



# "A Customer First Company"

## April 2015

### Welcome to the April 2015 Edition of "On the Move"

#### Lane Changing Tips

It is important to exercise safe practices when changing lanes. Of all the driving mistakes committed, incorrect signaling and changing lanes are one of the most common. If you ask drivers what they most dislike about other drivers, you often hear the response "drivers not changing lanes properly". Making mistakes when changing lanes can often result in serious or even fatal injury.



Whenever possible avoid unnecessary lane changes. However, we recognize there are times when changing lanes is warranted. Examples of appropriate reasons to change lanes include:

- Your lane is ending.
- You are getting ready to exit the highway/freeway.
- You need to turn at an upcoming intersection that requires you to be in a different lane.
- You are coming close to hazards or obstacles in your lane.

You should always aim to make safe and courteous lane changes. This requires good planning and awareness: Scan the road ahead

and plan in advance. Notice what other drivers are doing around you. Watch out for pedestrians, other vehicles reducing speed, and drivers about to merge across your lane. Pay close attention to brake lights in front of you that could indicate trouble ahead. Cars that are beginning to slow down will usually hit their brakes. This gives a vital warning to alert drivers behind.

When changing lanes, use this simple five-step process:

- Use a four-second following distance (this may need to be increased during bad weather or other unsafe driving conditions).
- Signal 100 feet in advance.
- Check your rearview mirror; lean forward to check side mirrors.
- Look over your shoulder to ensure the lane you are merging into is clear.
- If it is safe, change lanes and re-establish your safe driving distance.

Always keep safety first when determining if a lane change is necessary. Being aware of the potential risks and hazards can help you avoid a possible accident.

Source: <http://www.piercetransit.org/vanpool-newsletter/>

#### Update Your Contact Information

Have you had recent changes in your address, phone number, or email address?



Don't forget to update this information with K&K to ensure you are receiving important information or last minute details concerning your commute.

Visit us at: [www.ridek2k.com](http://www.ridek2k.com)  
Or Contact us at: [info@ridek2k.com](mailto:info@ridek2k.com)  
PO Box 2010, Chester, VA 23831  
Local: (804) 275-3872 Fax: (804) 275-3873



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### Ways Commuters Can Reduce the Risk of High Blood Pressure

May is National Blood Pressure Month. If you are one of the 67 million Americans who suffer from high blood pressure there are actions you can take to foster a healthier lifestyle while commuting.

People with longer commutes tend to be less physically active. Longer commutes and contending with heavy traffic may cause stress, and chronic stress can raise blood pressure. Also, commuters may be tempted to skimp on sleep, eat more fast food and engage in other unhealthy behaviors.



Commuting is a fact of life for so many Americans. With this in mind you can take the following steps to preserve your physical health.

- Skip the elevators and take the stairs at work.
- Keep your mind occupied in the van by listening to relaxing podcasts and music.
- Keep healthy snacks on hand, like little packs of nuts, which are good sources of protein and healthy fats.
- Find ways to sit less and move more throughout the day.
- Eat less sodium.
- Limit the amount of alcohol you drink.
- Make sure you are taking your medications as prescribed.

Driving to work has become a part of American life. But there's no reason that taking walks during work breaks can't become part of daily life, too. The impact of small changes can make a big difference in your health.

Source: <http://healthland.time.com/2012/05/08/long-commute-your-heart-and-waistline-may-suffer-for-it/>

### Antihistamines Making You Sleepy on Your Commute - Try Some Natural Allergy Remedies

Taking an antihistamine isn't the only way to battle allergies, there are some foods that might ease your pain. Just know that none of these foods replace traditional allergy treatments especially for those suffering from severe allergies. However, certain foods can help, which can be key for your health. Here is a list of foods that can assist in fighting allergies:

Fatty Fish  
Walnuts and Flaxseeds  
Oranges, Peppers, and Strawberries  
Garlic  
Yogurt  
Turmeric  
Magnesium

Source: <http://www.weather.com/health/news/foods-help-stop-seasonal-allergies-20141002#1>

### K&K Connection April Birthdays

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

Kent Alldredge	Anita Anderson
Deidra Anderson	Christopher Brown
Rhoan Burnard	Erich Dietrich
Donnail Feaster	Philip Fickes
Jerry Gordon	April Higgs
Keisha Jones	Richard Martin
Jerry Mori	Tiffani O'Neal
Mayank Patel	Kevin Puryear
Stenovia Roberts	Vernon Robinson
Peter Rodman	Daniel Russell
Robert Snider	Crystal Squire
Sherlyne Thomas	Beth Ann Walker
Pamela Young	

If we missed your birthday please let us know by emailing [owilliams@ridek2k.com](mailto:owilliams@ridek2k.com). Thank you!

### Welcome To K&K Connections

We would like to say a BIG welcome to all of our new riders for the month of April. We are so very happy you have decided to join us!