On the Move"

American Recovery and Reinvestment Act of 2009 – Good News for Commuters

Starting March 1, 2009 this new legislation has allowed employers to up their tax-free or pre-tax transit benefit from \$120 to \$230.



We would like to encourage everyone to complete all forms needed to apply for their increased benefit. Also, we would like to remind everyone that this changes nothing as far as how you allocate funds to K&K. Everything remains the same. Any questions about this subsidy increase should be directed to your individual HR departments.

Metro Now On Facebook

Nowadays who is not on Facebook. Recently, metro joined the ranks of the thousands already using Facebook as a tool to stay in touch. Metro is using Facebook as another avenue to communicate with their ridership. People can expect to find Information about Metro, upcoming events like scheduled track work and YouTube videos on the page. RSS feeds show real-time information about Metrorail and Metrobus service disruptions. Also there is a discussion board where people are encouraged to weigh in on the latest topics. The first discussion asks for ideas about ways for Metro to earn money. If you would like to add Metro to your network on facebook you can find them under the Washington Metropolitan Area Transit Authority.

The Norovirus – What You Can Do About It

Cases of the Norovirus are on the rise in Virginia. Norovirus is responsible for what many call the stomach flu. Symptoms of the norovirus include nausea, vomiting, watery non-bloody diarrhea, stomach cramps, and low-grade fever. Outbreaks can occur from contaminated food, but most often the virus is transmitted person-to-person by the fecal-oral OR vomit-oral routes.



There is no vaccine for norovirus. The norovirus is very contagious, and can survive in the environment for a long time. Please keep in mind the following measures you can take to protect yourself and others on the van from spreading these viruses:

Wash your hands frequently with warm water & soap

Disinfect contaminated surfaces with household chlorine bleach-based cleaners

Wash soiled clothing and linens

Avoiding food or water from sources that may be contaminated

For more information visit the Virginia Department of Health website at www.vdh.state.va.us

Contact Us:

Local Phone – 804-275-3872

Fax – 804-275-3873

Email: info@ridek2k.com

Do you have story ideas or want to share suggestions on how we can improve future newsletters. We want to know. Contact Onika at owilliams@ridek2k.com



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Check out ecodrivingusa.com

Do you want to reduce your gas consumption by as much as 15%? Check out ecodrivingusa.com. This is a very informative site that gives practical ways we can reduce our carbon footprint and increase mileage. The site gives suggestions on things we can do now such as

- Maintaining a steady speed
- Checking your tire pressure
- Avoid rapid stops and starts
- Use air-conditioning at higher speeds to reduce drag
- Use cruise control
- Maintain an optimal highway speed for good mileage
- Avoid idling
- Plan your trips wisely



The ecodriving movement will be coming to Washington, DC on April 20th for the Green Vehicle Showcase. During this event the Auto World gathers to exhibit Earth-friendly cars and ideas. Check out their site for more information about this event. Also, please try using some of their suggestions to reduce fuel consumption when driving your van. This creates a win-win for everyone.

K&K Safety Corner **15-Passenger Van Driving Tips**

In many ways driving a van can be as easy as driving your personal car. However, we want to remind everyone of some important considerations and differences when operating any 15 passenger van.



1. These vans have a rollover risk similar to light trucks.
2. The rollover risk increases as the number of occupants increases. Because of this fact the vans should be loaded from front to back.
3. The weight of the van, when fully occupied, requires additional stopping distance. This is especially important in rain, fog, or other difficult weather conditions.
4. The length of the van increases the distance needed for making turns, changing lanes, braking, and other driving maneuvers.

We want to continue to remind everyone to work hard at being consistent with safe driving practices.

We Would Like to Send a Very Special Birthday Greeting To:

Thomas Branch	Sheila Goode
Debbie Dean	Robert Meredith
Angela Robinson	Mark Estes

If we have missed your birthday please email at owilliams@ridek2k.com

Welcome To the K&K Family!

K&K Connections, LLC would like to welcome the following riders to the K&K Family. We are excited to have you with us!

Lacette McLaurin	Jack Robinson
Martha Threatt	William Northern
Ashley Nelson	Kent Alldredge
Michael Walsh	Antoine Fitzgerald
Pamela Rice	Rhuna Holley